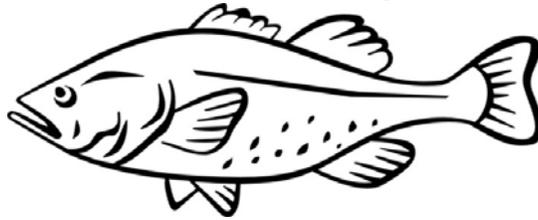




Scott's Hometown Foods

Lutfisk - Dry



TO SOAK:

1. Put fish in a large enough container that will allow you to cover it with tap water. Soak the dry fish for three days. Set someplace cool, like the garage. After three days, drain the water off.
2. Mix, 1 heaping tablespoon baking soda or wood ash and 1 ½ cups lime per gallon of tap water, mix, pour over the fish. Soak the fish for 3-4 days in this mixture. Check the fish daily to see if it is soft by pressing down on it with a finger. When it is soft and leaves a finger impression or on the fourth day, drain the water.
3. Cover the fish in fresh water. Change the water every day for 3 days. At this time you can; **1.** Drain the water off and freeze the fish. **2.** Drain the water off, bake the fish and either eat it or freeze it. OR **3.** Drain the water off, cover the fish with fresh water and keep very cold/near freezing for 3 – 4 more days until you cook it. Option 3 can be repeated several times to extend the life of the fish until it is baked.

TO BAKE:

Traditional Baking - Drain the water off. Place the lutfisk in a casserole dish and cover with foil. Bake at 350° for 30 minutes. Remove fish from pan and serve immediately with butter or cream sauce.

Old Fashioned Boiling – Drain the water off the fish or if frozen thaw. Bring 3 quarts of water and 1 ½ Tablespoon salt to a boil, then add fish. Cook 8 – 11 minutes or until fish flakes (internal temperature of 140° - do not overcook). Be careful to remove all the bones. Serve immediately with butter or cream sauce.