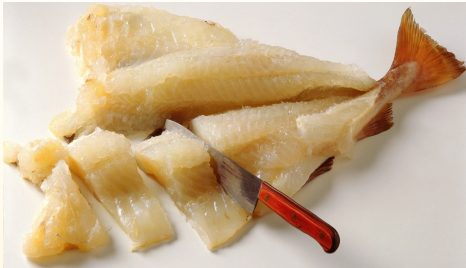


How to Cook Lutefisk

Place it flat in a pan, put some salt on it, seal the lid tightly, and let it steam cook under a very low heat for 20–25 minutes. You can also use aluminum foil to cover the pan and bake at 435 °F for 40–50 minutes.



Lutefisk sold in North America may also be cooked in a microwave oven. The average cooking time is 8–10 minutes per whole fish (a package of two fish sides) at high power in a covered glass cooking dish. The cooking time will vary, depending upon the power of the microwave oven.

When cooking and eating lutefisk, be sure to clean the lutefisk and the residue off pans, plates, and utensils immediately. Lutefisk that is left overnight becomes nearly impossible to remove. Sterling silver should never be used with lutefisk, which will permanently ruin silver. Stainless steel utensils are recommended.

Lutefisk is a traditional Scandinavian way of preserving cod for use during winter months. Norwegians and Swedes dried cod during the fishing season, a process that preserved the fish but made it inedible. During the winter, they soaked the dried cod several times in lye made from wood ashes and cool water to soften it and ready it for eating. The soaking turned the cod into lutefisk with its characteristic strong smell and gelatinous texture.

