

## Pretty Fish (Series 1)

10 x 30'

### EPISODIC BREAKDOWN

#### 1. Old Yellow

The yellow one highlights the Cod, the fish that has played a big role in the history of the Icelandic Fisheries. Sveinn goes fishing with Arnar, the guitar player in the band Mammut, who happens to be the former teenage Nordic champion in sea angling. They catch a couple of big cods that Sveinn then brings back to his kitchen. There he demonstrates how all of the cod can be used for creating gourmet dishes, from the tail to neck to the roe and at last but not the least, the skin and the head. Aslaug food designer and Sveinn host a codfish party at Mammut's rehearsal space where baked cod heads and crispy cod skin is on offer!

#### 2. Chili High

Sveinn goes to the Fish Market in Reykjavik and searches for the most beautiful and prettiest redfish on the market. He is planning a barbecue at the Icelandic beach in Nautholsvik. He has invited a few good friends to experience a unique chili "high". The episode is very hot where chili is at the center along with redfish, squid and shrimps. The audience will also learn how to prepare an amazing chili lollipop, which will be the icing on the cake after this chili blast.

#### 3. See Soup

Sveinn and Aslaug start their journey by the harbor in Hafnarfjordur where they meet Magnus the diver and the lead singer of the band Ulpa. Magnus sails out to Flekkuvik and dives for some goodies, such as sea urchin, horse mussels and sea cucumbers. Then they sail back to the shore and Sveinn prepares a delicious omelet on the pier. The rest of the catch Sveinn and Aslaug take to Grindavik where they invite the household and the band members of Ulpa to eat a shellfish soup. Sveinn cooks the country-soup of the diver and as a side-dish he makes a couple of soup toppings that gives the guests the pleasure of spicing up the soup to their own taste. As a starter Sveinn offers a lightly spiced horse mussel.

#### 4. Pink Cousins

By lake Ellidavatn, in the outskirts of Reykjavik, lives Matta. She collects and sells shoes and is a bee farmer. The lake has a lot of Arctic char and they go out on a small boat to catch some. At a garden party Sveinn flings up a kitchen where the chars pink uncle, the salmon gets an interesting makeover and is covered in wasabi nuts, soba- noodles and plum salad. Lovely guests arrive to Matta's house and they are invited to taste the gifts of nature in the land of adventures by the lake.

## 5. So Sushi

The sushi chef Ari from the restaurant Osushi and Sveinn give a quick course in how to prepare sushi. A lot of variety is on offer, sushi from an eel, sea urchin, salmon, tuna and surimi. Sushi is laid on the table for guests. As a desert liquorice sushi is an instant hit!

## 6. Fast Fish

Sveinn and Aslaug visit the Technical school of Reykjavik and discuss fast food with the students. They ask one of the students to help with weld a halibut. Sveinn studies mayonnaise and makes five different versions. A visit to the chef at an Indian restaurant in Iceland the audience gets an insight into how to make cloth bread. Sveinn and Aslaug bring the bread to students at the Iceland Academy of the Arts and cook tandoori catfish that the students wrap into the cloth bread along with some veggies and a delicious sauce.

## 7. Lobsterrific

Sveinn and Aslaug visit the hometown of the lobster Höfn in Hornafjörður and get to know the langoustine a bit better. The restaurant The Lobster Harbor is the main attraction where Anna and Ari, children of Þorsteinn, demonstrate how a whole lobster with claws and all is cooked. Sveinn cooks delicious langoustines with basil and fennel. Sveinn and Aslaug prepare a unique Sunday lunch at Frida Kaaber shop own. Sveinn cooks for Frida and her friends a lobster cakes with tomato and cranberry jam with artichoke cream.

## 8. Shell Out

Sveinn and Aslaug go and pick mussels by Bjarteyjarsandur in Hvalfjörður. Brynhildur Thorgeirsdóttir sculptor is the expert! She is preparing for an annual mussels party for her relatives. In her studio she prepares spaghetti with mussels and shellfish. Simon a shellfish farmer shows us how he farms.

## 9. Flatfish

Two types of flatfish are halibut and common dab – but we are actually mostly focusing on plaice in this episode. We will go berry and mushroom picking in Hedmork and Asa Asgrimsdóttir will educate us about how to pick mushrooms. Finally we have a feast in the fields of Lyngholl where Sveinn serves flatfish types!

## 10. Fire Fish

It is not without a reason that herbalist look to all kinds of spices to fix health problems and to cheer the sad minds. We visit the herbal garden of the Pharmaceutical Society of Iceland in the company of Asdis Einarsson. She informs us about the various healing powers of spices and herbs. The Thai chef Matwa at Kokos and Curry leads us into the truth about Thai fish cakes and

Sveinn flirts with long and catfish with masala, ginger and fire-veggies. Sveinn and Asdis have an outdoor foot spa in Seltjarnarnes while they eat a wonderfully simple meal made by the chef!