

# off the fence.

## Pretty Fish (Series 2)

8 x 30'

EPISODIC BREAKDOWN

### 1. Seaweed

In Herdisarvik on the south coast of Reykjanes peninsula dulse and seaweed can be picked for a gorgeous meal. Thora Valsdottir leads us into the truth about picking of seaweed and what to eat and what absolutely not to eat! Dukkah, coastal cook up and Char-noodle-salat with dulse is prepared to cheer up the innovative inventors Jon Trausti and Saemundur from Matis. Working on Sveinn's travel cuisine, they show us the tricks of the trade when cooking a dulse-spaghetti – with a little twist from Sveinn.

### 2. Salty Treats

Salt and salting is one of the main cores of food preparing. In this episode we visit the first salt factory in Reykjanes on the West Peninsula of Iceland. Sveinn our chef is offered a kitchen to try out his arty salty favorites. He prepares a wonderfully beautiful and amazingly tasty Rose salat and a fish hiding within a mountain of salt. To top it up he blends various salty flavours to be used with various ingredients

### 3. Mackrel Snacks

Mackrel is not only causing a heavy dispute between friendly nations but now the Icelandic chefs are using it in a very innovative way too! This beautiful but fatty fish is a delicacy! A snack pack does not need to be too complicated as the clearly is demonstrated by the hot springs in Reykjanes and the winter surfers in Thorlakshofn are lucky as they join us after a dip in the icy North Atlantic Ocean when they are offered a warm meal by Sveinn by the seashore. But is it too cold and wet to be eating fish and tasting a salmon boost?

### 4. Monk and Fish

The taste of this magnificent animal reminds some people of a glorious lobster even though it will never even be a runner up in a beauty contest. A whole catfish is whipped on the town chargrill in Sudureyri. A monkfish couscous makes the towns inhabitants cheerful. But those who we will see deliriously happy this time are hipsters in Reykjavik when Sveinn trots down the main shopping street wheeling his kitchen along into the Garden of hearts. There he prepares an innovative Occo Bucco from catfish that he names Monko Bucco...mmmm and to top that – he offers a grilled caplin as a desert. Who is not desperate for that taste?

## **5. Catfish**

The slippery one, the catfish, is often hung out to dry, but this time it is there as a heartwarming ingredient for the people on the West Coast in the village of Sudureyri by Sugandafjord. There we meet hard core hunks from the male shelter and Sveinn prepares a magnificent Catfish for the ever young old fishermen that come there. Catfish gullash and warm smoked Catfish on citrus salad replaces happy pills that day!

## **6. Household Foods**

Every year in the earlier times housewives would cook about one thousand meals to keep the family happy. In this episode Sveinn picks out old recipes and gives them new life. He experiments with fish and cabbage, shrimpgratine and a cooked saithe. Who said regular household dishes need to be boring and tasteless despite being simple?

## **7. Immigrants and passers-by**

The people of Iceland have only just recently started cooking crab. This new settler by the coasts of Iceland has only recently arrived to the shores here in the North. We go crab hunting with David – crab boy from the harbor of Kopavogur. We learn how to handle the creature so it will be fit for soups and crab cakes. This new but very tasty settler is a great surprise!

## **8. Finger Food**

Fish is not at all the first idea that springs to mind when talking about throwing a party and preparing finger food. But let us introduce Sveinn and his amazing skills in handling this ingredient and turn it into the greatest finger food. In this episode he magically prepares dishes like a wrapped blue ling, tiger prawns in a sweet sour sauce, langoustine tortillas with rose pepper, salmon candy and a lot of other ingredients to surprise the guests at a birthday party at Lake Ellidavatn.