

GROCERY LIST: NORWAY

1 lb fresh or frozen haddock, cod, or whiting.

3 eggs

1 cup milk

1 stick butter

2 tablespoons yogurt/plain

2 tablespoons cornstarch

2 cups + 1 tablespoon flour

1 ¼ cups sugar

1/4-cup ground almonds (almond flour)

1 teaspoon baking powder

Powdered sugar to sprinkle

1 teaspoon pure almond extract

1 teaspoon chopped fresh chives

handful fresh dill or parsley, finely chopped

1 1/2 lbs (680 g) new potatoes

4-5 scallions, sliced thinly

1/2 small red onion, finely chopped

2 celery stalks, finely diced

juice from 1 lemon

1/8 teaspoon freshly ground nutmeg

1 teaspoon freshly ground white pepper

2-3 large pickles, finely chopped

1/4 cup juice from jarred pickles

2 tbsp mayonnaise or sour cream

2 tbsp stone-ground mustard

Please note:

For the shopping lists, quantities have been multiplied to assume you are serving at least 4 people. (Recipes that serve 2 people, for instance, have been doubled.)

All oils for sauteing have been combined into "cooking oil" unless the type of oil is traditional to the dish. Use the fat that you prefer for this purpose.

It is assumed you already have enough table salt and ground black pepper to prepare the recipes, so they are not included unless the recipe requires a lavish amount.