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153 recipes tell a story
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Trudi Henrydotter Eikrem

Klippfisk *153 oppskrifter fortel ei historie*

Norway has exported "Klippfisk" to southern regions for several hundred years. There, they have eaten and loved the fish, and developed countless ways to use it.

"Klippfisks"-expert Trudi Henrydotter Eikrem wants to bring this valuable raw material back from oblivion with this book, and show us that it is not at all difficult to make good food from klippfisk. In the book, you will learn, among other things, how to distinguish different qualities, how to cut and store the fish – and how to prepare it for the oven, the pot or the grill.

The book is a thorough introduction to utilizing and handling klippfisk and the associated raw materials – and suddenly the reader is an independent klippfisk-chef who has also collected some tips on how to choose the best olive oil and why good salt is so incredibly important.

Basque klippfisk, diplomat sausages, heaven-sent klippfisk, soufflé, pudding and soup are just some of the things you will find in this exuberant cookbook. The dishes are based on Portuguese food traditions and documents from archives in Lisbon. The recipes were simple, no one thought about how much of each ingredient to have, because the housewives on the Iberian Peninsula had that in their backs.

Between the recipes, the author also shares her extensive knowledge of the history of klippfisk and the significant role this raw material has played in Norwegian fish exports.

"Many hundreds of years of klippfisk-history have now culminated in a great book, where the author, photographer and designer give readers the opportunity to experience for themselves what this traditional raw material has to offer."

- Andreas Bjerknes, Vikebladet

Trudi Henrydotter Eikrem

Trudi Henrydotter Eikrem (b. 1966) grew up in Ulstein in Sunnmøre. As a historian specializing in Portuguese history, she has worked extensively with the dissemination of Portuguese language and culture. She has worked as a journalist for NRK Møre og Romsdal and P2, and as a teacher. She is now a senior lecturer at Volda University College.

Henrydotter has studied fisheries and coastal history and is writing a thesis on Norwegian clipfish exports in the 1800s. She has previously written about the

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entrepreneurial company Jets at Hareid (Jets 2011) and the book "Kvinner som bygde ein by" (Oseberget 2013).