



Rehydrating Fish¹

- Using an axe head, lightly beat dry, white stockfish on the skin side
- Cut or saw² each half of the fish into 2 or 3 pieces and lay them in a bowl of cold water
- After two days, wash each piece very well
- Dispose of the water and put the pieces in fresh, cold water
- After a few days, wash them again and return them to fresh cold water³
- Use a knife to cut notches in the skin or peel off as much of the skin as possible (the removed skin can be dried and used to clarify coffee).⁴ This allows the lye to penetrate better

- The lye solution is made by boiling 1 ½ gallons of oak ash and 4 gallons of water
- After it has boiled for a while, add ¼ of a pot of pickling lime
- When the lye has boiled until it looks clean, that's enough
- When the ash has sunk and the lye looks clear, filter it into a bowl and let it settle for two more days. It should be as clear as water.

- Lay the washed fish in the bowl skin side up
- Ladle the strong, clear lye over the fish
- The lye solution should cover the fish completely

- You should check on it every day and rotate the pieces so that the top pieces are on the bottom, etc...
- After 6-8 days take out the most swollen pieces and put them in water, which should be changed 2-3 times a day in order to make speed up preparation of the fish
- If you are in a particular hurry, cut the meat away from the skin so that the lye taste can be pulled out of the water quicker.

3 luta *vb tr* behandla med lut treat...
with lye; lutlägga soak...in lye; ~ **av**
möbler remove old paint from...
with lye

Figure 1

You can also treat dried fish with baking soda and lime. Dissolve 1 pound of the former and 1 pint of the latter in hot water and combine with enough cold water to cover the fish. Turn the pieces often while the lime sinks to the bottom. It is not good for the fish to swell too quickly. That can cause it to be too soft on the outside and too hard on the inside.

¹ The original title is "att luta fisk" That's why it is called "lutfisk" It is fish that has been through this process. See fig. 1 for the definition of "att luta" from Norstedts Swedish-English Dictionary

² Yes. It says saw. I knew that is what it said, but I looked it up in the dictionary just in case. Yup. You might have needed to use a saw.

³ Presumably for two more days? It doesn't really say. What could it hurt at this point?

⁴ Fish skin was used to help settle the grounds when making boiled coffee. Gross. For more about the history of coffee in the Nordics, check out this blog post <https://brewminate.com/a-history-of-coffee-in-norway/>