

Fish from Gotland

-sustainable and smart



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Learn more about fish from Gotland

In this folder, we explain the different fish species that are fished around and on Gotland. We provide modern versions of traditional Gotlandic recipes with simple nutritious ways to prepare the fish.

Catch and eat Gotland fish! Flounder, sprat, herring and ide are some of the common species.

Fish is sustainable, smart food and with modernised cooking methods, we hope that these fish species will get a boost to provide opportunities for increased processing of these fish species on Gotland.



Contents

	Page
Fishing around Gotland, then and now	4
Ecolabelling of fish	9
Fish is nutritious and healthy!	10
Commercial fishing, household fishing, recreational sport fishing	12
Aquaculture, fish farming and algae	16
Fishing, processing & sales in season	18
Cooking of Gotland fish	20
-RECIPES-	
Gotland fish and how to cook them	22
Perch	24
Crayfish	25
Flounder	26
Pike	30
Ide	32
Salmon and sea trout	36
Garfish or Horn Pike	38
Turbot	40
Sprats	42
Herring	46
Whitefish	50

To learn more about how to fillet all types of fish – search www.sjomatsframjandet.se

Sources:

- The Swedish Board of Agriculture
- The National Food Administration
- County Administrative Board of Gotland County
- Seafood promotion
- The book "Mat och måltidsseder på Gotland" by Kurt Genrup et al 1992
- "Gamle fiskbein, styr, strämning, tåsk med fleira", Sabine Sten, Uppsala Universitet



Fishing around Gotland -then and now



Archaeological findings of fish bones on Gotland show that fishing has long been important for Gotlanders. Gotland's geographical location has provided an opportunity for a rich, varied and nutritious marine diet. There are several benefits when fish is included in the diet; fish is "fertilizer for the brain" and fatty acids found in fish are known to be crucial for human development.

There have been approximately two hundred fishing villages scattered along the coasts of Gotland and their fishing has complemented agriculture in the region. The peasants often had a fishing hut where they could spend the night during fishing seasons in the spring and autumn. The coastal population lived on fish from the sea while those who lived inland caught fish in lakes, rivers, streams and swamps-prior to their drainage to release the land for agriculture. Common fish species found in Gotland archeological sites include herring, cod, salmon, pike, perch, flounder, turbot, roach, ide and eel.

Did you know that...

Herring has always been an important fish, infact our national fish! In earlier times, a person would consume on average 1000 herrings per year.

Herring-, cod- and flounderfishing has been very important on Gotland.



Gotlands Cistercian monks at Roma Monastery built dams to use for aquaculture as far back as 12th century.

Fish were cultured to provide food during fasting rituals, when it was forbidden to eat meat.

In 1980, cultivation of an endangered species of crayfish began in landscaped ponds on the island.

It was common for fish to be salted, especially when fisherman had large catches that would go to waste if not readily consumed. On the coast, herring was salted and inland, Ide was salted. The salted fish could then be fried or boiled.

In the south of Gotland, flounder were salted and dried while in the north, flounder was more commonly smoked. It was also popular to smoke herring which was then known as "böckling". Popular fish food was stuffed cod heads, pike soup and eel. During the 19th century, agriculture became more profitable and fishing decreased in importance. However, some of the coastal farmers chose to become full-time fishermen, which prompted them to acquire larger boats and to form fishing fleets. Today there are approximately 20 registered commercial fishermen on the island and some household fishermen.

The fish species caught around Gotland today are mainly herring, sprat, flounder, turbot, ide and sea trout. Salmon and crayfish are also cultured on Gotland.

According to old Gotlandic custom, a worn out wooden boat must to left to "lie and die" at the shore of the fishing village.







Fish from Gotland is sustainable and smart

If we are to sustain eating fish in the future, we need to understand how we as consumers should contribute to a better marine environment and to more sustainable fishing. Together we can make conscious choices that contribute to the use of the sea's valuable resource in a sustainable way.

Do the environment a favor and choose fish that comes from sustainable stock and is caught in an environmentally friendly manner. Instore, look for eco-labels on packaged fish and fish products, and choose to buy locally caught fish from Gotland. The Gotland-caught fish is for marketing reasons not always environmentally certified, but still a good environmental choice.

Eating fish from Gotland is both sustainable and smart. The fishing takes place locally, on a small scale and with gentle fishing methods. Fish is caught seasonally restricting the impact on the stock and environment. Choosing locally caught fish also contributes to the longevity of the Gotland Fishing industry.

We need to rediscover species such as ide, sprat, flounder and herring besides eating farmed salmon and cod.

How often and how much??

General recommendations for fish consumption explain how often you can eat the different species depending on where they are fished. Read more at www.slv.se.

Dioxin and PCBs are found in elevated levels in fatty fish such as salmon, sea trout, sprat and herring from the Baltic Sea. These fish can be eaten as often as once a week, however small children and women of childbearing age, pregnant or breastfeeding should limit consumption to 2 or 3 times a year.

For thousands of years, fish has been an integral component of the human diet. Unfortunately, fish has been replaced by other food or food products and consumption has dropped to 11 kg of fish fillets per person per year. In a healthy diet, fish or seafood should be served at least 2-3 times (300-450 g) per week for optimum health.

Fish contains many important vitamins and minerals including vitamin D, selenium, iodine and the useful polyunsaturated fat. Omega-3 fats prevent heart and vascular diseases and play an integral part in the development of the brain and vision. Fish is relatively lean; it contains no carbohydrates and the fat is largely polyunsaturated.

Gotland Fish

As a consumer, you can get the impression that it is both wrong and dangerous to eat fish from the Baltic Sea; "The species that are not depleted are poisonous". Baltic fish have an undeservedly bad reputation. Of the fish caught around Gotland, you can eat cod, whitefish, turbot and flounder as well as farmed fish and crayfish as often as you want without risking ingesting environmental toxins. Feel free to go fishing on Gotland and eat the species you catch.

Fishing yourself?

You need to purchase a permit/fishing license before you can fish in lakes and streams on Gotland. See the link on last page.

How often and how much can you eat?

At certain ages and stages in life we are more vulnerable to environmental toxins and therefore there are general recommendations for how often and how much to eat of different fish species.

This advice is based on analysis from large geographical areas, therefore, Hushållningssällskapet has undergone their own analyse of Gotland fish. Their results show that our Gotland fish present below the limit values.

In this folder we have focused on Gotlandic fish and therefore base our recommendations accordingly on how often and how much you can eat. Recommendations are based on the size and age of the fish plus seasonal purchasing of fish species.

On Gotland, PH levels are high due to the presence of limestone and this limits the release of mercury. Fish species such as perch and pike can contain mercury if they are caught in a lake (a 'swamp' in Gotlandic dialect). If fished from the sea, the same fish generally contain very low levels of environmental toxins and can therefore be eaten without risk.

Fishermans' sheds in Herrviks harbour

Commercial, household and recreational sport fishing





Recreational Sport Fishing

After the Second World War, there was an increase in recreational sport fishing as people had more leisure time and a better economy. Previously it had been considered a 'rich mans' pleasure and pass-time. Angling-fishing with a rod for the sport of trying to catch a fish, is still considered as pure relaxation. There has been an increase in the development of technical equipment including specially adapted sport fishing boats, advanced anchoring systems, sonar, GPS, underwater cameras and various forms of sport fishing such as fly and spin fishing. Specimen fishing (fishing after large specimens of different species) has also evolved.

Recreational Sport fishing is a leisure activity enjoyed by millions of Swedes every year and it generates substantial income within the hospitality and tourism industry.

Anglers play an important part in alerting authorities of environmental problems in the water and various threats to fish stocks. On Gotland you can find, Sportfiskarna (Swedish Sport Fishing and Fisheries Conservation Association) and local sport fishing clubs who have aided in the restoration of rivers and streams and the increase observed in sea trout stock.

In recent years, their work has also been focused on measures to help and increase the survival of pike and perch. The anglers also offer children and young people opportunities to experience leisure activities and environmental protection.



Household Consumer Fishing

To fish for the needs of your own household and not for sale, has been a tradition which dominated Gotland until the end of the 19th century, which saw the beginning of commercial fishing as an industry.

Household consumer fishing is steeped with tradition and is responsible for keeping many of the fishing villages functional and maintained. Old fishing methods (mainly nets) and traditional fishing grounds are used and it is categorised as belonging to the concept of recreational sport fishing, ie fishing that does not generate income.

Since 2014, fish caught at sea by recreational fishermen cannot be sold, as this competes with commercial fishermen.





Commercial fishing

Fish is a natural resource and valuable food source therefore commercial fishing contributes as a primary producer to the food chain.

The catches are dominated by herring and sprat because fishing for cod and salmon has been banned in recent years. However, flounder, turbot and ide are species that can be used but need to be managed.

Commercial fishing on Gotland, benefits society and has an important role to play in environmental monitoring of fish stocks. Therefore, a healthy, thriving commercial fishing industry is important for Gotland and requires consumers to ask for locally caught Gotlandic fish.

Did you know that...

Gutefisk is an economic association for professional fisherman with a facility in Herrvik for the preparation of flounder, sprat and ide, three species with good stocks around Gotland.

Aquaculture, fish farming and algae.

Aquaculture; the cultivation of fish, shellfish and alga, provides sustainable species, feed compositions and cultivation techniques. It has the potential to become a sustainable industry that will meet the future requirements in "seafood".


Did you know that...

Gotland has the potential for algae cultivation and trials are ongoing at Ar Research Station.

Aquaculture is an efficient way to use resources from the land and sea, to produce a healthy food supply. It can help to meet increased food demands due to world population growth in the future and conserves water and nutrients by recycling these components.

Gotland is currently carrying out experimental activities in sustainable aquaculture.

RAS (Recirculating Aquaculture System) involves cultivations in closed systems on land where the water is filtered, purified and reused. Old barns have been converted to fish farming compounds and any residue/wastes are used as excellent fertilizer for the fields.



Experiments using aquaponics have combined cultivation of fish alongside vegetables and fruit. The cultivated fish Tilapia (at the bottom) has been successfully bred in tanks and also Clarias (at the top).

Another farming technique is to grow both fish and plants in the same closed system, so-called akvaponi. The fish's residual products in the form of feed waste and faeces become nutrients for the plants. Bacteria convert toxic substances into nutrients which plants can utilise. The water is thus purified and recycled back to the fish ponds. Cultivation that gives one kilo of fish manure grows 10 kilos of plants. The plants grown can vary from herbs to tropical fruits such as bananas.

Algae cultivation is also a sustainable alternative of underestimated value. In Asia, algae have long been grown on a large scale for use in the food industry. Algae can also be used in the manufacture of plastics and other materials. Omega-3 fatty acids and proteins can be used as food for humans and animals.

Experimental investigations combining algae cultivation and aquaponics are also underway.

Did you know that...

on Gotland there are both companies that use RAS technology to cultivate rainbow trout and even those who use aquaponics to combine fish farming with banana cultivation!

Seasonal fishing, refining & sale.





Fish from Gotland are always caught in season and when it tastes best, however supply doesn't always meet the demand. To ensure consumers always get the best quality fish, it needs to be frozen within three hours of capture. By then, the fisherman will have cleaned/skinned/filleted and vacuum packed it.

Gotland fishermen have developed methods to preserve the flavour and freshness of the fish when cooked or smoked -up to one year after the date of capture. When thawed, the frozen fish in principle is fresher than the fish you can buy at the fresh fish counter instore.

Gotland's small-scale fishermen have formed an economic association *Gutefisk*, where they work together to handle the processing, packaging and selling of their own fish to shops, wholesalers and restaurants.

Today you can find Gotland sprat, flounder, turbot and ide in stores, along with ready-made fish burgers for sale.



Preparation of fish from Gotland

Did you know that...

Many people believe that chilled fish holds higher quality than frozen?

The truth is that rapid freezing is the best way to preserve fresh fish. If stored correctly (at -30°C) frozen fish can still taste fresh after twelve months.

Parasites are common in wild fish but they die when you fry, grill, smoke, bake or cook the fish before you eat it.

Fish to be eaten without first being cooked e.g. pickled salmon or sushi, requires instead that the fish has been frozen for 2-3 days. Another option is to strongly salt the fish eg: 'surströmming' or salted herring.

Thawed frozen fish should be treated as fresh and stored cold at a maximum of 1-2 degrees and cooked as soon as possible to optimise flavour and freshness.





Fish that has been frozen for at least two to three days can be eaten just lightly salted, cured or pickled without heating. Find your own favorite variations of Gotlandic sushi.

In our recipe section you can find new, tasty recipes with advice and tips on how to enjoy the Gotland-caught fish.

Above you can see rolls of salted or pickled trout and ceviche of fast-brined ide, see recipe page 31.

Sashimi are pieces of raw or fast-salted fish served as the first dish in a meal before eating stronger spicy food.

Fish suitable for Sashimi (depending on the season) are whitefish, perch, trout or ide, which can be cut into thin strips.



A little about
some of our
Gotlandic fish
and how to cook
them



Freshly caught fish is fantastically tasty. It's just to fry or grill over a fire with a little salt and enjoy.

If you do not fish yourself, you can find fresh fish in our fishing ports, villages or in store. There you can also find our "fresh-frozen" fish.

We have gathered all our best recipes for the Gotlandic caught fish for you to try; regardless of whether you are a seasoned fish eater or want to get new inspiration and start eating fish.

There are both simple and more complicated recipes. "Bon Apetite"!



Fish platter with smoked delicacies

Smoking Garfish/Horn pike is the absolute best way to eat this fish.

You can make a spectacular Gotland fish platter by serving whole smoked garfish, smoked flounder, smoked Baltic herring (böckling) and smoked perch fillet, fresh from the sea.

Serve together with freshly baked bread and a delicious horseradish paste (see recipe page 27).

Garfish/Horn pike is good to smoke and fry, but can also be boiled and made into a sandwich spread (recipe page 39).

Try also salting it fresh, 30 minutes before grilling or grilling after it has been smoked before you enjoy eating it.



Perch Abborre

Perch from the sea contains generally low levels of environmental toxins and can therefore be eaten without risk.

However, pregnant or breastfeeding women should not eat perch caught from lakes more often than 2-3 times per year. Perch tastes its best if it weighs less than 1 kg.

Tip!

A good way to clean the perch is to remove the head, skin and fillet it so that it becomes completely boneless.



Perch is identified by the dark stripe along its side and its red fins. Its color changes depending on the water in which it lives, so it can vary from light green to almost black. Their scales are sharp and quite difficult to remove. Baltic Sea Perch stocks are currently low but they can be fished more readily in lakes and 'träsk' here on Gotland but then you are required to hold a fishing permit or licence.

The best season to fish for perch is autumn through winter using a net, fish trap or rod. The perch is a versatile fish, the meat is lean and can be used in dishes to replace other varieties of fish eg: flatfish. Remember that the perch along the coast of Gotland is completely protected during the period 1 March - 31 May!

* Fishing requires a fishing license or permit from the fishing right holder

Panfried Perch

Perch fillets or if small -use the whole fish.
Flour el. breadcrumbs
Salt and pepper



Flour and season the perch. Fry in butter on high heat for approx. 2 minutes until golden brown. Serve with freshly cooked potatoes.

Crayfish

Flodkräfta

The crayfish is a freshwater species of native crayfish. They can vary in color, from dark blue to black and brown, but when boiled turn red. The pincers are powerful and the whole crayfish has small nodules on the shell. The crayfish are usually sold when they are 10cm long.

The introduction of a plague-carrying American 'Signal' crayfish to Sweden has hit the crayfish population hard. However, with its isolated location and the lack of these introduced crayfish, Gotland has been able to preserve its native crayfish.

In the 1980s, many people began to cultivate the endangered crayfish in ponds, and Gotland is today both a producer and sanctuary for the species. Approximately 8 tons of crayfish are produced per year on Gotland and buying locally helps to ensure the species is cultivated and preserved.



Did you know that...

Crayfish are grown in several places around Gotland –mostly in commercial ponds and are fished with cages during August and September.



Eat Gotland crayfish as often as you like.

Flounder

Flundra



Frozen Flounder is available for purchase with fins and skin removed.

To clean fresh flounder use scissors to remove fins by cutting around the fish and then push out the intestines and blood. Then its ready to cook!

The Baltic Sea flounder, is a flatfish with rough sharp nodules down the centre of its back. This "nodule" stripe gave the fish its original name 'skrubbskädda'. The underside is white with gray spots and it is caught with nets.

There are good stocks of flounder around Gotland. It is protected all over Gotland from 15 February - 15 May and is best fished in late summer when it is at its fattest.

The flounder has a thick skin and is cooked whole or skinned. The flesh is silvery gray under the skin but lightens when cooked. The flounder should preferably be eaten fresh and not be more than a couple of days old, unlike other flatfish.



Eat flounder as often as you like.



Smoked flounder with horseradish cream

Grate fresh horseradish directly into a bowl of fresh cream. Let sit for 30 mins to develop the flavour.

Season with salt and pepper. Eat and enjoy!

Smoked flounder is a great summer food and it can be bought in season in various smokehouses and grocery stores.

If it has been refrigerated after smoking, it is an advantage to warm the fish in a microwave for 30 seconds so that it is easier to eat. Any leftovers can be used as an appetizer, in a baked potato or on a sandwich.

Herb Braised Flounder

Thaw the portioned fish or use fresh when in season. Rinse off and wipe with paper.

Place the flounder in a casserole dish with a lid. Pour on fish broth, white cooking wine or squeezed lemon, salt and chopped herbs to your liking.

Allow to simmer for 7-10 minutes until the fish is cooked. Serve with boiled new potatoes, root vegetables and seasonal greens.

Top with a herb mayonnaise.

Serving tips for fried flounder

Serve with hollandaise sauce or with lemon, capers and with spring onion aioli or why not with browned, butter fried mushrooms?

The flounder is at its best in July-September, during the mushroom season!

Fried crumbed flounder in frozen portions

Thaw the skinned flounder backs and wash them off with a brush under cold water. Wipe the fish with kitchen paper.

Prepare a coating (if you like) of wheat or rye flour, salt and pepper.

If you want the surface extra crispy, the fish is double-crumbed: First flip it in wheat flour, then dip it in beaten egg and finally roll it in breadcrumbs or panko. Fry the fish on medium heat in butter until the fish flesh has turned white.

Serve with new potatoes, mashed potatoes and seasonal vegetables with suitable sauces / seasonings.

Pressed cucumber - good for fried flounder!

Place 2 tablespoons vinegar, 2 tablespoons sugar, 1 dl water, ½-1 pinch white pepper, 1 pinch salt in a bowl and mix together. Pour over ½-1 thinly sliced cucumber, and sprinkle with plenty of chopped parsley. Let stand for a while before serving.





Fried flounder with lemon cream and baked beetroot 4 servings

Baked beetroot and potatoes

- 100 g small redbeets
- 100 g small potatoes
- ½ dl oil
- Salt, pepper
- 200 g Feta cheese
- 2 pinches chilli pepper
- Beetroot leaves, ruccola or salad leaves

Heat the oven to 200 degrees. Halve potatoes and Beets then layer in an ovenpan. Drizzle with oil, season with salt and pepper. Bake in the middle of the oven approx 20 minutes. Break the feta cheese and sprinkle it over together with chilli pepper seasoning. Bake another 10 minutes until the root vegetables are soft. Mix in beetroot leaves, ruccola or salad greens before serving.

Lemon cream

- ½-1 lemon
- 40 g spinach leaves
- 200 g Philadelphia cheese
- Salt, pepper

Grate lemon zest and squeeze the juice into a bowl. Finely shred the spinach and mix everything with Philadelphia cheese. Salt and pepper.

Fry four flounder fillets according to the instructions on previous page. Assemble the dish and serve.

Flounder mix

Left-over smoked flounder is mixed with mayonnaise, crème fraiche, chopped dill and a touch of Colman’s mustard powder to get some sting. If you like onions, chives, spring onions, etc., mix them in just before serving.

This sauce can be made from all varieties of smoked fish, but flounder is the best fish to use!



Tips on how to prepare flatfish!

If the skin should be left intact:

1. Cut the fins off with a sharp knife along one edge. Scissors are better to use when the fish is slippery.
2. Turn the fish over and cut off the fins along the other edge.
3. Cut off the head along the abdomen in an arc.
4. On the opposite side of the abdomen sits the neck, so cut up as far as possible to the head to save the meat here.
5. Cut off the tail at the narrowest part.

Flounder mix is really excellent in flatbread rolls



Pike Gädde

Pike from the sea contains low levels of environmental toxins and can therefore be eaten without risk. Pregnant or breast-feeding women should not eat pike from lakes more than 2-3 times per year. The pike tastes best when it weighs less than 2 kg.

The pike is found around the coast of Gotland and it prefers reeds and shallow water next to the beaches and in Gotland träsk *

Pike stocks are currently weak in the Baltic Sea due to the affects of eutrophication and their spawning opportunities. However, Fisheries management is expected to increase stocks.

Fishing season for Pike is autumn through to spring but it is completely protected along the coast of Gotland during the period 1 March - 31 May. If you fish with a rod, you can keep a maximum of three fish per day and they must be between 40 and 75 cm long.

* Fishing requires a fishing license or permit from the fishing right holder





Pike Gratin with cauliflower cheese sauce

1 pike fillet
1 medium cauliflower (white or green)
1 litre milk
100 g butter
100 g wheat flour
100 g grated cheese of any kind (you can mix leftovers of various cheeses, including blue cheese)
Grated nutmeg
Salt

Cut the pike fillet into reasonably large cubes. Divide the cauliflower into smaller bouquets and boil them in salted water approx 5 minutes.

Make a bechamel sauce from melted butter, flour and milk. Season with nutmeg and a pinch of salt. Simmer on low heat for 7-8 minutes.

Add the grated cheese and let it melt into the sauce. In an ovenproof dish, place the cauliflower bouquets and pike cubes. Pour over the warm cheese sauce and stir carefully to mix.

Bake at 175 degrees for approx. 30 minutes.

Tip!

Boiled pike tastes fabulous with boiled potatoes, horseradish and melted butter.

Keep in mind that...

The pike may contain bones even if you strained to remove them before cooking.

Pike in mustard sauce

1 pike fillet
2 dl whipping cream
1 dl white cooking wine
2 tbsp coarsely ground unsweetened mustard
 or Dijon mustard
Salt
Black pepper
Butter or oil for frying

Cut the pike fillet (smaller pike under 2 kg preferably) in about 2.5 wide pieces, and brown them on both sides with melted butter in a frypan.

Season with salt and pepper. Pour over wine and let it boil a little.

Dilute with cream and mustard and let the fish finish braising in the sauce. If the sauce becomes too sour, season with a little sugar.

Ide

Id

Tip!

The Id contains many bones which requires it to be prepared in a way that removes or crushes the bones before eating.

For this you can put the Ide in a pickling brine like the one used for herring.



Eat Ide as often as you like!

Ide has yellow eyes with a wide round back and reddish fins. In the spring, during the mating season, the fish has a brass yellow hue. Ide is a species of the carp family and was formerly a very important fish on Gotland.

Ide is a hardy fish that lives in both salt and fresh water. In the spring, the Ide swims up rivers and streams to mate and lay eggs on the grass floor, in slowly running water. The young stay in the waters where they have hatched until August, when they make their way out to sea. In the summer during calm, warm days, they gather along the beaches and in the bays to feed and grow.

Preferably fished out in the sea from 1 June - 31 December. They are caught by angling, spinning rod or fly. See more information about fishing license and regulations at www.fiskelandgotland.se.

The Ide captured around Gotland is considered to be the best with tasty, slightly pink meat after cooking.



Ide burger with smoked flounder

4 servings

500 gram ide filé

3 eggs

2 dl whipping cream

1 tablespoon potato flour

50 grams of smoked flounder or other smoked fish

10 grams of salt

White pepper

Breadcrumbs for coating

Salt and grind the Ide twice using a meat grinder, then add the smoked fish and grind once more – to give a spicy seasoning.

Place in a bowl, add the eggs, potato flour, pepper and cream. Stir until smooth, then let the mixture stand for a while to settle.

Shape the mixture into burgers, coat in breadcrumbs and fry them on medium heat in a pan with butter until golden brown.

Serve with mashed potatoes, green peas and shredded or melted butter with raw lingonberries.

*A recipe from the chef
Bosse Nilsson, Visby*



Quick idea for softening and removing the feeling of bones:

Cut the Ide fillet into small pieces. Put on a plate and sprinkle with salt and finely chopped onion.

Place a plate on top (like a lid) and shake hard up and down for 1 minute....the fish is salted and the bones begin to soften.

Let stand for about 1 hour before serving. Eat raw as a spread on dark bread.



Did you know that...

Gotland made traditional fish balls from minced fish and called them 'idbullar'. Today people prefer instead to make fish burgers and serve them in a bun.

Gotlandic Ceviche 4 servings

Suitable fish are; whitefish, ide, sea trout or perch.



Approx. 400 grams thawed or can be fast-salted fish (see recipe page 33)

1-2 spring onions

1/2 red apple

1 stalk celery

a piece of fresh cucumber

juice and zest of 3 limes

salt, pepper

squeezed ginger juice

fresh coriander leaves or lemon balm

pieces of Mango-optional

Cut the fish into smaller pieces, preferably thin slices. Finely chop spring onion, celery, red apple and cucumber. Peppers or fresh chilli can also be added along with cubes of mango for sweetness.

Mix the lime juice with the other ingredients and stir in the fish. Let stand at room temperature for at least 30 minutes.

Garnish with coriander or lemon balm and serve.



Idé sausage, see recipe page 35

Ide quenelle 4 servings

- 1 kg ide filé
- 3 egg yolks
- 7 dl whipping cream
- 2 pinches salt
- a few turns with the white pepper mill
- a dash grated nutmeg



Mince/grind the fish fillets three times on the finest setting or divide them into smaller pieces and place in a food processor and blend to a smooth paste so that the bones disappear. Season with salt and mix well.

Place the fish paste and cream in the fridge so they are the same temperature (reduces risk of mixture separating). Place refrigerated fish paste in food processor or bowl, add egg yolks, salt, pepper, nutmeg and stir so that the fish paste binds with the eggs.

Pour in the cream gradually while stirring constantly or processing at the lowest speed, so that the mixture blends together and doesn't separate.

Shape mixture into "eggs" with a wet tablespoon and place the quenelles in boiling water or fish broth until they float up - check with a skewer that they are ready. Let drain on paper.

Served with e.g. gnocci and seafood sauce, freshly cooked potatoes and white wine sauce or rice and saffron sauce.

Ide sausage

- 1 kg fresh pork
- 1 kg minced ide
- 200 grams onion
- 1 tbsp coarse salt
- 1 tsp pepper
- 4-5 slices bread
- a little vinegar
- water
- sausage skin

Grind/mince the ide and pork together 3 times.

Blend in salt, pepper, onion, bread, vinegar and a little water. Mix carefully to a paste to achieve a good consistency.

Before filling the sausage skins, make a flavour test sample in a frying pan to check the seasoning.

The sausages are grilled over charcoal, roasted in the oven or panfried. Served with potatoes or in a slice of bread with some good sauce.





Salmon

Lax



On Gotland land-based cultivation of various fish species has started including rainbow trout.

Salmon do not reproduce in our Gotland watercourses but can be fished close to the coast during their travels to the rivers in the north to spawn. Salmon is perhaps our most coveted recreational rod fishing sport but the sale of the fish is prohibited. Swedish commercial fishing sometimes catch salmon by chance, but they are not allowed to fish for it.

Wild salmon stocks in the Baltic Sea are weak and should not be fished. They are also known to contain elevated levels of environmental toxins and should therefore not be eaten. But sea trout and cultivated rainbow trout can be an alternative to salmon and farmed rainbow trout can be eaten as often as you like.



Sea trout

Havsöring



The trout is in its sea phase silvery with green, black or brownish back, black spots along the side, white abdomen and fins that are often largely transparent. The trout is similar to salmon but is generally smaller with a more compact body shape, and more spots.

In Autumn, as the spawning season approaches, it changes its appearance significantly, from silvery to dark gray or brown / orange, where often also red dots appear and the abdomen loses its white color and the fins darken. The males are the ones that change the most in color and shape and they also develop a pronounced hook-shaped lower jaw. Reproducing sea trout lose much of their food value and should not be eaten.

Sea trout are popular and mainly caught by recreational fishermen using a rod. Fisheries management have made the stocks of sea trout around Gotland currently good and therefore sea trout can withstand fishing. The sea trout is a tasty fish with a fine, usually red flesh. It can be smoked, boiled, fried, grilled, salted and baked.

Sea trout are plentiful around Gotland. Sea trout under 4 kg or 70 cm long are safe to eat once a week for most. Women in child-birth age, pregnant and/or breastfeeding women and children can eat a max 2-3 times a year.

Sea trout must be at least 50 cm long and can be fished from Jan-Sept but are completely protected during the period 1 Oct - 31 Dec in 25 different locations; adjacent to river mouths or streams on the coast.

Maps of the different protected areas can be found on: www.lansstyrelsen.se/gotland/djur/fiske.html



Garfish

Horn pike Nöbbgädda

Garfish from Gotland can be eaten as often as you like.



Smoked Garfish in a Gotlandic fish board see recipe page 23.

Garfish is a marine fish. The species can be 90 centimeters long and weigh up to 1.3 kilos. It is silver in color and has a beak-like elongated jaw with sharp teeth.

The gar comes up to our waters in short periods in May/June but otherwise lives in the southern latitudes. It is a skilled and very fast swimmer. Commercially, it is caught mainly on hooks or in nets.

This species is popular for sport fishing and a reel or fly rod is used. It can be difficult to hook with its long "beak".



Boiled Garfish

- 1 kg fresh garfish
- 4 dl water
- 1 tbsp salt
- 7 black peppercorns
- 7 spice peppercorns
- 2 bay leaves
- a little vinegar and sugar for seasoning

Clean the fish - rub off the scales that are on its back and abdomen, cut open the abdomen and remove the intestines. Rinse the fish and dry it thoroughly if you are going to marinate it, so that the brine stays clear.

Cut the fish widthwise into 5-7 cm pieces and boil in a saucepan with enough water to barely cover the fish.

When the fish is boiling, skim off the foam from the surface, then add peppercorns, salt and bay leaves. Let simmer on very low heat for about 10 minutes. When cooked, remove the fish pieces and leave to cool down.

Bring the cooking stock to boil again and reduce until a fifth remains; to render a nice jelly!

When cooled, remove the bones and place the fish pieces in a glass jar. Add vinegar and sugar to the stock and pour it hot, over the fish. Add chopped dill if you like. Close the jar and leave overnight in the refrigerator to mature. It can be kept in the fridge for up to a week. Great as a sandwich spread.

Did you know that

The gar's bones turn green when cooked which makes them easy to remove. It has a mild fish flavour which makes it an ideal "beginner fish" for unfamiliar fish eaters.



Tip!

Smoked gar tastes great when grilled. Salt it preferably 30 mins beforehand.

Easiest way to cook it is to coat it in breadcrumbs and panfry in butter.



Turbot Piggvar



Turbot is Gotland's landscape fish and called "buttar" in Gotlandic. The turbot is a flatfish with an almost round body where the eye side has large bony nobs which look like spikes, hence the name Piggvar (spikes).

Compared to many other flatfish they have a large mouth and their diet consists of mussels, crayfish and other fish.

Turbot was not fished on Gotland much before the 1990's, but began to replace Cod due to a decline in cod stock. Fishing and the price increased quickly as popularity rose.

Did you know that...

Turbot like several other flatfish taste better a few days after being caught, they need to mature. The flounder, on the other hand, is best eaten fresh.

Turbot numbers are largely stationary around Gotland. The catches have decreased in the Baltic Sea because of its slow growth rate and large individuals have been fished away. Turbot caught under 30 cm long must be released so that they can grow and multiply.

The season for turbot is from mid-May to July and about 90% of Swedens' catches take place in the Baltic Sea using nets.

Eat turbot as often as you want, but it must measure 30 cm or more in length.

Turbot is much appreciated as characterized by its great flavour and its white, firm flesh.

Cooking Turbot

Frozen sliced portion of turbot from Gutefisk. Thaw and scrub it off with a brush under cold water, preferably with a little vinegar. Wipe the fish with kitchen paper.

Heat an iron frypan with butter/raps seed oil. Season with chopped fresh rosemary and salt. Fry on high heat for a few minutes on each side. Add white cooking wine and a little diluted fish broth to the pan.

Let braise until the fish feels just ready - not too soft. Remove the dark skin side, loosen the fillets before serving or serve the fish whole.

Serve with a lemon sauce or white wine sauce, mashed potatoes and some colorful vegetables in season.



Whole Turbot is easiest to cook in the oven at 125 degrees, one hour per kilo. It needs no oiling just a little salt lightly sprinkled over it. The fish is ready when the skin cracks and fish liquids run in the pan. Enjoy with boiled potatoes, melted butter and grated horseradish.

Sweet fried fish

175 g turbot fillet
1 large onion

Marinade:

1 tsp grated ginger
2 tsp sherry
2 tbsp beaten egg white
1 tsp oil
1-3 shakes white pepper
1-2 pinches garlic salt

Spice sauce:

4 tbsp vinegar
4 tbsp water
4 tbsp sugar
1 tsp soy sauce
2 tsp potato flour
salt

Remove any skin from the fish fillets and cut them into 3 cm wide pieces. Marinate for 20 min. Cut the onion into thick slices.

Fry the fish pieces for 2 min, preferably in a large cast iron frying pan. Remove and set aside.

Pour the oil from the frying pan into a stainless steel measure. Fry the onion in 1-2 tablespoons oil until it is transparent but not browned.

Add the spice sauce and gently bring to the boil adjust the consistency with water. Return the fish to the pan, mix well and then serve the dish with rice.



Sprat

Skarpsill

Sprat is a small silvery herring fish and is recognizable by the sharp saw-toothed ridge that forms a "keel" on the belly of the fish. Hence the nickname 'vassbuk'. Usual size found in our waters is 10-14 cm.

There are plenty of sprat around Gotland and you can eat them quite freely in small quantities. If you eat it as a whole meal, the same recommendations apply as for herring, i.e. 1 time per week. Women in childbearing age, pregnant / breast-feeding women and children should eat sprat less frequently - max 2-3 times a year.

Fishing in the Baltic Sea is large-scale and the majority of the catch is used for the production of fish-meal and fish oil. Part of the catch is preserved under the trade names anchovies, sardines or sprat. The best season to fish sprat is during the cold season, trawling with a net.

The sprat is packed with fatty acids, minerals and vitamins and is a very healthy product. Sprats are child-friendly, easy to prepare and excellent as street food, mingle food or a whole dish. Fritter, grill, marinate, fry or add to a mix of vinegar, oil and/or tomato sauce. Serve as a snack or as a complete dish.



Quick-pickled butterfly sprat 10-12 pcs

You need an oval serving dish with a small edge. Thaw the fish and remove the intestines, backbone and side bone with a small sharp knife.

Fold out the fish like butterfly's and place on the plate with the meat side down. Cut thin rings of shallots and place on the fish.

Mix and drip over the fish:

- 1 teaspoon sugar
- 1 teaspoon salt
- 1 teaspoon vinegar
- 1 tablespoon water
- 1 teaspoon cooking oil

If the dressing is not enough, make another portion. Let stand for a few hours before eating with a piece of dark rye or sourdough bread.



Did you know that...

Traditionally sprat has not been eaten much in Sweden. Sprat is very popular in the eastern and southern part of the Baltic Sea where it is eaten fresh, fried, deep-fried or canned.

Smoked herring, salted or pickled in oil is called sprat. Sprat from Estonia called 'sprotid', is seen as a delicacy and sold lightly smoked and pickled in oil in a can.

There are great opportunities to increase the processing of fish caught around Gotland. Gotland sprat can be processed as anchovies.



Tip!

Sprats can be fried just like herring butterflies and served with mashed potatoes, or on crispbread as a mouthful for a starter or on a buffet table.

Sprat sardines



You need a small ovenproof dish that holds 10-12 sprat. Put the fish close together with the back facing up, alternating tail and head.

Mix chilli sauce, tomato puree, chopped dill, salt and pepper. Dilute, if necessary with a little water. This mixture is poured over the fish, then place in the oven at 175 degrees to bake for approx.45 minutes.



Are they getting too brown? Cover with foil! Let cool. Use as sardines on a sandwich.





Gutfisk's deepfried sprat

A cool Gotlandic starter or beer snack.

Batter for deep-fried sprat:

- 2 dl rice flour
- 1 dl Maizena corn starch
- 1 tbsp baking powder
- 2 dl cold water

This variation is gluten-free but you can also use sifted wheat flour instead of rice flour. When you have mixed the ingredients, they should stand cold for 15 mins before dipping the fish. The consistency of the batter should be preferably between sticky and smooth.

Is it too thick? add water. Is it too runny? add more rice flour.

If you want a crispier golden brown variation, you can use panko or breadcrumbs after the fish is dipped in batter. Then you can prepare and store the fish in the fridge or the freezer prior to cooking.

Fry in rap-seed oil in a deepfryer or enameled pan until golden brown. Lift out and drain on a paper-towel.

Serve as above with a spring onion aioli or with a simple dip of sweet chilli sauce mixed with Turkish yoghurt.

Tip!

Good and simple sprat snacks

Roll whole sprats in breadcrumbs and lay on a greased plate.

Bake in the oven at 225 degrees, for 10 minutes or grill for 5 min on a barbecue.

Salt to taste.



Herring

Strömming / Sill

Herring is good to eat once a week for many, but for women of childbearing age, pregnant/breast-feeding women and children restrict to a max 2-3 times a year. Choose herrings that are less than 21 cm long.

Herring, sill and strömming are all the same species of fish, but named differently due to where in Sweden it's caught.

The herring is relatively small and has a silvery slender body. Herring (here called Sill or Strömming) is a classic and has formed the economic base of Baltic fishing since the Middle Ages when it was an important commodity.

Today however, it plays no significant role in Sweden's economy, but it is still the most fished species in the Swedish fishing industry.

There are good herring stocks in the Baltic Sea. The herring is best during the period September-May when the water is cold. Caught by trawlers using nets.

Eating locally caught herring is a good choice, they contain very useful fats and are good from an environmental point of view. The herring has always been a popular fish and can be prepared in a variety of ways; fried, smoked, pickled or in the fermented form as traditional "surströmming".





Curried herring with apple and leek

12 fillets herring
 1 tbsp curry powder
 1 dl wheat flour
 Salt
 Butter for frying

Sauce:

1 apple
 the white part of a leek
 1 tbsp concentrated apple juice
 1 dl cream
 1 dl milk
 1 tbsp sweet chilli sauce

Shred the apple and leek for the sauce. Clean and skin the herring. Mix curry and flour together. Toss the fillets in the mixture then salt on both sides.

Fry until golden brown in butter for about 2 mins on each side.

To cook in a pan: Fry the apple and leek strips and pour on the apple juice, cream and milk. Let simmer a little, then mix in the sweet chili sauce. Pour the sauce over the fried herring fillets.

To cook in the oven: Place the apple and leek strips on the fried herring fillets in an ovenproof dish. Pour over cream, milk, juice and sweet chili sauce and bake at 200 degrees for 10-12 min. Serve with fresh potatoes.

*two recipes from
 the chef
 Leif Mannerström*

Thai inspired pickled herring

1 kg herring fillets
 2 red onions or shallots
 1 fennel
 1 bunch dill
 1 piece of ginger
 1 tbsp dill seeds
 rind of 2 limes
 red pepper

Mixture 1

2 dl vinegar
 1 l water
 1 tbsp salt

Mixture 2

1 dl vinegar
 5 dl water
 1 dl sugar
 4 ts salt
 juice of 4 limes

Combine mixture 1 ingredients and add the herring fillets with the skin on for 6-12 hours until the flesh is white. Remove, drain and cut herring fillets into pieces on the diagonal.

Place the herring together with the other ingredients in a bowl.

Blend together mixture 2 and pour over the top. Let stand cold for a couple of days!
 Great fresh flavour!



Tip!

Herring fillets that soak in white vinegar marinade have almost no bones.

After 6 -12 hours drain, wipe dry and pull the skin off.

It is also possible to skin fresh or thawed herring fillet.

Dishes have a nicer color when the herring has been cooked with other ingredients.



Pickled herring with different sauces

Basic pickle recipe:

1 dl white vinegar
5 dl water
0.5 tbsp salt

Mix and pour over herrings. Leave to soak overnight (a maximum of 12 hours) in the fridge. Peel off the skin if it is not already done.

This forms a base for various flavours and seasonings; Mustard herring, Lemon herring, Madeira herring, Tomato herring, Curry herring, with roe sauce etc.



Crispy anchovy and caviar herring

16 herring fillets
breadcrumbs
butter / oil for frying
salt pepper

Marinade

1 small jar of anchovy fillets
1 bunch dill
0.5 dl mayonnaise
1 dl sour cream
anchovy liquid
1 tablespoon "slotts kaviar"

Start with the marinade: chop dill and anchovies, save the liquid! Mix all the ingredients and pour over the herrings. Make sure the marinade coats all the herrings. Stand in the fridge for a couple of hours. Remove and fold the fillets so they look whole. Coat them in breadcrumbs seasoned with a little salt and pepper. Fry in plenty of butter until crispy. Serve steaming hot with mashed potatoes.



Boneless fried herring

600 gms of trimmed herring fillets

Marinade:

2 dl sour cream

4 egg yolks

1 tablespoon Coleman mustard powder

2 tablespoons coarse Dijon mustard or 2 table-
spoons sweet Gotland mustard

salt and pepper

Mix the marinade, pour over herring fillets and set aside and chill for 1 day. Remove, drain and dry, then coat in breadcrumbs and fry in butter. Serve with mashed potatoes and lingonberries.

a recipe from Leif Mannerström

Pickled herring and roe 4 servings

2-4 fresh large herrings with roe (eggs)

1 bunch dill

0.5 dl salt

1 dl caster sugar

1 tbsp crushed white pepper

4 cl liquor eg: Hallands Fläder

Clean and fillet the herring-the egg sack must be whole. Be sure to remove as many small bones as possible. Cut the fillets into pieces and finely chop dill.

Mix the dry spices. Cover the herring and egg sack with the chopped dill in a deep dish and sprinkle over the spices. Drizzle over the liquor and cover with plastic wrap.

Leave for at least two days in the refrigerator, turning the fish a few times.

When serving:

Wipe the fish and egg sack with kitchen paper, garnish with dill. Serve with plenty of butter sauce and toasted bread or buttered rye bread.



Tip!

Crème fraîche marinated herring can be used in a gratin. Use potato slices, chopped onions and herring fillet with sour cream marinade.

Season with salt and pepper. Bake at 225 degrees until the potatoes are soft and dish is a golden brown colour.



White fish

Sik

Eat white fish as often as you like.

Tip!

Fish that is 4 cm thick should be baked in the oven for 20 minutes. Increase the time by 5 minutes for every extra cm in thickness.



Sik is a white salmon that is herring-like in appearance.

It is an elongated fish with silvery sides, light belly and dark back. It has a rather small mouth with an overbite and the tail fin is split.

Fishing season is March to September. There are limited stock around Gotland and fishing during spawning 1 Nov - 15 Dec is prohibited. White fish are mainly caught with nets.

White fish is considered a delicacy and can be fried, boiled, dry-pickled, and smoked like other salmon. The fish eggs (the roe) are used in the same way as bleak roe.

White fish are very good to quick-salt or dry-pickle and eat cold. It is then important that the fish has been frozen 1-2 days beforehand.

Why not make your own Gotlandic sushi of thinly sliced quick-salted white fish!

Served with a little nutty raps seed oil or sesame oil, some soy sauce and pickled vegetables e.g. a Gotland thinly-sliced beetroot or ginger.



Baked white fish, 6 servings

1 cleaned and descaled white fish - approx 30 cm long
12 coarsely crushed juniper berries
1/2 tbsp dried rosemary (or a sprig of fresh)
1 tbsp coarse salt
1/2 chilli

Place the fish on an oiled sheet of foil, large enough to wrap the whole whitefish. Fill the fish belly with juniper, rosemary, salt and finely chopped chilli. Wrap and seal the foil tightly around the fish with all the edges on top of the parcel. Place in hot oven at 225°C.

Test for readiness by carefully opening the parcel. Check that the dorsal fin loosens easily - otherwise a little longer time is needed in the oven. Remove the top skin and fins before serving.

Dry-pickled white Fish

1.5 kg white fish
4 tbsp coarse sea salt
2 tbsp sugar
15 white peppercorns
Dill

Wipe the cleaned fish with kitchen paper. Do not rinse. Fillet the fish and remove the skin.

Crush the white peppercorns and mix with salt and sugar. Rub the two fish halves with the spice mixture. Sprinkle leftover spice mixture also on the bottom of the dish, add dill between the pieces as you place them on top of each other.

Cover the fish with aluminum foil and place in the fridge with a weight on top. After 24 hours, the fish is ready.

Cut the fish on the diagonal into thin slices and garnish with dill.

Fried white fish with roe sauce

600 g boneless white fish fillet with the skin intact
2 teasp. chopped thyme
3 teaspoons sugar
3 teaspoons salt
2 pinches pepper

White fish roe sauce

1 dl sour cream
4 tablespoons white fish roe (sikrom) or bleak roe (løjrom)
Salt and pepper

Mix the thyme with sugar, salt and pepper. Coat the fish on both sides.

Fry in a hot and lightly oiled frying pan for 1–2 minutes on each side.

Mix the sauce ingredients together and serve with freshly cooked potatoes.



Here you can buy and eat Gotland fish



At www.fiskmatgotland.wordpress.com you will always find a current list of retailers and processors of Gotland fish.



Good webpages about fish

www.sjomatsframjandet.se
www.lansstyrelsen.se/gotland
www.slv.se
www.fiskmatgotland.wordpress.com
www.fiskensdaggotland.se

Gathered info about fishing: licenses and regulations

www.fiskelandgotland.se

Links to films showing the professional fishing on Gotland and on how to prepare the fish.

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