

Recipes from the Working Waterfront Festival



Norwegian Sei Biff (Fried Atlantic Pollock with brown beef gravy)

Contributed by Reidar Bendiksen

Yield: six servings

Prep time: 30 minutes

Total time: 45 minutes

Ingredients

- 2 fillets Atlantic Pollock (about 3 lbs or enough to fill a roasting pan with one layer of fish)
- 4 large onions
- 1 cup plus four tablespoons wheat flour
- Salt and pepper
- Olive oil or margarine for frying
- $\frac{3}{4}$ stick of margarine
- 2 beef or chicken bullion cubes
- $\frac{1}{2}$ cup sour cream

Directions

Cut fish into friable chunks. Combine 1 cup flour, $\frac{1}{4}$ cup salt, 1 Tbsp black pepper. Roll fish chunks in flour mixture. Heat oil or margarine in a frying pan. Fry floured fish until light brown. Fill roasting pan with one layer of fried fish. Cut onions into course slices and fry until soft and a little brown. Spread browned onions over fish.

Gravy: Melt $\frac{3}{4}$ stick of margarine in a frying pan, add 4 Tbsp flour. Mix and brown over medium-low heat, stirring constantly so it does not burn. Once brown, add two bullion cubes and water a little at a time until it looks like gravy. Add $\frac{1}{2}$ cup sour cream and water as needed. Add salt and pepper to taste.

Pour gravy over fried fish and onions and bake for 15 minutes at 350. Serve with potatoes and vegetables.

Reidar who fished for 25 years before coming ashore to start a fishing gear company enjoys cooking. Of this dish he says: *“I have a hunch this dish was first used on fishing vessels back when there was no refrigeration. In those days Pollock was not highly valued because of its color and different taste, and did not fetch a good price like Cod or Haddock. Back then, galley cooks prepared fish almost every day, and beef was a rarity. To get the taste of beef, cooks made this dish with brown gravy made from beef bullion cubes and fried onions. The crew found it very tasty and called it Pollock Beef or Seiabiff. The dish is still popular in homes around the Karmoy area of Norway and in Norwegian-American homes. I grew up eating it and make it at home whenever we have fresh Pollock. It has become a family favorite, with the recipe being passed down to my children.”*