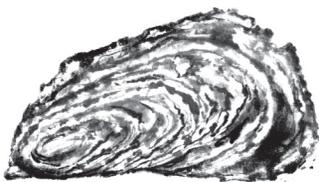
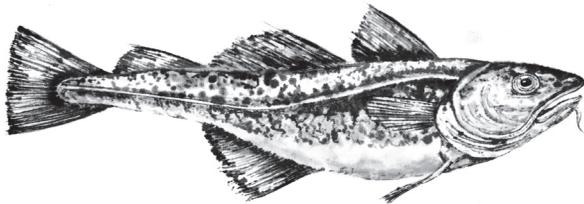
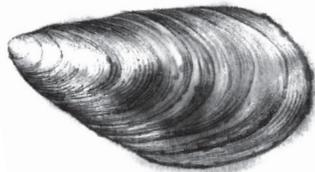


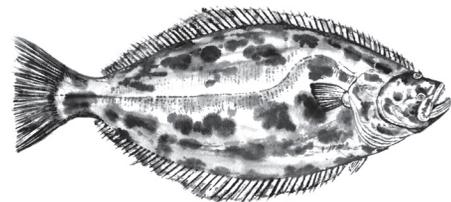
ARCTIC FINE DINING

# KYSTEN

HURTIGRUTEN



NORWAY'S  
**Coastal  
Kitchen**  
FRESH AND  
LOCAL FOOD



# SUPPLIERS OF THE SEASON

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# ARCTIC FINE DINING KYSTEN

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The extensive kelp forest found along the Norwegian coast is our version of a tropical rainforest. It acts like the ocean's lungs as an important carbon sink. It is estimated that around 30 million tonnes of CO<sub>2</sub> are stored there today. The kelp forest is also crucial for biological diversity and is considered one of the world's most productive habitats.

Overfishing for wolf fish and cod in the 80s is the reason why there is now a hidden battle under the surface. For a long time, wolf fish were considered as savorless and were usually thrown back into the sea by fishing boats. But in the 80s, wolf fish became "trendy" on the dinner table and were fished in large quantities. However, wolf fish eat sea urchins. With the decline in wolf fish, the sea urchin population, which in turn feeds on kelp, grew unchecked. Over the past 40 years, large numbers of sea urchins have grazed through significant parts of the kelp forest in the fjords from Nord-Trøndelag and north to the Russian border. Scientists have estimated that 5,000 square kilometers of lush and species-rich kelp forest has been eaten away and replaced by desert-like, unproductive, bare rock bottom. By using sea urchins in our menus, Hurtigruten is making an important effort to preserve naturally growing algae along the coast of Norway.

Having local chefs as culinary ambassadors is the natural next step in the development of Norway's coastal kitchen. For the past 8 years, Hurtigruten has focused on the local Norwegian producers. They are at the heart of what we do, each one of them are representing the high-quality produce and local stories that define our menus. But our ambition is not only to be a world leader when it comes to short-travel food, but also at the forefront when it comes to collaboration with local chefs along the coast of Norway who share our vision and philosophy of food. Hurtigruten's first two culinary ambassadors are Halvar Ellingsen and Astrid Regine Næsslander, two northern Norwegian chefs with different and unique backgrounds. But they both have a great passion for Norwegian food, cultural heritage and are a breath of fresh air into Norway's coastal cuisine.

The autumn and winter menu has been developed in collaboration with Halvar and Astrid. The ingredients and dishes in today's menu are of great importance to Norway's Coastal Kitchen, which represents traditional Nordic cooking techniques in the areas we sail in.

ENJOY THE MEAL!



# MENU

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## STARTERS

**Rakfish from Sæterstad Gård with  
sour cream from Røros and truffle seaweed**  
Apple compote, pickled turnip, rye chips and trout roe

ALLERGENS: F, M, G (RYE, WHEAT)  
MAY CONTAIN TRACES OF SHELLFISH AND FISH

**145,-**

**Pumpkin with sea urchin  
from Ecofang i Troms**  
Pumpkin puree, pickled pumpkin, crunchy pumpkin  
and Arctic Sea pearls from Lofoten seaweed

ALLERGENS: M, B  
MAY CONTAIN TRACES OF SHELLFISH AND FISH

**125,-**

**Burnt cabbage and seaweed soup  
with scallops from Frøya**  
Roasted kale and cauliflower with cod pearls from  
Bottarga Boreale and smoked Sandefjord butter

ALLERGENS: B, M, SO, SF, F, G (WHEAT)  
MAY CONTAIN TRACES OF SHELLFISH AND FISH

**165,-**

**Black bread toast with bone marrow  
of moose from Steigen**  
Pickled delicatessen onions, cheese from Aalan farm  
and Hydroponic Microgreens from Indre Kvarøy

ALLERGENS: G (OATS, WHEAT, RYE, SPELLED) SF, M

**125,-**

**Sago groat veloute with blue mussels**  
Butter sauce with Dulse, pickled cauliflower and tarragon

ALLERGENS: B, SU, M  
MAY CONTAIN TRACES OF SHELLFISH AND FISH

**125,-**



# MENU

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## MAIN COURSE

**Lightly cured and baked  
artic char from Sigerfjord**  
Pickled fennel, peas and dill emulsion

ALLERGENS: F, E, M

**285,-**

**Wolf fish with charred cabbage**  
Lofoten Umami, cod pearls from bottarga borealis,  
raw marinated radish and dill emulsion

ALLERGENS: F, M, E, SF

MAY CONTAIN TRACES OF SHELLFISH

**285,-**

**Oven-baked reindeer with  
himmeltind-goat cheese from Aalan farm**

Baked beetroot, green beans and  
red wine sauce with lingonberries

ALLERGENS: M, SU, S, E

**345,-**

**Roasted duck breast from Holte farm  
with blackberries**  
Baked beetroot, celeriac puree, green beans and  
red wine sauce with blackberries

ALLERGENS: M, SU, S

**295,-**

**Baked celery with fried yeast**  
Smoked cream and sugar kelp

ALLERGENER: S, M

MAY CONTAIN TRACES OF SHELLFISH AND FISH

**195,-**

**All main courses are served with:**  
Potato cream with fried panko, micro herbs and smoked kelp

ALLERGENS: M, G (WHEAT)

MAY CONTAIN TRACES OF SHELLFISH AND FISH

# MENU

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## DESSERTS

**Rice pancakes with vanilla ice cream  
from Livland Gård in Lofoten**

Vanilla caramel from Tverås Gårdsmat and raspberries

ALLERGENS: M, G (WHEAT), E, N (CASHEWS)  
MAY CONTAIN TRACES OF SHELLFISH AND FISH

**99,-**

**White chocolate cream  
and cloudberry from Finnmark  
Aquavit ice cream from Livland farm  
in Lofoten and waffle cookie**

ALLERGENS: M, E, G (WHEAT)  
MAY CONTAIN TRACES OF SHELLFISH AND FISH

**125,-**

**Homemade marshmallows and beetroot cake  
Blackberry and licorice ice cream from Svolvær**

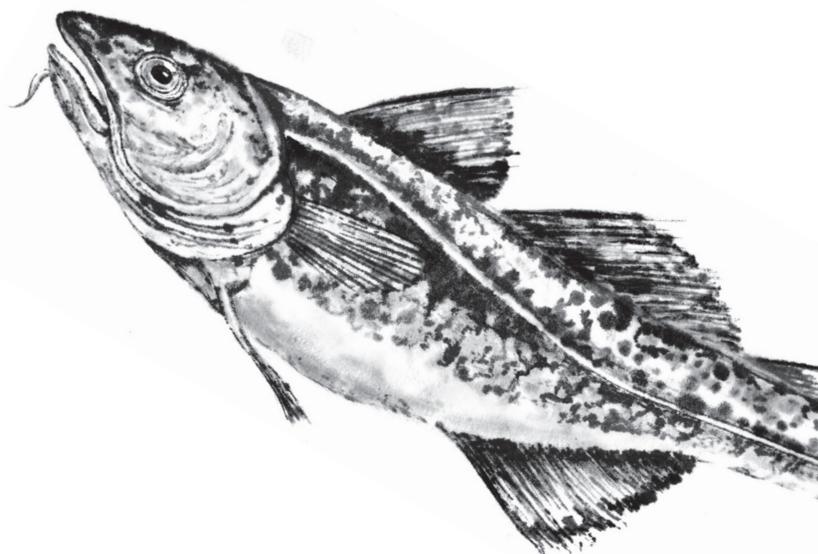
ALLERGENS: M, E, G (WHEAT), N (CASHEWS)  
MAY CONTAIN TRACES OF SHELLFISH AND FISH

**99,-**

**Short-travelled cheese  
from local producers along the coast  
homemade carrot marmalade  
and crisp hazelnut bread**

ALLERGENS: ASK YOUR WAITER

**145,-**



# STORIES

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## BOTTARGA BOREALIS

Every year, from January to April, the cod come to spawn in the clean, clear waters along the coast of Northern Norway. Hand-picked roe from the cod is salted and hung outside on traditional drying racks in the cold winter to start the slow drying process that slowly matures the roe. After 10-15 weeks of drying, the roe is ready to be taken down and packed as Bottarga Borealis. Enjoy the intense umami flavor of cod roe that has been salted and hung to dry outside throughout the winter – a process that slowly ripens the roe.

## WOLF FISH

Our spotted wolf fish comes from the world's only commercial wolf fish farm located at Halså in Meløy. In the wild, the wolf fish is a demersal fish that can be found as far down as 550 metres, it can be 180 cm long and weigh 26 kg. A real beast from the deep. But its repulsive exterior hides a delicate and tasty interior. The fillet is white, fatty and makes up a large part of the fish. Spotted wolf fish also grow quickly in cold water, from smolt (young fish) to ready-to-slaughter four-five kilo fish takes around three years. An excellent fish for farming. We Norwegians got an appetite for wolf fish, when the most iconic chef and mother of all Norwegian food Ingrid Espelid Hovig cooked wolf fish for the first time on a TV kitchen program called “Savorless to delicacy” in 1979.

## SEA URCHIN

Norway, with its long coastline, has the world's largest number of sea urchins. Sea urchins are an environmental problem as they feed on kelp, so harvesting them for our menus helps to preserve the underwater kelp forests which are an important absorber of CO<sub>2</sub>. But don't let their spiky exterior put you off. Sea urchin roe is on its way to becoming a local delicacy here on the coast. The sea urchins you eat today are caught and delivered by Ecofang in Tromsø, Kai Isaksen

and Jens Kristian Henriksen aim to build a new maritime industry based on sea urchins in Norway, and every sea urchin you eat in Hurtigruten is harvested outside Tromsø.

## SEAWEED

Seaweed and kelp were a favorite among the Vikings who recognized its versatility in cooking and how rich it is in nutrients. For our menus, we use sugar kelp and many other products that are hand-picked in Lofoten by Angelita and Tamara, the founders of Lofoten seaweed. Angelita was born in Lofoten and grew up in the fish factory where she worked with her father. On the other side of the world, in New Zealand, kelp was already a big part of Tamara's life. Her Japanese mother included kelp in almost every meal. A new and very cool product that we use from Lofoten seaweed is the Arctic Ocean Pearls. A gluten free and vegan option to caviar. Arctic Ocean Pearls combine the delicate flavors of seaweed with the pleasing texture of roe.

## RAKFISK

“Rakfisk” is mainly fermented fish. Fermented fish has historically been a way of storing fish, but also a way of cooking fish. The fish is salted and stored in closed barrels in the autumn and is matured and ready to eat in the weeks before Christmas. Fish curing is a process similar to fermenting, but faster. Cured fish and “rakfisk” can have similarities in taste and texture, almost like the difference between a fresh cheese and a well-aged cheese. In Norway, trout and char are most common. In Sweden, herring is put down in a similar process, the end product is then called “surströmming”. Something only brave souls dare to eat. “Rakfisk” is a preservation method that is considered to have been known for at least 5,000 years. The name “rakfisk” is used as early as 1348 in Norway. This is cultural heritage and something you just must taste.



