

# Norwegian Salmon

Servings	Preparation Time	-	Cooking Time	Oven Temperature
1+ People	10 minutes	-	35 minutes	200/392 Celsius/Fahrenheit

Salmon with just a little lemon, salt, and pepper. Served with potatoes is a very classical salmon dish in Norway. I am more used to have a béarnaise sauce served with this, but through cooking school, I was taught a recipe for "Sandefjord Smør" a simple butter sauce that was used with different fish recipes in Norway. I'm sure you could use the salmon you find in your country, and the rest of the ingredients is not uncommon in most countries. So if you like salmon, this is a good recipe.



## Ingredients

European Measurements	US Measurements
0.5-1 kg salmon (4+ sliced pieces)	1-2 lb. salmon (4+ sliced pieces)
2 lemons	2 lemons
Seasoning (salt&pepper)	Seasoning (salt&pepper)
2 tbsp. sour cream	2 tbsp. sour cream
One tsp. sugar	1 tsp. sugar
1 tbsp. cut chives	1 tbsp. cut chives

Sided with ChefNorways Spicy Potatoes, Cherry Tomatoes and "Sandefjord Smør." Recipes will be found at [chefnorway.com](http://chefnorway.com)

## Directions

- Place your slices of salmon on a cutting board.
- Squeeze some lemon juice over the salmon
- Then zest the lemons to add extra flavor to the fish
- Season with salt and pepper.
  - If you don't have lemons, you can use lemon pepper as a substitute. That's how mom would spice the fish.
- Turn on the oven at suggested temperature.
- Cook in the oven for about 10-15 minutes. The fish should be cooked lightly pink. Check one piece before serving.
- Mix up the ingredients for the "sweet sour cream," by adding everything to a small bowl and mixing with a spoon.

I like to serve this with "Sandefjord Smør," cherry tomatoes and "ChefNorway's Spicy Potatoes." I usually start with making the Sandefjord Smør sauce, then my delicious ChefNorway's Spicy potatoes.

When the potatoes have been cooking for 20 minutes, I make room for the fish and let them cook together the last 10-15 minutes. I also glaze the fish with olive oil before putting it into the oven.

## Decorate

Start with sauce. Then place fish and potatoes. Decorate with cherry tomatoes and sweet sour cream on top of the salmon.