

lutefisk

per "lutefisk chef" Carrol Juven

Wash it down, then cut into serving-size pieces, then it goes into baskets.

Cook in saltwater that must be between 160 and 194 degrees.

"You never boil it. You don't let it boil."

Many try to bake it—and that doesn't work.

Check to see if the lutefisk is properly cooked by inserting a large meat fork into it.

"If it drops from the fork, it's done,"

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<https://www.grandforksherald.com/lifestyle/4543441-taste-tradition-lutefisk-lefse-rommegrot-draw-stalwart-scandinavians-areas>