

# Taste of Norway's shores and Sámi roots

You've likely already encountered the raw, breathtaking beauty of the Norwegian coast — a landscape that we Norwegians have lived within and adapted to for thousands of years. This harsh yet inspiring environment has shaped resilient and inventive ways of surviving the long, cold winters, giving rise to distinctive flavours and time-honoured preservation techniques that define our culinary traditions.

Norway's Coastal Kitchen is our sustainable culinary concept, developed in partnership with over 70 local food and beverage producers. By sourcing more than 80% of our ingredients from within Norway during the spring, summer, and autumn, we

not only reduce our environmental footprint, but we also offer guests a truly authentic taste of the coast, season by season.

After 12 years of celebrating Norwegian traditions and local cuisine, it's time to spotlight another vital part of Norway's culinary heritage: Sámi food culture. Rooted in a deep respect for nature, the Sámi have long embraced sustainable practices, including the traditional use of the entire animal to ensure nothing goes to waste — a nearly forgotten art we at Hurtigruten are proud to revive. Join us in experiencing food that is inspired by, crafted with, and sourced directly from Sámi culture.



Boazovázzí

NORWAY'S  
**Coastal  
Kitchen**

FRESH AND  
LOCAL FOOD  
AND BEVERAGES

# Sámi

## DINNER MENU



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## Sámi cuisine – forged by nature, perfected over time



Eating local and authentic food is one of the most powerful travel memories we create. Food traditions are not just about taste — they are essential carriers, markers, and expressions of cultural identity and belonging. While food nourishes the body, it also sustains our connection to heritage, community and place.

The Sámi are the Indigenous people of Northern Scandinavia, recognised for their deep-rooted connection to the land and its traditions. They fall into four main cultural and linguistic groups: North Sámi, Inari Sámi, Eastern Sámi and South Sámi. With generations of expertise in hunting, fishing and reindeer herding, the Sámi have developed a profound relationship with the sub-Arctic environment and landscape.

Within Sámi culture, the concepts of “landscape” and “environment” are not easily defined. Traditionally, the Sámi see themselves as a part of the world and nature, not above or outside it. Their relationship with the natural world is guided by respect, balance and ongoing negotiation — a way of living that reflects deep interdependence rather than control.

Traditional Sámi food has long been rooted in what could be sourced directly from the wilderness — fish, game, reindeer, berries and herbs, all drawn from the rich Arctic landscape.

The relationship with reindeer is at the heart of Sámi cuisine. Out of deep respect for both flora and fauna, the Sámi have always practiced whole-animal utilisation, ensuring that no part of the reindeer goes to waste. Every part is valued — from the hooves, brain, marrow and bones to the intestines, internal organs, skin and blood — reflecting a sustainable approach rooted in tradition and reverence for nature.

Sámi food culture is based on slow food principles—preparing ingredients with care, time, and a deep connection to place. Traditional methods like smoking fish and reindeer meat inside the \*lavvu\*, or drying reindeer meat with its naturally low fat content, are still practiced today. Seasonal ingredients like boletus mushrooms, gathered during cloudberry picking trips, are simply boiled with potatoes and salt over an open fire. Cloudberries—often called Arctic gold—are preserved in juice or made into jam, while lingonberries are crushed for juice, and blueberries used fresh. Even pine bark was traditionally used to enrich bread and thicken fish broth, showcasing the Sámi’s deep ingenuity and harmony with nature.



# Starters

# Main Course

Ruoššaluossa, hillagáhkku, luopmanat, skávžádeappu  
Salmon, ember bread, cloudberries and truffle seaweed

ALLERGENS: FISH, GLUTEN

Silver sparkles across the water’s surface and the sun hits the salmon’s splendid skin as it swims upstream in summer. The Sámi have long been fascinated by this resourceful fish, loving it with all their heart. They fish for it in the sea, in rivers and in lakes, and have developed unique methods of doing so. The salmon always return to the rivers, ensuring food for generations to come.

Basson čáhcelodde láibi

Duck sandwich with mustard sauce, pickled onions and green sprouts

ALLERGENS: GLUTEN

Duck hunting has deep roots in Sápmi, especially in spring when the birds return from bárbmu – warmer regions. Hunting was done carefully before nesting began. In summer and autumn, the birds stayed in family groups, and only solitary ones without chicks were taken. Today, spring hunting is heavily regulated by law. Only in Kautokeino is it still allowed, with strict quotas.

Liepma mas goikebiergu ja goikebuoidi, ja man buokŋu láibbiin  
Broth with dried reindeer meat, smoked reindeer fat and bread

ALLERGENS: GLUTEN

Before the meat is fully cooked, it’s common to taste the broth – or liepma. A cup of liepma with dried meat, fat and some bread becomes a small appetiser in itself. Making a good liepma requires knowledge of the animal’s parts. There’s a liepma for every occasion: to strengthen the heart, aid digestion, boost energy, or simply to set the tone for the weekend.

Guoppargáhkut buđetmeasttuin ja jokŋabuonjus  
Mushroom cakes, crispy breadcrumbs and lingonberry chutney

ALLERGENS: GLUTEN

Mushrooms are a delicacy for reindeer in autumn – and it’s always a thrilling moment when the first ones appear. The reindeer eagerly feed to build up energy for the winter. Some mushrooms, however, they leave untouched – and these are the ones we can use. Chanterelles are a good example. They freeze early, and reindeer avoid them, as frozen mushrooms can get stuck in their throats.

Biergomálli mas čáhppesmuorjesuvli, bohccovuojas basson,  
basson ruohtasšattut, basson kantarellguobbarat  
Reindeer roast with crowberry sauce, browned in reindeer oil with baked root  
vegetables and fried chanterelles

ALLERGENS: SXXXXX

Large areas of Norway’s forests and tundra are used for reindeer herding. The animals find food like mushrooms, hanging lichen and other forest plants, and use the forest for shelter and shade. Naturally, reindeer meat pairs well with forest flavours – and with meat from animals that have lived in the wilderness, the taste becomes deeper and wilder.

Davvivuogi miel vuššon guolli, šnjiraháhtton goastebuoidi,  
báiston buđet mas biehtárguhka-rássi

Arctic boiled fish with crispy goastebuoidi, pan fried potatoes with thyme

ALLERGENS: FISH

Before freezers, fish was stored in snow. During preparation, it was sawed into pieces and gently cooked. The result: tender, delicate fish. This method requires knowledge and control – a true culinary skill. A traditional Sámi tip has it that when the pot handle turns cold, the fish is done. Goastebuoidi – salted, dried reindeer, or sheep fat – is served crispy with potatoes and yarrow.

Ommánsis basson buđet, guobbarat ja rohkalaíbeihtážit  
Oven-baked potato with mushrooms, rye croutons and raspberry vinaigrette

ALLERGENS: GLUTEN (WHEAT, RYE)

With a nomadic spirit in their blood, it’s only natural that the Sámi have always embraced curiosity and exploration, drawing inspiration from distant regions – both inland and along the coast. This openness has also influenced their cuisine, introducing new expressions and flavours. Trade has long played a significant role in Sámi culture, and ingredients like potatoes and rye are examples of foods that found their way along the coast and into Sápmi early on.





# Dessert

Jokŋamállŋ l      ja gordon bivgi

Lingonberry porridge with whipped cream and toasted barley grains

ALLERGENS: MXXXX, GLUTEN (BARLEY)

A red sunset colouring the mountains and the heather, making the berries even more tempting – this is one of nature’s most beautiful scenes. To lie in the heather, pick berries and taste their sweetness is to experience calm and presence. The silence, fresh air, clear streams and vibrant colours remind us how precious well-managed nature truly is – pure balm for the soul.

(Can be made vegan.)

Ice cream of the day

Cheese of the day

ALLERGENS: ASK YOUR WAITER



# Meet Máret R  v  n   Buljo

M  ret R  v  n   Buljo is our new Culinary Ambassador. She is a dedicated food communicator, reindeer owner, and a passionate advocate for S  mi food culture. In 2019, she became the youngest ever recipient and the first person with a S  mi background to win the prestigious Ingrid Espelid Hovig’s Food Culture Award. M  ret brings invaluable knowledge and insight to our culinary journey, rooted in her deep connection to S  mi traditions and sustainable practices.

Today, M  ret and her husband run the reindeer herding farm Boazov  zzi (which means ‘The Reindeer Herder’) in L  dingen, Nordland. There, guests are served S  mi foods and tradition, in line with M  ret’s life and teachings.

Through years of commitment, M  ret has played a key role in preserving, sharing, and revitalising traditional S  mi culinary knowledge. Her deep connection to the land, animals, and heritage makes her an invaluable voice in bringing S  mi food traditions to a wider audience.

Furthermore, M  ret has worked to document traditional S  mi slaughter methods. In collaboration with Norwegian food regulatory bodies Nofima and NIBIO, and with support from the Research Council of Norway, she is committed to reviving and further developing these practices—bringing this ancient knowledge and ancestral wisdom back into the light of today.

Hurtigruten is committed to highlighting and strengthening S  mi food culture through a range of initiatives. With M  ret R  v  n   Buljo’s expertise, we have developed menus and dishes deeply inspired by—and strongly connected to—S  mi traditions. Through these culinary experiences, we aim to tell the story of the S  mi people, their way of life, and their deep relationship with nature.

