

# A true taste of Norway

You've no doubt seen that the Norwegian coast is beautiful and raw. It is also bountiful. Your ship is a floating kitchen, travelling the length of Norway, picking from nature's pantry as we go. Sourcing homegrown and harvested ingredients where we sail and from some 50 producers across Norway is at the heart of our Norway's Coastal Kitchen concept.

Not only are we able to proudly showcase the very best of Norwegian produce and food traditions to you, we can also support a sustainable circular economy of short-travelled food. By championing Norwegian suppliers, we give back to local artisans, age-old fishing communities, and multi-generation farming families. Norway's Coastal Kitchen is delicious, decadent, fjord-to-table cuisine that brings you a true taste of Norway.



SCAN QR CODE TO LEARN MORE

NORWAY'S  
**Coastal Kitchen**

---

FRESH AND LOCAL FOOD AND BEVERAGES

HURTIGRUTEN  
**TARGET**  
NORWAY'S COASTAL KITCHEN

**EN**

DINNER  
MENU

Day 1 | Bergen

EN | Day 1

# Bergen

A WORLD HERITAGE CITY – 60° Nord

Bergen is the second largest city in Norway, although some regard it as a completely different country. It lies in a region with a distinct dialect, climate, proud inhabitants and its own cuisine. Bergen was a centre of power during the Viking era and later an important Hanseatic city. Today's menu includes some of the Bergen region's culinary specialities, including smalahove (roasted sheep's head).



## Vodka

Vodka is traditionally made from fermented cereal grains and, since their introduction to Europe in the 1700s, potatoes. While there is no written documentation of when vodka first appeared, we do know that different varieties originated in Poland, Russia, and Sweden. Of all the spirits, with its mild and nuanced flavours, vodka is one of the most popular and versatile.

Norway is part of the so-called 'vodka belt' – countries across Scandinavia and the northeast of Europe where vodka is produced, consumed, and plays a big part in the local culture. In fact, one of the world's most highly rated vodkas, Vikigfjord, is produced here, made from Norwegian potatoes and the pure waters of the Josedalsbreen glacier.

## Rørvik fish dumplings

The fish balls in this soup come from Rørvik Fisk, a company founded by Marie and Øivind Pettersen in a small cellar in Rørvik in 1927. Øivind's career began with selling fish to a Hurtigruten steward. And not long after his son, Ragnvald, was born, he too became involved in the family business. During the fun summer months, while all the other kids would swim in Aunavatnet lake and play outside, little Ragnvald would stay in to help his parents.

He would run all over town, getting and delivering supplies to help his parents meet demand, proving that he could handle great responsibility. Today, Ragnvald "lives and breathes" Rørvik Fisk. He takes good care of the company's employees and products and ensures reliable deliveries to Hurtigruten all year round.

## Smalahove Løna

Every culture and country probably has one or two speciality dishes that seem outright bizarre and unappetising to non-natives. At the top of that list for Norway is smalahove. Produced solely by Ivar Løne in Voss, western Norway, smalahove is salted, dried, smoked, seared, and boiled sheep's head. Honestly, it tastes much better than how that sounds, or how it looks.

The dish originates from our historical need to survive here by making use of the entire animal. Once an everyday dish, it is now a delicacy served around Christmas alongside potatoes, swede, beer or aquavit. We know the sight of smalahove is likely too much for some of our guests, so we offer it on our menus just as a paté or terrine.

## Prisefisk "Prince fish"

This is a historical dish from Bergen. In 1856, Bergen had a magnificent visit by two crown princes: the Swedish Carl Ludvig Eugène Bernadotte and the Dutch crown prince Willem Hendrik Nicolaas Alexander Carel van Oranje-Nassau.

On July 22, the prince held a municipal dinner for 150 people in a pavilion built for the occasion between the Lodge and what was called Pelloth's great hall, later Holds Hotell on the current Ole Bull's square. Here it was then that the dish "prince fish" was served for the first time, as one of several dishes. The dish has probably been made in this way before, but then under a different name. Enjoy this historical Bergen dish.

## SELECTED DISHES FROM TODAY'S BUFFET



### Coffee and vodka gravlax (cured salmon)

cold hollandaise and fennel

ALLERGENS: F, E, SU

### Terrine of sheep's head from Løne in Voss

smoked meat and flat bread  
with Norwegian potato salad

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

### Traditional Norwegian fish soup from Bergen

root vegetables, sour cream and  
fish dumplings from Rørvik

ALLERGENS: F, M, S, SU



### Braised Trøndelag beef

with sautéed carrot, onion, and fava beans, with a demi-glace

ALLERGENS: M, S, SU, SO

### Prinsefisk

seasonal vegetables, mashed potatoes,  
butter sauce with prawns

ALLERGENS: F, E, S, M, SU, SK, G (WHEAT)

### ✔ Bean casserole

with mashed potatoes

ALLERGENS: SU, S



### Caramel pudding

made with eggs from Rørvik

ALLERGENS: E, M, N (HAZEL NUTS)

### ✔ Vegan blackberry compote

with vanilla cream

ALLERGENS: G (WHEAT, OATS)

### Cheese of the day

ALLERGENS: ASK YOUR WAITER

ALL OF OUR DISHES CAN BE ACCOMPANIED WITH A WINE PAIRING. PLEASE ASK YOUR WAITER FOR TODAY'S RECOMMENDATIONS

# A true taste of Norway

You've no doubt seen that the Norwegian coast is beautiful and raw. It is also bountiful. Your ship is a floating kitchen, travelling the length of Norway, picking from nature's pantry as we go. Sourcing homegrown and harvested ingredients where we sail and from some 50 producers across Norway is at the heart of our Norway's Coastal Kitchen concept.

Not only are we able to proudly showcase the very best of Norwegian produce and food traditions to you, we can also support a sustainable circular economy of short-travelled food. By championing Norwegian suppliers, we give back to local artisans, age-old fishing communities, and multi-generation farming families. Norway's Coastal Kitchen is delicious, decadent, fjord-to-table cuisine that brings you a true taste of Norway.



SCAN QR CODE TO LEARN MORE

NORWAY'S  
**Coastal Kitchen**

FRESH AND LOCAL FOOD AND BEVERAGES

HURTIGRUTEN  
**TARGET**  
NORWAY'S COASTAL KITCHEN

**EN**

DINNER MENU  
Day 2 | Ålesund

EN | Day 2

# Ålesund

THE SUNNMØRE COAST – 62° Nord

Ålesund is located on a network of islands. After a city fire in 1904, the city was rebuilt in Art Nouveau style with colourful ornaments and towers in beautiful pastels. The majestic Geirangerfjord, offers exceptional beauty. Steep-sided rock walls rise a full 1,600 metres above sea level. Numerous waterfalls and abandoned mountain farms cling to these steepmountain walls. The Seven Sisters Waterfalls, with their impressive 250 metre drop, is a sight to remember.



## Clipfish

Unlike stockfish, which is produced by simply drying fish in a fresh ocean wind, clipfish is made by folding and salting cod (or an alternative white fish like haddock, ling, or tusk), then leaving it to dry. In the past, this was done on coastal rocks known as kleppr in Old Norse, which is where its name derives from. Nowadays, the production of clipfish has moved indoors. Clipfish has been a popular delicacy exported around the world since the early 1700s.

Kristiansund a city located on the western coast, dominated the clipfish trade until around World War II, and it is here that you'll find the Norwegian Clipfish Museum, housed on an authentic clipfish pier from the mid-18th century.

## Lofoten Seaweed

Founded by fisherman's daughter Angelita and foodie Tamara, Lofoten Seaweed is on a mission to bring seaweed back into the kitchen. Produced from kelp harvested in the cold, clean waters of Lofoten, within the Arctic Circle, their seaweed food products can be found in the kitchens of Michelin-starred chefs across Europe and on board our ships!

United by their love of food and the ocean, Angelita and Tamara have brought together their knowledge, experience, and the food traditions they were brought up on – north Norwegian and Japanese – and created something that is bound to be the future of food. One of our long-time collaborators, you'll find Lofoten Seaweed kelp used in both our food and our soaps.

## Skjenning ice cream

Skjenning is a wafer-thin flatbread that's typically served with the traditional dish sodd, a soup of mutton and meatballs, potatoes and carrots. Made with a dough of mashed potato and wheat flour, one side is brushed with a milk and sugar solution before frying. It is from this cooking process that the skjenning ice cream is born!

When the Røra Bakery produces their skjenning, the remnants of the caramelised sugar left on the grill from the cooking process would have previously been thrown away. Now, however, it is sent to Gangstad Farm, where it is used to create their skjenning ice cream. An excellent example of sustainable cooperation between companies, the ice cream won best dairy product at Det Norske Måltid in 2019.

## Salted lamb from Hellesylt

It is obvious why Geiranger's incredible fjord landscape has a place on the UNESCO World Heritage list. There is so much beauty to see here, but tear your eyes away from the mountains and waterfalls that ring the fjord and look carefully at the area's mountainsides and forests. They are excellent grazing spots for the sheep and lamb used to make Ole Ringdal's prized cured and fresh meats.

Ole Ringdal started the company when he opened his own butchery in 1938, by the Hellesylt waterfall near the mouth of Geirangerfjord. Today, the company is still family run, by Kristen Ringdal and her family, and has won all sorts of awards. Their secret? They combine local traditions and professional expertise with closely guarded family recipes.



## STARTER

### Dybvik dried and salted cod carpaccio

pickled carrot, semi-dried cherry tomatoes, crisp bread, tapioca grains in a parsley-infused oil, and sugar kelp

ALLERGENS: F, SU, G, (WHEAT, RYE)

### ✔ Roasted cauliflower

apple, grapes, pine nuts, Flowfood plant-based ground beef, and chives

ALLERGENS:

### Potato and spring onion soup

Mydland salted pork

ALLERGENS: S, M



## MAINS

### Hellesylt salted leg of lamb

mustard-stewed vegetables, oven-baked potatoes and red wine glaze

ALLERGENS: S, M, SU, SE

### Sterling halibut

butter-fried carrot, green beans, steamed small potatoes, butter sauce with chives and trout roe

ALLERGENS: F, M, SU

### ✔ Hasselback pumpkin

with fried cabbage, multicolored carrot, baked potato and spinach sauce

ALLERGENS: SU, N (HAZEL NUTS)



## DESSERTS

### Brownie

With strawberries and ice cream from Gangstad milk production

ALLERGENS: E, SU, M, G (OATS, WHEAT, RYE, BARLEY), N (WALNUTS)

### ✔ Vegan brownie

with strawberries and vegan vanilla ice cream

ALLERGENS: N (CASHEW NUTS)

### Ice cream of the day Cheese of the day

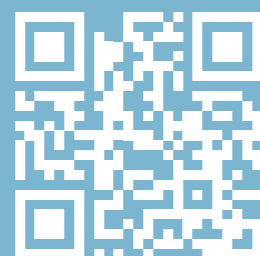
ALLERGENS: ASK YOUR WAITER

ALL OF OUR DISHES CAN BE ACCOMPANIED WITH A WINE PAIRING. PLEASE ASK YOUR WAITER FOR TODAY'S RECOMMENDATIONS

# A true taste of Norway

You've no doubt seen that the Norwegian coast is beautiful and raw. It is also bountiful. Your ship is a floating kitchen, travelling the length of Norway, picking from nature's pantry as we go. Sourcing homegrown and harvested ingredients where we sail and from some 50 producers across Norway is at the heart of our Norway's Coastal Kitchen concept.

Not only are we able to proudly showcase the very best of Norwegian produce and food traditions to you, we can also support a sustainable circular economy of short-travelled food. By championing Norwegian suppliers, we give back to local artisans, age-old fishing communities, and multi-generation farming families. Norway's Coastal Kitchen is delicious, decadent, fjord-to-table cuisine that brings you a true taste of Norway.



SCAN QR CODE TO LEARN MORE

NORWAY'S  
**Coastal Kitchen**

---

FRESH AND LOCAL FOOD AND BEVERAGES



HURTIGRUTEN  
**TARGET**  
NORWAY'S COASTAL KITCHEN



DINNER  
MENU

Day 3 | Trondheim

EN | Day 3

# Trondheim

THE COAST OF CONTRASTS – 63° Nord

It is perhaps a cliché to say that a place has the best of all worlds but there really is something special about Trøndelag. Nature has been kind to it. The county benefits from its contrasting landscapes of mild, moist coast and cool, dry plains and mountains. And the long, bright summer nights mean Trøndelag has world-class ingredients and food traditions the locals are rightly proud of. It's not surprising that the county is home to perhaps the world's best areas for crayfish, crab, scallops, and mussels.



## Barley

One of the world's oldest cultivated grains, barley has been farmed for over 10,000 years, and is the fourth most widely cultivated cereal in Norway today. The country's landscapes include mountains and valleys and everything in between, so barley's ability to be grown at both high and low altitudes makes it a versatile grain, and an invaluable food source in the highlands. It's known to grow faster than other cereal species and can even be farmed in the harsh conditions of the Arctic.

Many traditional Nordic recipes that are often made with wheat, rye, or oats, like flatbread and sour cream porridge, can be made using barley. Beer is also made from barley, and it's grown in many parts of Norway specifically for the purpose of brewing.

## Raspberry

Raspberries can be found across Norway, growing wild on brambles, particularly in deforested areas where they can get lots of sun. Due to the cooler climate and exposure to the weather, they tend to grow more slowly and be smaller in size than their commercial counterparts. These growing conditions help make the Norwegian raspberry incredibly tasty and versatile.

While the berries can be turned into jams and jellies, served on or in puddings and cakes, and also pickled and juiced, other parts of the raspberry plant can be used too. Long recognised for its medicinal properties, a brew of dried young leaves is still a popular folk medicine to this day, while adding fresh raspberry sprouts to salad brings an extra fresh crunch.

## Salmon

Having fished for salmon for thousands of years, Norway is today the world's largest exporter of Atlantic salmon. Thanks to the knowledge of generations of Norwegian fishermen, combined with a modern scientific approach, we are able to successfully rear high-quality salmon in sustainable ocean farms, usually located in the deep, cold, and clean waters of Norway's northern fjords.

From its deep pink colour to its full flavour, it's easy to see why Norwegian salmon is highly sought after the world over. Chilled as gravlax or boiled, baked, or smoked, Norwegian salmon sits supreme as our most distinctive and delicious export. We have suppliers bring their catch in many of the ports we sail to, all so you get to appreciate our salmon at its freshest.

## Røros Tjukkmjøl

Tjukkmjøl, thick milk, is a fermented milk product with a yogurt-like consistency that has long been an integral part of the Norwegian diet, perhaps as far back as the Vikings. With an acidic flavour, it's usually eaten for breakfast, though it can also be served alongside meat such as sausages.

Røros Tjukkmjøl has been produced in the UNESCO World Heritage mountain village of Røros since 1850. A few years ago, the dairy there ran out of their unique tette starter culture, crucial in giving thick milk its consistency. A desperate plea went out to the Norwegian public asking for help. There was an incredible nationwide response and production was eventually saved – a testament to how dear thick milk is to our hearts!



## STARTER

### Pork terrine

pickled red onion, crisp bread and pea purée  
ALLERGENS: SU, M, G (WHEAT, RYE), N (HAZEL NUTS)

### ✔ Braised stuffed cabbage roll

with vegetables, lentils and onion jus  
ALLERGENS: S, SU, G (WHEAT)

### Barley groats soup

with smoked pork knuckle and parsley oil  
ALLERGENS: SOUP: S G (BARLEY)  
SKJENNING: SU, M, G (OATS, WHEAT, RYE, BARLEY)



## MAINS

### Chicken breast

gently warmed potato salad, baked vegetables and gravy  
ALLERGENS: SU, S

### Aukra salmon

gently warmed potato salad,  
whipped sour cream, dill and lemon  
ALLERGENS: F, M

### ✔ Nut roast

warm potato salad, grilled vegetables and leek glaze  
ALLERGENS: SO, SU, S, G (WHEAT, OATS)  
N (ALMOND, CASHEW NUT) (WALNUT)



## DESSERTS

### Røros traditional tjukkmjøl (thick milk) custard

caramelized hazelnuts and stirred raspberries  
ALLERGENS: M, N (HAZEL NUTS))

### ✔ Vanilla pudding

with raspberries  
ALLERGENS: G (OATS)

### Ice cream of the day Cheese of the day

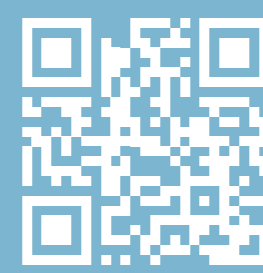
ALLERGENS: ASK YOUR WAITER

ALL OF OUR DISHES CAN BE ACCOMPANIED WITH A WINE PAIRING. PLEASE ASK YOUR WAITER FOR TODAY'S RECOMMENDATIONS

# A true taste of Norway

You've no doubt seen that the Norwegian coast is beautiful and raw. It is also bountiful. Your ship is a floating kitchen, travelling the length of Norway, picking from nature's pantry as we go. Sourcing homegrown and harvested ingredients where we sail and from some 50 producers across Norway is at the heart of our Norway's Coastal Kitchen concept.

Not only are we able to proudly showcase the very best of Norwegian produce and food traditions to you, we can also support a sustainable circular economy of short-travelled food. By championing Norwegian suppliers, we give back to local artisans, age-old fishing communities, and multi-generation farming families. Norway's Coastal Kitchen is delicious, decadent, fjord-to-table cuisine that brings you a true taste of Norway.



SCAN QR CODE TO LEARN MORE

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



HURTIGRUTEN  
**TARGET**  
NORWAY'S COASTAL KITCHEN



DINNER  
MENU

Day 4 | Bodø

EN | Day 4

# Bodø

A VIKING HERITAGE – 67° Nord

Just outside Kvitnes Gård, a farm run by Halvar Ellingsen, is Fish island. When Halvar was a small boy, his family used to take their fishing boat to this very islet to fish for pollock. One of Halvar's strongest childhood and food memories is eating fresh pollock, caught just minutes earlier under the Midnight Sun, with only flatbread, butter, and potatoes. Halvar remembers these meals to this day. It's probably one of the reasons why pollock is among his favourite fish.



## Culinary Ambassadors

Many dishes on our menus are born from the brilliant minds of our carefully chosen Culinary Ambassadors. These are local chefs who live, work, and breathe the flavours, produce, and food traditions of the Norwegian coast. Like our Norway's Coastal Kitchen concept, Culinary Ambassadors support the suppliers, artisans, age-old fishing communities, and farming families that help make the Norwegian coast one of the most exciting culinary regions in the world. And, vitally, they share our passion for homegrown, short-travelled produce that's sustainably sourced with minimal waste.

Hurtigruten's first two culinary ambassadors are Halvar Ellingsen and Astrid Regine Næsslander. They both have a great passion for Norwegian food and cultural heritage and are bringing innovative new concepts to Norway's coastal cuisine

## Tusk

Versatile with firm, dense flesh and a mild, sweet flavour, tusk, also called cusk, has long been appearing on Norwegian dinner tables. Tusk is a lean fish, rich in protein, with a taste profile possibly linked to its diet of crustaceans like crab and crayfish. Growing up to a metre in length and weighing up to 15 kilograms, tusk was originally thought to be a type of cod, but with its one long dorsal fin, dark back, and light belly, it is actually a member of the ling family. Found in plentiful numbers in the rich, deep waters off Norway's coastline, it is caught mainly by line and net fishing, though can be taken as a by-catch from trawling.

## Halvar Ellingsen

We've harnessed the culinary genius of Norwegian head chef Halvar Ellingsen to innovate several dishes on our menus. Halvar is a hearty, down-to-earth chef who returned to the Vesterålen archipelago after spending several years cooking in top restaurants in Oslo and participating in national competitions. Halvar has refocused his craft on traditional Nordic cooking techniques and food culture. His sublime restaurant at Kvitnes Gård produces or harvests almost all the menu's ingredients on the farm there or in its immediate vicinity.

Vegetables grown through the summer are then stored in earth cellars through winter. It is a self-sufficient, well-functioning concept that resonates with our Norway's Coastal Kitchen concept: highlighting old preservation methods and serving revitalised Norwegian dishes made from local ingredients.

## Lovage

Originally from the Mediterranean, lovage arrived in Norway with monks in the Middle Ages and was later adopted by farmers and horticulturalists. This intense herb is easy to grow and the leaves, roots, and seeds are all edible. The name derives from 'love ache' ('ache' is a medieval term for parsley). Lovage is supposed to be an effective aphrodisiac, hence its other moniker, 'love herb'. Its distinct and delicious flavour – like celery with a hint of liquorice – works especially well with fatty fish, meat, chicken, and soups. Norwegian Livèche chickens are even given lovage in their feed – it adds an incredible flavour to the meat. Or you can simply taste it steeped in a cup of hot water as tea.



## STARTER

### Leek terrine with cured lamb leg

boiled egg, chive mayonnaise, and sunflower seeds

ALLERGENS: E, SE, SK

### Lightly cured and baked arctic char

with seaweed mayonnaise, dill, cucumber, and radish

ALLERGENS: F, E, SK, SE

### ✔ Lovage soup

with new potatoes, chive oil, and croutons

ALLERGENS: SF, G: (WHEAT, RYE)



## MAINS

### Baked tusk

with oven-roasted carrots, pointed cabbage, potato cream, dill, and mussel sauce.

ALLERGENS: F, B, M, SU

### Braised beef brisket

with oven-roasted carrots, baby cabbage, potato cream, jus, and parsley oil

ALLERGENS: M, SU, S, G: (WHEAT)

### ✔ Baked celeriac

with celeriac puree, kale, barley, celeriac sauce, and fried yeast

ALLERGENS: S, G: (BARLEY)



## DESSERTS

### Red currant mousse

with fennel sauce, oat crumbles, and raspberry sorbet

ALLERGENS: M, G (OATS)

### ✔ Red currant mousse

with fennel sauce, oat crumbles, and raspberry sorbet

ALLERGENS: G (OATS)

### Ice cream of the day Cheese of the day

ALLERGENS: ASK YOUR WAITER

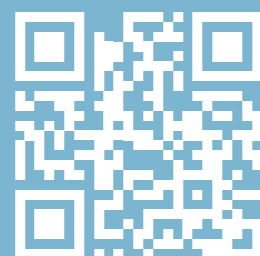
ALL OF OUR DISHES CAN BE ACCOMPANIED WITH A WINE PAIRING. PLEASE ASK YOUR WAITER FOR TODAY'S RECOMMENDATIONS



# A true taste of Norway

You've no doubt seen that the Norwegian coast is beautiful and raw. It is also bountiful. Your ship is a floating kitchen, travelling the length of Norway, picking from nature's pantry as we go. Sourcing homegrown and harvested ingredients where we sail and from some 50 producers across Norway is at the heart of our Norway's Coastal Kitchen concept.

Not only are we able to proudly showcase the very best of Norwegian produce and food traditions to you, we can also support a sustainable circular economy of short-travelled food. By championing Norwegian suppliers, we give back to local artisans, age-old fishing communities, and multi-generation farming families. Norway's Coastal Kitchen is delicious, decadent, fjord-to-table cuisine that brings you a true taste of Norway.



SCAN QR CODE TO LEARN MORE

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



# Tromsø

ENTERING THE HIGH NORTH – 69° Nord

The food traditions in the region of North Troms are influenced by three cultures that have merged: Sámi, Swedish and Norwegian. The Sea Sámi were permanent residents who lived by fishing and farming, but their culture was also influenced by the migratory Sámi who had summer pastures here. The cuisine made the most of the powerful flavours available, with dishes such as reindeer and moose prepared with wild mushrooms. Many of our Norwegian traditions arose from that self-sufficient way of life, which still prevailed just a hundred years ago.



## Shrimp from Lyngen

Lyngenfjord in the far north of Norway is not known for its balmy temperatures, but that's exactly what makes the shrimp that spawn here taste so good. Twenty metres beneath the fjord's surface – and many more beneath the towering mountains that surround it – the temperature rarely exceeds 2°C. The cold, clean, nutrient-rich water means the prawns grow slowly, so they are sweeter and juicier than bigger species.

One of Norway's oldest shrimp producers, family-run Lyngen Reker AS has been fishing shrimp here for more than 60 years. Local fishing boats deliver their catch directly to the shrimp processing plant on the edge of the fjord. The weather can make Lyngen a tough fjord to fish in, but the flavour of these shrimp makes it well worth the effort.

## Hurtigrutens seaweed farm in Lyngen

A short distance outside Tromsø you will find Lyngen. The cold, nutrient-rich sea currents make the fjords between the high mountain tops one of the most productive sea areas. Marine life grows slowly in cold water, which means that fauna and flora get an extra good taste. Now that Hurtigruten is 130 years old, we thought we should do something revolutionary in sustainability and environmental awareness, and what is more important than our homely rainforest? The kelp forest is 60% more efficient at absorbing carbon, but that is only when the kelp is growing. So harvesting ready-grown seaweed and setting out new shoots, is one of Hurtigrutens contribution to minimizing carbon in our atmosphere is a good step towards a climate-stable globe we must pass on to the next generation.

## Reindeer

Magnificent reindeer know no international borders, and traditionally both they and the nomadic Sámi people who herd them have travelled freely across northern Scandinavia. The Sámi people make use of every part of the reindeer, from the fur for clothing to the meat for food.

Reindeer are perfectly adapted to the subarctic climate and their fur is almost completely waterproof. With twice the nutritional content of beef, the same fat content as chicken, and the same number of vital acids and vitamins as white fish, reindeer meat is almost too good to be true. It tastes delicious too – rich and tender. The reindeer on today's menu comes from the vast reindeer herding areas in Finnmark in the far north of Norway.

## Cloudberries

Arctic Gold, Autumn's Gold, Mountain's Gold: their nicknames tell you how highly prized cloudberries are in Nordic culture. They grow wild in the marshlands of the northern hemisphere and are notoriously hard to forage for and practically impossible to cultivate. Good foraging spots are closely guarded secrets. Ripe cloudberries are amber hued, juicy and look a little like a raspberry.

The taste is unique, an unmistakable combination of sweetness and tartness. Norwegians have loved cloudberries since at least the Vikings, who took them on voyages to help prevent scurvy – not only are cloudberries delicious and rare, they're also packed with vitamin C as well as high levels of zinc, magnesium, and beta carotene. No wonder they're considered a treasure of the Norwegian coast.

## SELECTED DISHES FROM TODAY'S BUFFET



### Salmon and halibut sashimi

ponzu, Hurtigrutens seaweed organic kelp

ALLERGENS: F, SO, SF, MAY CONTAIN TRACES OF SHELLFISH AND FISH

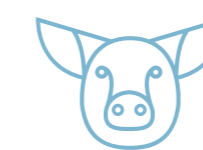
### Norwegian shellfish

ALLERGENS: B, SK

### ✔ Fennel soup

with pickled fennel stem and dill oil

ALLERGENS: S, G (OATS)



### Skavgryte (a traditional Nordic game meat dish)

cream sauce, mashed potatoes, and stirred lingonberries

ALLERGENS: M

### Baked clip fish from Halvors

seaweed seasoning, mashed potatoes carrots, bacon, caper and a tomato sauce

ALLERGENS: M, F, SU

MAY CONTAIN TRACES OF SHELLFISH AND FISH

### ✔ Beet bourguignon

mashed potatoes with horseradish

ALLERGENS: S, SU, SE



### Cloudberry cream

with dried waffles and topped with crunchy crocan

ALLERGENS: E, M, G (WHEAT), N (HAZEL NUT)

### ✔ Vegan cloudberry cream

ALLERGENS: SU

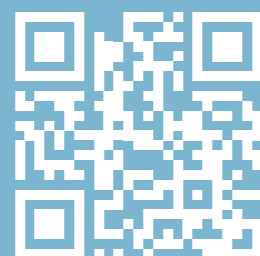
### Cheese of the day

ALLERGENS: ASK YOUR WAITER

# A true taste of Norway

You've no doubt seen that the Norwegian coast is beautiful and raw. It is also bountiful. Your ship is a floating kitchen, travelling the length of Norway, picking from nature's pantry as we go. Sourcing homegrown and harvested ingredients where we sail and from some 50 producers across Norway is at the heart of our Norway's Coastal Kitchen concept.

Not only are we able to proudly showcase the very best of Norwegian produce and food traditions to you, we can also support a sustainable circular economy of short-travelled food. By championing Norwegian suppliers, we give back to local artisans, age-old fishing communities, and multi-generation farming families. Norway's Coastal Kitchen is delicious, decadent, fjord-to-table cuisine that brings you a true taste of Norway.



SCAN QR CODE TO LEARN MORE

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

HURTIGRUTEN  
**TARGET**  
NORWAY'S COASTAL KITCHEN

**EN**

DINNER MENU  
Day 6 | Honningsvåg

EN | Day 6

# Honningsvåg

NORTH CAPE – 71° Nord

The region of Finnmark is home to North Cape, the northernmost point on the European continent. For a long time, people believed that these towering cliffs marked the end of the world. Finnmark is so vast and so different that many find it difficult to put it into words, so let's start with trying to describe the food. Norway is rich in food traditions but the strong Finnish immigration experienced by Finnmark brought with it Finnish food traditions such as the use of grain, porridge, offal, blood, and cured meat.



## Arktis ice cream

The Lofoten archipelago, high above the Arctic Circle, isn't the first place most people associate with gelato, but most people haven't heard of artisan producer Arktis. Crafted using traditional Italian techniques amid the beautiful surroundings of Svolvær, their gelato and sorbet is handmade by skilled Norwegian ice-cream makers on small-batch machines. Using only natural ingredients and real flavourings, like fruits, berries, and nuts, the gelatos taste only of what they are actually made from, so the flavours truly shine.

We partnered with Arktis to develop our own series of ice-cream flavours for our guests. Two of our favourites are lofotpils, with beer from Lofoten's first and only microbrewery, and a simple vanilla with a hint of stockfish.

## Mydland

Established in 1920 as a shop in the city of Tromsø, Mydland was founded by Henrik Mydland to produce meat products and provide meat provisions to passing ships. Today, it remains a family business and one of the region's strongest brands – a low production, high-quality boutique producer of delicacies such as cold meats, cured meats, and sausages. For many years, Mydland has supplied us with meat products to be enjoyed by our guests on board.

The business is now run by the fourth and fifth generations of the family and Henrik's core values of tradition, competence, and quality still stand strong. Most members of the family continue to work in the company and all share a philosophy that "quality gives more taste".

## Arctic char

A Norwegian food treasure, the Arctic char has swum in the mountain lakes of Arctic Norway for thousands of years, and eaten by the inhabitants of this region and beyond for just as long. Related to salmon and trout, it is an abundant fish with populations native to freshwater alpine lakes as well as Arctic and subarctic coastal waters, who tend to migrate up river to spawn.

Today, Arctic char is farmed as part of Norway's huge environmentally conscious aquaculture industry. A bit leaner than its two salmonid cousins, its firm, reddish meat and mild taste make it much sought after by chefs, who prepare it in countless delicious ways. It's also a popular component of many traditional dishes.

## Grøndalen Nyr cream

Just northeast of Oslo, the Grøndahl family runs a dairy farm that has won awards for its focus on animal welfare. Happy cows make better milk, the family says, and therefore better cheese, so the cows' happiness is kept as top priority. They treat their animals well, allowing them to roam large outdoor areas all year round. Made from soured organic whole milk from their farm's cows, Nyr is a fresh cheese that won silver at the World Cheese Awards in 2018.

It's produced using a traditional method: the pasteurised milk is carefully heated and hung to drain in large cheese bags until it reaches a firm consistency. Hurtigruten is one of Norway's largest consumers of this sustainable and locally produced cheese, and we're proud to serve it on board.



## STARTER

### Roast beef

horseradish, green peas, tarragon mayonnaise, pickled cucumbers, and red onions

ALLERGENS: E, G (WHEAT, RYE)

### Beet tartare

with goldeye chips, vegan horseradish cream and fresh sprouts

ALLERGENS:

### Baked celeriac soup

braised arctic young goat from Mydland in Tromsø

ALLERGENS: S, SU



## MAINS

### Pork neck confit

parmesan potatoes, roasted broccoli, and port wine sauce, topped with raw marinated red cabbage

ALLERGENS: SU, M, S, E

### Sigerfjord arctic char

sautéed cabbage, amandine potato, raw marinated fennel and radish, white wine sauce with onions and herbs

ALLERGENS: F, M

### Lentil roast

Nyr cream, thyme meringue and Arktis strawberries sorbet

ALLERGENS: SE, S, G (OATS, WHEAT)



## DESSERTS

### Chocolate terrine

Nyr cream, thyme meringue and Arktis strawberries sorbet

ALLERGENS: E, M, SO

### Vegan chocolate cake

with Arktis strawberries sorbet

ALLERGENS: G (WHEAT), SO, N (HAZEL NUTS)

### Ice cream of the day Cheese of the day

ALLERGENS: ASK YOUR WAITER

ALL OF OUR DISHES CAN BE ACCOMPANIED WITH A WINE PAIRING. PLEASE ASK YOUR WAITER FOR TODAY'S RECOMMENDATIONS

# A true taste of Norway

You've no doubt seen that the Norwegian coast is beautiful and raw. It is also bountiful. Your ship is a floating kitchen, travelling the length of Norway, picking from nature's pantry as we go. Sourcing homegrown and harvested ingredients where we sail and from some 50 producers across Norway is at the heart of our Norway's Coastal Kitchen concept.

Not only are we able to proudly showcase the very best of Norwegian produce and food traditions to you, we can also support a sustainable circular economy of short-travelled food. By championing Norwegian suppliers, we give back to local artisans, age-old fishing communities, and multi-generation farming families. Norway's Coastal Kitchen is delicious, decadent, fjord-to-table cuisine that brings you a true taste of Norway.



SCAN QR CODE TO LEARN MORE

NORWAY'S  
**Coastal Kitchen**

FRESH AND LOCAL FOOD AND BEVERAGES

HURTIGRUTEN  
**TARGET**  
NORWAY'S COASTAL KITCHEN

**EN**

DINNER MENU  
Day 7 | Kirkenes

EN | Day 7

# Kirkenes

EAST-FINNMARK – 69° Nord

Kirkenes is known as the capital of the Barents region. Although it's a small town, Kirkenes has a multicultural population, thanks to the nearby borders with Finland and Russia. It won't take you long to spot signs written in multiple languages around the streets. But it's the pristine nature surrounding Kirkenes that makes the food culture here truly distinctive. There's a clear focus on fresh, local ingredients such as reindeer meat, mullet, king crab, and wild salmon.



## Sámi food culture

The Sámi have a rich food culture with centuries-old traditions that still thrive today. Living mostly in the Sápmi territory of northern Scandinavia, they've had to survive on whatever the tundra provided, so their oldest dishes mainly contain fish, game, berries, and herbs. In the 19th century, many of the Sámi began a lifestyle of reindeer herding. Since then, reindeer has been a staple in the Sámi diet.

The Sámi view themselves as a part of nature rather than above or outside it. Because of this, they live a sustainable life, treating the natural world with respect. Eating authentic Sámi food is a great way to participate in this culture and one of the most wonderful – and tasty – ways to create precious memories while travelling.

## Borscht

Borscht, a delicious sour-tasting soup, has been through many incarnations over the centuries. Originally, it was prepared from the pickled stems, leaves, and flowers of heracleum. If you're from the northern hemisphere, you might have seen heracleum growing in hedgerows and meadows, but you probably know it as hogweed or cow parsnip. The earliest known recipe for borscht was put to paper towards the end of the 18th century, by a Polish chef who made it for Polish aristocrats. Since then, the soup has developed into several varieties and is common across Eastern Europe, Russia and Central Asia where it's served with sour cream. But the main ingredient is usually beetroot, which is a popular food in Norway. This beetroot-based version is the one you will be served today.

## Herring

Herring is probably the most important fish in human history. A bold statement but one backed up by the cities founded on and the wars started over this coveted "silver of the sea". During spawning season, herring flow into Norway's fjords and the herring fishing season begins, an important event for coastal communities. Living in enormous schools of up to three billion individuals, herring has long sustained life in and around the Atlantic, saving the people of Norway from hunger during bad harvests and in times of war.

The fish is particularly suited to preservation techniques like pickling, salting, and smoking – matjes (salt marinated herring), for example, with its unique and rounded flavour, becomes so tender that it melts in the mouth.

## Honey

Humankind's relationship with bees goes back millennia. Collecting honey is referenced in 12,000-year-old Spanish cave paintings, while the world's oldest-known honey was found in a noblewoman's tomb in Georgia; it's 5,500 years old. In Norway, honey cannot legally be called honey if it's been pasteurised. And Norwegian beekeepers have pledged to keep their produce pesticide free. Honeys made in different parts of the country have their own unique tastes, depending on the season. Bees that feed on the heather of marshland areas, for example, produce honey that tastes noticeably stronger. The result is pure, sustainable honey from producers that support these vital pollinators in a world where the bee population is in danger of collapse.



## STARTER

### Sami Láibi

marinated herring, whipped sour cream, perfectly boiled eggs, and pickled onions

ALLERGENS: F, E, M, G (WHEAT, RYE)

### Carrot tart

Nýr cream and almonds

ALLERGENS: M, E, G (WHEAT), N (ALMONDS)

### ✔ Russian Borscht (beet soup)

vegan yoghurt

ALLERGENS: S, SO



## MAINS

### Finmark reindeer

reindeer sausage, mashed potatoes with celeriac, fried broccoli, red wine sauce with finely chopped mushrooms

ALLERGENS: M, S, SU

### Cod

kale chips, fried cauliflower rice, beetroot-barley risotto and nut butter

ALLERGENS: M, SU, S, F, G (BARLEY)

### ✔ Potato cakes and beetroot

pickled vegetable salsa, fresh herb vinaigrette

ALLERGENS: S



## DESSERTS

### Russian honey cake

with butter cream & salted caramel sauce

ALLERGENS: E, M, G (WHEAT), N (ALMONDS)

### ✔ Raspberry mousse

with blackberry coulis and almond brittle

ALLERGENS: N (ALMONDS)

### Ice cream of the day Cheese of the day

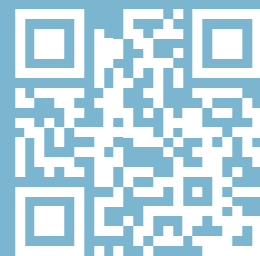
ALLERGENS: ASK YOUR WAITER

ALL OF OUR DISHES CAN BE ACCOMPANIED WITH A WINE PAIRING. PLEASE ASK YOUR WAITER FOR TODAY'S RECOMMENDATIONS

# A true taste of Norway

You've no doubt seen that the Norwegian coast is beautiful and raw. It is also bountiful. Your ship is a floating kitchen, travelling the length of Norway, picking from nature's pantry as we go. Sourcing homegrown and harvested ingredients where we sail and from some 50 producers across Norway is at the heart of our Norway's Coastal Kitchen concept.

Not only are we able to proudly showcase the very best of Norwegian produce and food traditions to you, we can also support a sustainable circular economy of short-travelled food. By championing Norwegian suppliers, we give back to local artisans, age-old fishing communities, and multi-generation farming families. Norway's Coastal Kitchen is delicious, decadent, fjord-to-table cuisine that brings you a true taste of Norway.



SCAN QR CODE TO LEARN MORE

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



EN | Day 8

# Hammerfest

WEST-FINNMARK – 70° Nord

The famous explorer Adolf Henrik Lindstrøm was born in the Arctic city of Hammerfest in 1866. From an early age, he joined expeditions in the Arctic Ocean. In fact, Lindstrøm took part in all the great polar expeditions with Nansen, Amundsen and Sverdrup. No other Norwegian has spent as much time sailing in the Arctic and Antarctic. But he was also a chef, which made him especially valuable onboard long expeditions. By the age of 15 years old, Lindstrøm could make “mølje” fish stew, cloudberry soup, and sausage rolls from musk. He also collected Arctic flora and preserved skins that later became important scientific material.



## Aalan Gård

Built in 1951, Aalan is a family farm best known for its small-scale cheese production. Run by Tove and Knut Åland, the farm relies on 200 dairy goats which graze on native Lofoten flora across the hillside. Their first cheese was the award-winning Capra, which simply means 'goat' in Latin. Over time they've expanded their selection, developing new recipes and improving old ones.

Recently, they've started washing their semi-hard cheese with red wine rather than salt water, which gives the rind a unique red tone and adds flavour. Blåtind is their mild blue cheese; sour and packed full of flavour. It has received honourable mentions in official cheese tastings and featured as a finalist in a national competition.

## Lingonberries

Ruby-red lingonberries have been part of the human diet for centuries. Closely related to cranberries, these small, red berries grow on small evergreen bushes in Scandinavia, Northern Europe, and North America. They're incredibly healthy, packed with antioxidants and vitamin C, and were used by Indigenous people long before they were introduced into European cooking.

Today, they're still an important and treasured ingredient in Nordic cuisine. We use them in jams, sauces, and drinks, and they make a delicious side dish for roasted meat. Goats and sheep love to feast on lingonberries when they're out to pasture, too!

## Pork wings

There's a reason why pork appears in Norse mythology as the central dish of the nightly feast in the heavenly realm of Valhalla. Today, pork is still a much-enjoyed meat in Norway and the roast of choice for Sunday dinners. Pork chops, trotters, ribs, sausages, and meatballs make regular appearances on the typical Norwegian table.

A more unusual Norwegian pork dish is pork wings, a cut born from the practice of making use of the whole animal when, historically, pigs were considerably more expensive. Pork wings are wonderfully flavourful, made up of the dark meat from the pig's shank, complete with a small single bone running through its centre that creates a little handle – useful for picking up your pork to eat.

## Asparagus

A time-consuming vegetable to grow, asparagus was once so expensive that only the rich could afford to eat it. This was especially true in Norway, where white asparagus was the norm – white asparagus is even harder to cultivate as the plants are buried beneath the soil to keep their pale colour. It is only in the last 30 years that sunripened green asparagus has become popular here, which is why traditional recipes tend to feature the white version.

With a mild, sweet, and slightly bitter flavour and a crunchy texture, it is delicious in salads and stews. Grown in the warmer climes and sandy soils of the south, Norway's asparagus is harvested and best enjoyed in April, May, and June.



## STARTER

### Gin and juniper berries cured reindeer with lingonberry cream

pickled mushrooms and Himmeltind cheese from Aalan Farm

ALLERGENS: M, E, G (WHEAT, RYE)

### ✔ Lightly torched asparagus

with vegan hollandaise and root chips

ALLERGENS: S, SE, SU, N (CASHEW NUT)

### Cauliflower soup

fried cauliflower and green herb-infused oil

ALLERGENS: S, M



## MAINS

### Pork shank

celeriac cream, pickled red onion, fondant potato & red wine glaze with mustard from Arctic mustard

ALLERGENS: S, M, SU, SE

### Oven-baked trout

risotto with sautéed asparagus beans, kale chips, and trout roe

ALLERGENS: F, SU, M, S

### ✔ Forest mushroom risotto

topped with sautéed mushrooms, radish and parsley

ALLERGENS: SU



## DESSERTS

### Cheesecake

blackcurrants Compote and Nýr

ALLERGENS: SU, M, E, G (WHEAT, BARLEY)

### ✔ Vegan cheese cake

ALLERGENS: SO, SU, G (OATS), N (WALNUT)

### Ice cream of the day Cheese of the day

ALLERGENS: ASK YOUR WAITER

ALL OF OUR DISHES CAN BE ACCOMPANIED WITH A WINE PAIRING. PLEASE ASK YOUR WAITER FOR TODAY'S RECOMMENDATIONS



# A true taste of Norway

You've no doubt seen that the Norwegian coast is beautiful and raw. It is also bountiful. Your ship is a floating kitchen, travelling the length of Norway, picking from nature's pantry as we go. Sourcing homegrown and harvested ingredients where we sail and from some 50 producers across Norway is at the heart of our Norway's Coastal Kitchen concept.

Not only are we able to proudly showcase the very best of Norwegian produce and food traditions to you, we can also support a sustainable circular economy of short-travelled food. By championing Norwegian suppliers, we give back to local artisans, age-old fishing communities, and multi-generation farming families. Norway's Coastal Kitchen is delicious, decadent, fjord-to-table cuisine that brings you a true taste of Norway.



HURTIGRUTEN  
**TARGET**  
NORWAY'S COASTAL KITCHEN



DINNER  
MENU

Day 9 | Vesterålen

# Vesterålen

THE LOFOTEN ARCHIPELAGO – 68° Nord

Today's menu has a colour and taste that reflects both our culinary origins and our culinary future. Lofoten was the northernmost seat of Viking culture and their legacy lives on, even here. Even though the Vikings made themselves rich through trading in fish and wild animal skins, and built a ferocious reputation through plunder and war, they saw themselves primarily as farmers. On land, Lofoten's windswept climate has left its mark on plant life, but there are oases of fertile soil to be found.



## Curing

Norway began its tradition of curing fish in the Middle Ages, when its famous gravlaks was invented. The clue in its preparation is in its name, which translates directly to 'grave salmon'. This refers to how lightly salted salmon was layered in barrels and buried in the sand above the high-water line. This ensured a stable maturation temperature and preservation through fermentation.

Today, a similar process places salmon, cod, other fish, or meat in a brine of salt, sugar, and spirits. Dill is nearly always added, but fennel, black pepper, coriander, horseradish, and even beetroot are also commonly used. The process of marination makes the fish firmer, more fragrant, and gives it a beautiful colour and flavour.

## Aquavit

First mentioned in writing in 1531, aquavit has been produced in Norway for centuries. Similar to vodka, it's made from distilled potatoes. The spirit gets its flavour from whatever herbs and spices are distilled with it – star anise, fennel, cardamom, vanilla, coriander, and lemon zest are some of the most common. To truly be a Norwegian aquavit, legislation requires that at least 95% of the potatoes used must be locally grown. This makes the drink quite short-travelled, and as it often uses potatoes that would otherwise be discarded, the process is fairly sustainable.

Over the past 20 years, Norwegian distilleries have produced over 300 different aquavits. Løiten Linie, Gammel Opland and Lysholm Linie are just a few, and many of these can be found on Hurtigruten's beverage menu.

## Rolvsøy dandelion syrup

If you've been looking for a vegan sweetener that tastes like honey, your search ends here. Dandelion syrup is perfect for pouring over your waffles or sweetening your tea, while boasting all the nutritional benefits of the plant it comes from, like removing toxins and boosting the immune system.

Norway's finest dandelion syrup is made by family-run business Molta, from the hand-picked wild flowers of Rolvsøy, and that's what we serve aboard our ships. However, it's not too difficult to make it yourself. Start with lots of fresh dandelions, preferably picked in a clean area. After removing the stem and green flower base, boil a kilogram of the petals in a litre of water with 800 grams of sugar. Let it sit overnight, then strain and reduce to syrup consistency.

## Blueberries

Long before blueberries were labelled a superfood and added to health-giving smoothies everywhere, us Norwegians were foraging them for juices and jams. Norway's cool summers with plenty of rain are the perfect climate for blueberries, and bushes cover the inland areas. No wonder wild blueberry picking is a distinctly Norwegian summertime tradition.

Norway's native blueberries are even more nutritious than the blueberries you might find in your local supermarket. As well as being an important food source, wild blueberries are packed with antioxidants, polyphenols, potassium and vitamin C. They can be used to lower inflammation and blood pressure, balance cholesterol and improve brain function. Their strong colour also made them useful as a dye. But most importantly, they taste delicious.

## SELECTED DISHES FROM TODAY'S BUFFET



### Beets and aquavit-Cured Cod

pea purée, lemon cream and crunchy topping

ALLERGENS: F, M, G (WHEAT, RYE)

### Smoked duck breast

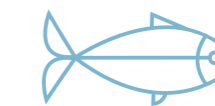
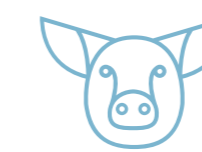
the little berry Kitchen blueberry syrup  
and fennel chiffonade

ALLERGENS: M, SU

### Spinach soup

with croutons

ALLERGENS: S, G (WHEAT, RYE, OATS)



### Whole roasted turkey fillet

root vegetables, oven-baked potato and creamy sauce with currants

ALLERGENS: M, SU, S

### Oven baked pollock

peapuree, carrots and beans, langoustine sauce

ALLERGENS: F, SK, M, S, SU

### Fried chickpea cake

bean cassoulet, spring onion and pickled beets

ALLERGENS: SE, SO, G (WHEAT)



### Kvæfjord cake

Rolvsøy dandelion syrup

ALLERGENS: M, E, G (WHEAT)

### Vegan chocolate mousse

ALLERGENS: N (HAZELNUTS)

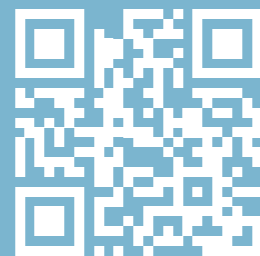
### Cheese of the day

ALLERGENS: ASK YOUR WAITER

# A true taste of Norway

You've no doubt seen that the Norwegian coast is beautiful and raw. It is also bountiful. Your ship is a floating kitchen, travelling the length of Norway, picking from nature's pantry as we go. Sourcing homegrown and harvested ingredients where we sail and from some 50 producers across Norway is at the heart of our Norway's Coastal Kitchen concept.

Not only are we able to proudly showcase the very best of Norwegian produce and food traditions to you, we can also support a sustainable circular economy of short-travelled food. By championing Norwegian suppliers, we give back to local artisans, age-old fishing communities, and multi-generation farming families. Norway's Coastal Kitchen is delicious, decadent, fjord-to-table cuisine that brings you a true taste of Norway.



SCAN QR CODE TO LEARN MORE

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



EN | Day 10

# Helgeland

THE KINGDOM OF A THOUSAND ISLANDS  
66° Nord

An invisible line sweeps across Sweden, Finland, Russia, Alaska, Canada, Greenland and Iceland – a line that also splits Norway in two. The magic number 66° 33' marks this line. It's the Arctic Circle, north of which the Midnight Sun shines. Above this line, you can see the sun 24 hours a day throughout the summer, or experience the Polar Night in the winter.



## Truffle seaweed

When walking along the Norwegian coast at low tide, the last thing you'd expect is to catch the distinctive scent of truffles on the sea breeze. But among the strings of seaweed lining the shorefront, this aroma can be traced to a small, fluffy algae that ranges in colour from maroon to dark purple. It has fittingly been nicknamed "sea truffle" for its uncanny resemblance to truffle in both taste and smell.

Truffle seaweed grows as a parasite on knotted wrack and bladderwrack, two other seaweed species. It's therefore difficult to cultivate and can currently only be harvested in the wild, after which it is cleaned thoroughly and served either fresh or dried. Because of its strong taste and high cost, it's mostly used as a garnish or spice to elevate gourmet dishes.

## Skrei

Skrei is cod...but not all cod is skrei. Skrei grow up in the Barents Sea but every year they swim a thousand kilometres to the seas around Lofoten, Senja, and Vesterålen, where they were conceived. The long journey means skrei meat is leaner, whiter, and firmer than that of coastal cod, which tend to stay in the same area. Skrei also have brighter markings and are longer and more pointed than coastal cod.

The name comes from the Old Norse word skreið, meaning 'fish that wanders'. Skrei is also nicknamed the 'love fish' as it faithfully returns to the same spot each year – a habit that shows no sign of changing; Norwegian skrei is the most sustainably managed cod stock in the world.

## Beetroot

Beetroot didn't find its way to Norway until the 15th century, but it now has a place at any meal of the day. The vegetable is perfectly suited to Norway. It can be stored to be eaten fresh throughout winter and it's a wonderfully versatile ingredient.

The leaves are edible too, so no part goes to waste. Beetroot's beautiful colour livens up any plate of food, whether it's pickled, puréed, or roasted. You might try them in a classic Norwegian beetroot salad, a ruby-hued soup, or pickled and placed atop a traditional open sandwich. Beetroot is also responsible for the vibrant, festive colour of rødvetgravet laks, a salmon dish we traditionally serve at Christmas.

## Kraftkar Tingvoll cheese

Hailing from Nordmøre, family cheesemaking business Tingvollst rose to international fame when one of their cheeses won the World Champion Cheese title at the 2016 World Cheese Awards. The cheese's name, Kraftkar, meaning strong fellow in Norwegian, is inspired by the local legend of Tore Nordbø, a farmhand said to have been of supernatural size and strength.

Tingvollst has won several awards for each of their four varieties of cheese, but Kraftkar stands out for its initial sweet flavour that develops in the mouth over time and leaves a salty aftertaste. Made from the unskimmed milk of their farm's cows, the cheese is mixed with extra cream before being aged for at least six months. The result is crumbly, yet creamy, with well-distributed veins of mould.



## STARTER

### Salmon tartare

goldeye chips, truffle seaweed mayonnaise, and fennel sprouts

ALLERGENS: F, E, M, SE,  
MAY CONTAIN TRACES OF SHELLFISH

### Norwegian pea soup

with croutons and well-aged Jarlsberg, served with cured Frans Josef sausage

ALLERGENS: S, M, SU, SF, G (WHEAT, RYE, OATS)



## MAINS

### Choose between a meat or fish dish

#### Atlantic cod from Dragøy

with potato cream, sugar kelp, beurre noisette with diced beets and smoked bacon

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

#### Braised beef cheek

from Trøndelag with sugar kelp, mushroom confit, potato cream, and red wine reduction

ALLERGENS: S, M, SU,  
MAY CONTAIN TRACES OF SHELLFISH



## DESSERTS

### Local cheeses

from dairies along the coast, homemade carrot marmalade, and crispy spelt bread

ALLERGENS: ASK YOUR WAITER

### Sponge cake

vanilla ice cream from Svolvær, Andvika meringue, and cloudberry

ALLERGENS: E, M, G (WHEAT)

ALL OF OUR DISHES CAN BE ACCOMPANIED WITH A WINE PAIRING. PLEASE ASK YOUR WAITER FOR TODAY'S RECOMMENDATIONS

# A true taste of Norway

You've no doubt seen that the Norwegian coast is beautiful and raw. It is also bountiful. Your ship is a floating kitchen, travelling the length of Norway, picking from nature's pantry as we go. Sourcing homegrown and harvested ingredients where we sail and from some 50 producers across Norway is at the heart of our Norway's Coastal Kitchen concept.

Not only are we able to proudly showcase the very best of Norwegian produce and food traditions to you, we can also support a sustainable circular economy of short-travelled food. By championing Norwegian suppliers, we give back to local artisans, age-old fishing communities, and multi-generation farming families. Norway's Coastal Kitchen is delicious, decadent, fjord-to-table cuisine that brings you a true taste of Norway.



HURTIGRUTEN  
**TARGET**  
NORWAY'S COASTAL KITCHEN



DINNER  
MENU  
Day 10 | Helgeland

EN | Day 10

# Helgeland

THE KINGDOM OF A THOUSAND ISLANDS  
66° Nord

An invisible line sweeps across Sweden, Finland, Russia, Alaska, Canada, Greenland and Iceland – a line that also splits Norway in two. The magic number 66° 33' marks this line. It's the Arctic Circle, north of which the Midnight Sun shines. Above this line, you can see the sun 24 hours a day throughout the summer, or experience the Polar Night in the winter.



## Flora

Though readily appreciated by visitors from other climes, many of the plants that make up a region's natural flora are considered weeds by those that live there. For years, people have removed these plants from their gardens, but what they probably don't know is that many of them are actually edible. Long ago, people found various uses for these wild plants in the kitchen, making marzipan from rowanberry shoots and even frying the roots of dandelions like bacon in the spring. Wherever you go, a land's native flora is a treasure trove of sustainable, nutrient-rich products that we can use in food. Norway's coniferous forests are no exception, with wild varieties of asparagus, vanilla, and garlic growing beneath the trees.

## Our seaweed farm

The algae growing along the Norwegian coast is predicted to become an important part of our local diet in the future – and with our Hurtigruten-owned seaweed farm opening in 2023, Norway's Coastal Kitchen is fully behind the trend. Set in the waters between the Lyngen Alps, our farm makes use of the nutrient-rich currents of the fjords to grow high quality underwater plants. Rather than harvesting wild seaweed, we cultivate the kelp, replanting it as we go. With a growth rate that's 30% to 60% higher than land-based crops, kelp is a great way to help feed coastal populations. It's also 60% more efficient at absorbing carbon, which means that by cultivating this product, we're helping to minimise carbon in our atmosphere – a small but meaningful step towards a more environmentally stable world.

## Plant-based dishes

In recent years, as part of our sustainability mission, we have really started to focus on how green our food is. As a result, we've introduced more plant-based offerings, helping to reduce our carbon footprint. It brings us great happiness that plant-based food is now recognised as a wholesome and health-promoting diet for both young and old. We understand that our guests have different preferences – some choose to eat vegan or vegetarian 100% of the time, while others may prefer to take a day a week to not eat meat. Our delicious plant-based menus are composed to be nutritionally complete and to promote the positive health effects that this diet can bring, and we hope to encourage more people to give it a try.

## The future of food

If we are to support the planet's rapidly growing population safely and responsibly, we need to change our mindset around food. The global population is expected to increase to nearly 10 billion by 2050. By then, most of the protein we consume will need to come from either plant-based sources, lab-cultivated meats, or insects.

Microorganisms such as fungi, bacteria, yeast and microalgae may play a bigger role in our diets. Farming insects uses less resources than animals and even some plants, and because they are already enjoyed by many people, it's not difficult to imagine them on our plates, too. And did you know that protein can be extracted from thin air? Now there's future food for thought.



## STARTER

✔ **Root vegetable terrine**  
parsley-infused oil, tomatoes and chives  
ALLERGENS: S, N (HAZEL NUTS)

✔ **Norwegian pea soup**  
made from Norwegian green peas with croutons au gratin and vegan cheese  
ALLERGENS: S, SU, SF, G (WHEAT, RYE, OATS)



## MAINS

✔ **Nut Wellington**  
with a confit of mushrooms, sugar kelp, potato cream, and peppercorn sauce  
ALLERGENS: SO, SU, S, G (WHEAT, OATS), N (ALMOND, CASHEW NUT, WALNUT)



## DESSERTS

✔ **Vegan ice cream cake**  
with cloudbberries  
ALLERGENS: G (OATS), N (HAZEL NUT)

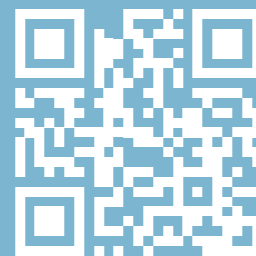
✔ **Petit fours**  
from local producers along the coast  
ALLERGENS: ASK YOUR WAITER

ALL OF OUR DISHES CAN BE ACCOMPANIED WITH A WINE PAIRING. PLEASE ASK YOUR WAITER FOR TODAY'S RECOMMENDATIONS

# A true taste of Norway

You've no doubt seen that the Norwegian coast is beautiful and raw. It is also bountiful. Your ship is a floating kitchen, travelling the length of Norway, picking from nature's pantry as we go. Sourcing homegrown and harvested ingredients where we sail and from some 50 producers across Norway is at the heart of our Norway's Coastal Kitchen concept.

Not only are we able to proudly showcase the very best of Norwegian produce and food traditions to you, we can also support a sustainable circular economy of short-travelled food. By championing Norwegian suppliers, we give back to local artisans, age-old fishing communities, and multi-generation farming families. Norway's Coastal Kitchen is delicious, decadent, fjord-to-table cuisine that brings you a true taste of Norway.



SCAN QR CODE TO LEARN MORE

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



# Trondheim

SPIRITUAL CAPITAL – 63° Nord

Trondheim became Norway's spiritual capital and an important European city. This is where some of the country's largest farms were found, and where Norway's oldest producer of aquavit set up home. Today, people from all over the world live and work in Trøndelag, but the South Sámi food culture has played a special role in the region's food traditions. Here, food is all about bringing people together. While we eat, we talk, we discuss new ideas, and we feel a warm sense of welcome and inclusion.



## Culinary Ambassadors

Many dishes on our menus are born from the brilliant minds of our carefully chosen Culinary Ambassadors. These are local chefs who live, work, and breathe the flavours, produce, and food traditions of the Norwegian coast. Like our Norway's Coastal Kitchen concept, Culinary Ambassadors support the suppliers, artisans, age-old fishing communities, and farming families that help make the Norwegian coast one of the most exciting culinary regions in the world. And, vitally, they share our passion for homegrown, short-travelled produce that's sustainably sourced with minimal waste. Hurtigruten's first two culinary ambassadors are Halvar Ellingsen and Astrid Regine Næsslander. They both have a great passion for Norwegian food and cultural heritage and are bringing innovative new concepts to Norway's coastal cuisine.

## Astrid Regine Næsslander

Several of the delectable dishes on our menus, such as the smoked halibut and elk sausage, have been developed by innovative local food artisan and award-winning chef Astrid Regine Næsslander. Astrid works closely with Hurtigruten as one of our esteemed Culinary Ambassadors for Norway's Coastal Kitchen. Inspired by a 'less but better' philosophy honed as head chef at a prestigious hotel, Astrid purposefully restricts her creative recipes to only use ingredients that are in season and with minimal waste. From her food workshop Høst on the island of Steigen, she advocates for a short-travelled, circular economy based on 'old-fashioned common sense'; such as sourcing milk directly from a dairy farmer and meat from local elk hunters rather than the standard 'supermarket way'.

## Brunost

Brunost (brown cheese) is an intrinsic and iconic part of Norway's cultural identity and heritage. While similar cheese had been eaten for centuries, the creation of modern brunost is attributed to farmer's wife Anne Hov in the late 19th century. It became, and remains, so popular that in 1933, she received the King's Medal for Merit for her contribution to Norway's cuisine and economy. Made by adding cream to goat or cow's milk whey and boiling off the liquid, brunost is a sweet, rich cheese with a hint of caramel. Eaten at breakfast, lunch, and dinner, on waffles, crispbreads, and sandwiches, an ingredient in game meat sauces, and much more besides, it really is the quintessential Norwegian product.

## The ubiquitous pea

With its roots in Norway dating back to the 13th century, the pea one of our oldest food plants, yet it's more relevant than ever. It's good to know that, with modern society's focus on finding tasty and sustainable alternative protein sources, peas thrive in the Norwegian climate. Our oldest known variety of pea, the Ringeriksert. It was the second Norwegian food product to receive the status of "protected designation of origin". This recognition highlights the continued importance of the pea in Norwegian food culture. Throughout the ages, the pea has survived and adapted, resisted challenges, and become a valuable resource. A core part of Norway's food heritage, the pea continues to be a symbolic ingredient.



## STARTER

### Smoked pea puree

with butter-fried pollock

ALLERGENS: F, M

### Seaweed broth

with reindeer shank

ALLERGENS: SK, S

### Seaweed broth

with smoked yellow peas

ALLERGENS: SK, S



## MAINS

### Lightly smoked wolf fish

gently warmed potato salad, virgin butter, and capra goat's cheese chips

ALLERGENS: F, M, SE

### Confit lamb shoulder

gently warmed potato salad, caramelised onion puree, jus, and chives

ALLERGENS: M

### Gently warmed potato salad

with crispy spring onions, caramelised onion puree, popped pumpkin seeds, and pea shoots

ALLERGENS: SE, G



## DESSERTS

### Lindegaarden's møsbrøm cream dessert

ALLERGENS: M, E, G (WHEAT) N (HAZEL NUT, WALNUT)

### Rhubarb and salted caramel

nut base, and freeze-dried berries

ALLERGENS: N: (HAZEL NUT, WALNUT)

### Ice cream of the day Cheese of the day

ALLERGENS: ASK YOUR WAITER