



## Stuffed Haddock with Mushy Peas, Lutefisk-style



@dahliaanomadicrostaurant



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*chef*

*ingredients*

*how-to*

Chef Matthew Berry has spent much of his career in some of the top restaurants of New Hampshire. Having both a Nordic heritage and a love for New England, his food reflects just that. A unique blend of ancient techniques found in the nomadic lifestyle of the Norden Islands, and aboriginal ingredients grown and foraged in the heart of New Hampshire forests. His wife, business partner, and incredibly talented Pastry Chef, Chef Lauren Foster Berry, have taken those ideals and implemented them into a fine dining pop-up concept restaurant: dahlia | a nomadic restaurant.

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Ingredients for Haddock: Portion of Haddock fillet 3.5 oz Kosher Salt 1.2oz Sugar	4 Split Leek Hearts (Reserve the remaining leek parts for the peas)	chopped 14.8 oz dried split peas 3 sprigs of fresh dill (whole sprigs, reserve some nice-looking fronds for garnishing)
Ingredients for Leek Hearts: Cured Haddock fillet (above) 1.8 oz Heavy Cream Garlic (about 2 Cloves)	Ingredients for Mushy Peas: Tablespoon of Canola Oil 1.4 oz Butter All the leek scraps, chopped (use leftover leek from the lutefisk) 3 Cloves of Garlic,	4.2 oz Heavy Cream 16 fl oz Water 2 Bay Leaves Juice of one lemon .77 oz Salt

#### Directions for Haddock:

1. Mix salt and sugar, and liberally coat the haddock fillet. You will most likely have leftover salt & sugar mix.
2. Leave uncovered in the fridge on a pan with a rack for 4-8 hours.



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*how-to*

### Directions for Leek Hearts:

1. To break down the leeks remove the tops and the tough bulb at the bottom. Carefully split the leek lengthwise with a paring knife, just enough to be able to peel the layers off. Find a few similar sized (about two inches in diameter) layers and set aside, using the remaining leek scraps for the peas.
2. Slice the haddock into manageable chunks, roughly an inch in size. Add all remaining ingredients (exclude the leeks) into a food processor and pulse until a smooth paste.
3. Scoop all the filling into a piping bag, or a gallon Ziplock bag. Cutting the tip of a corner at about an inch and a half in diameter.
4. Take the leek hearts, spread them open, and gently pipe the haddock into the leek; making sure not to get air bubbles while filling it just enough to allow the fish to fill the leek completely.
5. Roll tightly in saran wrap; twisting the ends to form a tight seal. Tie it off with butcher's twine. Or if you have a vacuum sealer, that will work wonderfully. This can be a challenging technique, but a great one to learn!
6. Place the wrapped fish in a large pot of simmering water for about 20 minutes, until the fish feels firm and cooked through. Or in a Sous Vide bath at 54°C for 2 Hours.

### Directions for Mushy Peas:

1. Sweat leeks on medium heat in canola oil until they are semi-translucent. Add the garlic, butter, and salt. Cook on low heat for an additional five minutes.
2. Add the split peas and all additional ingredients. Simmer on low until the peas are cooked thoroughly.
3. Remove the bay leaves and mash with either a fork, or spin in a food processor. The consistency should be similar to mashed potatoes. Serve Immediately.

**Serving the Dish:** Enjoy the lutefisk sliced immediately on top of the mushy peas. Add some dill fronds for garnishment and a side of fermented seaweed & beet kraut from Atlantic Sea Farms. For some added plating fun, take about a half of a cup of strained seaweed kraut and puree it with a few tablespoons of canola oil until very smooth, use a squeeze bottle or a spoon to add some colorful designs to the plate before you add the rest of the dish. Enjoy! Skål!