



# How to Make Traditional Tørrfisk (Stockfish)

*The original “no fridge” preservation method — dried by wind, toughened by myth.*

## What You Need:

- Fresh cod (ideally skrei, the migratory Arctic cod) — gutted and cleaned, heads intact
- Cold, dry weather (2–6°C / 36–43°F)
- A place with steady wind and low humidity (like Lofoten, basically)
- Wooden drying racks (hjell) or a clean, airy structure with good airflow
- Time (lots of it — 2 to 3 months)

## Step-by-Step Drying Process:

1. **Catch your cod** between January and March, when the cold air keeps bacteria low and insects are on holiday.
2. **Gut and split the fish:**
  - Remove the innards
  - Keep the head or split the fish in two and tie the tail ends together
  - Rinse thoroughly in cold seawater
3. **Hang the fish:**
  - String them in pairs over **hjell** (wooden drying racks) outdoors
  - They must hang freely, with space for air to move around
  - Let nature do the rest — **no salt**, just **wind and time**
4. **Dry for 6–10 weeks:**
  - The outer layer hardens first
  - The inner moisture evaporates slowly, preserving the fish
  - Ideal drying weather is dry, cold, and breezy
  - Too warm = rot. Too wet = mold. Too still = disappointment
5. **Bring it indoors to mature:**
  - After air-drying, fish are moved to **ventilated indoor spaces** (lofts, sheds) to “ripen” for another 2–3 months
  - This improves texture and flavor — and possibly earns you local respect
6. **Ready when it's rock-hard and makes a nice thud** when dropped.
  - Now it can be stored for **years** — no fridge needed!

## How Long Will It Last?

Properly dried stockfish can keep for **decades** — it's said that Vikings carried it as edible currency. Before cooking, it must be soaked in cold water for 3–4 days to become soft and delicious.

## Madam's Final Thoughts:

Drying fish this way is a practice of patience, tradition, and trusting the wind.

It turns one of Norway's simplest ingredients into one of its most legendary foods.

Plus — it smells exactly like childhood, salt air, and stories told by old fishermen with one glove and 200 opinions.

Final note: It's so dry, you could file your nails on it, and some say it's the only fish that could survive a Norwegian winter **after** it's dead.

**Madam Budeie**

*From Fjord to Fork*



*Hope you liked it? Let me know what you think?*

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