



## **Icelandic Fish Soup (Fiskisupa)**

*Fresh cod and salmon blend together in bright herb tomato broth*

*Special Heart Star – Salmon*

### **Fish Meatballs**

- 1 to 2 Tablespoons canola oil, divided
- 1 thick slice hearty sandwich bread, crust removed, cubed
- 1 egg
- 2 Tablespoons vegetable broth or stock
- 1 garlic clove, minced
- 2 Tablespoons chopped parsley
- 1/2 teaspoon salt or to taste
- 1/4 teaspoon black pepper
- 10 ounces frozen or fresh cod, defrosted
- 6 ounces Verlasso skinless, boneless salmon, drained
- Olive oil spray as needed

### **Fish Soup:**

1 to 2 Tablespoons olive oil  
1 cup chopped onion  
1 cup chopped celery with leaves  
1 minced garlic clove  
8 ounces thick tomato puree  
1 Tablespoon red wine vinegar  
2 cups vegetable broth  
1 Tablespoon dry red wine  
1 Tablespoon sherry  
1 (14 oz.) can fire roasted diced tomatoes with juice  
1 cup light cream  
Salt and ground black pepper to taste  
1/4 cup chopped green onions  
1/3 cup chopped parsley  
2 Tablespoons minced fresh dill  
Garnish with garlic/herb or sour dough croutons or as desired; drizzle of cream or sherry; crispy fish skin that is pan fried and salted

### **Prepare Fish Meatballs**

Preheat oven to 400-degree F oven. Line baking sheet with foil; grease lightly with 1 to 2 Tablespoons oil.

Process cubed bread in food processor until well ground, about 15 seconds. Add egg, broth, garlic, parsley, salt, and pepper; process to form smooth' paste; scrape down sides of processor. Well drain pieces of fish with paper towels; cut into chunks. Add cod and salmon; process until combined.

Remove processor blade. With moistened hands and a 2 Tablespoon scoop, form ground fish into 16 round meatballs. Place on greased foil lined baking sheet. Spray top of fish with olive oil.

Bake in preheated oven for 15 to 20 minutes or lightly browned. Turn meatballs over once if browning too quickly. Remove from oven to warm plate; set aside.

**Prepare Fish Soup:**

Meanwhile warm 1 to 2 Tablespoons oil in large Dutch Oven pot or soup pot, add onions; sauté until softened; add celery and garlic; cook about 1 to 2 minutes Add tomato puree and red wine vinegar; cook until hot. Add vegetable stock or broth, red wine, and sherry; bring to a boil to combine ingredients. Add diced tomatoes with juice; simmer for about 5 minutes; stir in light cream; season to taste with salt and black pepper.

Add fish meatballs, green onions, parsley, and dill; cook until hot but not boiling. Serves: 4 to 6

**Serving Suggestions:** If you enjoy your soup thicker, place croutons in bowl; ladle soup and meatballs over. Garnish with drizzle of cream or sherry and sprinkle with bits of crunchy fish skin if desired.

You can also serve soup in bowl and garnish using toppings as desired.

**Cook's Note:** The actual name of this dish is Fiskisupa, which is a staple food in Iceland. It seems that everyone has their own recipe for it. We were fortunate to have some of this served to us in a tiny restaurant when we visited Iceland. It was prepared with chunks of fish and generously garnished with lots of cream. The bread that was served was very hearty and appeared to be homemade.

**About the Recipe:** I like having meatballs in the soup along with the croutons, so we took the liberty of blending the fish into oven roasted fish meatballs. It's a vibrant herb flavored tomato soup with a touch of light cream and drizzle of sherry for an extra flavor boost. Enjoy this Iceland soup on one of those cold wintry days. It warms your heart with some healthy ingredients.