Created by: Debra C. Argen

lfar Eysteinsson, Chef Stefan Ulfarsson Uppskrift - 3 Frakkar Restaurant, Reykjavik,

Uppskrift frÃ¡ ***Yfirmatsveinn Ãšlfar Eysteinsson*** og ***YfirmatsveinnStefan Ãšlfarsson*** - ***3 Frakkar (ÃžrÃ-r Frakkar hjÃ¡ Ãšlfari)***, ***Reykjavik, Iceland***- **Plokkfiskur aÃ° hÃ¦tti Ãšlfars meÃ° seyddu rÃºgbrauÃ°i.**



Plokkfiskur aÃ° hÃ¦tti Ãšlfars meÃ° seyddu rÃºgbrauÃ°iÂ Â Â Â

900

g

Ã¾orskflÃ¶k, soÃ°in og beinhreinsuÃ°Â
hÃ©r mÃ¡ lÃ-ka nota Ã½su eÃ°a lÃºÃ°u

0.5

l

mjÃ³lk

1

meÃ°alstÃ³r laukur, saxaÃ°ur

salt

2

matsk

pipar

1

tesk

karry

smjÃ¶rbolla /sÃ³suÃ¾ykkni

kartÃ¶flur, soÃ°nar og skornar Ã- bita

2

matsk

kalt smjÃ¶r



Â

Ãšlfar Eysteinsson,Â GuÃ°nÃ½ ÃšlfarsdÃ³ttir,Â Stefan Ãšlfarsson

Ãžorskurinn er soÃ°inn og lyft upp Ãºr soÃ°inu. MjÃ³lkin er hituÃ° aÃ° suÃ°u Ã¡samt lauknum og kryddinu. SmjÃ¶rbollu eÃ°a sÃ³suÃ¾ykkni bÃ¦tt Ãºt Ã-. Hluti af sÃ³sunni tekinn frÃ¡. Fiskinum er bÃ¦tt Ãºt Ã- sÃ³suna Ã¡samt kartÃ¶flum og hrÃ¦rt varlega saman viÃ°. Ef plokkfiskurinn er of Ã¾urr mÃ¡ nota afganginn af sÃ³sunni. Kryddi er bÃ¦tt Ãºt Ã- eftir smekk. Sumir vilja mikinn pipar en aÃ°rir minna. Ã• lokin set Ã©g kalt smjÃ¶r Ãºt Ã- til aÃ° fÃ¡ mÃ½kri Ã¡ferÃ°. - Til aÃ° gratÃ-nera plokkfiskinn Ã¾arf hollandaise-sÃ³su eÃ°a bearnaise-sÃ³su og rifinn ost. BakaÃ° Ã¾ar til rÃ©tturinn verÃ°ur gullinbrÃºnn.



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Yfirmatsveinns Ãšlfar Eysteinsson ogÂ Stefan Ãšlfarsson

3 Frakkar Restaurant (ÃžrÃ-r Frakkar hjÃ¡ Ãšlfari) opnunartÃ-mi MÃ¡nudaga til fÃ¶studaga 11:30 - 14:30 og 18:00 - 22:00. Laugardaga og Sunnudaga 18:00 - 23:00.

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3 Frakkar Restaurant

Read about **3 Frakkar Restaurant** in the **Restaurants**and **Chefs' Recipes**sections where Chef Ãšlfar Eysteinsson and Chef Stefan Ãšlfarsson share a taste of the restaurant in **English**.



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