

Created by: Debra C. Argen

Chef Hafthor Sveinsson Recipes - Silfur restaurant, Reykjavik, Iceland

All that glitters in [Reykjavik, Iceland](#) is not gold, sometimes it is silver, as in the case of the aptly named [Silfur restaurant](#), which means silver in Icelandic, and is where **Chef Hafthor Sveinsson** shines brightly creating culinary magic. He shares a delicious taste of Silfur restaurant with recipes for **Langoustine Roll with Fried Langoustine, Rhubarb and Langoustine Glaze, and Lightly Salted Cod with Cardamom Glaze and Cauliflower Purée.**

Chef Hafthor Sveinsson clearly knows his way around a kitchen deftly combining classic and contemporary culinary techniques to create a harmonious blend of taste and artistry. His presentations are every bit as innovative as they are pleasing to the eye as well as to the palate, and for me, began when an amuse bouche arrived tableside that was presented under a glass bowl with swirling smoke that captured the image of a wizard creating magic in the kitchen.



Since the summer of 2007 Chef Hafthor Sveinsson has called Silfur restaurant home where he has the title of Head Chef after first honing his culinary craft at highly acclaimed Reykjavik restaurants among which include an apprenticeship at The Gallery Restaurant at the Hotel Holt, and also working at the Seafood Cellar where he was the Sous Chef for 2 years before joining Silfur restaurant.

I met Chef Hafthor Sveinsson in late September 2009 while I was staying in Reykjavik and had dinner at the restaurant where the ambience is dramatic with contemporary elegance with dashes of silver to accessorize and embellish the black and white décor.

He explained that his culinary approach is to first think about the taste, and then to use those ideas in developing his artistic presentations. He is inspired by all that Iceland has to offer, and really tries to showcase the high quality and fresh ingredients of fish, lamb, and reindeer in his cooking, utilizing his favorite flavors of the moment that complement the Icelandic elements in the restaurant that features a lava stone wall and a fish tank in a cozy room that represents the sea that is so important to the Icelandic way of life. When I asked him about the next culinary trend in Iceland, he said that he is not sure, and that he just takes it day by day and sees what develops.

Chef Hafthor Sveinsson shares his recipes for a lovely 2-course menu of Langoustine Roll with Fried Langoustine, Rhubarb and Langoustine Glaze, and Lightly Salted Cod with Cardamom Glaze and Cauliflower Purée, that provides a delicious taste of Silfur restaurant.

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Langoustine Roll with Fried Langoustine, Rhubarb and Langoustine Glaze

Ingredients:

2

Brick dough (Feuilles de Brick, thin pastry dough)

1

Tomato

4

Dried Dates

1

Teaspoon (5 Grams)

Basil

2.5

Ounces (70 grams)

Clarified Butter

1.1

Pounds (500 grams)

Langoustines

3.5

Ounces (100 grams)

Rhubarb

1

Clove

Garlic

17

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Ounces (500 ml)

Veal Stock

2.5

Ounces (70 grams)

Butter

4

Teaspoons (20 grams)

Sugar

Method for the Langoustine roll: Put the brick dough on the table and cover it lightly with half of the clarified butter. Peel and clean the langoustines. Place half of the langoustines across the dough.

Slice a cross on the tomato and put it in boiling water for 20 seconds, and then put it in cold water with ice. Peel the tomato and remove the pulp. Thinly slice the tomato, along with the dates and basil. Add a pinch of salt to taste, (optional). Place the mixture on top of the langoustine and roll it up as tightly as possible. Fry it in a pan for 30 seconds on each side. Fry the rest of the langoustine with the clarified butter and garlic. Add a pinch of salt to taste, (optional).

Method for the Rhubarb: Slice the rhubarb in 1-inch (3-cm) pieces. Place the rhubarb and the sugar in a pot and cook it for 1 hour at 125° C (50° C).

Method for the Langoustine Glaze: Place the veal stock and the langoustine shells in a pot and cook until reduced by three-fourths. Whisk the butter in slowly to the sauce without boiling. Add a pinch of salt (to taste, optional).



Lightly Salted Cod with Cardamom Glaze and Cauliflower Purée

Ingredients:

1.1

Pounds (500 grams)

Cod

10

Teaspoons (50 grams)

Sea Salt

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4

Teaspoons (20 grams)

Sugar

1

Orange

10.5

Ounces (300 grams)

Cauliflower

3.5

Ounces (100 grams)

Mascarpone

8

Cardamom

17

Ounces (500 ml)

Veal Stock

0.75

Teaspoon (3 ml)

Truffle Oil

4

Asparagus

3.5

Ounces (100 grams)

Butter

Method for the Salted Cod: Clean the cod. Add the orange zest to the salt and sugar. Cut the orange into sections and squeeze the juice out of it. Split 4 of the cardamoms open and put them into the salt mixture. Put the cod into the salt mixture and let it rest for 2 hours. Cut the cod into 4 beautiful pieces and fry it for 2-3 minutes on each side in a pan.

Method for the Cauliflower Purée: Clean the cauliflower. Boil the cauliflower in water for 30 minutes. Put the cauliflower into a mixer with the mascarpone and truffle oil. Add a pinch of salt to taste, (optional).

Method for the Asparagus: Peel the asparagus and boil it in salted water for 8 minutes. Fry it in a pan with butter. Add a pinch of salt to taste, (optional).

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Method for the Cardamom Glaze: Reduce the veal stock by half. Whisk the butter slowly into the stock without boiling. Season with 4 cardamoms, and add a pinch of salt to taste, (optional).

Silfur restaurant is open for lunch Monday - Friday from 11:30 am until 2:00 pm, for dinner Sunday - Thursday from 6:00 pm until 10:30 pm, and Friday - Saturday from 6:00 pm until 11:30 pm.



Silfur restaurant

Read the article on **Silfur restaurant** in the **Restaurants** section and also in **Chefs' Recipes** where Chef Halftor Sveinsson provides his delicious recipes in **Icelandic**.



Silfur restaurant
Pósthússtræti 11
Reykjavik, Iceland
Telephone: + 354-578-2008
Email: info@silfur.is
www.Silfur.is

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