

Created by: Debra C, Argen

Chef Hrefna Rosa Johannsdottir Sætran Recipes - Fish Market, Reykjavik, Iceland

Chef Hrefna Rósa Jóhannsdóttir Sætran is a young and passionately creative chef who is also a distinguished member of the Icelandic National Culinary Team. She graciously shares a taste of her restaurant, [Fish Market \(Fiskmarkaðurinn\)](#) with her delicious and inspired recipes for a two-course menu of **Wild Salmon with Yuzu Miso and Onion Pakoda** and **Breast of Puffin with Smoked Eel, Mango, and Coco**.

Chef Hrefna Rósa Jóhannsdóttir Sætran is a dedicated, talented, and passionate woman in her twenties and is the co-owner of one of Reykjavik's hottest restaurants, Fish Market. Housed in one of Reykjavik's oldest and traditional wood buildings the restaurant is a surprise when you enter the door and see the décor, which has Zen-like minimalist style and strategically placed bamboo poles and bamboo trees that line the walls creating visual interest and whisk diners away to Asia, leaving Reykjavik at the doorstep.



Meeting with Chef Hrefna Rósa Jóhannsdóttir Sætran in late September 2009 while I was in Reykjavik having dinner at the restaurant, she explained that her culinary approach is to use the freshest Icelandic ingredients of fish, meat, poultry, and put them in an "Asian costume." She does not describe her culinary style as fusion cuisine, but states that it is just very fresh Icelandic ingredients that are presented with Asian elements like her sushi new style.

Born and raised in Reykjavik, Iceland, Chef Hrefna honed her craft beginning with an internship at Apotek, followed by working as the head chef of Maru restaurant while still in school. She continued developing her culinary skills post-graduation working at the Michelin starred restaurant Leu Linster in Luxemburg, returned to Reykjavik to work at Seafood Cellar (Sjávarkjallarinn) as the head chef for three years, and also worked at top restaurants Nobu Berkeley in London and at Megu in New York to further her techniques and knowledge before opening her own restaurant, Fish Market in August 2007. She also holds the culinary distinction of being a permanent member of the Icelandic National Culinary Team; she is a chef that clearly has talent and a strong reputation behind her.

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Fish Market Restaurant

Having dinner at the very popular restaurant where her presentations are visually striking with intriguing flavors that meld beautifully on the palate, her culinary formula is a recipe for success. Chef Hrefna Rósa Jóhannsdóttir Sætran shares a taste of Fish Market with her delicious recipes for a two-course menu of Wild Salmon with Yuzu Miso and Onion Pakoda and Breast of Puffin with Smoked Eel, Mango, and Coco.

The Menu

Wild Salmon with Yuzu Miso and Onion Pakoda

Breast of Puffin with Smoked Eel, Mango, and Coconut



Wild Salmon with Yuzu Miso and Onion Pakoda

Main course for 4 persons

Salmon Ingredients:

1.7

Pounds (800 grams)

Wild Salmon

1.7

Ounces (50 grams)

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Dark Miso Paste

1.7

Ounces (50 ml)

Mirin

1.7

Ounces (50 ml)

Water

1.7

Ounces (50 grams)

Sugar

0.7

Ounce (20 grams)

Almond Flakes

Method: Add the mirin and water to a pot with the sugar and bring to a boil. Mix in the miso paste and stir well. Add the almond flakes and let cool. Remove the bones and the skin from the salmon. Sauté the salmon in a very hot pan with oil. Spread the miso paste on the fish and finish it in the oven at 350° F (180° C) for 4 minutes.

Onion Pakoda Ingredients:

1

White Onion

3.5

Ounces (100 grams)

Corn

1

Red Chili

4

Tablespoons

Maizena (cornstarch)

4

Tablespoons

Flour

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1

Tablespoon

Self-Rising Flour

Salt and Pepper

Oil for deep-frying

Method: Cut the onion and chili very fine. Put all of the ingredients in a bowl and season with salt and pepper. Mold in to balls and deep fry for 5 minutes at 350° F (175° C).

Yuzu Miso Sauce Ingredients:

3.5

Ounces (100 grams)

White Miso

1.7

Ounces (50 ml)

Mirin

1.7

Ounces (50 ml)

Water

1.7

Ounces (50 grams)

Sugar

0.6

Ounce (20 ml)

Yuzu Juice

Method: Add the mirin, water, and sugar to a pot and bring to a boil. Add the miso paste and the yuzu juice.

Cucumber Baton Ingredients:

1

Cucumber

2

Tablespoons

Hot Mustard

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1

Container

Plain Yogurt

1

Tablespoon

Sesame Seeds

Salt and Pepper

Method: Cut the cucumber into sticks. Remove the seeds. Mix the yogurt and mustard with the sesame seeds. Season with salt and pepper. Mix the dressing with the cucumbers.

Apple Corn Vinaigrette:

1

Green Apple

1.7

Ounces (50 grams)

Corn

1

Red Chili

4

Tablespoons

Apple Cider Vinegar

1.7

Ounces (50 ml)

Oil

Method: Cut the apple into small cubes. Finely chop the chili. Mix all ingredients together in a bowl and season with salt and pepper.



Breast of Puffin with Smoked Eel, Mango and Coconut

Starter for 4 persons

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Puffin Ingredients:

8

Breasts of Puffin

Salt and Pepper

Oil for sautéing

4

Teaspoons (20 grams)

Butter

Method: Season the puffin breasts with salt and pepper. Place in a pan with oil and butter over low heat. Sauté the puffin for 2 minutes on each side. Let them rest for 5 minutes and cut into cubes.

Eel and Mango Ingredients:

1

Smoked Eel

1

Mango

Method: Peel the mango and cut into pieces. Place half of the mango and in a blender and purée. Cut the eel into 4 pieces and wrap around the mango. Cook in an oven for 5 minutes at 350° F (180° C).

Coconut Vinaigrette Ingredients:

1.7

Ounces (50 ml)

Soy Sauce

3.4

Ounces (100 ml)

Coconut Oil

1

Tablespoon

Coconut Jelly

1

Lemon, juiced

0.5

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Red Chili

Method: Finely chop the chili, and mix all ingredients together in a bowl.

Fish Market (Fiskmarkaðurinn) is open for lunch Monday - Friday from 11:30 am - 2:00 pm, and for dinner from 6:00 pm - 11:30 pm.



Fish Market

Read about Fish Market (Fiskmarkaðurinn) in the **Restaurants** section and in **Chefs' Recipes** where **Chef Hrefna Rósa Jóhannsdóttir Sætran** shares her recipes in **Icelandic**.



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