

# Fiskesuppe (Norwegian Cod and Root Vegetable Chowder)

Yield: 6 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/norwegian-sweet-soup-recipe>

## Ingredients:

- 6 tablespoons unsalted butter
- 4 cloves garlic chopped
- 2 stalks celery chopped
- 1 onion small, chopped
- 1 green bell pepper seeded and chopped
- 1 leek small, sliced ¼" thick
- black pepper
- kosher salt
- 2 carrots medium, sliced ¼" thick
- 1 parsnip large, peeled and chopped
- 1 celeriac small, peeled and chopped
- 4 new potatoes medium, peeled and cut into 1" pieces
- 3 cups fish stock
- 2 cups milk
- 1 cup heavy cream
- 1 ½ tablespoons worcestershire sauce
- 2 pounds skinless cod fillet boneless, cut into 2" pieces
- 1/3 cup dill chopped, plus more for garnish
- 1/4 cup parsley leaves chopped
- 1 lemon
- crusty bread for serving

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 170 milligrams
4. Fat: 34 grams

5. Fiber: 8 grams
  6. Protein: 40 grams
  7. SaturatedFat: 19 grams
  8. Sodium: 820 milligrams
  9. Sugar: 12 grams
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