NORDIC · DINNER · LUNCH

Fiskesuppe: Light Norwegian Fish Soup

55 min · Serves 4 · 374 kcal a serve · Video 9:46 · everydaygourmettv

Pescatarian · No nuts listed

Mostly broth, vegetables and seafood, with just 100 ml of cream and 15 g of butter for the whole pot: each bowl gives about 27 g of protein from white fish, mussels and prawns, plus selenium and well over a day's vitamin B12.

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Ingredients 17 · SERVES 4

- [ ] 15 g **butter**
- [ ] 1 large **French shallot**, finely chopped
- [ ] ¼ **celeriac bulb**, peeled and cubed
- [ ] 1 **fennel bulb**, cubed (keep the fronds to garnish)
- [ ] 1 **potato**, peeled and cubed
- [ ] 1 small **leek**, white and light part only, cut into rounds
- [ ] 2 tbsp **plain flour**
- [ ] 100 ml **white wine**
- [ ] 1.5 L **fish stock**
- [ ] 300 g **hake**, cod or similar white fish fillet, cut into 3 cm chunks
- [ ] 12 **mussels**, cleaned and debearded
- [ ] 12 cooked **prawns** (small school prawns)
- [ ] 100 ml **cream**
- [ ] 1 tsp **white wine vinegar**
- [ ] ½ bunch **chives**, finely chopped, to serve
- [ ] **salt** to taste
- [ ] **white pepper** to taste

Allergens found in the listed ingredients: Gluten, Crustacea, Molluscs, Fish, Milk, Celery, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Melt the butter in a large pot over medium heat. Add the shallot, celeriac, fennel and potato and sweat gently for 4–5 minutes until soft, without letting them colour. 3:13
2. Stir in the flour for about a minute, then pour in the wine and stir until smooth. Add the fish stock and the leek rounds and bring to a gentle simmer for 12–15 minutes, until the vegetables are tender. 5:14
3. Add the mussels and poach just until they open. Lift them out, take the meat from the shells and discard the shells. 6:18
4. Add the fish chunks and simmer gently for 1–2 minutes, stir in the cream, then add the cooked prawns for about a minute just to warm through. 7:08
5. Finish with a small splash of vinegar and season with salt and white pepper. Put the mussel meat in bowls, ladle in the soup, fish and leeks, and top with chives and fennel fronds. 8:00

> **Tip** Hake, cod or any white fish works. Use a low-salt fish stock, as it supplies most of the sodium. Traditionally served with rye bread; dill works instead of chives.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
374 kcal 1,560 kJ	28 g 56% of a day	31 g 27 g net · 8.1 g sugars 11% of a day

FIBRE	FAT	SODIUM
4.5 g 16% of a day	14 g 8 g saturated 18% of a day	1,550 mg 67% of a day

Energy from net carbs 31% · protein 32% · fat 37%

High in (20%+ of a day) Vitamin B12 253% · Selenium 97% · Vitamin B6 32% · Omega-3 29% · Vitamin C 25% · Iron 24% · Potassium 23% · Magnesium 23% · Vitamin A 22% · Folate 21%

Source of (10–19%) Vitamin K 18% · Zinc 16% · Calcium 11% · Vitamin E 10%

⚠ One serve has about 67% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: everydaygourmettv (@everydaygourmettv) on YouTube — youtube.com/watch?v=yJfSRlcX9WQ, published 21 July 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/norwegian-fiskesuppe