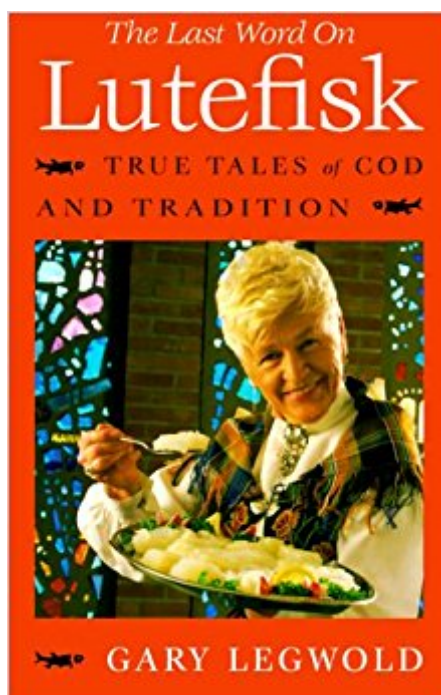


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# The Last Word On Lutefisk: True Tales Of Cod And Tradition



## Synopsis

The Last Word on Lutefisk provides you with the most comprehensive collection of facts, fiction, and folklore surrounding this simple fish with the unforgettable scent. Here, a historical account of this colorful lutefisk tradition is mixed with homespun tales, humor, tours, poetry, lyrics--even lutefisk cheers! You will find: \* Old country travel and lutefisk lore \* Tales of Norse fishermen--and great color photographs \* Why lye is used in soaking the fish \* Secrets of making your own superior lutefisk \* Why lutefisk does not build character--it reveals it \* A directory of the 300 finest lutefisk dinners in North America A taste of both culture and culinary traditions, The Last Word on Lutefisk invites you to partake in this peculiar, exuberant Scandinavian feast.

## Book Information

Paperback: 208 pages

Publisher: Conrad Henry PR (October 1, 1996)

Language: English

ISBN-10: 0965202704

ISBN-13: 978-0965202701

Product Dimensions: 8.4 x 5.5 x 0.6 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,155,785 in Books (See Top 100 in Books) #59 in [Books > Humor & Entertainment > Humor > Hunting & Fishing](#) #300 in [Books > Humor & Entertainment > Humor > Cooking](#) #383 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood](#)

## Customer Reviews

"The Last Word on Lutefisk is a very pleasant read that explains in detail and with great color, and black and white photographs how the cod is caught outside the Lofoten Islands of the Norwegian coast, hanged up to dry, transported to the U.S. where it is soaked in lye and rinsed in water in preparation for the feast. The book is full of lutefisk lore and even tackles the inevitable humor in one chapter. There is an exhaustive directory to the amazingly many lutefisk dinners around the continent." "Legwold has already won some critical acclaim for his lutefisk book. It was named a finalist in the Minnesota Book Award (nonfiction category) and the Midwest Book Achievement Award (humor category).... "Legwold walks through the cod cod fishing industry showing how this single solitary species of fish has become part of a legend for Scandinavian people. Even that

carries a spiritual quality. "All is not somber and reverent, however. Lutefisk eaters have a sense of humor. "With his own 'subtle' sense of humor, Legwold describes lutefisk dinners here in the States and paints an American portrait of Scandinavian people that is ripe with 'characters.'... "Being of Scandinavian descent is not important; not even having eaten lutefisk is irrelevant to what comes through in the text. Legwold introduces a tradition, people, and a way of life that may be out of the ordinary for many of us, all done with a delectable sense of humor. -- Wadena Pioneer Journal"An often indispensable Christmas treat in Norway and Sweden, lutefisk has an all year round following in many Scandinavian American circles. To understand this fish you should read Gary Legwold's interesting book *The Last Word on Lutefisk* and try his recipes, or sneak into one of the many lutefisk dinners that take place around this time of year.... -- Scandinavian Press

Gary Legwold is a Minneapolis writer whose mid-life crisis involved learning to truly like lutefisk. His first book, *The Last Word on Lefse*, tells of the good folks behind the fine tradition of lefse making. Mr. Legwold also writes about health, fitness, finances, and parenting for many national magazines.

While the first time I've actually eaten lutefisk was a couple of years ago, it was a part of my culture as I grew up. I'm ethnically Swedish, but grew up in the Twin Cities, MN where the Norwegians had a very strong presence. And so- I grew up knowing about lutefisk, though not actually encountering it for myself! This book is an excellent resource for the lutefisk-curious. It covers pretty much everything, from the history, to the context, to the rep (including if one wants to go really Old School and make it complete from the dried fish, including doing the lye soaking! I must admit it tempts me...). My interest in lutefisk is twofold: as a part of the culture in which I grew up, AND because I am fascinated by traditional foods, especially food preservation before refrigeration. Lutefisk is a unique approach to fish preservation; most cultures salt and/or smoke. One wonders how the originators came up with this method... There is also a decent store of (bad) lutefisk jokes and entertaining lutefisk anecdotes, plus a long list of where in the US one can find lutefisk suppers (alas, MA, my current state, has none listed though I know they exist). Now: I did try lutefisk a couple of years ago. I was not an instant convert. It was OK... but pretty weird. I started with the pre-prepped frozen stuff, though, and probably would have been happier if I'd brined it a bit to firm it up some before cooking- which lesson I learned from this book. If I can find a source of the frozen, I'll make it again for the Christmas season. My husband actually did like it pretty well! And someday, I'll get a dried hunk of stockfish and do the whole damn thing. Since it is a stinky process, I will wait until I have found a cheap picnic cooler at a yard sale and dedicate it to the procedures. If one has any interest in lutefisk

at all, I do really recommend this book! I am looking forward to reading the same author's book on lefse- which is a LOT more accessible and generally yummy.

Got this as a Christmas gift for my Dad who loves his Swedish heritage. He loved it. It is the perfect gift for any lutefisk lover.

I thought this book would better explain the lutefisk phenomenon. It most certainly does just that...it has the last word for sure.

Really interesting to read about this Scandinavian tradition. Bought book for friend to learn more about Lutefisk and ended up reading it to expand my knowledge and discuss topic with her just before she went home for X-mas and have grandma make Lutefisk as is their tradition.

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