

# Garðaskóli, Garðabær



Garðaskóli is a lower-secondary school for students from 13-15 years old in a town called Garðabær which is located about 14 kilometers from the centre of Reykjavik, the capital of Iceland. Being a part of an affluent society, the school has a canteen, a school library, 3 computer-rooms and it also provides personal lap-tops for all the teachers that they can use at school or at home.

There are 42 certified employees at the school and 17 uncertified, serving 430 students from 8th to 10th grade. The overall aim of the school is to support students in order for them to become responsible individuals and prepare them for further studies as well as taking part in modern society. The school has a principle, an assistant-principle and chairs of grade. Their role is to set over-all aims for the school, handle communications with the local school authorities as well as the Ministry of Education and to make sure that daily work within the institution runs smoothly. Chairs of each grade are also available to teachers and students when needed.

Garðaskóli emphasises the motivation of students to assume responsibility for their own behavior. Upon this groundwork personal growth and mutual respect is developed. This includes goal setting, conflict resolution, restitution and self-evaluation. Students have a sense of belonging focusing on the learner's individual needs provided in a safe and respectful environment.



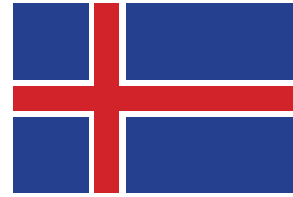
## Programme of studies

All the teachers at Garðaskóli are specialized in their subject. Heads of subjects oversee the work within their department in cooperation with their colleagues. Each department works as a team concerning lesson plans, exams, grading and daily professional work.

In grade 8, the classes are of mixed abilities and the emphasis is on giving the students space and time during their first school year to adjust to the working methods, traditions, values and the communication



system within the institution. In grades 9–10, there is streaming in the core subjects of Icelandic, Maths, English and Danish, but mixed ability classes in other subjects. This means, individual schedules for each student and they attend their classes according to the subject, similar to the upper-secondary school system in Icelandic schools. In order to meet the needs of gifted students the school offers upper-secondary level courses.



### **Support network**

The school has two guidance counsellors who play a central role in supporting students to make the most of their school years and help them to plan for the future. The counsellors are available to students and parents to discuss educational, vocational or personal concerns that may affect the well-being of students. The guidance counsellors also lead a group of peer helpers who assist their fellow students in various ways in preventing bullying and maintaining a good atmosphere among the students.

### **Student activities**

The student council is highly effective and organizes all kinds of extracurricular activities in cooperation with the Youth Centre of Garðabær which is located within the school and is open both during school hours, as well as to ten o'clock in the evenings at weekdays. The staff at the youth centre oversees and organizes various social and leisure activities. The youth centre is open three evenings at weekdays and the students can come together to take part in various clubs or just to play a game of cards, play ping pong, listen to music, watch a movie or meet their friends. There are also bigger events such as dances 4-5 times a semester and the school play is usually shown in April. The youth-centre also organizes short school trips in cooperation with the grade level chairs at school.



# Garðabær

Garðabær is a town with a population of around 10,000, close to Reykjavík, the capital of Iceland. The local authority in Garðabær provides a high level of services for residents of all ages in pleasant, tidy surroundings.

There are four primary schools in Garðabær as well as three privately operated schools. Garðaskóli provides teaching for children in classes 8–10. The town also has a music school with over 400 students.

The local sport club is called Stjarnan and is one of the biggest clubs in Iceland. Residents of all ages can take part in seven competitive sports or in recreational activities. Garðabær has outstanding sports facilities, swimming pools and excellent outdoor activity areas. There is also a golf course, an equestrian centre, a chess association and other sports groups.

The Design Museum of Iceland is located in the centre of town where you can see the history of Icelandic design. Krókur is a small, traditional Icelandic farmhouse that was rebuilt in 1923 on the site of older turf-roofed buildings. The original farmhouse consisted of a kitchen, bath room and storage shed, but a third section was added during the rebuilding work. Krókur is situated close to the community centre at Garðaholt.

The Hofstaðir archeological site is located in Kirkjulundur, close to the centre of Garðabær. In 1994, the remains of the second largest building from the period of the Viking settlement were found here. The house was built in the 9th century. The remains have been preserved and a public garden built around them. You can see the remains in the gardens, where there are also multimedia displays telling the story of Hofstaðir and the lives of those who lived there over a thousand years ago. The material is presented on touch screens inset in special plinths. The garden won a Nordic NODEM award in 2004 for a digital technology application in a museum setting.

## Fish

Scientists agree that fish is good for your health. It is a rich provider of proteins but it also has other nutrients such as selen and iodine. Oily fish, e.g. salmon and halibut are a good source of vitamin D and omega-3 fatty acids. Everyone needs vitamin D to build up bones and omega-fatty acids play various roles within the body such as building up plasma membranes and creating substances which affect the control of blood pressure, blood clotting as well as strengthening the body's immune system. According to scientific researches, fish in general seems to have a positive effect on health and probably there is more than one active substance at work. Therefore it is advisable to eat at least 300 grams of fish per week.

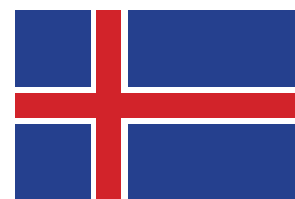
The consumption of fish has decreased in Iceland for the past 20 years, especially among young people. This is a matter of concern, as many believe that fish and fish liver-oil are one of the main reasons for the nation's good health and longevity.

Ever since Iceland became independent, fish has played a big role in our economy, being the biggest export item. Fresh fish and fish frozen at sea is an unparalleled raw material, not to mention the salmon, trout and other freshwater fish which thousands of anglers flock to catch every year, even coming from distant parts of the world. Icelanders have used various methods of curing fish and preparing dishes from it. Fish is salted, smoked, fermented, marinated and dried. All these are old, traditional methods of curing intended to lengthen the storage life of the fish. Today the old methods of preserving fish are still known although not many people like the strong smell and taste of the fermented fish. In spite of that we have traditions that demands that these dishes are eaten. One of them is the Thorrablot, which is a celebration that goes back to pagan ceremonies in Nordic countries. These midwinter festivities are held when the sun begins to rise again in the sky and the days get longer, that is in late January. People get together, sing and dance and eat all kinds of traditional Icelandic food such as smoked lamb, soured briskets of lamb, sheep heads, pressed meat, soured ram testicles, dried fish with butter and fermented shark. Many enjoy the Icelandic schnapps with the shark, but the name of the schnapps is Brennivin, or Black Death. Thorramatur, as these dishes are called is really the most national of everything national in Icelandic food.

Another tradition is to eat fermented skate and salted cod the last day before Christmas. Many restaurants and homes prepare the fish outdoors in order to avoid the strong smell indoors. But it is an unusual mixture for the senses, the smell of the fish, which in some ways is similar to urine and the special smell of Christmas; a combination of apples, cinnamon and Christmas trees.

In the old days the whole fish was used even in surprising ways. Shoes were made from the skin of catfish and sewing needles from haddock bone. Shark was fermented, buried in sandy beaches and sometimes kept there for years before being consumed. Today many fashion designers use skin from various fish to make belts, handbags and all kinds of fashionable things.

There is no end to methods of preparing fish and it does not take long to prepare an appetising fish meal. It can be served as a starter or main course; boiled, fried, oven-baked or as a soup or a stew, the options are plenty. Just take your pick and enjoy.



# Fish Stew

## Ingredients

*Serves 3-4*

400 g fillets of haddock (skin and bones removed)  
300 g potatoes, boiled and peeled  
1 medium sized yellow onion, finely chopped  
2-3 dl milk  
2-3 dl fishstock  
3-4 tbsp flour  
3-4 tbsp water shaken with the flour  
and used as a sauce thickener  
1 tsp vegetable stock cube  
¼ tsp white pepper  
a little salt to taste



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## Preparation

Boil the potatoes until tender and peel them. They can also be peeled before boiling. Then cut them into small dice.

Put the fish and the onion to boil in lightly salted water which almost covers the fish. Bring slowly to the boil and cook for a few minutes in a covered pot.

Pour 2-3 dl of the fishstock into another pot with the milk and season with the vegetable stock and pepper. Bring to the boil.

Use the flour and water mixture to thicken the broth until it has the texture of a thick sauce. Stir constantly and boil slowly for about 1-2 minutes.

Put the potatoes, fish and onion into the sauce and mix well.

Season with salt and pepper and even a little pinch of white sugar.

Serve with rye bread and butter and a carrot salad.

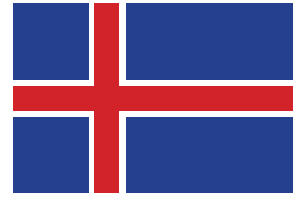


# Plokkfiskur

## Innihald

Fyrir 3-4

400 gr ýsuflök, roðlaus og beinlaus  
300 gr kartöflur, soðnar og skrældar  
1 meðalstór laukur, afhýddur og smáttsaxaður  
2-3 dl mjólk  
2-3 dl fiskisoð, af fiskinum  
3-4 msk hveiti  
3-4 msk vatn, til að blanda  
í hveitið og hrista saman  
½-1 tsk grænmetiskraftur  
¼ tsk hvítur pipar, duft  
Salt eftir smekk



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## Aðferð

Kartöflurnar eru settar í pott með vatni svo fljóti yfir og þær soðnar þar til þær eru mjúkar í gegn, síðan skrældar. Einnig má afhýða þær áður en þær eru soðnar. Þegar kartöflurnar eru soðnar og afhýddar eru þær skornar í netta bita.

Fiskurinn og laukurinn eru sett yfir til suðu í léttsoðnu vatni, (ca. 1 tsk. salt) svo vatnið fljóti næstum því yfir fiskinn. Láttu fiskinn hitna rólega upp að suðu í nokkrar mínútur. Notaðu lok á pottinn. Passaðu að fiskurinn sé gegnum eldaður.

Helltu 2-3 dl af fiskisoðinu í annan pott ásamt mjólkinni og bragðbættu með grænmetiskrafti og pipar. Láttu suðuna koma upp á blöndunni. Þykktu soðið með vatns-og hveitijafningi, helltu jafningnum út í smátt og smátt, eða þar til sósan er orðin mátulega þykk. Hræðu í jafningnum á meðan. Sjóddu rólega í 1-2 mínútur.

Settu kartöflurnar, fiskinn og laukurinn út í sósunu og hræðu í svo fiskurinn losni í sundur og allt blandist vel saman.

Smakkaðu til með salti og pipar og e.v.t. örlitlum strásykri.

Rétturinn er borinn fram með gulrófusalat og jafnvel rúgbrauði.

# Fried Trout

## Ingredients

*Serves 3-4*

2 x 300 g trout  
2 small red onions  
4 tbsp sliced spring onion  
white cabbage  
30 g bacon  
50 g mushrooms  
1 dl red wine  
1 dl beef stock  
150 g butter  
salt, pepper, olive oil



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## Preparation

Wash the fish and dry it. Cut the onions in four pieces. Slice the mushrooms and cut the bacon into small pieces. Fry the bacon without oil in a frying pan and add mushrooms and the onions. Simmer for a while. Add red wine and reduce to 2/3 by simmering. Pour in the beef stock and keep just below boiling point for a few minutes.

Heat the oven to 160 °C. Heat another pan and season the trout. Fry to a golden colour, about 3 minutes on each side. Add 50 g of clarified butter to the pan and place it in the oven. Add 100 g of cold butter to the sauce and don't boil after that. Serve with fried spring onion and white cabbage.



# Steiktur silungur

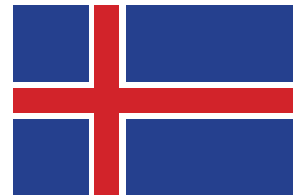
## Innihald

*Fyrir 3-4*

2 x 300 g silungur  
2 litlir rauðlaukar  
4 msk. niðurskorinn vorlaukur  
Hvítkál  
30 gr beikon  
50 gr sveppir  
1 dl rauðvín  
1 dl kjötsoð  
150 gr smjör  
Salt, pipar, ólífuoía



*Reykjavik*



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## Aðferð

Þvoðið og þurrkiði fiskinn.

Skeriði rauðlaukinn í 4 hluta, sneiðið sveppina og skeriði beikoniði í smáa bita.

Steikiði beikoniði án olíu í pönnu og bætiði rauðlauk og sveppum saman við og látiði sjóða saman.

Bætiði rauðvíninu saman við og látiði sjóða niður í 2/3.

Helliði kjötsoðinu saman við og haldiði hitanum rétt undir suðu í nokkrar mínútur.

Hitiði ofninn í 160 °C. Hitiði aðra pönnu og steikiði silunginn þar til hann verður gylltur, u.þ.þ 3 mínútur á hvorri hlið.

Bætiði við 50 gr af smjöri og setjiði í ofninn.

Bætiði 100 gr af köldu smjöri saman við sósuna og látiði ekki sjóða eftir það.

Boriði fram með steiktum vorlauk og hvítkáli.



# Halibut Soup

## Ingredients

*Serves 3-4*

1 kg halibut  
1 litre water  
1 tbsp white wine vinegar  
2 bay leaves  
salt  
1 tbsp softened butter  
1 tbsp flour  
12-16 prunes  
50 g raisins  
juice of ½ lemon  
1 tbsp sugar, to taste



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## Preparation

Clean the halibut and cut it into 1 cm slices.

Bring the water to the boil in a large pan and add the vinegar, bay leaves and some salt.

Add the halibut steaks, bring back to the boil and skim well.

Simmer for 6–8 minutes or when it can just be separated from the bones.

Remove from the heat and skim again.

Strain most of the fish stock into another pan but leave a cupful in the first pan with the fish to keep it warm.

Add the prunes and raisins to the stock and bring to boil.

Mix together the butter and the flour and stir into the stock to thicken it slightly. Let the soup simmer for 5–6 minutes.

Stir in the remaining stock, add lemon juice and sugar to taste.

Serve the soup with the fish.

This soup can also be prepared with trout.

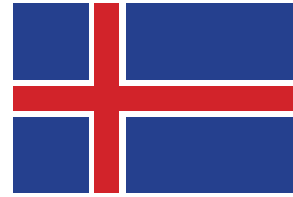
# Lúðusúpa

## Innihald

Fyrir 3-4

1 kg lúða  
1 lítri vatn  
1 msk hvítvínssedik  
2 lárviðarlauf  
salt  
1 msk mjúkt smjör  
1 msk hveiti  
12-16 sveskjur  
50 g rúsínur  
safí af ½ sítrónu  
1 msk sykur eftir smekk

*Viking ship in Reykjavik*



## Aðferð

Hreinsið lúðuna og skerið í 1 cm steikur. Hitið vatnið að suðu í stórrí pönnu, bætið við hvítvínssedik, lárviðarlaufum og salti.

Setjið lúðusteikurnar út í og komið aftur upp suðu og veiðið froðuna vel af. Sjóðið við lágan hita í 6–8 mínútur eða þangað til næstum er hægt að losa fiskinn frá beinunum. Færið fiskinn á fat og veiðið froðuna aftur af. Síið mestu af soðinu í aðra pönnu eða pott en skiljið eftir u.þ.b. einn bolla af soðinu með fiskinum til að halda honum heitum.

Setjið sveskjurnar og rúsínurnar í soðið og komið upp suðu.

Blandið saman mjúku smjörinu og hveitinu og hrærið út í fisksoðið til að þykkja það aðeins. Látið súpuna malla við lágan hita í 5–6 mínútur.

Setjið afganginn af soðinu úti, bætið við safanum af sítrónunni og sykri eftir smekk. Þessa súpa er einnig góð með silungi.

*Students from Teningen  
and Garðabær and the  
Icelandic principal  
Ragnar Gíslason*



# Icelandic Meat Soup

## Ingredients

*Serves 4*

150 g lambmeat, diced  
1-2 carrots, diced  
1 turnip, diced  
¼ head white cabbage, chopped  
1 celery, chopped  
½ yellow onion, chopped  
2 cloves garlic, minced  
100 g potatoes, diced  
1 litre water  
1-2 tsp beefstock cube  
1-2 tsp vegetablestock cube  
a pinch of white pepper  
¼ tsp thyme (optional)  
1 bay leaf (optional)



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## Preparation

Put the water, the meat and half of the stock into a pot and bring to boil and let it simmer for about 30 minutes.

Add all the vegetables, the thyme and the bay leaf and cook slowly another 15-20 minutes.

Season to taste with the meatstock and pepper. Serve with freshly baked bread.



# Íslensk kjötsúpa

## Innihald

### Fyrir 4

150 gr lambagúllas í smáum bitum  
1-2 gulrætur  
1 gulrófa  
¼ hvítkálshaus, skorinn smátt  
1 sellerístöngull  
½ hvítur laukur, skorinn smátt  
2 hvítlauksrif fínt söxuð  
100 gr kartöflur skornar í teninga  
1 lítri vatn  
1-2 tsk kjötkraftur  
1-2 tsk grænmetiskraftur  
hvítur pipar á milli fingra  
¼ tsk timían (má sleppa)  
1 lárviðarlauf (má sleppa)



*Geysir Strokkur*

## Aðferð

Kjötið, vatnið og helmingurinn af kraftinum er sett í pott og látið sjóða rólega í u.þ.b. 15-20 mínútur.

Þá er öllu grænmetinu bætt í pottinn ásamt timían og lárviðarlaufi, látið sjóða rólega í u.þ.b. 15-20 mínútur.

Að lokum er súpan smökkuð til með kjötkrafti og örlitlum pipar.

Súpan er borin fram t.d. með bökuðu brauði.



# Blissful Marriage

## Ingredients

*Serves 3-4*

2 dl oatmeal  
1 dl whole-wheat  
1 dl brown sugar  
¼ tsp sodium bicarbonate  
100 g soft butter  
1 egg  
ca. ½ dl rhubarb jam



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## Preparation



Put oatmeal, whole-wheat, brown sugar and sodium bicarbonate in a bowl.

Add the softened butter and the egg.

All the ingredients are mixed well together until you have a solid mixture. It is best to use your hands to blend the dough.

Leave about 1/5 of the mixture in the bowl and put the rest in a round, buttered cake pan, about 15-20 cm in diameter.

Press the mixture to the bottom of the pan with your fingers and cover it with a thin layer of the rhubarb jam.

Sprinkle the rest of the mixture over the jam.

Bake in a preheated oven, 200 °C, for approximately 20 minutes.

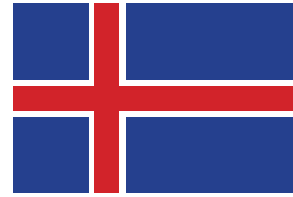
Serve with whipped cream or ice-cream.

# Hjónabandssæla

## Innihald

Fyrir 3-4

2 dl haframjöl  
1 dl heilhveiti  
1 dl hveiti  
1 dl púðursykur  
¼ tsk matarsódi  
100 gr smjör, lint  
1 stk. egg  
ca. ½ dl rabarbarasulta



## Aðferð



Haframjöli, heilhveiti, hveiti, púðursykri og matarsóda er blandað saman í skál.

Lint smjör er mulið út í og eggji hrært saman við.

Allt hrært vel saman þar til deigið er orðið ein klessa. Best er að blanda deiginu saman með höndunum.

Ca. 1/5 af deiginu er skilið eftir í skálinni, restin er sett í 15-20 cm

smurt kringlótt form. Deiginu er þjappað í botninn með fingrum og rabarbarasulta smurð yfir.

Deigafgangi er stráð yfir eða mynstur búið til.

Kakan er bökuð við 200 °C í ca. 20 mínútur.

Gott er að bera hjónabandssælu fram með ís eða rjóma.

# Pancakes

## Ingredients

15-20 cakes

2 1/5 dl flour  
1/2 tbsp. sugar  
1/2 tsp. baking soda  
2 eggs  
4 dl milk  
1/2 tsp vanilla essence  
25 g melted butter or  
2 tsp cooking oil



## Preparations



Flour, sugar and baking soda are sieved into a bowl.

Beat the eggs and the milk with a fork in another bowl and add the vanilla essence.

Pour half of the egg blend into the dry ingredients and whip simultaneously with a whisk until the batter is smooth.

Add the melted butter or the cooking oil and the rest of the egg blend and mix well.

A pancake pan is heated well and buttered.

Pour about 1/2 dl of the batter on the middle of the pan and quickly swirl it around so the bottom is completely coated.

Bake the pancake for a short while and flip it over with a spatula, take care not to over bake the pancake or it will become hard.

Put the pancake on a plate.

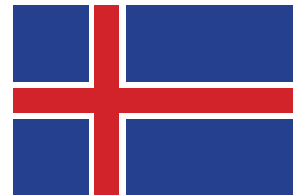
The pancakes are served with jam and whipped cream or rolled up with sugar.

# Pönnukökur

## Innihald

15-20 stk

2½ dl hveiti  
½ msk sykur  
½ tsk lyftiduft  
2 stk egg  
4 dl mjólk  
½ tsk vanilludropar  
25 gr brætt smjörlíki eða  
2 msk matarolía



## Aðferð



Hveiti, sykur og lyftiduft er sigtað í skál.

Egg og mjólk þeytt saman með gaffli/þískara í annarri skál og vanilludropum bætt út í.

Helmingnum af eggjablöndunni er hellt út í þurrefnin og deigið hrært um leið með þískara/þeytara þar til deigið er orðið kekkjalaust.

Bræddu smjörlíki eða matarolíu er blandað saman við. Restinni af eggjablöndunni hellt út í og hrært vel.

Pannan er hituð vel og smurð með smjörlíki.

Um ½ dl af deigi er hellt á miðja pönnu og deiginu rennt fljótt yfir alla pönnuna. Pönnukakan er bökuð í smá stund.

Kakan er losuð frá börmunum með spaða og spaðanum svo rennt undir kökuna og henni snúið við. Kakan er bökuð aðeins í örstutta stund á seinni hliðinni svo hún verði ekki hörð.

Kökunni er hvolft á disk.

Pönnukökurnar eru bornar fram með sultu og rjóma eða með sykri og vafðar upp.



# Fried Breast of Game Birds

## with Red Wine Sauce

### Ingredients

*Serves 4*

600 g breast of guillemot, ptarmigan or wild goose, patted dry  
15 g butter  
a pinch of salt and pepper  
¼ finely chopped onion  
¼ finely chopped carrot  
1-2 cloves pressed garlic  
¼ tsp thyme  
1 dl red wine  
1 dl cream  
½ tsp tomato paste  
1-2 dl stock or water and 1 tsp meat cube and 1 tsp vegetable cube  
maizena to thicken  
½ tsp icing sugar if the sauce is too sour

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### Preparation



Quickly fry the breast meat in the butter, season with salt and pepper and remove from the pan. Melt a little bit of butter. Simmer and stir the onion, carrot, garlic and thyme for a few minutes. Pour in the red wine and boil for a couple of minutes.

Add the stock (or the water and cubes) and the tomato paste. Simmer for 1-2 minutes and then add the cream.

Finally put the breast meat into the sauce, bring to a boil and season to taste with icing sugar and pepper

Bigger breast meat, like goose, need to be put in a warmed oven at 110 °C for about 10 minutes. The meat is best rare to medium-rare.

Served with fried vegetables, fried potatoes and redcurrant jam.

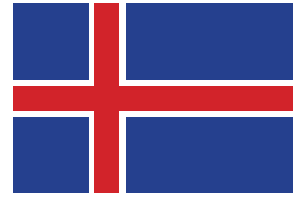
# Léttsteiktar villi-fuglabringur

með rauðvíns rjómasósu

## Innihald

*Fyrir 4*

600 gr fuglabringur, svartfugl, rjúpa, eða gæs  
15 gr smjör  
salt og pipar  
¼ laukur  
¼ gulrót  
1-2 hvítlauksrif pressuð  
¼ timian  
1 dl rauðvín  
1 dl rjómi  
½ tsk tómatakraftur  
1-2 dl soð eða vatn og 1 tsk kjöt og 1 tsk grænmetiskraftur  
Sósujafnari eftir þörfum, en lítið í einu  
½ tsk flórsykur ef sósan er of súr



## Aðferð



Fuglabringurnar eru brúnaðar á heitri pönnu í smjörinu. Kryddaðar með salti og pipar. Bringurnar eru svo teknar af pönnunni og lagðar til hliðar.

Smá smjóri er bætt á pönnuna og laukur, gulrót, hvítlaukur og timían er látið krauma í smá stund á pönnunni. Hrært í á meðan.

Þá er rauðvíni bætt á pönnuna, það látið sjóða í smá stund.

Síðan er vatni og krafti eða soði bætt á pönnuna, ásamt tómatakrafti og látið sjóða rólega í 1-2 mínútur. Rjómanum bætt út í.

Þegar sýður er sósan þykkt mátulega með sósujafnara.

Að síðustu er fuglabringunum bætt út í sósunu, suðan látin koma upp og sósan smökkuð til, ef þurfa þykir með krafti, flórsykri og smávegis pipar.

Ef notaðar eru bringur af stærri fugli t.d. gæs þurfa bringurnar að fara í heitan ofn, 110 °C í ca 10 mínútur. Kjötið er best látið eða miðlungs steikt,

Borið fram með steiktu grænmeti, steiktum kartöflum og rifsberjasultu.

## Fried Scampi in Garlic Creamsauce

### Ingredients

400 g medium sized scampi  
1 dl white wine  
2 tbs brandy/cognac  
2 dl double cream  
2 finely chopped shallots  
4-5 cloves garlic, finely chopped or crushed  
25 g butter  
a pinch of salt and pepper  
2 tbs finely chopped parsley



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### Preparation

Cut the scampi in half and remove the gut. Clean under running cold water and pat dry.

Melt half of the butter in a hot frying pan, add the scampi and fry with a pinch of salt and pepper. Toss slowly for a couple of minutes and remove from heat.

Lower the heat and put the rest of the butter into the frying pan.

Add the shallots and the garlic and fry gently for a few minutes.

Add the brandy/cognac, reduce approximately by half, then pour in the cream and let the sauce reduce until slightly thickened.

Season to taste with salt and pepper. Add the parsley and the scampi and heat to boil.

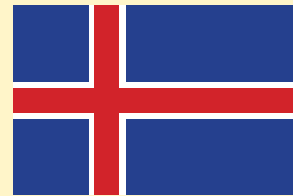
Serve with e.g iceberg salad, lemon wedges and toasted or newly baked bread and butter.

# Ristaðir humarhalar

## í hvítlauksrjómasósu

### Innihald

400 gr meðalstórir humarhalar  
1 dl hvítvín  
2 msk brandý/koníak  
2 dl rjómi  
2 fíntsaxaðir skallottlaukar  
4-5 hvítlauksrif  
25 gr smjör  
salt og pipar milli fingra  
2 msk fíntsöxuð steinselja



*Akureyri*

### Aðferð



Humarhalarnir eru klofnir í tvennt og görnin fjarlægð og skolaðir í köldu rennandi vatni.

Humarhalarnir eru ristaðir á vel heitri pönnu í helmingi smjörnsins, salti og pipar á milli fingra er stráð yfir. Veltið humarhölunum rólega til í smá stund og takið þá síðan af pönnunni.

Smjóri er bætt á pönnuna, laukur og hvítlaukur settur út í og kraumað í smá stund, hrært í á meðan.

Þá er brand i/koníaki og hvítvíni bætt út í og látið sjóða niður til ca helminga. Þar næst er rjómanum bætt út í og hann látinn sjóða niður þar til hann er farinn að þykkna smávegis. Sósan er smökkuð til með salti og pipar. Saxaðri steinselju bætt út í og blandað vel saman við.

Humarinn er settur út í sósuna og hann látinn hitna að suðu.

Humarinn er borinn fram með t.d. jöklasalati, sítrónubáti, ristuðu brauði eða bökuðu með smjóri.

# Ptarmigan with Raspberry Sauce

## Ingredients

Serves 3-4

2 ptarmigans, skinned and trimmed  
20 raspberries  
½ dl port wine  
½ dl cream  
1 dl game stock  
2 shallots  
Salt and pepper  
Olive oil



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## Preparation

Lightly fry the ptarmigan in a pan. Remove and place in an oven tray and season with salt and pepper. Heat oven to 180 °C. Thicken the game stock. Chop shallots and heat in 1 tbsp oil on the pan. Add port wine and 15 raspberries and simmer for 5 minutes. Add game stock and finally the cream. Simmer for 2-3 more minutes. Place ptarmigan in oven for 5-6 minutes, turn off the heat and leave for 4-5 minutes. Serve with sauce and vegetables according to taste.



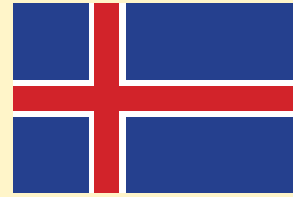
# Rjúpur með hindberjasósu

## Innihald

Fyrir 3-4

2 rjúpur hamflettar og vel snyrtar  
20 hindber  
½ dl þúrtvín  
½ dl rjómi  
1 dl villibráðasoð  
2 skalottlaukar  
Salt, pipar  
ólífuolía

*Students from Teningen  
and Iceland in  
Teningen-Köndringen  
during the grape harvest*



## Aðferð

Brúnið rjúpunar létt á pönnu og setjið síðan í ofnskúffu og kryddið með salt og pipar. Hitið ofninn að 180 °C. Þykkið soðið. Steikið laukinn í olíunni á pönnu. Bætið við þúrtvíni og 15 hindberjum og látið malla í 5 mínútur.

Bætið við villibráðasoðinu og að lokum rjómanum og sjóðið í 2-3 mínútur. Setjið síðan rjúpunar í ofninn í 5-6 mínútur, slökkvið á hitanum og látið standa í 4-5 mínútur í viðbót. Bornar fram með sósu og grænmeti að eigin vali.



CHRISTMAS MENU

# Skyr Cake

## Ingredients

½ package Homeblest oat biscuit, crumbled

1-2 tbs butter

¼ liter cream

250 g vanilla skyr (an Icelandic milk product, similar to thick yogurt)

250 g blueberries or other sweet berries



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## Preparation

Melt the butter and add the crushed oat meal biscuits. Press together into a mould (approx. 20-25 cm in diameter) and cool.

Whip the cream and mix it gently with the skyr.

Spread the mixture evenly over the biscuits.

Decorate with the blueberries. Other kinds of berries can also be used.

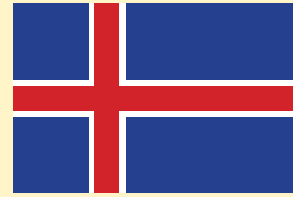
Served cold.



# Skyrkaka

## Innihald

- ½ pk Homeblest hafrakex, mulið
- 1-2 msk smjör
- 1 peli rjómi
- 1 dós vanilluskyr
- 1 dós bláber eða önnur sæt ber



*School-kitchen in Gardabær  
and the teacher  
Kristján Rafn Heiðarsson*



## Aðferð

Mulið hafrakex er sett á pönnu og smjörið brætt saman við. Kexinu er þrýst í form (kringlótt form, ca. 20-25 cm í þvermál) og látið kólna örlítið.

Rjóminn er þeyttur og skyri blandað varlega saman við rjómann. Blöndunni er dreift jafnt yfir kexmulninginn.

Bláberjum stráð fallega yfir. Einnig er hægt að nota aðrar berjategundir eða sleppa berjunum og smyrja berjasultu í staðinn.

Kakan er látin kólna í ísskáp áður en hún er borin fram.



*Crater lake Kerid*