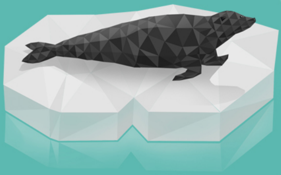
# KALAALIMERNIT

## A FOOD LOVER'S GUIDE TO EATING IN GREENLAND

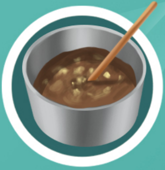
The Greenlandic food culture is closely linked to the Greenlandic feeling of identity. If you want to feel like a genuine Greenlander eat like the locals!

This will give you a unique insight into a food culture that has traditionally been dependent on what can be caught in the wild. There are many ways to eat Kalaalimernit as there are people, but here is a guide that will help you through some of the Greenlandic delicacies that you are likely to come across during your trip.

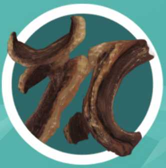
## SUAASAT



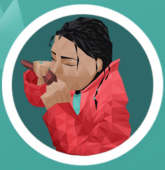
*Suaasat* is known as the national dish of Greenland and is a thick soup made from seal meat, potatoes, onion, rice, salt and pepper. It can also be made from the meat and bones of whale, reindeer or fowl.



The finished soup is cloudy and thickened by the rice.



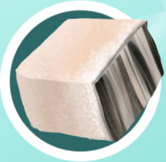
Meat and bone is taken out of the soup, and eaten from a plate with mustard.



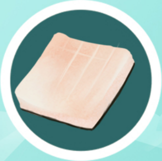
Eat with your fingers. It is also good practice to eat all of the meat off the bone.

## MATTAK

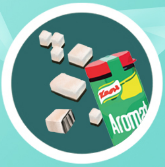
*Mattak* is whale skin with fat from a narwhal or white whale. It is a Greenlandic delicacy and is often served on festive occasions.



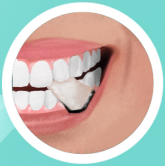
Mattak consists of skin and fat with a thin layer of “cartilage” in between. Most often mattak is eaten raw, but one can also boil or roast it.



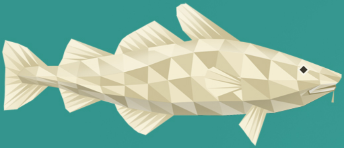
Mattak is bought in a single piece and is then cut into smaller squares. Using a sharp knife the fat and cartilage are then sliced through to create small cubes.



Sprinkle Aromat on your piece of mattak and take a bite. Mattak is often eaten with rye bread.

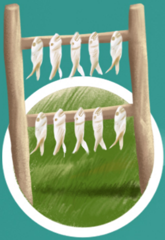


Chew for as long as possible and then swallow your piece of mattak. Even though the hard cartilage cannot be chewed, one does not spit it out.

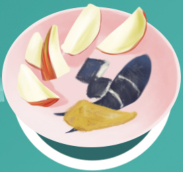


## PANERTUT

*Panertut* is a common name for dried fish or meat.



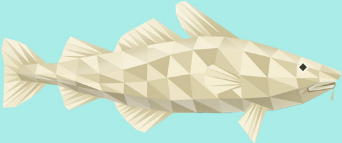
The low humidity in Greenland



Panertut is often eaten with butter,

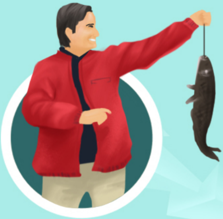
provides optimal conditions for drying fish and meat.

seal meat or fresh apples and stems of angelica.

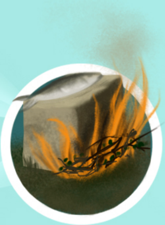


## KUISAT

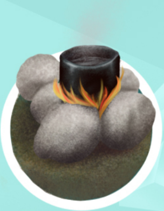
*Kuisat* means “what is poured out” and here it is the boiled cod that is poured out onto the rocks.



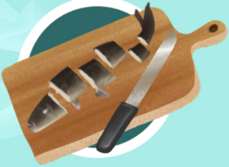
Catch a cod.



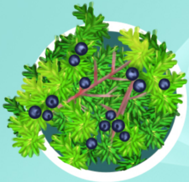
Prepare a fire using heather and dry branches from the seashore.



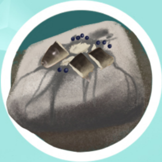
Fill a saucepan with water and set it to boil on the fire.



Clean the fresh cod, including the liver and stomach with water. Cut the whole cod into large slices. Put the fish pieces, liver and stomach into the boiling water. Don't forget the head and tail.



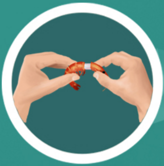
While the fish boils, gather crowberries in the heather.



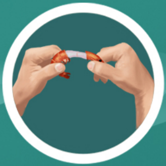
When the fish is cooked, pour all contents onto a bare piece of mountain rock. The cooked stomach is then filled with alternating fresh crowberries and boiled liver. Eaten as a delicious snack.

# SELF-PEEL SHRIMPS

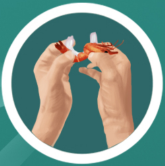
Greenlandic shrimps are among the best in the world as they grow slowly in the ice cold water. This ensures a good taste and crisp texture. The shrimps are boiled and frozen immediately after they are caught by the fishing trawlers. Self-peel shrimps are a nice easy dish to serve your guests as the shrimps only need to be defrosted and peeled at the table.



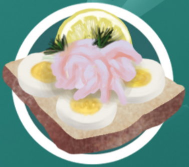
Squeeze the head off using your index finger and thumb.



Pull the shell off the tail.



Loosen the shell from the legs and pull the rest of the shell off in one motion.



Peel enough shrimps for a delicious shrimp sandwich.

# NIPISA

*Nipisa* means lumpfish, and its beautiful pink roe "Nipisa suaat" is the Greenlandic equivalent of caviar!

Greenlandic caviar – beautiful pink beads.

Eat the roe with blinis or bread, sour cream and red onion.

The white meat of the lumpfish is delicious as sashimi. Cut the frozen fish meat into cubes of 1x1 cm. Dip in soy sauce – yum!

*Prepared in cooperation with:*

## ANNE NIVÍKA GRØDEM

GREENLANDIC FOODLOVER

Anne Nivíka Grødem is one of Greenland's most creative minds with a keen eye for style and innovation. Under the title Greenlandic Foodlover, she shares her passion for using the available ingredients to fashion beautiful creations that are not only aesthetically pleasing, but which also tickle your tastebuds. Do you want to experience and explore Greenlandic food culture? Read more at *greenlandicfoodlover.gl*

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