

Fermented Fish Heads

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Fish heads are fermented for 4-5 days. In this recipe, Enoosie uses Arctic Char and Beluga Whale blubber.

INGREDIENTS

8 Arctic Char heads with belly

4 Beluga Whale blubber slabs

TOOLS

Ulu

Fork

Large bowl

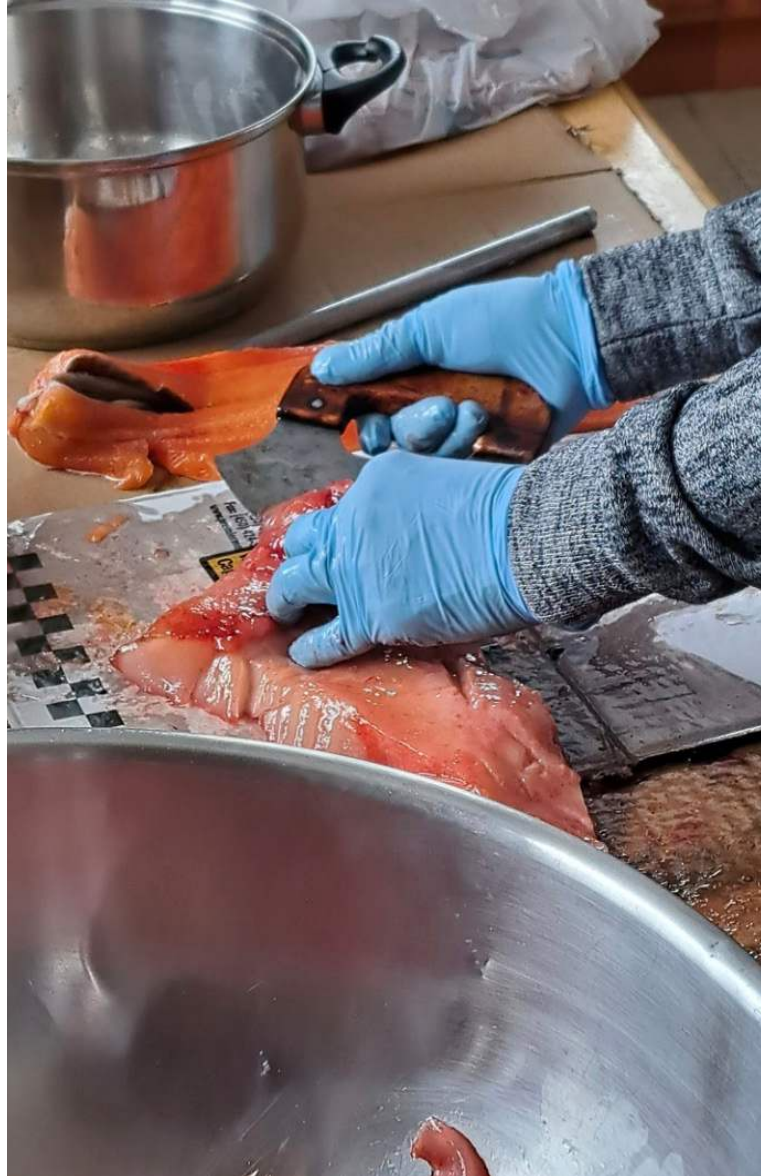
Tin foil

Cutting board or cardboard

Baking tray

Pan

Plastic bag





PREPARATION

1. Cut four slaps of beluga blubber
2. Put two of the four slaps in a metal bowl with the blubber facing down
3. Gut and fillet the fish with an ulu or knife
4. Keep fillets for drying or eating
5. Remove heads but leave some of the belly fat still attached
6. Place the fish head on top of the two slabs of beluga blubber in the metal bowl
7. Place all the fish heads next to each other
8. Unfold the two remaining beluga blubber slabs
9. "Put the fish heads to bed" by placing the beluga blubber slabs on top of the fish heads with the blubber facing upwards

STORAGE

1. Make sure all fish heads are underneath the beluga blubber
2. Cover the bowl fully and tightly with tin foil
3. Use a fork to pierce numerous holes across the tin foil; there should be plenty of these fork-sized holes to make sure air can get in
4. Store the fish in a dry and cool place for 4-5 days
5. Check after 2-3 days; the fermentation is ready when the eyes of the fish turn red



Enoosie Mentions

- Make sure the fermentation location is not too warm

