

EQOLOGY™



It's in our nature



CODMARINE®

Omega-3 Recipes

FROM WILD ARCTIC COD

Recipes

In every recipe, the chef highlights which Pure Arctic Oil product pairs best with the dish. You're of course welcome to use the Pure Arctic Oil variety you prefer.

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Boost your meal with great flavor and health benefits.

Pure Arctic Oil Gold, Lemon flavour

Aioli

Ingredients:

1	Egg
1 clove	Garlic
1 tbsp	Apple cider vinegar
50 g	Parmesan, grated
50 g	Pine nuts
5 dl	Rapeseed oil
¼ tsp	Sugar
¼ tsp	Salt
¼ tsp	Black pepper
50 ml	Pure Arctic Oil Gold, Lemon flavour

Instructions:

Blend the egg, garlic, apple cider vinegar, parmesan, pine nuts, sugar, salt, and pepper in a food processor. Slowly pour in the rapeseed oil and finally stir in the Pure Arctic Oil Gold, Lemon flavour by hand.

Pure Arctic Oil Gold, Lemon flavour

Ajo Blanco

with Grapes – 4 servings.

Ingredients:

250 g	Blanched almonds
325 g	Water
230 g	Extra virgin olive oil
30 g	Sherry vinegar
10 g	Sugar
16 g	Salt
1 clove	Garlic

Method:

- Combine all ingredients in a high powered blender and blend for 3–4 minutes.
- Pass through a fine sieve and place in the refrigerator for 2 hours.

To serve:

20	Green grapes, halved
	Fresh tarragon
40 ml	Pure Arctic Oil Gold, Lemon flavour

Finishing:

- Top with grapes, tarragon leaves, and Pure Arctic Oil Gold, Lemon flavour just before serving.
- Serve with garlic bread if desired.

Pure Arctic Oil Heart & Energy, Lemon flavour

Chicken Salad

with Salsa Macha – 4 servings.

Chicken Salad:

400 g	Chicken fillet
4 slices	Bacon, cooked until crispy
8 leaves	Romaine lettuce
2 plum	Tomatoes
50 g	Red onion
2	Radishes, thinly sliced
50 g	Parmesan
	Juice of 1 lime
	Flaky salt and pepper
40 ml	Pure Arctic Oil Heart & Energy, Lemon flavour

Instructions:

- Toast Cut the chicken fillet into strips and fry in oil with salt and pepper. Let cool, then marinate with salsa macha.
- Arrange on a bed of lettuce, red onion, and tomatoes, topped with crispy bacon. Add radish, parmesan, and lime juice.
- Sprinkle with flaky salt and freshly ground pepper.
- Pour over Pure Arctic Oil Heart & Energy, Lemon flavour, just before serving.

Salsa Macha (smoked chili and peanut marinade):

7	Dried chilies, stems and seeds removed
1	Chipotle chili
1.25 dl	Olive oil
5 cloves	Garlic
0.6 dl	Unsalted peanuts
1 tbsp	Sunflower seeds
0.5 tbsp	Sesame seeds
0.5 tbsp	Apple cider vinegar
0.5 tbsp	Salt

Instructions:

- Place the chilies and the chipotle in a pan with 0.5 dl olive oil and fry for 2 minutes. Let cool.
- Place the garlic in a pan with 0.5 dl olive oil and fry until golden brown. Let cool.
- Toast the peanuts, sunflower seeds, and sesame seeds in a dry pan until golden.
- Combine all ingredients in a blender and blend until smooth. Transfer to a jar and refrigerate; the marinade keeps for 1 month in the fridge.

Pure Arctic Oil Heart & Energy, Lemon flavour

Bruschetta

with Pesto, Burrata, and Figs
– 4 servings.

Ingredients:

4 slices	Ciabatta or baguette
2 cloves	Garlic
4 tbsp	Pesto
300 g	Burrata cheese
2	Fresh figs, sliced
4 tbsp	Balsamic vinegar
	Flaky salt and pepper
	Basil for garnish
40 ml	Pure Arctic Oil Heart & Energy, Lemon flavour

Instructions:

- Toast the ciabatta slices in a dry pan until golden brown, then rub the fresh garlic onto the warm toast.
- Spread pesto on top and add the burrata cheese.
- Sprinkle with flaky salt and freshly ground pepper.
- Arrange 3–4 slices of fresh fig on each toast and top with balsamic vinegar and Pure Arctic Oil Heart & Energy, Lemon flavour just before serving.

Pure Arctic Oil Heart & Energy, Lemon flavour

Ceviche

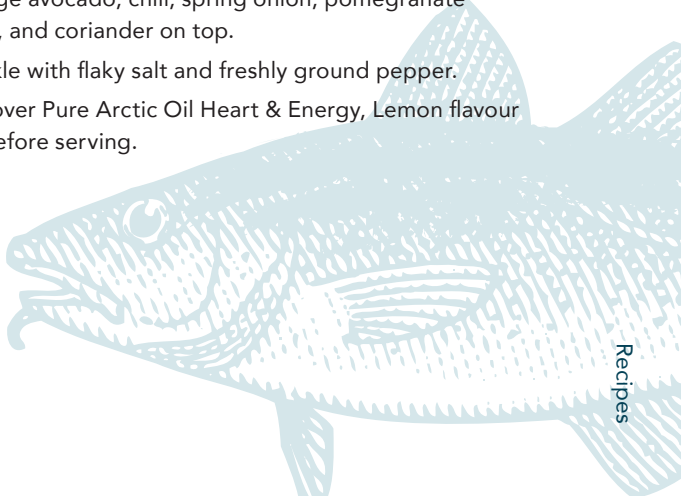
– 4 servings.

Ingredients:

400 g	Cod fillet
2	Limes, juice from 2 and grated zest from 1
½	Lemon, juice only
1	Red chili, finely chopped
2	Spring onions, sliced
1	Bunch coriander
1	Avocado, diced
100 g	Pomegranate seeds
	Flaky salt and pepper
40 ml	Pure Arctic Oil Heart & Energy, Lemon flavour

Instructions:

- Slice the fish into thin pieces and divide among 4 plates.
- Mix together the lime juice, lime zest, and lemon juice.
- Drizzle the marinade generously over the fish and let it sit in the refrigerator for 30 minutes.
- Arrange avocado, chili, spring onion, pomegranate seeds, and coriander on top.
- Sprinkle with flaky salt and freshly ground pepper.
- Pour over Pure Arctic Oil Heart & Energy, Lemon flavour just before serving.



Pure Arctic Oil Kids, Lemon flavour

Mango–Melon Soup

with Sour Cream and Honey Roasted Oats
Oats – 4 servings.

Melon Soup:

2	Ripe mangoes
½	Cantaloupe melon
	Juice of 2 oranges
	Juice of 1 lemon
2 tbsp	Acacia honey
	Fresh mint leaves
40 ml	Pure Arctic Oil Kids, Lemon flavour

Instructions:

- Peel and cut the mango and melon into pieces.
- Blend with lemon juice, orange juice, and honey until smooth.
- Strain the soup, add a few mint leaves, and refrigerate for 2 hours.
- Remove the mint leaves before serving.
- Mix in Pure Arctic Oil Kids, Lemon flavour oil and serve with whipped sour cream and honey roasted oats. Top with fresh mint leaves.

Honey Roasted Oats:

10 g	Butter
2 tbsp	Acacia honey
50 g	Oats

Instructions:

- Melt butter and honey in a frying pan, then add the oats.
- Stir well and toast until the oats are crisp and dry.
- Let cool on baking paper before use.

Whipped Sour Cream:

200 g	Full fat sour cream (35%)
35 g	Sugar
½	Vanilla bean

Instructions:

- Scrape out the vanilla seeds and whip together with the sugar and sour cream until stiff.

Pure Arctic Oil Kids, Lemon flavour

Passion Fruit–Mango Smoothie

– 4 servings.

Ingredients:

8	Passion fruits
2	Ripe mangoes
1 tbsp	Grated fresh ginger
3 dl	Coconut milk
3 dl	Freshly squeezed orange juice
3 dl	Crushed ice
2 tbsp	Sugar
40 ml	Pure Arctic Oil Kids, Lemon flavour

Instructions:

- Cut the passion fruits in half and scoop out the pulp with a spoon.
- Blend the mango, coconut milk, orange juice, and sugar.
- Add the ginger, passion fruit, and crushed ice, and blend briefly.
- Stir in the Pure Arctic Oil Kids, Lemon flavour and pour into an ice cold glass.



Pure Arctic Oil, Lemon flavour

Guacamole

– 4 servings.

Ingredients:

2	Large ripe avocados
1 clove	Garlic
A pinch	Cumin
¼ pot	Fresh coriander, finely chopped
¼	Chili
1 tsp	Lemon juice, freshly squeezed
40 ml	Pure Arctic Oil, Lemon flavour

Instructions:

- Mash the avocado and mix in the garlic, cumin, coriander, chili, and season to taste with lemon juice, salt, and pepper.
- Stir in the Pure Arctic Oil, Lemon flavour just before serving.



Two oils that have been bringing good health to people for thousands of years. Two different cultures. The best of two worlds – now combined as one.

Pure Arctic Oil, Lemon flavour

Salad with Hot-Smoked Salmon

– 4 servings.

Ingredients:

400 g	Hot-smoked salmon
200 g	Mixed salad greens
150 g	Cucumber
150 g	Pineapple
150 g	Green bell pepper
12	Blackberries
1 tbsp	Fresh thyme
	Flaky salt and pepper
1 tbsp	Apple cider vinegar
40 ml	Pure Arctic Oil, Lemon flavour

Instructions:

- Arrange the hot-smoked salmon on a bed of salad, cucumber, pineapple, and green bell pepper.
- Garnish with blackberries and thyme.
- Sprinkle with a little flaky salt and freshly ground pepper.
- Drizzle with apple cider vinegar and Pure Arctic Oil, Lemon flavour just before serving.



© Terra Creta

Facts about the Organic extra virgin olive oil used in the Pure Arctic Oil products:

- The oil is produced by the award-winning olive oil producer Terra Creta at Crete, Greece.
- Most trees used in the harvesting of the olives are family owned.
- They collect the fruit and produce the olive oil within 12 hours, in their own olive oil mill so that the olive oil keeps its freshness.

Pure Arctic Oil, Lemon flavour

Smoked Salmon

with Cream Cheese and Pecans
– 4 servings.

Ingredients:

75 g	Smoked salmon, sliced
100 g	Philadelphia cream cheese
2 tbsp	Heavy cream
1 tbsp	Chives
1 tsp	Dijon mustard
½ tsp	Acacia honey
	Flaky salt and pepper
50 g	Brazil nuts
25 g	Pistachios
1	Small fennel
1	Red apple with skin
4	Cornichons, sliced
20 g	Arugula
	Juice of ½ lime
40 ml	Pure Arctic Oil, Lemon flavour

Instructions:

- Mix together the cream cheese, heavy cream, chives, Dijon mustard, and acacia honey. Season with salt and pepper.
- Roughly chop the nuts and toast them lightly in a dry pan until golden, then let cool.
- Thinly slice the fennel and apple on a mandoline. Combine with the cornichons, arugula, lime juice, and Pure Arctic Oil, Lemon flavour. Season with a little salt and pepper.
- Serve with good bread if desired.

When these two oils are combined we get harmony, and a product with superior freshness and stability.



Pure Arctic Oil, Lemon flavour

Tomato and Mozzarella Salad

with Pesto – 4 servings.

Salad:	
4	Plum tomatoes, sliced
2	Fresh mozzarella, sliced
50 g	Red onion, thinly sliced
1 tbsp	Apple cider vinegar
40 ml	Pure Arctic Oil, Lemon flavour
	Flaky salt and pepper
	Fresh basil leaves for garnish

- Instructions:
- Arrange the tomatoes and mozzarella with the red onion on top.
 - Drizzle with apple cider vinegar and Pure Arctic Oil, Lemon flavour.
 - Sprinkle with a little flaky salt and pepper, and garnish with basil leaves.
 - Serve with pesto and good bread on the side.

Pesto:	
1 dl	Olive oil
1 bunch	Basil
1 clove	Garlic
50 g	Grated parmesan
45 g	Pine nuts
½ tsp	Salt
¼ tsp	Pepper

- Instructions:
- Place the garlic and salt in a mortar and crush to a paste; add the pine nuts and crush together.
 - Add the basil and mash into a smooth mixture.
 - Add the parmesan and mix well.
 - Slowly stir in the olive oil until you get a smooth sauce.
 - Season with salt and pepper.
 - The pesto can also be made in a blender if you don't have a mortar.

Pure Arctic Oil, Natural flavour

Cold Pea Soup

with Braised Leek and Parma Chips
– 4 servings.

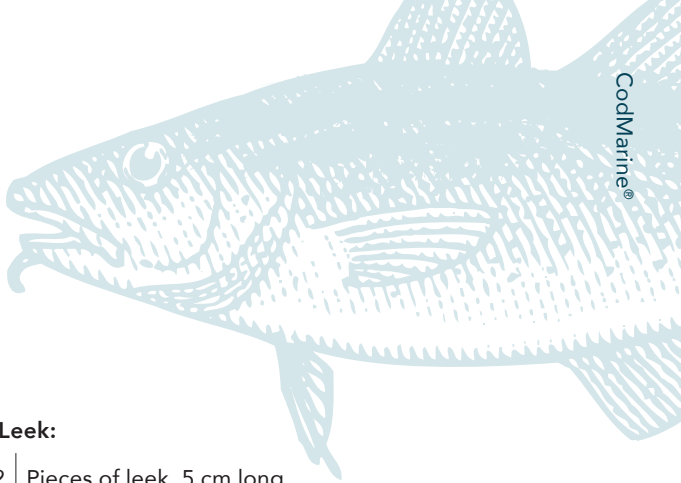
Pea Soup:	
500 g	Green peas
1	Shallot, finely chopped
1 clove	Garlic, finely chopped
3 dl	Heavy cream
5 dl	Chicken stock
	Salt and pepper
	Fresh thyme
40 ml	Pure Arctic Oil, Natural flavour

- Instructions:
- Sauté the shallot and garlic in oil, then add the peas and mix well.
 - Add the chicken stock and cream, and cook until the peas are tender but still bright green.
 - Blend with an immersion blender until smooth and season with salt and pepper.
 - Serve the soup topped with braised leek and Parma chips.
 - Just before serving, drizzle Pure Arctic Oil, Natural flavour over the soup and garnish with thyme.
 - Serve with crispy grissini (Italian breadsticks) if desired.

Braised Leek:	
12	Pieces of leek, 5 cm long
2 dl	Chicken stock
1 tbsp	Butter
1 clove	Garlic
1 sprig	Fresh thyme
	Salt and pepper
1 slice	Parma ham

- Instructions:
- Brown the leek pieces on the cut ends in butter, then add garlic, thyme, salt, pepper, and stock.
 - Bake in the oven at 150°C for 45 minutes, or until completely tender. Spoon the stock over the leeks 2–3 times during cooking.
 - Serve at room temperature in the soup.

- Parma Chips:
- Place the Parma ham between two sheets of baking paper and bake under light pressure at 150°C for 5–15 minutes, depending on thickness.



We believe in our roots,
our heritage. We trust the
products that are a result of
hundreds of years of natural
development.



Pure Arctic Oil, Natural flavour

Salad with Chili-Baked Cod

– 4 servings.

Ingredients:

400 g	Cod fillet
2 slices	Chili–lime compound butter
200 g	Mixed salad greens
150 g	Plum tomatoes, diced
150 g	Cucumber, diced
100 g	Carrot, finely shredded
60 g	Leek
100 g	Blueberries
1 bunch	Coriander
1 tbsp	Lemon juice
	Flaky salt and pepper
40 ml	Pure Arctic Oil, Natural flavour

Instructions:

- Divide the cod into 4 equal pieces and bake in the oven with a slice of chili butter on top at 180°C for about 8–10 minutes. Let cool.
- Arrange on a bed of salad, tomato, cucumber, carrot, and leek.
- Garnish with blueberries and coriander.
- Sprinkle with a little flaky salt and freshly ground pepper.
- Drizzle with lemon juice and Pure Arctic Oil, Natural flavour just before serving.

Chili Compound Butter:

250 g	Room temperature butter
1	Red chili, finely chopped
	Zest and juice of 1 lime
2 tbsp	Fresh coriander, finely chopped
½ tsp	salt
½ tsp	pepper

Instructions:

- Mix all ingredients together, then shape into a log using parchment paper.
- Chill in the refrigerator and slice as needed.

Pure Arctic Oil, Orange flavour

Oven Baked Pumpkin and Sweet Potato

with Chèvre – 4 servings.

Ingredients:

200 g	Sweet potato, large cubes
200	Butternut squash, large cubes
1	Onion, diced
10 g	Fresh ginger
½	Fresh chili
2 cloves	Garlic
½ dl	Olive oil
200 g	Chèvre
50 g	Pomegranate seeds
40 ml	Pure Arctic Oil, Orange flavour

Instructions:

- Bake the pumpkin and sweet potato in the oven with the onion, ginger, garlic, chili, olive oil, and a little salt at 180°C until completely soft (about 25–30 minutes).
- Serve at room temperature with chèvre, crispy roasted chickpeas, and pomegranate seeds.
- Drizzle Pure Arctic Oil, Orange flavour over the dish just before serving.

Oven Roasted Chickpeas:

200 g	Chickpeas (cooked)
1 tbsp	Olive oil
1 clove	Garlic
½ tbsp	Grated lemon zest
½ tsp	Thyme
1 tsp	Cumin
1 tsp	Paprika
½ tsp	Cayenne pepper
¼ tsp	Pepper
½ tsp	Salt

Instructions:

- Make sure the chickpeas are tender and dry, then place them in a bowl.
- Add the oil and spices and mix well.
- Spread on a baking sheet with parchment paper and roast at 175°C for about 45 minutes, or until golden and crispy.

Pure Arctic Oil, Orange flavour

Pumpkin Soup

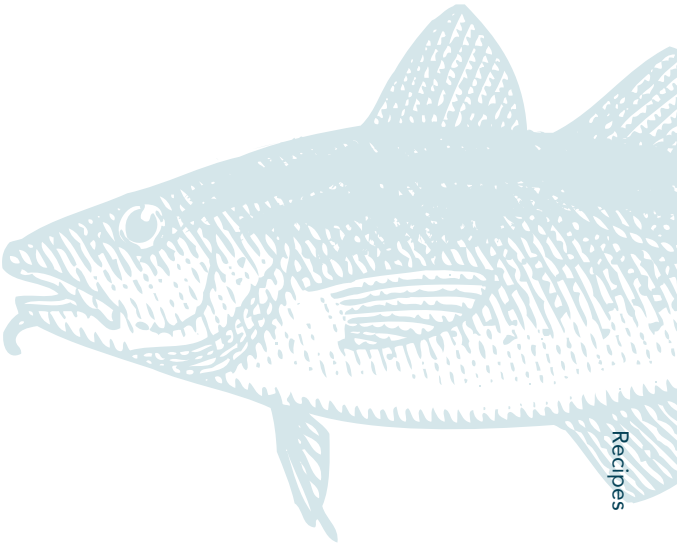
with Chèvre – 4 servings.

Ingredients:

600 g	Hokkaido pumpkin, peeled and diced
2 tbsp	Acacia honey
2 cloves	Garlic
1	Onion
10 g	Ginger
1	Sprig thyme
8 dl	Chicken stock
2 dl	Freshly squeezed orange juice
	Salt and pepper
	Cooking oil for sautéing
	Frisée lettuce for garnish
40 g	Toasted pecans, roughly chopped
200 g	Chèvre
40 ml	Pure Arctic Oil, Orange flavour

Instructions:

- Sautè the onion, garlic, and ginger in a little cooking oil.
- Add the pumpkin and continue cooking for 2–3 minutes.
- Add the chicken stock, orange juice, honey, and thyme. Simmer until the pumpkin is completely soft (15–20 minutes).
- Blend with an immersion blender until smooth and strain the soup.
- Serve at room temperature.
- Plate in a deep bowl with chèvre and frisée lettuce in the center.
- Sprinkle toasted pecans on top and drizzle with Pure Arctic Oil, Orange flavour oil just before serving.
- Serve with good bread if desired.



Facts about the cod:

✧ The Norwegian Arctic cod can reach 150–200 cm in length and weigh up to 60 kg.

✧ **Characteristics:**
Long, elongated body with a large head.

A distinct barbel (‘beard thread’) under the chin.

The world’s largest cod stock lives in the Barents Sea.

✧ **Did you know...**
Each year, from mid-January to March, large numbers of spawning cod move into the fjords of Ålesund to spawn. This is one of Norway’s most distinctive “urban fisheries,” unfolding just minutes from the city center.



Pure Arctic Oil, Orange flavour

Trout Tartare

with Mango Salsa and Ginger–Soy Sauce
– 4 servings.

Trout Tartare:

400 g	Trout fillet, diced
75 g	Trout roe
50 g	Red onion, finely diced
	Salt and pepper
1	Lime
1 tbsp	Chives
20 ml	Pure Arctic Oil, Orange flavour

Instructions:

- Mix all ingredients together and season with salt, pepper, and lime juice.

Soy–Ginger Sauce:

1 dl	Soy sauce
1 tbsp	Acacia honey
1 clove	Garlic
2 tbsp	Grated ginger
½ tsp	Chili
2 tbsp	Toasted sesame seeds
2 tbsp	Lime juice

Instructions:

- Mix all ingredients together and let stand for 30 minutes to develop flavor before use.

Mango Salsa:

200 g	Mango, diced
200 g	Papaya, diced
½ tsp	Chili
50 g	Spring onion
1 tbsp	Coriander
1	Lime
	Salt and pepper
20 ml	Pure Arctic Oil, Orange flavour

Instructions:

- Finely chop the chili, spring onion, and coriander, then mix with the mango, papaya and Pure Arctic Oil, Orange flavour.
- Season with salt, pepper, and lime juice.

Pure Vegan Oil, Orange flavour

Asparagus Salad

with Orange and Melon – 4 servings.

Ingredients:

4	Green asparagus
4	White asparagus
200 g	Mixed salad leaves
2	Oranges
100 g	Cantaloupe melon, diced
100 g	Yellow bell pepper, diced
100 g	Cucumber, halved lengthwise, soft core removed, sliced into half moons
16	Raspberries
1 tbsp	Thyme
	Flaky salt and pepper
	Juice of 1 lime
40 ml	Pure Vegan Oil, Orange flavour

Instructions:

- Peel the asparagus and cook until al dente in water with a little salt and sugar. Cool in ice water and cut into suitable pieces.
- Remove the peel from the oranges and cut into cubes, removing any seeds.
- Arrange the salad, bell pepper, cucumber, melon, orange, and asparagus on a platter. Drizzle with lime juice and Pure Vegan Oil, Orange flavour.
- Sprinkle with flaky salt and freshly ground pepper, and garnish with raspberries and thyme.

A vegan-friendly way to get your daily dosage of the essential omega-3 fatty acids EPA and DHA.

Pure Vegan Oil, Orange flavour

Caponata

– 4 servings.

Ingredients:

350 g	Eggplant, diced into 2×2 cm cubes
1	Small red onion, diced
1 stalk	Celery, diced
200 g	Cherry tomatoes, halved
0.5 dl	White wine vinegar
1 tbsp	Sugar
100 g	Green olives, pitted
1 tbsp	Capers
2 tbsp	Golden raisins, soaked overnight
2 tbsp	Toasted pine nuts
	Fresh basil
	Salt and pepper
40 ml	Pure Vegan Oil, Orange flavour

Instructions:

- Sauté the eggplant and onion in olive oil until golden brown.
- Add the celery and tomatoes and cook until it thickens; season with salt and pepper.
- Add the white wine vinegar, sugar, capers, olives, and golden raisins, and simmer for 5–10 minutes.
- Sprinkle with toasted pine nuts and fresh basil.
- Drizzle Pure Vegan Oil, Orange flavour over the caponata just before serving.
- Serve at room temperature.

Serving suggestion:

Caponata pairs wonderfully with both fish and grilled dishes. It can also be served as a vegan main course with polenta, or as a starter on garlic toast.



Facts about the omega-3 ingredient in the Pure Arctic Oil products:

- ✧ The omega-3 ingredient in the Pure Arctic Oil-product is CodMarine®.
- ✧ CodMarine® is made of trimmings of food production from MSC certified Wild Arctic Cod.
- ✧ By using the trimmings from food production, we contribute to utilizing everything we harvest from nature – so nothing goes to waste.
- ✧ The wild caught arctic cod fish used in the Pure Arctic Oil products are certified as sustainable by Marine Stewardship Council (MSC)



- ✧ **Did you know..**
Like us humans, the cod fish get their omega-3 fatty acids from their diet.
- ✧ The North-East Atlantic Ocean, where the arctic cod fish is harvested, is one of the most nutritious waters in the world.

Take only what you need and utilize everything you harvest from nature.





CODMARINE®

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