

## Icelandic food

The Island gastronomy is based on three principal types of products. These products are mainly Fish, Lamb, and Dairy products. So now, let's speak about the typical dishes of this Country.

Many dishes are based on fish, for example the "Harofiskur." It is a sort of dried fish, and you also have the "Hakarl;" which is in fact shark meat. These dishes are served with alcohol in order not to have the taste of shark meat which is very strong...

Island food is also very much based on Lamb, indeed this meat is considered as the typical meat

in this country... So you can find it in many dishes like, the "Svio" this dishes composed of the head of the Lamb with which they also make brawn (pâté) of head. What's more you have the "Hanjikjot" which

is a sort of "smoked" Lamb.

And the Dairy Products are: the "Skyr;" a white cheese that is very low in fat...

### The Skyr Cocktail

The Skyr is an Icelandic Cocktail which ingredients are mainly Vodka and Cream: here is the recipe:

- 390 ml of Icelandic Cream
- Vodka 180 ml ok alcohol
- 360 ml coffee
- 360 ml cream
- Copenhagen

In a shaker put the Icelandic cream, with vodka and with the cream and the coffee

Then shake the mixture and at the end you can put the Copenhagen.



## Bjork, a timeless artist

She is the most famous Icelandic singer. She's the Iceland's music symbol. She sings, writes, and plays music. But she's also an actress. She's a punk. She's Bjork.

Bjork is the most famous singer in Iceland. She was born in 1965, the 21st of November, in Reykjavik, Iceland's capital. She grew up in a hippy community, her mother was member of. When she was eleven, she recorded her first album, which was a success in her country. Ten years later, with the band KUKL, which means « witchcraft » in Icelandic, she became known in other countries. It was a punk band. But after some years, The band dissolved, because their label, Gramm, closed. When she began to sing solo,

her style was more pop, electro-pop or independent, than punk. The world knows the more famous songs: "It's Oh So Quiet", "Army of Me" or "Hyperballad". Her label reported that by 2003 she had sold more than 15 million albums all over the world. Björk has been nominated for 13 Grammy Awards, one Academy Award, and two Golden Globe

Awards. Today she is an accomplished musician, composer, and writer. Since 2000, she is also an actress. The first time that she played in a film, called « Dancer in the dark ». She played the main character, and she also composed the film's music. She won the Best Actress Award at the 2000 Cannes Film Festival for her performance in the film.



## The Icelandic Rift

Iceland has a unique and particular geology and they both interest geologists. Iceland is placed on a rift between the Eurasian plate and the North American plate, the country is covered from north to south by this rift. Iceland is the only place in the world where the ground of an oceanic ridge is emerged. The activity of this rift results in frequent earthquakes, but of a very low magnitude, and grows over one centimetre each year. Iceland is one of the most volcanically active regions of the globe with more than twenty events per century and about eight cubic kilometres of magma emitted per century during historical times. These volcanoes are what have created Iceland. A great number of them are still active, indicating that the country is still emerging from the water and increas-

ing its area. Its volcanic activity covers all types of eruptions of magma. It is dominated by magmatism, which represents 91% of the total volume and number of eruptions; several major eruptions in Europe took place in Iceland...

