

AUTUMN MENU

NORDIC FOOD DIPLOMACY

STARTER



PHOTO: CHRISTIAN TIKKANEN



PHOTO: GUNNAR MAGNUSSON

TROUT ON TOAST

BROWNED CHANTERELLES, ONIONS, TOASTED PUMPKIN SEEDS AND HAWTHORN DRESSING

Mix the trout with dill and chives, crème fraiche, lemon juice, salt and pepper. Leave to cool in the fridge for 30 minutes.

Meanwhile, cut four slices of rye bread into quadrants, alternatively use a round pastry cutter and cut the bread into shape.

Fry the slices in butter or vegetable oil until golden and transfer to a plate or a board. Place the mould over the slices and put a dollop of the mixture on each bread slice. Spread the mixture evenly over the bread.

Brown the chanterelles/mixed mushrooms with the red onion and the pumpkin seeds. Dice a tomato and mix in with the mushrooms. Garnish the plates and arrange the mixture round the toast together with some herbs. Pour over the dressing.

Hawthorn dressing: Pour 1 ml caster sugar, 1 tsp soy sauce, 1 ml powdered hawthorn (available in most good supermarkets) and 2 tbsp rapeseed oil into a mixing jug. Mix well and pour gently over the mushroom mixture on the plates. Instead of powdered hawthorn, use raw hawthorn juice but beware, the juice is highly concentrated so use with care.

INGREDIENTS FOR 6 PORTIONS

- 400 g hot smoked trout
- 2 tbsp, dill finely sliced
- 2 tbsp chives, finely sliced
- 50 ml crème fraiche
- 2 tbsp lemon juice
- 200 ml chanterelles or mixed mushrooms
- 1 red onion, finely chopped
- 2 tbsp toasted pumpkin seeds
- Salt and pepper



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MAIN COURSE



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ROAST LEG OF LAMB

MIXED VEGETABLES, GRAVY

- 1: Rub the leg of lamb with salt and pepper. Make small cuts in the skin and put sprigs of the herbs in the slits. Cut the root vegetables, onion and garlic cloves roughly into big chunks. Transfer to a roasting tin and place the leg of lamb on top. Pour the red wine and water over the meat and finish with a few knobs of butter.
- 2: Roast in a 120°C hot oven for 50-55 minutes and baste the meat a few times. When ready, strain the juices in the tin and pour in a pan. Simmer until the liquid has reduced by half. Add some red wine and if you prefer, some cream. Discard the root vegetables.

INGREDIENTS FOR 6-8 PORTIONS

- 1,6-2 kg leg of lamb
- 1 small beetroot, unpeeled
- 2 carrots, unpeeled
- ½ celeriac, unpeeled
- 3-5 tomatoes
- 5 small onions
- fresh thyme
- fresh rosemary
- 5 garlic cloves, unpeeled
- butter
- 40 ml red wine
- 4 ml water
- Salt and pepper

MIXED ROOT VEGETABLES

Peel the root vegetables and cut into 5 cm dice.
Fry in oil until al dente. Serve with the lamb and gravy.

4 PORTIONS

- 4 big potatoes
- 1 celeriac
- 4 carrots
- 2 beetroots
- 3 onions
- ½ swede
- Olive oil for frying

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DESSERT



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TOASTED HARDANGER APPLES

**CINNAMON SYRUP, VANILLA ICE CREAM,
CANDY FLOSS, WHITE CHOCOLATE POWDER**

Peel and core the apples. Transfer to an ovenproof dish. Put all remaining ingredients in a pan and boil to a syrup. Add more calvados or cognac if needed. Pour the syrup over the apples.

Bake in a 145°C hot oven for 25 minutes or until soft and golden. Baste a few times during baking. Serve with the remaining syrup and garnish with candy floss. Make a meringue mixture, pipe over the apples and brown with a brulee torch.

INGREDIENTS FOR

6 PORTIONS

6 acidic apples

200 g butter

100 ml sugar

1 tsp cinnamon

1 tsp cardamom

100 ml cognac or calvados



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