

# SPRING MENU

## NORDIC FOOD DIPLOMACY

### STARTER



PHOTO: CHRISTIAN TIKKANEN

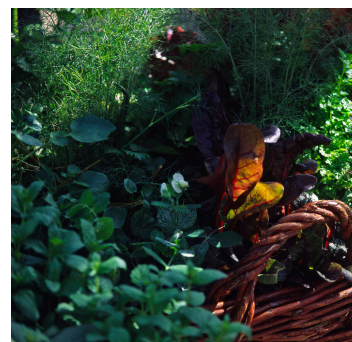


PHOTO: GUNNAR MAGNUSSON

### NETTLE SOUP

Pick 1 litre of crisp nettles, a few sorrel leaves, some chives, a few dandelion flowers and some lavender.

Crack six eggs and separate the yolk from the white.

Cook the yolks in simmering water until firm. Parboil the nettles and cut the chives finely.

Strain the nettles and put in a pan, together with the chives and 600 ml double cream.

Pour 300 ml fresh water into the pan and bring to a boil. Use a hand mixer to puree the soup. Leave to cool.

Whisk the egg whites into a hard, white foam and add to the soup in batches while constantly stirring with the hand mixer.

Serve as shown in the picture above.

Put a firm egg yolk at the bottom of a soup plate or bowl. Pour the soup over and garnish with some chive flowers, dandelion flowers, lavender and sorrel leaves.

### INGREDIENTS FOR 6 PORTIONS

1 l nettles

6 eggs

2 tbsp chives, finely sliced

300 ml water

600 ml cream

A few sorrel leaves, some chives,  
a few dandelion flowers and  
some lavender for decoration



newnordicfood



norden

Nordic Council of Ministers

# SPRING MENU

## NORDIC FOOD DIPLOMACY

### MAIN COURSE



PHOTO: GUNNAR MAGNUSSON



PHOTO: CHRISTIAN TIKKANEN

### FILLET OF PORK

**WRAPPED IN PUFF PASTRY, BEETROOT TIMBALE, POACHED VEGETABLES, POTATO FONDANT AND JUBILEE SAUCE**

- 1: Dry and trim the pork fillet, season with salt and pepper and brown in a hot frying pan. Take the fillet off the heat when golden in colour.
- 2: Roll the sheets of puff pastry thinly. Place the fillet on the pastry and roll until covered. Brush with some whisked egg yolk and bake in the oven (165°C) for 15-20 minutes. Keep warm until serving. Cut into individual pieces just before serving.
- 3: Peel the beetroots and boil in water until al dente. Strain and dice finely. Mix with the eggs and season with salt and pepper. Pour the mixture into an oven-proof tin and bake in the oven (165°C) for 25 minutes, until set. Leave to cool and cut into portion-sized timbales.
- 4: Peel the potatoes and cut in half. Par-fry in a hot pan until golden. Then put in an ovenproof dish and bake slowly in the oven (125°C). Season with salt and pepper.
- 5: Peel the parsley roots and the carrot. Cut the carrot into oblongs (see picture), and boil together with the parsley roots in lightly salted water for a few minutes. Pour the cream into a pan and heat. Just before boiling add the root vegetables and let them simmer for a few minutes. Then transfer straight on to the serving plates.
- 6: Fry chanterelles or a mixture of mushrooms in butter. Use as garnish on top of the carrots.
- 7: Continue to boil the cream. Add the tomato puree and the sugar. Season with salt and pepper.

### INGREDIENTS FOR 6 PORTIONS

2 sheets of readymade  
puff pastry  
600 g pork fillet / 100 g /person  
3 beetroots  
3 eggs  
6 parsley roots  
6 carrots  
Sprigs of fresh thyme  
400 ml double cream  
4 tbsp butter  
Salt and pepper  
4 tbsp tomato puree  
6 potatoes, scrubbed and boiled  
4 tsp sugar  
4 tbsp mixed mushrooms



newnordicfood



norden

Nordic Council of Ministers

# SPRING MENU

## NORDIC FOOD DIPLOMACY

### DESSERT



PHOTO: GUNNAR MAGNUSSON



PHOTO: CHRISTIAN TIKKANEN

### RHUBARB COMPOTE

#### WITH A TOFFEE (KINUSKI) CREAM TOPPING

- 1: Peel the rhubarb stalks and cut into small pieces. Put into a pan together with the water and sugar. Simmer till the rhubarb has softened and reached a jam-like consistency. Leave to cool.
- 2: Pour the double cream into a pan together with the dark treacle and sugar until the mixture has thickened. Take off the heat and add the butter while constantly stirring. When the compote is ready, pour into serving cups (2-4 tbsp/portion) and top it up with the toffee (Kinuski) cream. Leave to cool in the fridge for an hour before serving.

#### INGREDIENTS FOR 6-8 PORTIONS

400 ml double cream  
4 tbsp dark treacle  
200 ml caster sugar  
4 tbsp butter

#### Rhubarb compote

4 rhubarb stalks  
100 ml water  
50 ml caster sugar



newnordicfood



norden

Nordic Council of Ministers