

SUMMER MENU

NORDIC FOOD DIPLOMACY

STARTER



PHOTO: CHRISTIAN TIKKANEN



PHOTO: GUNNAR MAGNUSSON

BEEF CARPACCIO WITH BLUE CHEESE

HERBS, EGG YOLK CONFIT AND TOASTED RYE BREAD CROUTONS

Mix 50 ml salt and 2 tbsp black pepper in a bowl. Rub the mixture into a piece of beef fillet. Leave to rest over night in the fridge. A few hours before serving, put the beef in the freezer. This makes it easier to slice the meat thinly. Separate the egg and pour the egg yolk into an ovenproof bowl. Cover with rapeseed oil and put into the oven (60°C) and bake for 23 minutes precisely. The yolk should be creamy but not runny.

Slice the beef thinly and garnish with some salad leaves, a few bits of blue cheese and rye bread croutons. Place the egg yolk on one side of the plate and dress the dish with a few drops of vinaigrette before serving.

INGREDIENTS FOR 6 PORTIONS

300 g fillet of beef
50 ml salt
2 tbsp black pepper
6 egg yolks
50 g blue cheese
A few lettuce leaves
Herbs
50 ml rye bread croutons,
finely diced

Vinaigrette

2 tbsp balsamic vinegar
1 tsp syrup of pine shoot
50 ml rapeseed oil
1 tsp mustard
Salt and pepper

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MAIN COURSE



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PIKE, PESTO-MARINATED AND STEAMED

GREEN ASPARAGUS, CARROTS, CHIVE-SCENTED POTATOES AND BUTTER SAUCE

- 1: Cut the pike fillet into six pieces, all the same size and brush with Nordic pesto. Steam the fish 3-5 minutes or until the flesh is white and firm.
- 2: Peel the carrots and asparagus and cut lengthways, in thin stripes. Boil in lightly salted water for 5 minutes.
- 3: Cut the rucola leaves roughly, slice the radishes and dice the tomatoes. Toast the pumpkin seeds in rapeseed oil and add a pinch of salt. Mix the salad leaves and pumpkin seeds and pour over some rapeseed oil and a few drops of lemon juice. Save some lemon till later.
- 4: Squeeze the rest of the lemon over the fish. Arrange the dish with the carrots and asparagus on the bottom of the plate, followed by the fish fillet and the salad on top. Pour the sauce over the dish and serve with boiled or mashed potatoes, seasoned with chives and dill.

INGREDIENTS FOR 6 PORTIONS

600-800 g fillet of pike
fresh green asparagus,
two bunches
a few carrots
a bunch of rucola leaves
4 tomatoes
3 radishes
juice of one lemon
rapeseed oil
1 tbsp toasted pumpkin seeds
salt and pepper



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DESSERT



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STRAWBERRIES, THREE WAYS

STRAWBERRY CARPACCIO, STRAWBERRY SORBET AND MARINATED STRAWBERRIES

STRAWBERRY CARPACCIO

Put all ingredients in a mixer and blend into a smooth mixture. Pour in snaps glasses and leave to cool in the fridge for an hour before serving.

INGREDIENTS FOR 6 PORTIONS

20 fresh strawberries
4 tbsp brandy
2 tsp caster sugar
chervil sprigs

STRAWBERRY SORBET

Put the strawberries in a mixer and blend until smooth. Add the liqueur and the lemon juice. Whisk the egg whites together with the icing sugar until stiff. Mix in gently with the strawberry puree and pour into a mould. Leave in the freezer until frozen but take out and stir now and then. The ice crystals should resemble snowflakes when ready. Mould the sorbet into snow balls and decorate a plate with the three strawberry varieties.

500 ml fresh strawberries
3 egg whites
50 ml icing sugar
50 ml Grand Marnier liqueur
juice of one lemon

MARINATED STRAWBERRIES

Cut the strawberries in half and put in a bowl. Sprinkle the sugar over and pour over the wine. Finish by sprinkling the lemon balm over the berries. Leave to marinate in room temperature for two hours before serving.

1 litre strawberries
200 ml caster sugar
100 ml leaves of lemon balm,
thinly sliced
50 ml sweet white wine:
Kreuznacher Kronenberg
Kerner 2008. Germany