

KALLE BERGMAN'S

NØRTH

SCANDINAVIANISH

HONEST COOKING

NØRTH

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WELCOME TO THE WORLD OF SCANDINAVIANISH

From the comforting simplicity of Swedish hushmanskost and Denmark's beloved smørrebrød to fresh interpretations of classic dishes, NØRTH invites you on a journey through the flavors, stories, and seasonal traditions of Scandinavia.

This inspiring cookbook celebrates both traditional regional classics, and new creations inspired by the techniques and flavors of the north. All crafted to be easy to make at home, with ingredients that are readily available (and suggested substitutions) to most people. Whether you're drawn to fresh vegetables and berries, vibrant seafood, hearty meat dishes, or luscious breads and desserts, NØRTH will bring a taste of Scandinavia to your kitchen all year long.

ABOUT THE AUTHOR

Kalle Bergman is an award winning food writer and the founder of Honest Cooking Magazine, as well as the world's largest Nordic food festival. He grew up in Sweden, and lives in Los Angeles, California. Kalle is a voracious consumer of global food culture, a passion that has led him to live in seven different countries across multiple continents. He spends his non-writing time with his wife Christina and son Charlie, usually eating, cooking, or exploring a new country together.



—FOOD'S
ON THE
TABLE!

It's the mid-80's, and my Dad is knocking on the door to my childhood room in Stockholm, sticking his head inside to cordially invite me to dinner.

"Food's on the table," he says—in English, of course, despite us both being Swedish through and through.

If it was just an expression he had stumbled upon and unnoticeably made his own, or if it was a conscious try to make dinner time sound more exotic than it really was – I don't know. But it's stuck with me ever since as a small, but oddly significant, symbol of my childhood.

Dinner at the Bergmans' always felt important. I am not sure if it was planned that way by my parents, but it was apparent to me that dinner time really meant something in our family.

Eating Late And Eating Well

Dinner at the Bergman house wasn't served at 5:30 PM like it was in most Swedish households. We were late eaters. While a typical Swedish family might have already finished their meal by then, we'd just be starting around 7-ish. To be fair, a Spanish family would probably laugh at the idea of that being "late." But for us up north, it felt pretty unconventional. Exotic, even.

The later hour turned dinner into the family gathering at the Bergmans' (though I was an only child until I was twelve, so "gathe-

ring" is relative). That hour every night was our hub—where we talked about bad bosses, difficult clients, new ad ideas, holiday plans, school, and the latest Commodore 64 game. It was a ritual, repeated night after night, and almost sacred.

We always had real food. Good food, but rarely complicated. Both my mom and dad had their signature dishes that would appear regularly, but most nights featured simple meals rooted in Swedish cuisine. Sometimes stylishly updated, but more often, they were pared back and almost Lutheran in their simplicity—boiled new potatoes with butter, smoked ham, and sour cream mixed with chives. Delicious!

When I look back at where my interest in the culinary field started, I guess that's probably it. From the fact that the love of a family was in so many ways connected to dinner time.

Years later, when I became a professional food writer and ended up founding Honest Cooking Magazine, I finally realized how important that period had been in my personal journey. It sparked my curiosity about food, opened my mind to new ideas, and gave me an insatiable appetite to explore the world, one plate at a time. And I did. Yet, as I ventured further, I found myself increasingly drawn back to where it all began.

Over the years, and as my chosen profession took me and my wife from country to

country, exploring one food culture after another, at one point, I felt the need to back up a little bit.

With one foot always heading toward the next adventure, my wife and I found the other searching for something solid—a sense of tradition or security to stand on. Food from the old countries became our way of reconnecting with our childhoods and cultures. My wife introduced me to the wonders of Danish cuisine, while I rediscovered Swedish “husmanskost,” which I had long ignored. The balance of sweet, sour, and salty, the local ingredients, and the seasonal shifts—suddenly, it all felt thrilling. It became more than just food; it was a deep dive into our cultural heritage and a rediscovery of a Scandinavia that lives on in its cuisine.

Discovering Scandinavian Cuisine

This book is the result of that journey. My hope is that it inspires you to dive into Scandinavian cooking and get a taste of both the food I grew up with and the food I cook today.

In this book, I’ve given recipes two labels to help you find your way. Recipes marked “classic” are indeed the traditional, familiar recipes most Scandinavians know—perhaps even with their own family twist. The second label is “Scandinavianish.” These are dishes that take inspiration from Scandinavian flavors or traditional recipes

but have been reimagined, sometimes with new ingredients or techniques. They represent what I believe Scandinavian food can look like today.

The traditional qualities of the Scandinavian kitchen aren’t so different from other “peasant cuisines”: a deep respect for local produce, simple cooking methods, and the use of natural preservation techniques. Meat, fish, root vegetables, and dairy products are staples, often paired with fresh herbs, berries, or pickled veggies. Some dishes are light, ideal for a summer lunch with a cold lager, while others are hearty and perfect for a chilly November night with a glass of red wine by the fire. What ties them all together is that they’re honest, real food.

Scandinavian food has a lot to offer, and it’s the kind of food that anyone can cook at home. You don’t need exotic ingredients, unusual spices, or complicated techniques. It’s simple, homey, and approachable. Even if you’re not Scandinavian, these recipes will offer comforting and interesting flavors that feel familiar yet new.

That said, this is not meant to be a comprehensive guide to Scandinavian cuisine. Instead, it’s a mix of my personal favorites, traditional national dishes, new interpretations, and what I find exciting about the evolution of our food today.

Kalle Bergman

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A black and white photograph of a wicker basket on a forest floor. The basket is woven and sits on a bed of moss and fallen leaves. A hand is visible on the left, holding a stick. The text "TO START" is overlaid in the center in a white serif font.

TO START



Scallops

Crudo, lemon, dill, salmon roe

This wonderful mollusk was always abundant in the ice cold waters around Scandinavia, but for a long time it was mostly eaten and celebrated locally - close to where it was fished. Today, it is ubiquitous across the region, and it is one of my absolute favorite ocean treasures. I prefer to not do too much to them, just keep it simple and let them shine on their own. Thin slices of raw scallops, marinated with lemon and olive oil, served with dill and salmon roe. How lovely.

INGREDIENTS (SERVES 4)

8 fresh dry-packed sea scallops, sliced
horizontally into halves or thirds
3 tbsp extra-virgin olive oil
1 tbsp fresh lemon juice
1 tsp finely grated lemon zest
A few sprigs of fresh dill, for garnish
Flaky sea salt, to taste
2 tbsp salmon roe
Espelette or Aleppo pepper, to taste

INSTRUCTIONS

Select the freshest dry-packed sea scallops available. Slice each scallop horizontally into two or three thin rounds, depending on size. Arrange the slices in a single layer on chilled serving plates.

In a small bowl, whisk together the olive oil and lemon juice until combined. Drizzle over the scallop slices.

Grate the lemon zest over the scallops, distributing it evenly. Season each plate with a pinch of flaky sea salt.

NØRTH / Beetroot Tartare



Beetroot Tartare

Quail egg, grilled bread

I love a good tartare, regardless if lamb, beef, salmon or tuna plays the main character in it. This beetroot version is no exception. It looks gorgeous, elegantly topped with a quail egg yolk, and it tastes even better. The sweet roasted beets pair perfectly with the slightly acidic and pointy marinade, for an appetizer that will appeal to even the most hard headed meat-eater.

INGREDIENTS (SERVES 4) FOR THE TARTARE:

1 tbsp freshly grated horseradish (peeled before grating)
1 tbsp freshly squeezed lemon juice
2 tsp extra virgin olive oil
1 tbsp finely diced red onion
1/2 tsp Dijon mustard
1/2 tsp flaky sea salt
1/4 tsp freshly ground black pepper
2 tbsp finely chopped fresh dill
2 tbsp capers, rinsed and drained
4 quail egg yolks
Grilled country bread, for serving

FOR THE BEETS:

4 slices of rustic bread (such as sourdough or ciabatta)
1/4 cup (60 g) unsalted butter, softened
2 cloves garlic, minced
1/4 tsp salt

INSTRUCTIONS

Preheat your oven to 400°F (200°C). Prepare four squares of aluminum foil, making sure they are large enough to fully wrap each beet. Place one beet in the center of each foil square, drizzle with a bit of olive oil and sprinkle with salt.

Wrap the beets in the foil, sealing them tightly. Arrange on a baking sheet and roast them in the oven for approximately 1 hour.

Remove the beets from the oven and let them cool just enough to handle. To prevent staining, wear gloves while peeling. Unwrap each beet and gently rub off the skins; they should come off easily.

Dice the peeled beets into small, even cubes, roughly the size of peas, and place them in a mixing bowl.

Add the horseradish, mustard, lemon juice, olive oil, red onion, sea salt, black pepper, chopped dill, and capers. Mix until the ingredients are evenly distributed. Taste and adjust the seasoning.

Cover with plastic wrap and refrigerate for at least 30 minutes.

When ready to serve, taste the tartare again and adjust the seasoning. Place a ring mold on a chilled plate. Spoon the beet tartare into the mold, pressing down gently with a spoon to shape it. Carefully lift the mold.

Top each portion with a quail egg yolk, additional fresh dill, and a few capers. Serve with grilled bread on the side.

NORTH / Pan-Roasted Chanterelles



Pan Roasted Chanterelles

Garlic bread

Chanterelles are incredible, and they have their entirely own characteristic among mushrooms. Fruity, nutty, slightly peppery and with a fabulously meaty texture, I find them almost irresistible. In Scandinavia, we often sauté them with a dash of heavy cream and some fresh parsley, but just a little bit of garlic, thyme, rosemary, and butter is probably my favorite preparation. Place on a large plate in the middle of the table, and serve with some grilled garlic bread.

INGREDIENTS (SERVES 4) FOR THE CHANTERELLES:

8 oz (225 g) chanterelle mushrooms
 3/4 tsp flake salt
 2 1/2 tbsp unsalted butter
 3 cloves garlic, crushed and finely chopped
 1 tbsp fresh thyme leaves
 1/4 tsp freshly ground black pepper
 Fresh rosemary sprigs, for garnish

FOR THE GARLIC BREAD:

4 slices of rustic bread (such as sourdough or ciabatta)
 1/4 cup (60 g) unsalted butter, softened
 2 cloves garlic, minced
 1/4 tsp salt

INSTRUCTIONS

Preheat your oven to 375°F (190°C).

In a bowl, combine the softened butter, garlic, and salt.

Spread a generous layer of the garlic butter over each slice of bread.

Arrange the bread baking sheet. Bake in the preheated oven for about 8-10 minutes, or until the bread is golden and crispy around the edges. Set aside.

Rinse the chanterelle mushrooms gently under cool running water to remove any dirt or debris. Pat them dry carefully with paper towels.

Heat a large skillet over medium-high heat. Add the chanterelles in a single layer, ensuring they have enough space to cook evenly.

Sprinkle the mushrooms with flake salt and cook, stirring frequently, until the chanterelles begin to release their natural juices.

Continue cooking the mushrooms for an additional 5-10 minutes, or until all the liquid has evaporated and the chanterelles have begun to brown slightly.

Reduce the heat to medium-low and add the butter, chopped garlic, fresh thyme, and a few sprigs of rosemary to the skillet. Stir occasionally allowing the mushrooms to cook in the butter and absorb the flavors. Cook for about 3-5 more minutes.

Season with freshly ground black pepper and adjust the salt, if needed. Arrange the chanterelles on a serving plate and garnish with fresh rosemary sprigs.

NØRTH / Marinated Mushrooms



Marinated Mushrooms

Cheesy garlic bread

Another exercise in delicious simplicity, this was often served in the Bergman household in the 1980's and I think it deserves a revival. Mushrooms and vinaigrette are an incredible match, a perfect combination of earthy umami, vibrant acidity and just a slight garlic hint. It's so simple it is barely a recipe, but it's just a lovely mini-salad that can be served as an appetizer together with garlic bread, or on the side of a good steak or grilled chicken.

INGREDIENTS (SERVES 4)

12 large brown champignon mushrooms
2 tbsp white wine vinegar
2 tbsp olive oil
1/2 tsp mustard
Salt and pepper, to taste
1/2 cup (1.2 dl) finely chopped parsley
4 slices of day-old good white bread
4 small knobs of butter
2 cloves garlic
1 cup (2.4 dl) grated Gruyere cheese

INSTRUCTIONS

Preheat the oven to 450°F (230°C). Split the garlic cloves in half and rub each slice of bread with one half of the garlic. Season with a little salt and pepper, then sprinkle with some of the parsley. Top the bread with a generous amount of grated Gruyere cheese. Place in the oven and grill until the cheese is melted and golden brown.

In a bowl, mix the vinegar, mustard, and olive oil. Finely chop the remaining garlic and add it to the mixture. Season the marinade with salt and pepper.

Slice the mushrooms as thinly as possible and place them in the marinade. Mix well, coating each piece of mushroom. Leave for 5 minutes.

Once marinated, arrange the mushrooms in the center of each plate. Drizzle the remaining marinade over the mushrooms. Sprinkle with a little more chopped parsley.

Serve the marinated mushrooms with the garlic bread on the side.

NØRTH / Roasted Fennel and Apples



Roasted Fennel and Apples Cranberries

A great fall appetizer, or if you'd like to call it a rustic salad, I'd be okay with that too. Roasted fennel and apples, with cranberries, walnuts, and honey. Tart, sweet, crunchy, and acidic, all at once, just a delicious way to enjoy the bounty of the beginning of the colder season.

INGREDIENTS

FOR THE SALAD: (SERVES 4)

2 medium fennel bulbs, cut into thin wedges
 2 medium apples, cut into thick wedges
 1 cup fresh cranberries
 1/2 cup walnuts, roughly chopped
 3 tbsp olive oil, divided
 1 tbsp honey
 1 tsp sea salt
 1/2 tsp black pepper
 Shaved Parmesan, for garnish

FOR THE VINAIGRETTE:

2 tbsp apple cider vinegar
 3 tbsp extra virgin oil
 1 tbsp whole grain mustard
 1 tbsp dill, finely chopped
 1 tsp horseradish, grated
 Salt and pepper, to taste

INSTRUCTIONS

Preheat the oven to 375°F (190°C).

Toss the fennel wedges with 1 tbsp olive oil, salt, and pepper. Spread on a baking sheet.

Coat cranberries with 1 tbsp olive oil. Add to the baking sheet with fennel. Roast for 15-20 minutes until fennel is tender and cranberries are softened.

In another bowl, toss apple wedges with remaining olive oil and honey. Add to the baking sheet, and roast for an additional 10-15 minutes until apples are tender and lightly caramelized.

Toast walnuts in a small pan over medium heat for 3-4 minutes until golden.

For the vinaigrette, whisk together apple cider vinegar, olive oil, mustard, dill, and horseradish. Season with salt and pepper.

Arrange roasted fennel, apples, and cranberries on a serving platter. Sprinkle with toasted walnuts and shaved Parmesan.

Drizzle the vinaigrette over the salad just before serving.

NØRTH / Salmon Tartare



Salmon Tartare

Chive oil vinaigrette

Ahh, the mighty salmon. The ruler of the Northern seas, and one of the main culinary jewels of our region. We eat a lot of this wonderful fish, we serve it grilled, boiled, steamed, oven-baked, pan-fried, cured, smoked, pickled and just about any other way you can imagine. One of my favorite ways to serve it is raw, just lightly dressed with mustard, lemon juice and crème fraîche. As long as you buy high quality salmon, there really is no need for more elaborate cooking.

INGREDIENTS (SERVES 4) FOR THE TARTARE:

1lb high-quality wild salmon filet, skinless
 1 tbsp Champagne vinegar
 1 tsp Dijon mustard
 1 1/2 tsp good crème fraîche
 2 tbsp chopped shallots (plus extra for serving)
 2 tbsp chopped dill (plus a few sprigs for serving)
 Flake salt, to taste
 Black pepper, to taste
 1/4 tsp chili flakes
 1/2 tbsp fresh lemon juice
 3 tbsp extra virgin olive oil
 2 radishes, very finely sliced
 Toasted baguette or your favorite bread, for serving

FOR THE CHIVE OIL VINAIGRETTE:

1/2 cup fresh, chopped chives, loosely packed
 1/2 cup extra virgin olive oil
 1 tbsp fresh lemon juice
 1/4 tsp salt
 1/4 tsp black pepper

INSTRUCTIONS

Place the chives and olive oil in a blender. Blend on high speed until the mixture is smooth and vibrant green. Add more oil if necessary.

Pour the chive oil through a fine mesh sieve into a small bowl, pressing down to extract as much liquid as possible. Discard the solids.

Stir in the lemon juice, salt, and pepper. Set the vinaigrette aside.

Ensure the salmon is thoroughly cleaned and deboned. Dice the salmon filet into small, uniform pieces and set aside in a chilled bowl.

In a separate bowl, whisk together the Champagne vinegar, Dijon mustard, crème fraîche, chopped shallots, chopped dill, salt, black pepper, chili flakes, lemon juice, and olive oil.

Add the diced salmon to the dressing mixture and gently fold until the salmon is evenly coated.

Taste and adjust seasoning if necessary.

Drizzle a little of the chive oil vinaigrette on each serving plate.

Place a portion of the salmon tartare in the middle. Sprinkle with extra chopped shallots and slices of radish, and garnish with a few dill sprigs.

Serve immediately with toasted baguette or your preferred bread.

NØRTH / Green Pea Soup



Green Pea Soup

Cream, white wine

When summer is gone and fresh peas are scarce, I often find myself turning to frozen peas. They are obviously not the same thing as the ones you can harvest at the height of summer, but they are actually very good. And my favorite use of them is to make this incredibly simple, absolutely lovely green pea-soup. With just some cream, butter and salt – it looks fancy, tastes delightful and takes less than 15 minutes to prepare. So good.

INGREDIENTS (SERVES 4)

4 cups (600 g) frozen green peas
1 cup (2.4 dl) heavy cream
2 tbsp butter
1/2 cup (1.2 dl) white wine
1 shallot, finely chopped
1 cup (2.4 dl) vegetable stock
Salt, to taste
White pepper, to taste

INSTRUCTIONS

In a large saucepan, melt half of the butter over medium heat. Add the shallot and sauté for about 2-3 minutes until soft but not browned.

Pour in the white wine and bring it to a boil. Let the wine reduce by about one-third.

Add the vegetable stock and frozen green peas to the pan. Simmer the peas for 3 minutes.

Stir in the heavy cream and continue simmering for another 2 minutes. Use an immersion blender to blend the soup until it is completely smooth and creamy.

Whisk in the remaining butter to give the soup a glossy texture. Season with salt and white pepper to taste.

Just before serving, blend the surface of the soup with the immersion blender again to create a light foam.

NØRTH / Sunchoke Soup



Sunchoke Soup

Leek, bacon

Sunchokes have an almost bewitching character. First, the shape and look. Unassuming, but also just a little bit strange to the eye. Then the preparation. If you get them small and want to peel them before cooking them, incredibly frustrating (the trick is to buy only large sunchokes, or to cook them before you peel them). But most importantly, the flavor. A flavor that bears resemblance with so many things, but is similar to nothing else. I love sunchokes in so many ways, but the flagship, in my opinion, is this soup. Creamy, foamy and luxurious, topped with a few sprinkles of crispy bacon.

INGREDIENTS (SERVES 4)

1 lb (450 g) sunchokes, peeled
 2 cups (4.7 dl) heavy cream
 1 tbsp butter
 1 1/2 cups (3.5 dl) white wine
 2 shallots, finely diced
 Salt, to taste
 Pepper, to taste
 4 slices good-quality bacon
 1/2 leek, thinly sliced

Peel the sunchokes, placing them in a bowl of water immediately after peeling to prevent discoloration.

In a large saucepan, melt the butter over medium heat. Add the shallots and leek (save a little for garnishing), and sauté for about 1 minute, until they begin to soften. Add the peeled and chopped sunchokes to the pan and continue sautéing for 3 more minutes, stirring occasionally.

Pour in the white wine and allow it to reduce by two-thirds. Once reduced, add the heavy cream. Cover the saucepan and let the soup simmer for about 10 minutes, or until the sunchokes are tender. Using a blender, blend the soup until it is completely smooth. Season with salt and pepper to taste.

INSTRUCTIONS

Slice the bacon into thin strips. Fry in a pan over medium heat until golden brown and crispy. Remove from the pan and place the bacon strips on a piece of kitchen paper.

To serve, ladle the soup into bowls. Garnish with bacon strips and a few thin slices of leek.

NORTH / Mushroom Soup



Mushroom Soup

Cremini, champignon, shiitake

Honestly, you can use almost any mushroom for this soup and you'll be happy with the result. I find that a mix of at least two or three types give the dish a couple of extra layers of depth, but if you are a lover of one specific type of mushroom over another - you should just go with that. The fungi impart a one-two-punch of earthy umami-tones, and the cream just pulls it all together to an elegant appetizer.

INGREDIENTS (SERVES 4)

1 lb (450 g) mixed wild mushrooms (such as champignon, cremini, and shiitake)
 1 small onion, finely chopped
 1 clove garlic, finely chopped
 2 cups (4.7 dl) mushroom stock or vegetable stock
 2 cups (4.7 dl) heavy cream
 Salt, to taste
 Pepper, to taste
 1 tbsp butter
 1 tbsp olive oil (for sautéing the topping)
 Chopped parsley (for topping)
 Olive oil (for topping)

Pour in the mushroom or vegetable stock and bring the mixture to a simmer. Lower the heat and add the heavy cream. Let the soup simmer for 15 minutes, stirring occasionally.

Using an immersion blender, blend the soup until smooth. Season with salt and pepper to taste. If the soup seems too thick, add a bit more stock or cream to adjust the consistency.

INSTRUCTIONS

Clean the mushrooms by brushing off any dirt. Coarsely chop most of the mushrooms, but set aside a handful to slice thinly for the topping.

In a large saucepan, melt the butter over medium heat. Add the onion, garlic, and the mix of mushrooms. Sauté for 4-5 minutes until softened and fragrant.

In a separate pan, heat the olive oil over medium-high heat. Add the reserved mushroom slices and sauté for 4-5 minutes, or until golden and slightly crispy. Set aside.

To serve, ladle the soup into bowls. Top each bowl with a few golden sautéed mushroom slices, chopped parsley and a drizzle of olive oil.

A black and white photograph of a salad, likely a tomato and herb salad, with sliced tomatoes, fresh herbs, and shredded cheese. The salad is served on a dark, textured surface, possibly bread or a wooden board. The text "ON BREAD" is overlaid in the center in a white, serif font.

ON BREAD

Let's Put Our Food on Bread!

I need to tread carefully here—we're diving into the world of food on bread, a topic close to every Scandinavian's heart but especially sacred in Denmark. Smørrebrød, or "butter-bread," the open-faced sandwich, is the crown jewel of Danish cuisine and something taken very seriously, with its own set of rules and eating rituals.

As a Swede, I know my credibility on smørrebrød will always be questioned, no matter how many I've eaten or made. But let me be clear: smørrebrød is one of my absolute favorite things in Scandinavian cuisine.

The magic lies in its unassuming simplicity, while at the same time feeling festive and indulgent. Each ingredient is treated with care, often adhering to age-old recipes. The flavors are complex enough to fit into a modern fusion cookbook, yet remain quintessentially Scandinavian.

I've collected many fond memories of smørrebrød over the years, but the best one is from my wedding dinner. At that time, Mrs. Bergman and I couldn't afford a big celebration, so we invited just our closest family to an intimate 12-person post-ceremony meal at Det Lille Apotek (The Small Pharmacy)—the oldest restaurant in Copenhagen. Set in a charming medieval

corner of the city, the restaurant exudes history, with its dark wood interiors, petroleum lamps, and somewhat indifferent waitstaff. They may not serve the best smørrebrød in town, but the atmosphere is unbeatable.

Large plates of Danish delicacies, beer, and aquavit were brought to our table, and as the meal progressed, so did the festivities. It was exactly the kind of celebration we had hoped for, and from that day on, smørrebrød earned a permanent place at the top of my personal food hierarchy.

While smørrebrød might be the best-known Scandinavian "food on bread," the Danes aren't the only ones in the region with a love for serving food this way. Across the north, you'll find an array of breads: crispbreads of all shapes and sizes, seeded or plain, dark rye bread, butter-fried toast, sweet buns and more—all paired with their specific dishes and toppings.

I've collected a few of my favorites over the next couple of pages.

NØRTH / Gravlax



Gravlax

Dill Mustard sauce, country bread

I love gravlax as a part of a salad, with a boiled egg and some fresh dill.

I love it as my wife's favorite breakfast, with scrambled eggs, avocado, and some sour cream on the side. Or with fresh new potatoes and salted butter as a summer lunch. But mostly I love it like this. As an appetizer, on top of toasted country bread, with a smooth dill dressing and just a twist of lemon.

By doing the curing yourself, you will get a whole new set of flavors. It takes some time, 48-72 hours, but it's really simple, and you don't have to be active for more than about 10 minutes at both ends of the curing process. The fish, sugar, salt and spices take care of the rest.

INGREDIENTS

FOR THE GRAVLAX (SERVES 4)

2 lb (900 g) fresh salmon filet, with skin
 2 tsp white pepper, coarsely ground
 2 tbsp salt
 4 tbsp sugar
 1 cup (2.4 dl) dill, finely chopped

FOR SERVING

4 slices country style bread
 2 tbsp butter
 Extra dill for garnish
 Pea tendrils for garnish

FOR THE DILL SAUCE

1 egg yolk
 1 tbsp white wine vinegar
 2/3 cup (1.6 dl) vegetable oil
 1/2 cup (1.2 dl) dill, finely chopped
 1 tbsp sugar
 3 tbsp good mustard

INSTRUCTIONS

Mix the pepper, salt, and sugar in a bowl. Sprinkle 2 tablespoons of this mixture in the bottom of a pan large enough to hold the salmon.

Place the salmon filet skin-side down. Sprinkle the rest of the mixture evenly over the salmon, and cover with the chopped dill.

Tightly wrap the salmon with plastic wrap. Place a flat plate or dish on top of the salmon and weigh it down with something heavy.

Refrigerate for at least 48 hours. Turn the salmon every 12 hours. After 48 hours, transfer the salmon to the freezer for another 24 hours.

When ready, slice the salmon thinly at an angle, while it is still slightly frozen.

Whisk together sugar, mustard, egg yolk, and vinegar in a bowl. Season with salt and pepper.

Gradually drizzle in the vegetable oil while whisking until the mixture thickens. Fold in the chopped dill. Chill for 30 minutes.

Melt the butter in a pan over medium heat. Fry slices of bread in the butter until golden brown and crispy.

Serve the gravlax on top of the bread with the sauce on the side. Garnish with fresh dill and pea tendrils

NØRTH / Herring



Herring Pan fried, crisp bread, remoulade sauce

I find myself craving this every time I visit Stockholm. Perfectly fried herring on crispbread, served with remoulade sauce and red onions. One of my favorite places in my native city is the cosmopolitan market hall Hötorgshallen, situated in the very center of the Swedish capital. Downstairs, in the corner, there is an unpretentious restaurant that has served fried herring like this for as long as I can remember. Accompanied by a cold beer, it is the perfect light lunch.

INGREDIENTS (SERVES 4)

4 fresh herring filets
1 lemon
2/3 cup (150 g) organic butter
Salt and pepper, to taste
1/4 cup (30 g) flour
2 tbsp oil
1 red onion, sliced
Dill, for garnish
Remoulade sauce (see On The Side)
4 slices of good crispbread

INSTRUCTIONS

Pat dry the herring filets.

Pour flour onto a plate and coat each filet generously.

Heat 2/3 cup of organic butter and 2 tbsp of oil in a hot skillet over medium heat.

Fry the herring filets for a few minutes on each side until golden and cooked through.

Serve the herring on crispbread, with dill, lemon and remoulade sauce (see On The Side).

NORTH / Toast Skagen



Toast Skagen

Legendary Swedish shrimp toast

Tore Wretman, The Godfather of Swedish Cuisine, created the Toast Skagen in the 1960's and ever since it has been regarded as one of the true classics in Swedish food culture. Coldwater shrimp, gently coated with mayonnaise and crème fraîche, served with butter fried toast and crowned with a generous serving of Kalix vendace roe (or salmon roe). So simple, genius.

INGREDIENTS (SERVES 4)

3/4 lb (340 g) fresh shrimp, peeled (preferably coldwater shrimp, *Pandalus Borealis*)
1 1/2 tbsp good-quality mayonnaise
1/2 cup (1.2 dl) fresh dill, finely chopped
1/2 tbsp sour cream
Salt, to taste
Pepper, to taste
1/2 tsp lemon juice
1 lemon, cut into wedges
1 oz (30 g) Salomon Roe
(or another caviar/roe)
4 slices of toast bread
1 tbsp butter

INSTRUCTIONS

Coarsely chop the peeled shrimp. Let them rest in a strainer for about 10 minutes, removing excess fluid.

In a mixing bowl, combine the dill, mayonnaise, sour cream, and lemon juice. Add the chopped shrimp to the bowl and fold the mixture together. Season with salt and pepper to taste. Cover and refrigerate for 30 minutes.

Using a round cookie cutter or the edge of a glass, cut the slices of toast bread into round shapes (alternatively, just cut the crust of the toast slices and keep them square). In a frying pan, melt the butter over medium heat and fry the toast until golden brown.

Place one piece of toast in the center of each plate. Spoon a generous portion of the shrimp mixture on top. Top with a spoonful of Kalix vendace roe (or substitute salmon roe), a sprig of fresh dill, and a lemon wedge on the side.

NØRTH / Liver Pate



Liver Pate

Pork, bacon

Liver paté is one of the cheapest delicacies you can make at home, and it is a marvel of flavors. Creamy, but at the same time earthy, packed with umami. In Denmark, it is usually served with crispy bacon, to cut through the rich paté and add texture and served on dark rye bread, but it stands equally proud on any cheese board, served with crackers and cornichons. Choose your own texture, use a food processor for a smoother paté or just hand-chop the ingredients for a coarse country style version.

INGREDIENTS

1 medium onion, finely chopped
 1 lb (500 g) pork liver
 1/2 lb (250 g) pork fat (or lard)
 5 tbsp (75 g) unsalted butter
 1/2 cup (75 g) all-purpose flour
 1 1/4 cup (300 ml) heavy cream
 2 large eggs
 2 tsp salt
 1/2 tsp ground allspice
 1/4 tsp black pepper

FOR SERVING:

1/4 lb (125 g) bacon, sliced
 Danish rye bread (see Baking)
 Pickled beetroot (see On The Side)

INSTRUCTIONS

In a bowl, combine the chopped onion, pork liver, and pork fat until mixed. For a smoother texture, run the mixture in a food processor until finely blended.

In a saucepan, melt the butter over medium heat. Gradually add the flour, stirring constantly, until the mixture forms a paste. Pour in the cream, a little at a time, whisking continuously to prevent lumps. Cook the mixture for a few minutes until it thickens. Remove from heat and let it cool slightly.

Once the cream mixture has cooled, stir it into the liver mixture. In a separate bowl, beat the eggs and then add them to the mixture. Season with salt, ground allspice, and black pepper. Mix until combined.

Preheat the oven to 350°F (175°C). Pour the liver mixture into oven-safe dishes or foil trays. Cover with lids or aluminum foil.

Bake the liver pate in the preheated oven for about 1 hour, or until set and lightly browned on top. Allow it to cool slightly before serving.

Fry the bacon slices in a skillet over medium heat until crispy. Top the pate with the crispy bacon.

Serve on top of toasted Danish rye bread (see Baking), with pickled beetroot (see On The Side).

NØRTH / Gubbröra



Gubbröra

Old man's mix, sprats, crisp bread

It might not ring with the poetic allure of Strindberg or Tranströmer, but it is one of the most classic names within Swedish cuisine. "Gubbröra", The Old Man's Mix, a bombastic marriage of pickled sprats or herring, eggs and smooth crème fraîche. It explodes in your mouth like a culinary hand-grenade, and it is a must on any smorgasbord that claims Scandinavianish authenticity. Serve on the side of crisp-bread or toasted rye bread, and sprinkle with a few sprigs of dill.

INGREDIENTS (SERVES 4)

4 eggs (hard boiled)
 2 tbsp sour cream
 1 tbsp mayonnaise
 7oz (200 g) spice-cured sprat filets
 (or substitute with matjes herring filets)
 1 tbsp chopped capers
 1 small bunch of dill, chopped
 1 bunch of chives, chopped
 Cracked black pepper, to taste
 Lemon, for serving
 Crisp bread

In a mixing bowl, combine the chopped eggs, sprats or herring, sour cream, and mayonnaise. Stir to combine. Add the capers, dill, and chives. Season with cracked black pepper. Mix everything together until well incorporated.

INSTRUCTIONS

Peel the eggs and chop them coarsely.

Finely chop the spice-cured sprats or herring filets. If using sprats, check for and remove any small bones that may be present. Matjes herring is usually boneless.

Serve the Gubbröra on small pieces of crispbread. Add lemon wedges on the side for squeezing over the top before eating. Garnish with extra dill if desired.

For the best flavor, chill the Gubbröra for about 15 minutes before serving.

NØRTH / Chicken Salad Smørrebrød



Chicken Salad

Open-faced sandwich

The traditional Danish chicken salad smørrebrød is delicious, but in all honesty, rather heavy. This version is lighter, with chicken breast simmered in a juicy broth, then pulled, and gently coated in mayonnaise, orange zest and herbs. It is still as comforting as the original, but more vibrant, perfect for a summer lunch.

INGREDIENTS (SERVES 4)

1.1 lb (500 g) chicken breast filets
 1 cup (2.4 dl) chicken stock
 1/4 cup (60 ml) orange juice
 1 clove garlic, crushed
 1/2 cup (1.2 dl) mayonnaise
 1 organic orange (for zest)
 1 handful fresh thyme, finely chopped
 Salt, to taste
 Pepper, to taste
 4 slices of Danish rye bread (see Baking)
 Butter, for spreading on bread
 2 cups (50 g) arugula leaves

Remove the chicken breasts from the pan and set aside to cool. Continue simmering the cooking liquid over medium heat until it has reduced to about 1/2 cup of liquid.

Once the chicken has cooled, use your hands or two forks to pull it apart into small strips. Place the shredded chicken in a bowl and pour the reduced cooking liquid over it. Toss gently to coat, and let it sit for 10 minutes.

After the chicken has rested, add the mayonnaise to the bowl and mix until the chicken is evenly coated. Grate the zest of the orange over the mixture and add the finely chopped fresh thyme. Season with salt and pepper to taste. Set aside a little orange zest and thyme for garnishing.

INSTRUCTIONS

In a saucepan, combine the chicken stock, orange juice, and garlic. Bring the mixture to a simmer over medium heat.

Add the chicken breasts to the pan. Simmer for about 15-20 minutes, or until the chicken is tender and cooked through (165°F / 75°C).

Butter each slice of rye bread with a thin layer of butter. Place a generous portion of the dressed chicken salad on top of each slice.

Garnish with the reserved orange zest, freshly ground pepper, and a few sprigs of thyme and arugula.

NORTH / Smoked Trout



Smoked Trout Dip, rye crisps

I feel like this dip could just as well have been served on a beach in Greece, but it has its roots firmly planted in the lakes and rivers of Scandinavia. Smoked trout, with its fatty flesh, and prepared horseradish to cut through the rich fish, makes for a lovely combination. Serve with a few slices of good baguette, fresh crudités, or like here with homemade rye crisps.

INGREDIENTS (SERVES 4-6)

1/2 lb (225 g) smoked trout
 1/2 cup (120 g) cream cheese
 1 cup (240 g) high-quality sour cream
 1/2 cup (120 g) mayonnaise
 Salt, to taste
 2 tsp prepared horseradish
 1 tsp onion powder
 1 clove garlic, minced
 1 tsp fresh lemon juice (or more to taste)
 Toasted breadcrumbs (for garnish)
 Finely chopped parsley (for garnish)
 Homemade rye crisps (see Baking)

Add the salt, prepared horseradish, onion powder, minced garlic, and lemon juice to the processor. Blend again until everything is combined, scrape down the sides as needed. Taste and adjust the seasoning.

Add the smoked trout to the processor. Pulse the machine 10-15 times, just enough to incorporate the trout into the dip without completely puréeing it. You want the dip to have some texture with visible chunks of trout.

Taste the dip and adjust the flavors with more salt or lemon juice if needed.

Transfer the dip to an airtight container and refrigerate for at least 1 hour. The dip will be light and fluffy immediately after blending but will thicken as it chills.

Serve topped with toasted breadcrumbs and chopped parsley. Pair it with homemade rye crisps, or your favorite bread.

INSTRUCTIONS

Carefully remove the skin from the smoked trout using a sharp knife. Break the trout into small, rough pieces and set aside.

In a food processor, combine the cream cheese, sour cream, and mayonnaise. Blend until smooth.

The dip can be stored in the refrigerator in an airtight container for up to one week.



MAIN COURSES



Shoemaker's Box Beef, bacon, leek, mash

Skomakarlåda – Shoemaker's Box. I don't know if this is the best named dish in the world - or the worst. But what I do know for sure is that it's delicious. Perfectly seared beef, preferably a New York strip or a flank, sliced and served on top of creamy mashed potatoes. Then topped with crispy fried bacon, leeks and a vibrant pan-sauce.

INGREDIENTS (SERVES 4)

4 slices of beef, each about 1/2 pound

(suggested cut: sirloin or ribeye)

6 slices of bacon

1 chopped leek

2 tsp organic butter

Salt and pepper, to taste

1/2 cup (1.2 dl) beef stock

1 tsp organic butter (for the sauce)

Mashed potatoes (see On The Side)

Deglaze the pan with the beef stock. Let the stock reduce by half. Whisk in 1 tsp of butter. Taste and adjust the seasoning if necessary.

Chop the bacon into smaller pieces and fry in a separate pan until crispy. Remove the bacon from the pan and, in the remaining bacon fat, fry the chopped leek for about 2 minutes until soft.

INSTRUCTIONS

Pat the beef dry and season each side with salt and pepper. In a hot pan, melt butter and fry the beef for 2-5 minutes on each side, to your desired doneness. Remove the beef from the pan and let it rest for 5 minutes.

Slice the rested beef. To plate, place a serving of fluffy mashed potatoes in the center of each plate, then layer the sliced beef, crispy bacon, and cooked leek on top. Drizzle a little of the pan sauce over the dish.



Wallenbergare Veal patty, mash, lingonberries

The classic breaded veal patty - according to legend named after the forefather of the largest industrial family in the region, and a true delicacy. The meat is velvety smooth, fluffy, almost like a souffle, with a slight crunch from the breading.

INGREDIENTS (SERVES 4) FOR THE PATTIES

1 lb (450 g) ground veal
1 tsp salt
1/2 tsp white pepper
4 egg yolks
1 cup (2.4 dl) heavy cream
3 tbsp breadcrumbs
Butter and vegetable oil for frying
4 oz (115 g) frozen green peas
A bunch of dill

FOR SERVING

Lingonberry jam (see On The Side)
Mashed potatoes (see On The Side)

INSTRUCTIONS

In a mixing bowl, combine the veal, salt, and white pepper. Mix in the egg yolks, one at a time, ensuring the mixture stays smooth. Slowly stir in the heavy cream while mixing with a wooden spoon until completely blended.

Shape the mixture into thick patties and refrigerate for one hour.

Heat butter and oil in a sauté pan. Coat the patties in breadcrumbs and fry gently until cooked through. Reserve the melted butter from the pan.

Blanch the green peas in lightly salted boiling water for 45 seconds.

Serve the patties with mashed potatoes and lingonberry jam. Drizzle the melted butter from the pan over the dish, top with a good amount of dill, and serve the peas on the side.

NØRTH / Beef a la Lindström



Beef à la Lindström

Beef, pork, beetroot

Beef à la Lindström is suspected to have Russian roots, as its originator Henrik Lindström grew up in S:t Petersburg. But today it is considered to be a truly classic Scandinavian dish, and at the Witt Hotel in Kalmar where Mr Lindström first introduced it about 100 years ago, it's still on the menu every day.

INGREDIENTS (SERVES 4)

For the Beef Patties:

1 lb (450 g) ground beef
 1/4 lb (115 g) ground pork
 1 anchovy filet, finely chopped
 4 free-range egg yolks
 2 tbsp capers, chopped
 3 tbsp pickled beetroot, finely diced
 1 large potato, boiled and finely diced
 1 onion, finely chopped
 1 tbsp mustard
 Salt, to taste
 Pepper, to taste
 1/2 cup (1.2 dl) good beef stock
 2-3 tsp organic butter, for frying and to thicken the pan sauce

TO SERVE

Fried potatoes
 Fried free-range eggs
 Steamed green peas

INSTRUCTIONS

In a large mixing bowl, combine the beef, pork, anchovy filet, egg yolks, capers, pickled beetroot, potato, onion, and mustard. Season the mixture with salt and pepper to taste.

Using your hands, mix all the ingredients thoroughly until well combined. Form the mixture into 4 large beef patties, pressing them together firmly. Chill in the refrigerator for 30 minutes.

Heat a large frying pan over medium heat and add a knob of butter. Fry the beef patties for about 5 minutes on each side, or until they are cooked through and have developed a nice golden-brown crust.

After the patties are cooked, remove them from the pan and set them aside. Deglaze the pan by adding the beef stock. Allow the stock to reduce by half, then whisk in 1 tsp of butter.

While the sauce is reducing, fry the eggs in a separate pan with butter until the whites are set but the yolks remain runny.

To serve, place one beef patty on each plate, top with a fried egg, and spoon the reduced pan sauce over the top. Serve alongside pan-fried potatoes and steamed green peas.

Behold, the Mighty Meatball

Swedish Meatballs. The king of Swedish cuisine. The classic of classics. A true titan on the culinary stage.

Of course, in Sweden, we just call them meatballs. No need for a national designation.

This ultra-classic dish holds a special place in the hearts of most Swedes. And why wouldn't it? It's like a miniature version of the entire Swedish food culture. It tastes like Sweden, with all the familiar ingredients that make Scandinavian cuisine what it is: pickled cucumber, lingonberries, mashed potatoes, and that rich cream sauce. It's both powerful and smooth, sweet and sour, simple yet refined.

Now, you should know there are about as many Swedish meatball recipes as there are Swedish households - so, roughly 4.9 million. Each with its own little secret and twist, and every family swears theirs is "the original."

Most recipes use a mixture of bread and milk to keep the meatballs tender, while others combine pork and beef to lighten them up. You'll find everything from all-spice to nutmeg in the seasoning.

Personally, I like to add a bit of whole milk, dark beer, and onions to make my meatballs chunkier, lighter, and juicier. And I've got two simple tricks to ensure perfectly round meatballs, every single time.

The first trick is in the shaping. Wet your hands slightly, grab a 1-inch chunk of the meat mixture, and roll it between your palms until you've got a basic round shape. Then, cup one of your hands and gently swirl the meatball around until it's perfectly spherical with a smooth surface.

The second trick? Start by cooking the meatballs in the oven for about ten minutes. This helps them hold their shape and ensures even cooking. Once they're set, transfer them to a skillet and fry them gently in butter until golden brown.

Traditionally, Swedish meatballs are served with a lusciously rich cream sauce, mashed (or boiled) potatoes, lingonberries, and pickled cucumber. But don't limit yourself –these meatballs are just as fantastic in pasta dishes or tucked into a meatball sub.

NORTH / Swedish Meatballs



Swedish Meatballs Cream sauce

INGREDIENTS

FOR THE MEATBALLS (SERVES 4-6)

1 lb (450 g) ground beef
 1/2 lb (225 g) ground pork
 1/2 cup (120 ml) breadcrumbs
 1/4 cup (60 ml) dark beer
 1/4 cup (60 ml) whole milk
 1 large egg
 1 small yellow onion, finely chopped
 2 tbsp unsalted butter (for frying the onions)
 1/2 tsp allspice
 1/4 tsp ground white pepper
 1/4 tsp ground black pepper
 1 1/2 tsp kosher salt
 2 tbsp unsalted butter or neutral oil
 A few sprigs of dill.

FOR THE CREAM SAUCE

1 cup (240 ml) heavy cream
 1/2 cup (120 ml) beef broth
 2 tbsp unsalted butter
 1 tbsp all-purpose flour
 2 tbsp lingonberry jam (or red fruit jelly)
 Salt and black pepper to taste
 Mashed potatoes (see On The Side)
 Pickled cucumbers (see On The Side)
 Lingonberry jam (see On The Side)

INSTRUCTIONS

Preheat your oven to 350°F (175°C).

In a small bowl, soak the breadcrumbs in milk and dark beer for about 5 minutes.

Meanwhile, heat 2 tbsp of butter in a skillet over medium heat. Add the finely chopped onions and sauté until lightly browned, about 5-7 minutes. Set to cool.

In a large mixing bowl, combine the ground beef and pork. Add the soaked breadcrumbs, egg, allspice, white pepper, black pepper, salt, and the cooled onions. Mix and leave for 10 minutes.

Form the mixture into small meatballs, about 1 inch (2.5 cm) in diameter. Keep your hands slightly wet while rolling.

Once shaped, cup the palm of your hand and gently swirl each meatball to create a perfect sphere.

Place the meatballs on a lined baking sheet and bake for 10 minutes.

After baking, heat 2 tbsp of butter in a skillet over medium heat. Add the meatballs and fry them until they are golden brown on all sides, about 3-5 minutes.

Set the meatballs aside on a plate and cover.

In the same skillet you used to fry the meatballs, melt 2 tbsp of butter over medium heat.

Whisk in 1 tbsp of flour, stirring for 1-2 minutes until lightly golden.

Gradually add the beef broth, whisking to prevent lumps, then stir in the heavy cream.

Add 2 tbsp of lingonberry jam and let the sauce simmer until thickened, 5-7 min. Season with salt and pepper to taste.

Gently toss the meatballs in the cream sauce until well coated. Sprinkle with dill.

Serve hot, accompanied by mashed potatoes, lingonberry jam, and pickled cucumbers.

NØRTH / Frikadeller



Frikadeller

Danish meatballs

Frikadeller are traditionally made with ground pork and veal, making them slightly lighter in consistency and flavor than their Swedish counterpart. They are also more oval in shape, but man, are they delicious. Serve with new potatoes, gravy and pickles, and a bit of good mustard on the side.

INGREDIENTS (SERVES 4)

1/2 lb (225 g) ground veal
1/2 lb (225 g) ground pork
1 onion, grated
1 egg
2 tbsp flour
2 tbsp breadcrumbs
1/2 tsp nutmeg
1 tsp mustard
1/2 cup (1.2 dl) milk
1 tsp coarse salt
Freshly ground white pepper, to taste
3 tbsp butter
1 tbsp vegetable oil

INSTRUCTIONS

In a large mixing bowl, combine veal, pork, onion, egg, flour, breadcrumbs, nutmeg, mustard, salt, and a pinch of white pepper.

Pour in the milk and mix thoroughly for a few minutes until the mixture is smooth and well combined. Cover the bowl with plastic wrap and refrigerate for at least one hour.

Heat the butter and vegetable oil in a large frying pan over medium heat. Once the butter has melted and started to foam, dip a tablespoon into the melted butter to coat it.

Use the spoon to scoop up a portion of the meat mixture, and with a second tablespoon, shape it into a quenelle or oval shape.

Place the shaped frikadeller in the hot pan and fry for about 5-7 minutes on each side, or until they are golden brown and cooked through. Work in batches if necessary to avoid overcrowding the pan.

Once all the frikadeller are cooked, serve them warm with boiled new potatoes, your favorite pickles, and a drizzle of the melted butter from the pan.



Hakkebøf

Beef, onion, butter

A deceptively simple pan-seared beef patty, served with fresh new potatoes, gravy, pickled accessories and lots and lots of soft, caramelized onions. The secret to this recipe is to let the onions simmer over low heat for at least 30 minutes while giving them the occasional stir - gradually turning them luxuriously golden, with a sweet, umami packed flavor that compliments the beef and gravy perfectly.

INGREDIENTS (SERVES 4)

1 1/2 lb (700g) ground beef

Salt, to taste

Pepper, to taste

3 large onions

1 tsp sea salt

4 tbsp organic butter

FOR THE SAUCE

2 tbsp organic butter

3 tbsp flour

1 1/2 cups (360 ml) veal or beef stock

Salt and pepper, to taste

INSTRUCTIONS

Peel and slice the onions thinly. In a pan, melt 2 tbsp of butter over medium-low heat. Add the sliced onions and sprinkle with 1 tsp sea salt.

Cook the onions slowly, stirring occasionally. After about 10 minutes, add a splash of water (about 2 tbsp). Continue cooking, stirring occasionally, until the water evaporates and the onions turn soft and golden brown. This process may take 20-30 minutes.

Form four round patties from the ground beef. Season each patty generously with salt and pepper on both sides.

In a large pan, melt 1-2 tbsp of butter over medium heat. Fry the patties for about 5 minutes on each side, until browned on the outside. Remove the patties from the pan and set aside, keeping them warm.

In the same pan where the patties were cooked, melt 2 tbsp of butter over medium heat. Whisk in the 3 tbsp of flour. Cook for 1-2 minutes, stirring constantly, until light golden.

Gradually add the veal or beef stock, whisking constantly to prevent lumps from forming. Continue whisking as the sauce thickens. Season the sauce with salt and pepper to taste.

Serve the Hakkebøf patties topped with caramelized onions. Drizzle with the pan-sauce and serve alongside boiled new potatoes.

NØRTH / Duck Breast



Duck Breast

Holiday-spiced, plum sauce

This is my take on the classic Danish Christmas dinner, where roast duck usually steals the show. Instead of roasting a whole bird, I prefer to go with crispy pan-roasted duck breast, rubbed with holiday spices and paired with a rich plum sauce. Serve it with caramelized potatoes and braised red cabbage, and you've got a meal so full of flavor it might just bring a tear to your eye.

INGREDIENTS

FOR THE DUCK BREAST (SERVES 4)

4 duck breasts, skin on
 1 teaspoon ground allspice
 1 teaspoon ground cinnamon
 1 teaspoon ground black pepper
 1/2 teaspoon ground cardamom
 1/2 teaspoon ground nutmeg
 1/2 teaspoon salt
 1 tablespoon olive oil

FOR THE PLUM SAUCE

8-10 fresh plums, halved and pitted
 1 cup red wine
 1/2 cup balsamic vinegar
 1/4 cup honey
 1/2 cup chicken or vegetable broth
 1 cinnamon stick
 1 star anise
 1 bay leaf
 1/2 teaspoon ground ginger
 Salt and pepper to taste
 2 tablespoons butter, room temperature

TO SERVE

Caramelized potatoes (see On The Side)
 Braised red cabbage (see On The Side)

INSTRUCTIONS

Preheat oven to 400°F (200°C). Halve and pit 8-10 plums, then place cut-side up on a baking sheet. Drizzle with olive oil, a pinch of salt, and roast for 20-25 minutes until caramelized.

In a skillet, combine red wine, balsamic vinegar, honey, broth, cinnamon stick, bay leaf, star anise, and the roasted plums. Simmer on low heat for 30-40 minutes, stirring occasionally. Gradually whisk in butter to thicken the sauce. Keep warm until serving.

Mix allspice, cinnamon, cardamom, ground black pepper, nutmeg, and salt. Pat dry 4 duck breasts and rub the spice mixture onto them.

Heat a pan over medium-high heat. Place duck breasts skin-side down and cook for 6-7 minutes until the skin is golden and crispy. Flip and cook for 5-6 minutes more until internal temperature reaches 135°F (57°C). Let rest for 10 minutes.

Slice the duck, and serve atop the plum sauce, with caramelized potatoes and braised red cabbage.

A Bite of Stockholm: Pytt i Panna at Kvarnen

One of my favorite pastimes when I visit Stockholm is watching my soccer team, Hammarby, play. The club is legendary in Sweden, with its roots firmly placed in the historically poor southern parts of the Swedish capital. Hammarby was, is, and always will be the club of regular folks. Forever the underdog, rarely winning championships, but never short on heart. While other teams may be adored by royalty or captains of industry, Hammarby is beloved by the people.

If you want to truly experience the essence of the club, there's one place that captures the spirit of Hammarby better than any other: Kvarnen.

Kvarnen -The Mill- is a beer hall over a century old, standing proudly in the heart of Södermalm. Its striking, almost austere beauty still draws crowds, especially on game days. In many ways, it feels like a cathedral, and the loyalty with which fans flock to it borders on the religious. Step through its old doorway and you're greeted by a grand hall, with dark wood, white stone, and long wooden benches along the walls.

The waiters are old-school and take their work seriously, even when the patrons might not always be fully aware of their dedication. Inside, you'll find a mix of young and old, and an atmosphere as warm and hearty as the food itself -a sense of belonging that's hard to find elsewhere.

Whenever I visit Kvarnen, my go-to order is Pytt i Panna - Swedish hash. A rustic classic topped with a fried egg and served with a side of pickled beetroot. It's the kind of dish that's as down-to-earth as it gets, yet it has a quiet elegance. Small bits of pan-seared beef, seasonal root vegetables, simple spices, and those familiar accompaniments.

It's perfect as a pre-game meal with a couple of pints, and even better as a post-game cure for the inevitable hangover the next day.



Pytt i Panna

Beef, eggs, root vegetables

INGREDIENTS (SERVES 4)

6 diced potatoes
2 diced onions
2 diced carrots
2 diced parsnips
2 tbsp organic butter
1 1/2 lb (680 g) beef, diced into 1/2 inch pieces
1/2 cup (120 ml) beef stock
2 tsp worcestershire sauce
4 free-range eggs
Pickled beets
Strong mustard
Salt, to taste
Pepper, to taste

INSTRUCTIONS

Cut the beef into 1/2 inch cubes and set aside. In a pan, gently fry the onions in 2 tbsp of butter over medium heat until golden, about 5-7 minutes. Remove and set aside.

In the same pan, fry the potatoes, carrots, and parsnips for about 10 minutes over medium heat, stirring occasionally, until they begin to soften and turn golden.

Add 1/2 cup of beef stock to the vegetables and let it simmer for 1-2 minutes, allowing the stock to be absorbed.

In a separate hot pan, fry the diced beef until browned but not completely cooked through, about 3-4 minutes.

Add the vegetables, along with the onions, to the beef. Add worcestershire sauce and fry everything together for 3 minutes, stirring occasionally. Season with salt and pepper to taste.

Serve with fried eggs, pickled beets, and a good mustard on the side.

NØRTH / Fried Pork



Fried Pork Parsley sauce

Within the arts, “Ad Libitum” means to improvise, or that the play performed is at the discretion of the artist. In animal breeding it means that the diet of the animals is controlled but unrestricted. In Denmark the expression simply means “all you can eat”. The Danes love anything ad libitum, but the one thing they love ad libitum the most is fried pork. Thick slices of pork belly roasted in the oven until crispy, served with boiled new potatoes and a bechamel style sauce with a mountain of chopped parsley. It is rich, heavy, and absolutely wonderful.

INGREDIENTS (SERVES 4)

2 lb (900 g) thick cut sliced pork belly

FOR THE PARSLEY SAUCE:

1 large bunch parsley, finely chopped

2 tbsp butter

2 tbsp flour

1 cup (2.4 dl) heavy cream

1 cup (2.4 dl) milk

1/2 cup (1.2 dl) vegetable stock

Juice of half a lemon

Salt, to taste

White pepper, to taste

While the pork is roasting, prepare the parsley sauce. In a saucepan over medium heat, melt the butter. Stir in the flour and cook for 1-2 minutes, whisking constantly to create a roux.

Slowly add the milk and cream, whisking as you pour to avoid lumps. Once combined, add the vegetable stock and continue whisking. Let the sauce simmer for a few minutes, allowing it to thicken.

Season the sauce with salt and white pepper to taste. Just before serving, stir in the chopped parsley and a squeeze of fresh lemon juice.

INSTRUCTIONS

Preheat your oven to 400°F (200°C).

Place the thick-sliced pork belly on an oven rack. Position a pan underneath the rack with a little water to catch any dripping fat.

Roast the pork in the oven for about 20 minutes, or until crispy and golden. Remove the pork from the oven and let it drain on paper towels to remove excess fat.

To serve, plate the crispy pork slices and pour the parsley sauce over or serve it on the side. Enjoy with boiled potatoes or your choice of sides.

NØRTH / Fish Pie



Fish Pie

Cream, white wine

One of my favorite winter dishes, and a recipe I keep coming back to. It's comforting, warming, and filling, but somehow still feels fresh and almost light. Think of it as the Scandinavian Shepherd's pie—where the sea's bounty takes center stage instead of meat, topped with mashed potatoes so smooth they might as well be wearing cashmere.

INGREDIENTS (SERVES 4)

3/4 lb (340 g) cod or other white fish
 3/4 lb (340 g) wild salmon
 1/2 tbsp salt
 1/2 lb (225 g) shrimp, peeled and cut into bite sized pieces
 2 tbsp butter
 3 tbsp flour
 1 cup (2.4 dl) milk
 1/2 cup (1.2 dl) white wine
 1/2 cup (1.2 dl) fish stock
 1/2 cup (1.2 dl) dill, finely chopped
 Pinch of black pepper
 Mashed potatoes (see On The Side)

After 10 minutes, remove the dish from the oven, uncover it, and sprinkle the peeled shrimp evenly over the cooked fish.

Melt the butter in a saucepan over medium heat. Once melted, stir in the flour and cook for 1-2 minutes, stirring constantly to form a roux. Gradually add the white wine while continuing to stir, followed by the fish stock.

Slowly pour in the milk, stirring until the sauce is smooth and begins to thicken, about 3-5 minutes. Lower the heat and stir in the chopped dill. Season with a little more salt and black pepper if necessary.

Pour the sauce over the fish and shrimp in the oven dish, ensuring the seafood is well-coated.

INSTRUCTIONS

Prepare the mashed potatoes (see On The Side) and set them aside for later use.

Cut the cod and salmon into bite-sized pieces. Butter a round oven dish and arrange the fish pieces inside. Season the fish evenly with salt and a pinch of black pepper. Cover the dish tightly with aluminum foil and bake in a preheated oven at 400°F (200°C) for 10 minutes.

Spoon or pipe the prepared mashed potatoes over the fish and sauce, creating an even layer. Return the dish to the oven and increase the heat to 500°F (260°C). Bake for another 10 minutes, or until the mashed potatoes are golden brown on top.

Remove from the oven and garnish with some additional chopped dill.

NORTH / Haddock



Haddock Dill pesto

Haddock is such a great entry-level fish for anyone who is seafood-curious but not quite yet a lover. It is lean, clean and works really well with typical Scandinavian herbs and spices. Here, we're doing a dill pesto, and baking the haddock gently in parchment paper to seal in all the flavors. So delicious.

INGREDIENTS (SERVES 4)

4 haddock filets
Salt and pepper, to taste
4 garlic cloves, crushed and chopped
1 lemon, sliced
Fresh dill sprigs
4 tbsp olive oil

DILL PESTO:

1 cup fresh dill, roughly chopped
1/2 cup fresh parsley
1/4 cup olive oil
2 tablespoons lemon juice
1/4 cup pine nuts or sunflower seeds
1 clove garlic, minced
1/4 cup grated Parmesan cheese
Salt and pepper, to taste

INSTRUCTIONS

Preheat the oven to 375°F (190°C). Season the haddock filets with salt and pepper. Place each filet on a large piece of parchment paper, add chopped garlic, and a lemon slice. Drizzle olive oil on top, and fold the paper into a sealed packet, leaving space around the fish.

Place the parchment packets on a baking sheet and bake in the preheated oven for 12-15 minutes, or until the fish is opaque and flakes easily with a fork.

While the fish is cooking, combine dill, parsley, olive oil, lemon juice, pine nuts, garlic, and Parmesan cheese in a food processor. Blend until smooth. Season with salt and pepper to taste.

Open the parchment packets carefully and transfer the haddock to serving plates. Top each filet with the dill pesto and garnish with fresh dill sprigs.

NØRTH / Shrimp Fettuccine



Shrimp Fettuccine

Dill, garlic, lemon

Scandinavian pasta, you say? Sacrilege, you say? Well, I don't care. If it tastes good, I'm all for it, and there's no denying that this shrimp fettuccine has "favorite-weeknight-meal-ever" written all over it. A little zesty, a little creamy, and it takes less time than opening your phone and ordering delivery.

INGREDIENTS (SERVES 4)

12 oz (340 g) fettuccine
1 lb (450 g) large shrimp, peeled and deveined
2 tbsp olive oil
3 cloves garlic, minced
1/2 cup (120 ml) dry white wine
1/2 cup (120 ml) creme fraiche
1/2 cup (50 g) freshly grated pecorino cheese
1 tbsp fresh dill, chopped (plus extra for garnish)
1 tbsp lemon juice (plus zest of 1 lemon)
Salt and pepper, to taste

In a large skillet, heat olive oil over medium heat. Add shrimp and cook until pink, about 2 minutes per side. Remove shrimp and set aside.

In the same skillet, add garlic and sauté until fragrant, about 30 seconds. Pour in white wine and let it simmer until reduced by half.

Lower heat and stir in creme fraiche, pecorino cheese, lemon juice, and zest. Mix until smooth. Add cooked fettuccine and toss to coat. Add a little of the reserved pasta water if the sauce is too dense.

Return shrimp to the skillet and sprinkle with chopped dill. Season with salt and pepper to taste.

Serve immediately, garnished with extra dill.

INSTRUCTIONS

Cook the fettuccine in salted boiling water until al dente. Drain and reserve 1/2 cup of pasta water.

NØRTH / Cod



Cod Herb crusted, oven roasted

When I grew up, I used to go cod-fishing in the Stockholm archipelago with my father. Cod was so abundant back then it was almost seen as a bycatch. Over the years it by and large disappeared, before making a comeback recently - and it is just the most wonderful fish. Flaky, juicy, gorgeous flesh. Herb crust it, bake it gently in the oven and serve with a simple butter and lemon sauce.

INGREDIENTS

FOR THE COD (SERVES 2)

2 cod filets (about 6 oz each)
 1/2 cup breadcrumbs
 2 tbsp fresh parsley, finely chopped
 1 tbsp fresh thyme, finely chopped
 1 tbsp fresh rosemary, finely chopped
 2 cloves garlic, minced
 4 tbsp unsalted butter, melted
 1 tbsp olive oil
 Salt and pepper, to taste

FOR THE SAUCE

4 tbsp unsalted butter
 2 tbsp fresh lemon juice
 1/2 tsp lemon zest
 2 tbsp white wine
 1 tbsp toasted herb breadcrumbs (from above)
 Salt and pepper, to taste

INSTRUCTIONS

Preheat your oven to 400°F (200°C).

In a small bowl, combine breadcrumbs, parsley, thyme, rosemary, garlic, and a pinch of salt and pepper. Add melted butter and mix until the crumbs are moistened.

Pat the cod filets dry with a paper towel. Season both sides with salt and pepper. Place the filets in a lightly oiled baking dish.

Press the breadcrumb mixture evenly over the top of each filet, ensuring it forms a thick, even layer.

Bake in the preheated oven for 12-15 minutes, or until the crust is golden brown and the fish flakes easily with a fork.

In a small pan, lightly toast 1 tbsp of the prepared breadcrumb mixture over medium heat until golden and fragrant, about 2 minutes. Remove from the pan.

Add butter to the pan and let it melt. Pour in the white wine and let it reduce for 1-2 minutes. Add lemon juice, lemon zest, and a pinch of salt and pepper. Simmer for another minute, stirring well. Add the breadcrumbs back and mix.

Serve: Place the baked cod on plates and spoon the lemon butter sauce around the filets. Garnish with fresh rosemary sprigs and lemon wedges. .



Salmon

Lemon butter sauce

Salmon is perhaps the most versatile of norse sea creatures, just as delicious straight off the grill as it is steamed, smoked or cured. To me, pan fried in a skillet, then finished in the oven, is one of the best preparation methods - it is quick and easy, and you get a juicy piece of fish every time. The sauce is ridiculously easy to make, and just as ridiculously delicious to eat.

INGREDIENTS (SERVES 4)

2 salmon filets, skinless
 1 tbsp olive oil
 Salt and pepper, to taste
 1/2 cup heavy cream (120 ml)
 1/4 cup chicken or vegetable broth (60 ml)
 1/4 cup dry white wine (60 ml)
 2 tbsp lemon juice (30 ml)
 1 tsp lemon zest
 2 cloves garlic, minced
 1 tbsp fresh dill, chopped (plus more for garnish)
 1 tbsp fresh parsley, chopped
 2 lemon slices for garnish

INSTRUCTIONS

Preheat the oven to 375°F (190°C).

Pat the salmon filets dry. Season both sides with salt and pepper.

Heat olive oil in an oven-safe skillet over medium-high heat. Sear the salmon, skin side up, for 2-3 minutes until golden. Flip and cook for another 2 minutes. Remove and set aside.

In the same skillet, add garlic and sauté for about 30 seconds until fragrant. Pour in the wine, broth, and lemon juice. Let it simmer for 2-3 minutes until reduced slightly.

Lower the heat to medium-low, and slowly stir in the cream, lemon zest, dill, and parsley. Simmer for 2-3 minutes until slightly thickened.

Return the salmon to the skillet, spooning some sauce over the filets. Place lemon slices on top. Transfer to the oven and bake for 8-10 minutes until the salmon is cooked through.

Garnish with additional dill and serve with the lemon sauce.

NØRTH / Scallops



Scallops

Sunchoke puree, capers

If you would ask me to pick two of my favorite ingredients of all time, chances are scallops and sunchokes would be shortlisted. So putting the two of them together seemed like a genius idea. And you know what, it was. Both of them have their own distinct flavors, but they work so well together. This is one of those dishes that looks and tastes like it took hours to prepare, but in reality, it comes together effortlessly—making you look like a culinary mastermind without breaking a sweat.

INGREDIENTS

FOR THE SCALLOPS (SERVES 4)

12 medium-sized scallops, cleaned
 Salt, to taste
 Pepper, to taste
 2 tbsp butter
 2 tbsp fine capers
 1 tsp lemon juice
 Vegetable oil, for frying
 Fresh dill, for garnishing

FOR THE SUNCHOKE PUREE

1/2 lb (225 g) sunchokes, peeled
 1 tbsp butter
 1/3 cup (80 ml) heavy cream
 Salt, to taste
 White pepper, to taste

Using an immersion blender, blend the sunchokes together with butter and cream until smooth. Season with salt and white pepper to taste. Set aside and keep warm.

Pat the scallops dry with a paper towel and season them with salt and pepper. In a hot frying pan, heat a small amount of vegetable oil over high heat.

Sear the scallops for about 1 minute on each side, until golden brown. Remove the scallops from the pan and set aside.

In the same pan, lower the heat and add the butter. Allow the butter to melt and brown slightly, giving it a nutty aroma. Add the capers and lemon juice, cooking for about 30 seconds.

INSTRUCTIONS

Peel the sunchokes and immediately place them in boiling water to prevent discoloration. Simmer for about 12 minutes, or until the sunchokes are very soft. Drain and transfer the sunchokes to a bowl.

Place a spoonful of the sunchoke puree in the center of each plate. Arrange 3 scallops on top of the puree. Drizzle the browned butter and caper sauce around the scallops.

NØRTH / Carrot and Red Bell Pepper Soup



Carrot and Red Bell Pepper Soup

A game of colors on the surface, but the real star of the show is the flavor. I love how the sweetness of the carrots gets more intense when used in a soup like this. The scallop? The crown jewel, but the soup is just as delicious even without it.

INGREDIENTS (SERVES 4)

8 large carrots, peeled and diced
2 potatoes, peeled and diced
1 red bell pepper, chopped
2 shallots, finely chopped
1 tbsp butter
1/2 cup (1.2 dl) heavy cream
4 cups (9.5 dl) vegetable- or chicken stock
Salt, to taste
Pepper, to taste
4 large scallops
1 tbsp olive oil (for frying scallops)

INSTRUCTIONS

In a large saucepan, melt the butter over medium heat. Add the shallots, carrots, potatoes, and red bell pepper. Sauté gently for about 5 minutes, stirring occasionally, until the vegetables begin to soften but not brown.

Pour in the vegetable or chicken stock and bring the mixture to a simmer. Add the heavy cream and let everything cook for 25 minutes, or until the carrots, potatoes, and bell pepper are tender.

Using a blender, blend the soup until completely smooth. Season with salt and pepper to taste.

While the soup is simmering, heat olive oil in a frying pan over medium-high heat. Pat the scallops dry with a paper towel and season lightly with salt and pepper. Sear the scallops in the hot pan for about 1-2 minutes per side, or until they are golden brown and just cooked through.

To serve, ladle the carrot soup into bowls. Place one pan-fried scallop in the center of each bowl.

NØRTH / Shrimp Soup



Shrimp Soup

Cream, white wine

In the cold waters around Scandinavia you'll find some of the best seafood anywhere in the world. I can go on for hours about the various fish and shellfish I love, but my absolute favorite is the *Pandalus Borealis* - the cold-water deep-sea shrimp. Juicy, sweet, plump, it is better than lobster. I know, I said it. And I stand by it.

INGREDIENTS (SERVES 4)

1 1/2 lb (675 g) shrimp, peel on
(preferably cold water shrimp
– *Pandalus borealis*)
3 cups (7.1 dl) fish stock
1 cup (2.4 dl) white wine
1 1/2 cups (3.5 dl) heavy cream
1 carrot, peeled and diced
2 shallots, finely diced
2 tbsp butter
Salt, to taste
Pepper, to taste
1/2 tsp sugar
Fresh dill, for garnishing

Begin by peeling the shrimp, reserving the shells. Set the peeled shrimp aside for serving later.

In a large saucepan, melt 1 tbsp of butter over medium heat. Add the diced shallots and carrots, and sauté for 3-4 minutes until soft and fragrant. Add the reserved shrimp shells to the pan and sauté for another 2-3 minutes.

Pour in the white wine and bring the mixture to a boil. Let the wine reduce by about one-third.

Add the fish stock to the saucepan, cover with a lid, and let the mixture simmer for about 20 minutes.

After 20 minutes, strain the mixture through a fine-mesh sieve into a clean saucepan, pressing the shrimp shells and vegetables to extract all the liquid and flavor. Discard the solids.

Return the strained broth to the saucepan and reduce it over medium heat by about one-third. Once reduced, add the heavy cream and simmer for an additional 10 minutes, stirring occasionally. Season the soup with salt, pepper, and a pinch of sugar to taste.

To serve, divide the peeled shrimp evenly among deep plates. Ladle the soup over the shrimp and garnish with a pinch of fresh dill.

NØRTH / Seafood Soup



Seafood Soup

Cod, shrimp, salmon

If you're a little hesitant about fish and seafood, this soup is a perfect way to test the waters (pun absolutely intended). It's super easy to make, even if it looks like you've spent hours making it all fancy. I cook this year-round, just swapping out the fish and shellfish with the seasons.

INGREDIENTS (SERVES 4)

1/2 lb (225 g) fresh white fish, like cod
 1/2 lb (225 g) fresh wild salmon
 1/5 lb (90 g) boiled shrimp, peeled (reserve shells)
 2 shallots, finely chopped
 1 clove garlic, thinly sliced
 1 cup (2.4 dl) heavy cream
 2 cups (4.7 dl) white wine
 2 cups (4.7 dl) good-quality fish stock
 2 tbsp butter
 Pinch of salt
 Pinch of white pepper, finely ground
 Dill, for garnishing

INSTRUCTIONS

Peel the shrimp, reserving the shells for the soup base. Pat the salmon and cod dry. Cut the salmon into bite sized pieces, and the cod into larger fillet-pieces.

In a large saucepan, melt the butter over medium heat. Add the shallots and garlic, sautéing for about 2 minutes until softened. Add the reserved shrimp shells and continue sautéing for another 4 minutes.

Pour in the wine and simmer for 5 minutes. Add the fish stock and bring the mixture to a simmer. Simmer for 15 minutes, then strain the liquid through a fine-mesh sieve, discarding the shells and solids. Return the broth to the saucepan.

Stir in the heavy cream and bring the soup back to a boil. Allow it to reduce by about a quarter. Season with a pinch of salt and white pepper.

Meanwhile, in a separate pan, gently fry the cod over medium heat on one side for 3 minutes until just golden, but not fully cooked.

Use an immersion (hand) blender to foam the soup by blending at high speed for about 30 seconds or until it becomes frothy.

Reduce the heat to low and gently add the cod and salmon pieces to the soup. Let the fish cook for 3-4 minutes until just tender. Add the shrimp at the end to warm through.

Place the fish and shrimp in the middle of each soup bowl. Ladle the hot soup around the seafood. Garnish with dill.

NØRTH / Cauliflower Soup



Cauliflower Soup

Cheesy garlic bread

If you haven't noticed yet, blended soups are one of my all-time favorite things to make in the kitchen. And as luck would have it, cauliflower has the perfect flavor and texture for this kind of recipe. It blends beautifully, giving the soup instant structure, and its flavor is just as smooth as the texture. Serve it with some cheesy garlic bread for a bit of crunch, and you've got yourself a cozy little weeknight dinner.

INGREDIENTS

FOR THE SOUP (SERVES 4)

1 cauliflower head
 6 cups (1.4 l) water
 1 cup (2.4 dl) heavy cream
 1 tbsp butter
 Salt, to taste
 Pepper, to taste
 1 shallot, finely chopped
 1/2 cup (1.2 dl) white wine

FOR THE CHEESY GARLIC BREAD

4 slices of good bread
 1 clove garlic, halved
 1/2 cup (1.2 dl) parsley, finely chopped
 1/2 tsp sea salt
 1 tbsp olive oil
 1/2 cup (120 g) grated cheese (such as cheddar or gouda)

INSTRUCTIONS

In a large pot, bring 6 cups of water to a boil. Add the cauliflower head and cook until soft, about 15 minutes. Remove it from the pot and set it aside. Continue boiling the remaining water until it has reduced by half.

Chop the cooked cauliflower into small pieces, and reserve about 1/2 cup of finely chopped cauliflower for later.

Return the rest of the chopped cauliflower to the pot with the reduced water. Using a hand blender, blend the cauliflower and water together until smooth. Add the heavy cream and butter, and blend again until fully combined and creamy. Let the soup simmer over low heat for about 10 minutes. Season with salt and pepper to taste.

While the soup is simmering, preheat the oven's broiler or grill function. Rub each slice of bread with the cut side of a halved garlic clove. Drizzle olive oil over the bread and sprinkle with sea salt and chopped parsley. Top each slice with grated cheese.

Place the bread slices on a baking sheet and grill in the oven for about 5 minutes, or until the cheese has melted and the bread is crispy and golden brown.

Just before serving, stir the reserved finely chopped cauliflower back into the soup. Ladle the soup into deep bowls and drizzle a bit of olive oil on top. Serve with the garlic bread on the side.

NØRTH / Spinach Soup



Spinach Soup

Cream, white wine, egg

Who can resist a classic Scandinavian spinach soup? It's creamy, rich, and packed with bold spinach flavor—the simplest kind of decadence. Plus, it's a visual delight, especially when served in a Royal Copenhagen soup bowl—one of my all-time favorite pieces of china, because even soup deserves to look this good. Don't forget the egg, it pulls all the flavors together.

INGREDIENTS (SERVES 4)

2 cups (4.7 dl) vegetable stock
1 cup (2.4 dl) white wine
2 cups (4.7 dl) heavy cream
1 tbsp butter
1 lb (450 g) fresh spinach, roughly chopped
2 shallots, finely chopped
1 garlic clove, finely sliced
2 hard boiled eggs, peeled and halved
2 tbsp olive oil
Salt, to taste
Pepper, to taste

INSTRUCTIONS

In a large saucepan, heat 1 tbsp of olive oil over medium heat. Add the shallots and garlic slices and sauté for 2-3 minutes until softened and translucent.

Add the spinach to the pan and sauté for 3-4 minutes, stirring frequently, until the spinach wilts down completely.

Pour in the white wine and simmer for 3 minutes to reduce slightly and cook off the alcohol.

Add the vegetable stock and simmer for another 5 minutes.

Lower the heat to low and stir in the heavy cream. Whisk in the butter until fully melted and smooth.

Season with salt and pepper to taste, making sure the soup is well-heated but not boiling.

To serve, ladle the soup into bowls. Place half a hardboiled egg in the center of each bowl and drizzle a little olive oil around the edges.

Wrapped in Tradition: The Story of Swedish Kåldolmar

This is a dish that in many ways symbolizes how local cuisine can start somewhere, and then become a beloved classic somewhere completely different. A dish that is as Swedish as it is foreign. According to legend—and no one’s disproven it yet—this dish was brought to Sweden in the early 1700s by King Karl XII. After his defeat at the Battle of Poltava in 1709, Karl and his remaining soldiers sought refuge in the Ottoman Empire. He ended up ruling Sweden from exile in the town of Bender for five years, during which time he developed a taste for Turkish cuisine. When he was eventually, and rather unceremoniously, kicked out of the Ottoman Empire (a tale that has become the stuff of Swedish military lore), he began his journey back to Sweden. Along with him, he brought a newfound appreciation for Turkish dishes and flavors. Among these was the dolma—a dish that had long been a staple in the region, made by wrapping meats, rice, and vegetables in grape leaves.

When the idea traveled back to Sweden, cabbage—abundant and sturdy—became the leaf of choice for wrapping these fillings. Over time, the recipe transformed into something distinctly Swedish. Today, kåldolmar are baked in the oven, generously drizzled with butter and light syrup, and basted in pan juices and veal stock.

Though kåldolmar has become a beloved part of Swedish culinary tradition, it’s a dish that is facing an uphill battle with younger generations. Maybe it’s because it takes a bit of time and patience to prepare, or perhaps because its rustic charm doesn’t quite match the sleek appeal of the smaller, more delicate Mediterranean dolmades. But for those of us who appreciate the tradition, there’s no denying its beauty.

NØRTH / Kåldolmar



Kåldolmar Cabbage rolls, lingonberries

INGREDIENTS (SERVES 4)

1/4 cup (60 ml) short-grain rice
 1/2 cup (120 ml) water
 3/4 cup (180 ml) milk
 1 large head of green cabbage (12 large leaves)
 1 large yellow onion, finely chopped
 1 tbsp butter
 5 oz (150 g) mushrooms, finely chopped
 10 oz (300 g) ground meat (beef and pork mix)
 2 eggs
 1/2 tsp salt
 1/8 tsp ground white pepper
 Butter for greasing the baking dish
 1 tbsp melted butter (for drizzling)
 2 tbsp light syrup
 1 1/2 cups (360 ml) reserved cabbage cooking water
 2 tbsp concentrated veal stock
 2 tsp cornstarch mixed with water

FOR SERVING

Mashed potatoes see (see On The Side)
 Lingonberry jam (see On The Side)
 Pickled cucumbers (see On The Side)

INSTRUCTIONS

Combine rice, water, and milk in a saucepan. Bring to a boil, then lower the heat and simmer until the rice is soft and the mixture resembles a thick porridge. Let it cool.

Cut out the core of the cabbage. Boil water in a large pot and add the whole cabbage. As the outer leaves soften, remove them one by one until you have 12 leaves. Save 1 1/2 cups (360 ml) of the cooking water.

Pat the leaves dry on a clean towel. Trim the thick central rib from each leaf to make them easier to roll.

In a large skillet, melt the butter and sauté the chopped mushrooms until browned and any liquid has evaporated. Set aside to cool.

Sauté the onion in butter until soft, then let it cool. In a large bowl, combine the cooked rice, onion, mushrooms, ground meat, eggs, salt, and white pepper. Mix thoroughly to a relatively loose mixture.

Place a generous tablespoon of filling in each cabbage leaf. Fold the thick end over the filling, then fold the sides and roll tightly into a packet. Place seam-side down in a greased baking dish.

Preheat the oven to 400°F (200°C). Drizzle the cabbage rolls with melted butter and syrup. Bake for 20 minutes, then pour the reserved cabbage water mixed with veal stock over the rolls. Continue baking for another 25 minutes, occasionally basting with the pan juices.

Strain the pan juices into a saucepan. Simmer for a few minutes, then thicken with cornstarch mixed with water. Adjust seasoning with salt and pepper.

Plate the cabbage rolls with the sauce, alongside mashed potatoes, lingonberry jam, and pickled cucumbers.



Cauliflower Gratin

Broth, smoked ham

I think of this almost as a Scandinavian version of Mac n' Cheese, where cauliflower takes over for the macaroni, and the broth and smoked ham adds a level of sophistication. If you omit the ham, you have a great side dish that works really well with grilled meats and chicken, but I typically serve this as a centerpiece with some salad on the side.

INGREDIENTS (SERVES 4)

1 large cauliflower
 2 tbsp butter
 3 tbsp flour
 1 cup (2.4 dl) cauliflower broth (reserved from boiling the cauliflower)
 1 egg yolk
 1 1/2 cups (3.5 dl) heavy cream
 1 cup (120 g) grated cheese (use a good melting cheese like Gruyère or cheddar)
 4 oz (115 g) smoked ham, chopped
 Salt and pepper, to taste

INSTRUCTIONS

Bring a large pot of lightly salted water to a boil. Cut the cauliflower into florets and boil for 5-7 minutes, until just tender but still firm. Drain the cauliflower, reserving 1 cup of the cooking water for later. Set the cauliflower aside.

In a medium saucepan, melt the butter over medium heat. Stir in the flour to form a roux and cook for 1-2 minutes, stirring constantly. Gradually whisk in the reserved cauliflower broth and cream, continuing to whisk until the mixture is smooth and begins to thicken.

Remove the sauce from heat and whisk in the egg yolk and half of the grated cheese. Season with salt and pepper to taste.

Preheat your oven to 450°F (230°C). Arrange the cooked cauliflower florets in an ovenproof dish and evenly scatter the chopped smoked ham over the top.

Pour the cream and cheese sauce over the cauliflower and ham, ensuring everything is well coated. Sprinkle the remaining cheese over the top. Dot the surface with small knobs of butter to help the gratin brown.

Bake in the preheated oven for 10-15 minutes, or until the top is golden brown and bubbling. Serve hot.



ON THE SIDE

NORTH / Fried Pork and Apples



Fried Pork and Apples

Thyme, apple vinegar

We all know there are flavors that just work well together. Combinations that play in perfect harmony, like a finely tuned orchestra of flavors. Apple and pork is one of those combinations. A perfect match. Not just in Scandinavian cuisine, but in most western cuisines. I mean, who can resist a succulent barbecued pork chop with some apple chutney? I know I can't.

INGREDIENTS (SERVES 4)

14oz (400 g) lightly salted pork belly
thick cut into slices
1 tbsp grapeseed oil
1 tbsp butter
1 onion, sliced
4 red apples, cut into wedges
1 tsp sugar
1 tsp fresh thyme leaves
Salt and pepper, to taste
2 tbsp apple cider vinegar

INSTRUCTIONS

Heat a large frying pan over medium heat and add a little grapeseed oil and butter. Once the butter is melted and foaming, add the slices of salted pork belly to the pan. Fry for about 4-5 minutes on each side until the pork is slightly crispy but still tender. Remove the pork from the pan and set aside, leaving the rendered fat in the pan.

Add the onion slices to the pan and sauté for a few minutes until they become soft and slightly golden.

Add the apple wedges to the pan along with the sugar and thyme. Continue to sauté for 6-7 minutes until the apples start to soften and develop some color.

Season the apple and onion mixture with salt and pepper, keeping in mind that the pork is already salted. Add the apple cider vinegar and stir to combine. Let the mixture simmer for another minute.

To serve, arrange the crispy pork slices on a plate and top with the warm apples and onions. Drizzle any remaining pan juices over the dish.

NORTH / Roasted Root Vegetables



Roasted Root Vegetables

Herbs, honey

The secret to perfectly roasted vegetables is to group them with others of similar size and texture, so nobody gets left behind, charred or undercooked. Fresh herbs, garlic, and a lovely honey drizzle turns them into something really special.

INGREDIENTS (SERVES 4-6) FOR THE VEGETABLES

2 large parsnips, peeled and halved lengthwise
 2 large carrots, peeled and cut into thick slices
 1 lb (450g) Brussels sprouts, halved lengthwise
 1 large red onion, cut into wedges
 1 green zucchini, cut into thick slices
 1 yellow zucchini, cut into thick slices
 1 large red bell pepper, seeds removed and sliced
 4 tablespoons olive oil, divided
 2 teaspoons salt flakes, divided
 1 teaspoon freshly ground black pepper, divided
 1 teaspoon garlic powder, divided
 4 cloves of garlic, crushed
 2 tablespoons fresh thyme leaves, divided
 2 tablespoons fresh rosemary leaves, divided
 1 tablespoon fresh sage leaves, chopped

FOR THE HONEY DRIZZLE

2 tablespoons honey
 1 tablespoon olive oil

FOR GARNISH

Fresh thyme sprigs
 Fresh rosemary sprigs
 Salt flakes

INSTRUCTIONS

Preheat your oven to 400°F (200°C). Line two large baking sheets with parchment paper.

In a large bowl, combine the parsnips, carrots, and Brussels sprouts. Drizzle with half of the olive oil, salt, pepper, garlic powder, garlic cloves, thyme, and rosemary. Toss well to coat. Arrange in a single layer on one baking sheet and roast for 25 minutes.

In another bowl, combine green and yellow zucchini, red onion, and red pepper - add the other half of olive oil, spices and herbs, plus the chopped sage and toss well to coat. Arrange in a single layer on a second baking sheet.

Place in the oven and roast together with the first group for an additional 20-25 minutes, or until the vegetables start to become tender and slightly golden around the edges.

In a bowl, whisk together the honey and olive oil. Remove the vegetables from the oven, and drizzle the honey mixture over both trays. Toss to coat, then return to the oven.

Roast for an additional 10-15 minutes, or until the vegetables are fully tender and caramelized. The edges should be slightly crispy and golden brown. If some vegetables are browning faster than others, you can remove them from the oven and keep warm while the rest finish cooking.

Remove the vegetables from the oven and transfer to a platter. Garnish with fresh thyme and rosemary sprigs and sprinkle with salt flakes.

NØRTH / Roasted Turnips



Roasted Turnips

Bacon, herbs, garlic

I can't be the only one who thinks turnips don't get the love they should. A little spicy when raw, but when cooked, they undergo metamorphosis and turn into adorable little nuggets of sweet, nutty earthiness. Kick in some crispy bacon, smashed garlic and fresh herbs, and well, let's just say you'll wonder why you've been swiping left on turnips all these years.

INGREDIENTS (SERVES 4)

2 lbs (900 g) medium-sized turnips, peeled and halved
4 slices of thick-cut bacon, coarsely chopped
3 cloves garlic, smashed and chopped
2 tablespoons olive oil
1 teaspoon flake salt, plus more to taste
1/2 teaspoon freshly ground black pepper
2 sprigs fresh rosemary
2 sprigs fresh oregano or thyme
1 tablespoon unsalted butter, melted

Spread the turnips in an even layer on a large baking sheet, cut side down. Place the garlic, rosemary and oregano (or thyme) sprigs among the turnips.

Roast in the preheated oven for about 25-30 minutes, or until the turnips are tender and golden brown, flipping them halfway through for even browning.

While the turnips are roasting, heat a skillet over medium heat. Add the bacon and cook until crispy, about 5-7 minutes. Use a slotted spoon to transfer the bacon to a paper towel-lined plate to drain any excess grease.

Once the turnips are roasted, remove the baking sheet from the oven. Sprinkle the crispy bacon pieces over the turnips.

Drizzle the melted butter over the roasted turnips and bacon.

Toss gently to combine and taste for seasoning, adding more salt if needed.

Transfer the roasted turnips to a serving dish. Garnish with additional fresh herbs.

INSTRUCTIONS

Preheat the oven to 425°F (220°C).

Peel the turnips and cut them in half. If they are large, you can quarter them for more even cooking.

Place the turnip pieces in a large mixing bowl. Drizzle with olive oil, and sprinkle with salt and pepper. Toss to coat the turnips evenly.

NØRTH / Parsnip Puree



Parsnip Puree

Butter, herbs

Yet another vegetable that flies under the radar and deserves a lot more attention. Not too different from the carrot, but with a slightly mustardy twang - it's one of my favorite root vegetables to make a silky smooth puree with. Goes well with everything from grilled salmon to roast chicken.

INGREDIENTS (SERVES 4-6)

2 lbs (900 g) parsnips, peeled and cut into
1-inch (2.5 cm) chunks
2 cloves garlic, peeled and crushed
1/2 cup (120 ml) heavy cream
5 tbsp (70 g) salted butter, softened
Fresh herbs for garnish (such as thyme,
parsley, or chives)
1 tsp salt
1/4 tsp freshly ground black pepper

INSTRUCTIONS

Place the parsnip chunks and crushed garlic in a large pot. Add enough water to cover the vegetables by about an inch (2.5 cm). Cover the pot with a lid and bring to a boil over medium-high heat. Once boiling, remove the lid and reduce to a simmer. Cook the parsnips for 10-15 minutes, or until they are fork-tender.

In a separate small saucepan, melt the butter over low heat. Reserve two tablespoons of the melted butter in a small bowl and set aside for later. Add the heavy cream to the remaining butter in the saucepan and gently heat the mixture, whisking continuously until it's well combined and warmed through.

Drain the cooked parsnips and garlic thoroughly in a colander. Return the parsnips to the pot and pour the warmed cream and butter mixture over them.

Using an immersion blender or blender, blend the parsnips until the mixture is completely smooth.

Season the purée with salt and freshly ground black pepper.

Transfer the parsnip purée to a serving dish. Drizzle the reserved melted butter over the top and garnish with your choice of fresh herbs.

NORTH / Braised Kale



Braised Kale Bacon, smoked paprika

I'm a huge lover of smoky flavors, whether it is in the shape of BBQ brisket, cold-smoked salmon, or a good bourbon. Another favorite is smoked paprika, a not-so-Scandinavian spice that I nevertheless find fits almost perfectly into Scandinavianish cooking. Here, it accents gently braised kale and crispy bacon for a side dish that I love to pair with almost anything.

INGREDIENTS (SERVES 4)

1 lb (450 g) kale, stems removed and leaves roughly chopped
 1/2 lb (225 g) smoked bacon, diced
 1 small onion, finely chopped
 3 cloves garlic, minced
 2 tbsp olive oil or butter
 1/2 cup (120 ml) chicken or vegetable broth
 1 tsp smoked paprika
 1 tsp fresh thyme leaves
 Salt and pepper, to taste
 Pepper, to taste
 1 tbsp butter
 1 tbsp olive oil (for sautéing the topping)
 Cress or chives, to taste (for serving)

INSTRUCTIONS

Heat a large skillet over medium heat and add the diced bacon. Cook until crispy and browned. Remove and set aside, leaving the rendered fat in the pan.

Add the chopped onion to the pan and sauté until softened, about 3 minutes. Add the minced garlic and cook for another minute until fragrant.

Add the chopped kale to the pan in batches, stirring as it wilts. Once all the kale is in the pan, add the broth and smoked paprika. Cover and cook for about 7-8 minutes, stirring occasionally, until the kale is tender.

Remove the lid and let any excess liquid evaporate. Season with salt, pepper, and thyme leaves.

Stir the crispy bacon back into the pan and cook for another minute to heat through.

Serve warm with a drizzle of olive oil.

NØRTH / Braised Cabbage



Braised Cabbage

Cinnamon, aniseed

Red cabbage, simply braised on low heat with spices, vinegar and juice, is another staple on the Danish Christmas table that I think should be elevated to your regular rotation of side-dishes. Slightly sweet and a little tangy, it pairs like a dream with roast pork, grilled chicken or on top of a gourmet burger.

INGREDIENTS (SERVES 4)

2.2 lbs 1 kg red cabbage
3/4 cup (180 ml) vinegar
2/3 cup (150 ml) cranberry juice
5 oz (150 g) sugar
1 cinnamon stick
2 star aniseed pods
1 tsp salt

INSTRUCTIONS

Remove the outer leaves of the red cabbage, and then finely shred the cabbage, ensuring the pieces are evenly sized. Place the shredded cabbage into a large saucepan.

Add the vinegar, cinnamon stick, and star anise pods to the saucepan with the cabbage. Turn the heat to medium-low and let the mixture simmer gently for about 30 minutes. Stir occasionally.

After 30 minutes, pour in the cranberry juice, sugar, and salt. Stir well to combine. Continue to simmer over low heat for another 30 minutes. For a softer texture, cook the cabbage a bit longer.

While the cabbage is simmering, sterilize glass jars by rinsing them with boiling water.

Once the cabbage is cooked to your liking, remove the star anise and cinnamon stick, then spoon the hot cabbage into the sterilized jars, filling them to the top. Seal the jars tightly and let them cool at room temperature. Once cooled, store the jars in the refrigerator.

NORTH / Hasselback Potatoes



Hasselback Potatoes

Breadcrumbs, butter

Hasselback Potatoes are a genius way to turn regular potatoes into something spectacular. With just the assistance of a knife, some butter, salt, and breadcrumbs, you have a side dish that's as pretty as it is mouth-watering.

INGREDIENTS (SERVES 4)

2 lbs (900 g) medium-sized potatoes
1/2 cup (60 g) breadcrumbs
2 sprigs fresh rosemary or sage (optional)
1 stick (113 g) unsalted organic butter
1 tbsp (15 g) flake salt

INSTRUCTIONS

Set your oven to 425°F (220°C) to preheat while you prepare the potatoes.

Peel and rinse the potatoes thoroughly. Pat them dry. Using a sharp knife, slice each potato into thin slices about 1/5 inch (0.5 cm) apart, making sure not to cut all the way through the potato. The slices should remain connected at the base.

Place the sliced potatoes on a baking sheet. Cut the butter into small pieces and place a few in between the slices of each potato. Bake the potatoes in the preheated oven for about 25 minutes, or until the potatoes begin to fan out and soften.

Remove the baking sheet from the oven. Sprinkle the potatoes with breadcrumbs and flake salt. If using, scatter the fresh rosemary or sage leaves over the potatoes.

Add another small piece of butter into the gaps of each potato. Return the potatoes to the oven and bake for an additional 25-35 minutes, or until the potatoes are crispy on the outside and tender on the inside. If you prefer extra crispy potatoes, switch the oven to broil for the last 5 minutes of baking.

Remove the potatoes from the oven and serve immediately.

NORTH / Caramelized Potatoes



Caramelized Potatoes

Sugar, butter

I don't know who invented caramelized potatoes, but whoever did deserves an award. The brilliance of cooking boiled small potatoes in syrupy butter and sugar cannot be understated. Traditionally served during Christmas, I think it deserves year-round limelight, as the perfect accoutrement to a Sunday roast.

INGREDIENTS (SERVES 4)

2 lbs (900 g) small potatoes

3 tablespoons sugar

2 tablespoons unsalted butter

1-2 tablespoons water (if needed)

INSTRUCTIONS

Boil the small potatoes with the skins on until tender. Drain and let them cool slightly, then peel carefully and allow them to cool completely.

In a large, heavy-bottomed frying pan, melt the sugar over medium heat without stirring. Let it melt until it turns golden brown and begins to bubble.

Add the butter to the caramelized sugar and stir until combined into a smooth syrup. Add the cooled, peeled potatoes to the pan, and gently shake or stir to coat them evenly in the caramel.

If the caramel starts to harden, add a splash of water and increase the heat briefly to melt it again.

Continue to cook the potatoes on medium heat for about 10-12 minutes, turning them occasionally to ensure they are evenly coated and heated through.

Serve the caramelized potatoes hot as a holiday side dish either with oven-roasted poultry (duck, turkey, chicken) or a traditional Sunday roast.

NØRTH / Mashed Potatoes



World's Best Mashed Potatoes

If you're anything like me, you love mashed potatoes. Creamy, luscious, elegant - the perfect companion to every single protein. But how to get those perfectly fluffy potatoes on your table? You're in luck, because today, I'll show you how to make the easiest – and most delicious mashed potatoes you've ever tasted.

INGREDIENTS (SERVES 4)

2 lbs Russet potatoes
1 1/2 cups (3 sticks) unsalted butter
1/4 cup whole milk, plus more as needed
1 pinch finely chopped chives
Salt, to taste
1/2 tsp baking powder
Freshly cracked black pepper for garnish

INSTRUCTIONS

Peel the potatoes and cut them into quarters. Place in a large pot and cover them with salted water.

Bring to a boil over high heat, then reduce to a simmer and cook until the potatoes are fork-tender, about 20 minutes.

While the potatoes are boiling, combine the butter and milk in a small saucepan.

Warm over low heat until the butter has melted and the mixture is combined. Set aside.

Drain the boiled potatoes well and move them to a large mixing bowl. Use a potato ricer to mash the potatoes until smooth and no lumps remain.

Return the mashed potatoes to the pot, over low heat. Sprinkle the salt and baking powder over them.

Start whisking the potatoes, gradually adding the warm milk and butter mixture until fully incorporated. If the mixture is too thick, add a little more milk.

Continue to whisk vigorously until the mashed potatoes are light and fluffy.

Taste and adjust seasoning with more salt if needed. Serve hot, garnished with cracked black pepper and a sprinkle of chives.¹¹¹



Horseradish Dip

Garlic, mustard, honey

The potent horseradish. The mustardy, spicy king of condiments. In Scandinavian cooking, present in many classic dishes, and perfect on the side of grilled meats. This “for everything” dip keeps the kick, but dials it down a little to not be overpowering. You may want to make a double batch, it’s that good.

INGREDIENTS (SERVES 4)

1 cup (240 ml) high-quality sour cream
1/2 cup (60 g) fresh horseradish, finely grated
1 garlic clove, finely chopped
1 1/2 tbsp mayonnaise
1 tbsp Dijon mustard
1 tbsp white wine vinegar
Juice of 1/2 lemon
1 tsp honey
2 tsp finely sliced chives
1/2 tsp salt
1/4 tsp freshly ground mixed pepper

INSTRUCTIONS

Peel the horseradish root using a vegetable peeler to remove the tough outer skin. Using a fine grater, grate the peeled horseradish root into small shreds. Set aside.

In a medium-sized mixing bowl, combine the sour cream, chopped garlic, grated horseradish, mayonnaise, Dijon mustard, white wine vinegar, and freshly squeezed lemon juice. Whisk everything together until the mixture is smooth.

Add the honey, salt, and pepper to the bowl. Fold in the chives. Whisk again to incorporate all the ingredients evenly.

Taste the dip and adjust the seasoning if necessary. If you prefer a spicier kick, add more freshly grated horseradish.

Cover the dip with plastic wrap or transfer it to an airtight container. Refrigerate for at least 30 minutes.

NØRTH / Remoulade Sauce



Remoulade Sauce

Pickles, curry, tarragon

Another versatile sauce, the remoulade sits equally comfortably alongside grilled fish, lean meats, in a sandwich or on top of a hot-dog. It's got a bit of a tangy crunch, mellowed out by the tarragon and curry, and my version is actually less sauce than it is a condiment.

INGREDIENTS (SERVES 4)

2 tbsp mayonnaise
1 tbsp sour cream
1 tsp mustard
Salt and pepper, to taste
1/4 finely chopped onion
1 tsp finely chopped capers
A pinch of tarragon
A pinch of chervil
1 tsp curry powder
2 tbsp finely chopped mixed pickled vegetables

INSTRUCTIONS

Mix all the ingredients gently in a bowl.

Season to taste.

Place in the fridge until ready to serve.



Pickled Beets

Cloves, sugar, vinegar

If there is one side dish that symbolizes Scandinavian cooking more to me than anything else, it is probably pickled beets. Sweet, sour, and a little salty, they embody the essence of the kitchen of the north. They show up everywhere, throughout the year, and they are so easy to make.

INGREDIENTS

2 tsp salt

8 1/2 cups (2 liters) water

2.2 lbs (1 kg) fresh beets

FOR THE PICKLING LIQUID

3 3/4 cups (9 dl) water

3/4 cup (2 dl) vinegar (12%)

1 1/4 cups (3 dl) sugar

12 white peppercorns

8 whole cloves

3 bay leaves

3 garlic cloves, crushed

INSTRUCTIONS

In a large pot, bring water and salt to a boil. Rinse the beets and trim the tops. Boil for 45 minutes to 1 1/2 hours, until tender. Cool slightly and peel by rubbing off the skins (remember to use gloves to prevent coloration).

Combine water, vinegar, sugar, and spices in a saucepan. Bring to a simmer, and use a whisk until the sugar has fully dissolved. Remove from heat, but don't cool.

Slice or quarter the peeled beets and place them in sterilized jars along with garlic. Pour the hot pickling liquid over the beets. Seal the jars and refrigerate. Let sit for a few days before serving. The pickled beets can be stored for up to 6 months in the fridge if unopened.

NORTH / Overnight Dill Pickles



Overnight Dill Pickles

Fennel seeds, garlic, dill

The art of pickling is as ancient as the north itself, an essential part of the history of the region, not just for its flavor, but as crucial to the survival of the people that lived here. Now, it doesn't hurt that pickles are also incredibly delicious, especially these overnight dill pickles with fennel seeds.

INGREDIENTS

- 1 English cucumber, sliced into ½ inch (1 cm) rounds
- 1 cup (240 ml) white wine vinegar
- 1/2 cup (120 ml) water
- 2 tbsp sugar
- 1 tbsp salt
- 8 sprigs of dill, coarsely chopped
- 3 cloves garlic, crushed
- 1 tsp black peppercorns
- 1 tsp fennel seeds, crushed

INSTRUCTIONS

Combine vinegar, water, sugar, and salt in a small saucepan. Heat over medium heat, stirring until sugar and salt dissolve. Remove from heat and let the brine cool to room temperature.

Place cucumber slices, dill, garlic, fennel seeds, and peppercorns in a clean jar. Pour the cooled brine over the cucumbers. Seal the jar and refrigerate overnight. The cucumbers will be ready to eat the next day, and will keep for up to one week.

NORTH / Quick Pickled Cucumber



Quick Pickled Cucumber

Chili, sugar, vinegar

Conventional wisdom tells us that pickling takes time. And that's true. Unless it doesn't. These thinly sliced cucumbers only take a 30 minute pickle-bath to get ready for primetime, and if you have just a little more time to spare, they get better by the minute. The chili adds just a slight kick, adjust to your spice level tolerance or leave out completely.

INGREDIENTS (SERVES 4-6)

1/2 English cucumber, finely sliced
1/2 cup (120 ml) white wine vinegar
1/4 cup (60 ml) water
1 tablespoon sugar
1/2 teaspoon salt
1 teaspoon chili flakes (adjust to taste)

Stir in the water and salt, and mix well. Add half of the chili flakes, mix and let sit for about 3-4 minutes. Taste the liquid and add more chili flakes if you want a stronger kick.

Add the finely sliced cucumber to the bowl, making sure they are fully submerged in the liquid. If needed, press them down slightly to ensure they are covered.

Place the bowl in the refrigerator and let the cucumbers marinate for at least 30 minutes, up to several hours. The longer they sit, the more flavorful and tender they will become.

INSTRUCTIONS

In a medium-sized bowl, combine the white wine vinegar and sugar. Whisk well until the sugar has completely dissolved.

NØRTH / Cranberry Jam



Cranberry Jam

Sugar, orange

This is barely a recipe. It's basically just an exercise in patience. Combine berries, sugar and the juice of an orange, and... wait. Magically, you now have a delicious cranberry jam that can either be served on top of biscuits for breakfast, or on the side of roast meats.

INGREDIENTS (SERVES 4-6)

2 cups fresh or frozen cranberries

3/4 cup sugar

Juice of one orange

INSTRUCTIONS

Place fresh or frozen cranberries in a medium-sized bowl. Add the sugar and stir gently to coat the berries.

Leave the mixture at room temperature, stirring occasionally until the sugar has completely dissolved and a syrupy texture forms.

If you use fresh berries, this takes about 60 minutes, longer with frozen berries as they will thaw during the process.

Once the sugar is fully dissolved, transfer the mixture to a jar and refrigerate. The jam will keep for up to one week.

NØRTH / Lingonberry Jam



Lingonberry Jam

Sugar, time

If the cranberry jam recipe is barely a recipe, this is even less so. Just two ingredients and a little bit of time is all that's needed. The lingonberries have a lovely tangy flavor, moderated by the sweet sugar, it's almost as if a pickle and a jam had a love child.

INGREDIENTS (SERVES 4-6)

2 cups fresh or frozen cranberries

3/4 cup sugar

Juice of one orange

INSTRUCTIONS

Place fresh or frozen cranberries in a medium-sized bowl. Add the sugar and stir gently to coat the berries.

Leave the mixture at room temperature, stirring occasionally until the sugar has completely dissolved and a syrupy texture forms.

If you use fresh berries, this takes about 60 minutes, longer with frozen berries as they will thaw during the process.

Once the sugar is fully dissolved, transfer the mixture to a jar and refrigerate. The jam will keep for up to one week.



BAKING

NØRTH / Crisp Bread



Crisp Bread

Rye, seeds

A staple in most Scandinavian homes, eaten at all times and with almost every meal. Filling without being heavy, it adds a delightful crunch to anything. Feel free to experiment with different seeds to find your favorite combination.

INGREDIENTS

(MAKES ABOUT 30-40 CRACKERS)

1 cup (120 g) rye flour
 1/2 cup (60 g) whole wheat flour
 1/2 cup (60 g) all-purpose flour
 1/4 cup (30 g) sunflower seeds (optional)
 1/4 cup (30 g) flax seeds
 1 tbsp cumin seeds or caraway seeds
 1/2 tsp salt
 1/2 cup (120 ml) water
 1/4 cup (60 ml) olive oil
 2 tbsp honey or maple syrup
 Flake salt, for sprinkling

INSTRUCTIONS

Preheat your oven to 350°F (175°C) and line two baking sheets with parchment paper.

In a mixing bowl, combine the flours, seeds, and salt. Stir to mix all the ingredients evenly.

In a separate bowl, whisk together water, olive oil, and honey (or maple syrup) until combined.

Pour the wet ingredients into the dry mixture. Stir with a wooden spoon or spatula until a rough dough forms. The dough should be slightly sticky but manageable. If it's too dry, add a little more water, one tablespoon at a time.

Divide the dough in half. Place one half of the dough between two sheets of parchment paper. Using a rolling pin, roll out the dough as thinly as possible, ideally around 1/16-inch (1.5 mm) thick. The thinner the dough, the crispier the crackers.

Carefully peel off the top layer of parchment paper. Transfer the rolled-out dough, still on the bottom layer of parchment paper, onto one of the prepared baking sheets.

Use a pizza cutter or a sharp knife to score the dough into small rectangles or squares, about 2 x 3 inches (5 x 7.5 cm). Repeat the process with the second half of the dough on the other baking sheet.

Lightly brush the top of the dough with a little water and sprinkle with flake salt.

Bake in the preheated oven for 15-20 minutes, or until the crackers are golden brown. Keep an eye on them towards the end of the baking time, as they can brown quickly.

Once baked, remove the crackers from the oven and let them cool completely on the baking sheets. They will continue to crisp up as they cool.

Break the cooled crackers along the scored lines. Store in an airtight container at room temperature for up to two weeks.

NØRTH / Danish Rye Bread



Danish Rye Bread

Kernels, poppy seeds

In many parts of Scandinavia, but in Denmark in particular, rye bread is as close to religion as it comes. Everyone has a favorite type, and every family has their own secret recipe. Most are made with sourdough, but I don't have the patience to nurture a starter - which is why this recipe is so perfect. This is one of those recipes where you can experiment with any seeds, nuts, or kernels you like.

INGREDIENTS

(MAKES 1 LARGE LOAF)

1 1/2 cups (3.6 dl) cold water
 3/4 cup (1.8 dl) buttermilk
 1/2 cup (1.2 dl) dark beer
 1 tbsp (20 g) fresh yeast
 1 tbsp molasses or dark syrup
 1 tbsp (20 g) coarse salt
 1 cup (150 g) cracked rye kernels
 1/3 cup (50 g) flaxseeds
 3/4 cup (100 g) sunflower seeds
 3 cups (400 g) whole-grain rye flour
 2 tbsp neutral oil (for greasing the pan)
 3 tbsp poppy seeds

INSTRUCTIONS

In a bowl, mix together cold water, buttermilk, and dark beer. Crumble the fresh yeast into the liquid and stir until the yeast dissolves.

Add the molasses or dark syrup, salt, rye kernels, flaxseeds, sunflower seeds, and rye flour. Mix the dough thoroughly with a wooden spoon or use a stand mixer fitted with a dough hook. Knead or mix the dough for at least 10 minutes until the ingredients are well combined and the dough has an even, sticky consistency.

Lightly oil a large loaf pan to prevent sticking. Sprinkle the inside of the pan with poppy or sesame seeds, making sure to cover the sides evenly. Save some of the seeds to sprinkle on top of the loaf later.

Transfer the dough into the pan, using the back of a wet spoon to smooth the surface and press the dough down evenly. Sprinkle the reserved poppy seeds on top of the dough.

Cover the pan with plastic wrap and place it in the refrigerator. Allow the dough to rise slowly for at least 24 hours.

After 24 hours, take the pan out of the refrigerator and let it sit at room temperature for about 2 hours to warm up slightly and finish rising.

Preheat your oven to 375°F (190°C). Bake the bread on the center rack for about 1 hour and 20 minutes. Remove from the pan and tap the bottom—if it sounds hollow, it's done. If not, return it to the oven for an additional 10 minutes.

Once the bread is baked, remove it from the pan and place it on a wire rack to cool completely before slicing.

NØRTH / Semla



Semla Whipped cream, marzipan

Traditionally, semla is eaten on Fat Tuesday, just before the traditional Christian fast, and most Swedes still stick to this tradition (eating semla, not fasting). But with its delicious whipped cream and almond filling, and light-as-air-bun, I think it's worth having just a little more often.

INGREDIENTS

FOR THE BUNS (MAKES 14)

1 packet (0.6 oz / 17 g) yeast
 4 oz (115 g) unsalted butter
 1 1/2 cups (3.6 dl) milk
 1 tsp ground cardamom
 1 tsp baking powder
 1 free-range egg
 1/2 tsp salt
 1/2 cup (100 g) sugar
 4 cups (480 g) all-purpose flour
 1 egg (for glazing)
 Icing sugar (for topping)

FOR THE FILLING

1/2 cup (115 g) marzipan
 1/4 cup (60 ml) milk
 2 cups (4.7 dl) whipping cream
 2 tsp vanilla sugar

INSTRUCTIONS

Preheat the oven to 450°F (230°C). In a mixing bowl, sprinkle the yeast. Melt the butter in a saucepan with the milk, making sure it's lukewarm. Add the butter and milk mixture to the bowl and stir until the yeast dissolves.

Add the salt, cardamom, egg, and sugar to the mixture, and mix. Gradually add the flour and baking powder, mixing continuously until the dough is smooth and silky.

Knead the dough for about 5 minutes. Cover the bowl with a cloth and leave to rise for 30 minutes in a warm place.

Transfer the dough to a floured surface and knead it briefly to make it smooth. Divide it into 14 equal portions and roll each into a round bun. Place the buns on a baking tray lined with parchment paper, cover with a cloth, and let them rise for another 30 minutes.

Beat the egg, and brush it over the tops of the buns. Bake in the preheated oven for about 10 minutes, or until the buns are golden brown. Remove from the oven and allow them to cool completely on a wire rack.

In a bowl, mix the marzipan with the milk until smooth and creamy. In another bowl, whip the cream until stiff peaks form, then fold in the vanilla sugar.

Once the buns are cool, carefully cut off the top of each bun to create a "lid." Scoop out a small portion of the inside of the bottom half of each bun and fill it with the marzipan mixture. Top the marzipan with a generous amount of whipped cream.

Place the "lid" back on each bun and sprinkle it with icing sugar.

NØRTH / Kransekage



Kransekage

Marzipan, frosting, berries

Kransekage is a central player in any Danish New Year's tradition, right up there with listening to the King's speech, and jumping from a chair - into the new year - at the strike of midnight. Traditionally, this almond based cookie is served in concentric circles, balancing on top of each other, but I like it better as individual bites, with lots of frosting and a berry as a jewel in the crown.

INGREDIENTS

FOR THE HOMEMADE MARZIPAN (MAKES 12)

4 oz (115 g) blanched almonds

2 oz (60 g) sugar

1 large egg white

FOR THE KRANSEKAGE

4 oz (115 g) fresh marzipan (homemade or store-bought)

2 oz (60 g) sugar

1 egg white

FOR THE FROSTING

1/4 cup (30 g) icing sugar

1/2 tbsp water

Fresh berries, for garnishing

INSTRUCTIONS

TO MAKE HOMEMADE MARZIPAN

Blanch the almonds by placing them in boiling water for 1-2 minutes, then removing them to cool. Slip off the skins.

In a food processor, grind the blanched almonds until they become fine crumbs. Add the sugar and pulse until well combined.

Gradually add the egg white and pulse until the mixture forms a smooth dough. If it's too sticky, you can add a little more ground almonds or powdered sugar.

Once smooth, shape the marzipan into a log or ball. Wrap it in plastic wrap and refrigerate for about an hour to firm up.

TO MAKE THE KRANSEKAGE:

Preheat your oven to 450°F (230°C). Line a baking sheet with parchment paper.

In a mixing bowl, whisk the egg white and sugar until light and fluffy. Fold in the marzipan (homemade or store-bought) and beat until a smooth dough forms.

Roll the dough into a tube, then cut it into 12 equal pieces. Roll each piece into a small ball and place them on the prepared baking sheet.

Bake in the preheated oven for 6-8 minutes, or until they turn light golden. Remove from the oven and allow the cakes to cool completely on a wire rack.

Whisk together the icing sugar and water until smooth. Once the cakes have cooled, drizzle or pipe the frosting over each one.

Before the frosting sets, place a single fresh berry on top of each cake for garnish. Allow the frosting to stiffen before serving.

NØRTH / Gingerbread



Gingerbread

Cloves, ginger, cinnamon

The cake-version of the most classic regional Christmas cookie, the gingerbread snap. Seen in many different shapes and sizes all across Scandinavia during December, decorated with frosting and loved by everyone. This cake is a little less time consuming than making individual cookies, and I really love the moist softness of it. Serve it with the best creme fraiche you can find.

INGREDIENTS (SERVES 8)

1 1/2 cups (300 g) sugar
3 free-range eggs
2 tsp baking powder
2 tsp vanilla sugar
2 tsp ground ginger
1 tsp ground cloves
2 tsp ground cinnamon
3 oz (85 g) unsalted butter, melted
1/4 cup (60 ml) molasses
1/4 cup (60 ml) water
1 1/2 cups (180 g) flour
Icing sugar, for serving

Add the vanilla sugar, ground ginger, ground cinnamon, ground cloves, and baking powder to the egg mixture. Whisk gently to incorporate the spices evenly.

Sift the flour into the bowl and gently fold it into the batter. Gradually pour in the melted butter, molasses, and water, mixing until the batter is smooth and well combined. Be careful not to overmix, as this can result in a dense cake.

Pour the batter into the prepared cake form and smooth the top. Bake in the preheated oven for about 45 minutes, or until a toothpick inserted into the center comes out clean. If the top browns too quickly, cover it with a piece of aluminum foil for the last 10 minutes of baking.

Once done, remove the cake from the oven and let it cool in the form for about 10 minutes. Gently turn the cake out onto a wire rack to cool completely.

Before serving, dust the top of the cake with icing sugar

INSTRUCTIONS

Preheat the oven to 350°F (175°C). Grease a cake form (such as a loaf or bundt cake pan) and dust it lightly with breadcrumbs or flour to prevent sticking.

In a large mixing bowl, beat the eggs and sugar together until the mixture becomes pale and fluffy, resembling a thick foam. This will take about 3-5 minutes with an electric mixer.

It's Fika Time!

The ritual of taking a break for a cup of coffee was probably not invented by the Northerners, but we sure did our best to try and perfect it. Every day, millions of people across the region close down their laptops for 20-30 minutes here and there to enjoy a hot cup of coffee and some chit chat with family or coworkers. The Norwegians do it. The Finns do it. The Icelanders do it, and the Danes certainly do it. But no one does it like the Swedes.

In Sweden, the simple act of grabbing a cup of coffee has been elevated to an almost sacred custom. A holy endeavor, so ingrained in the Swedish psyche that it is both crucial and unnoticeable at the same time. We're talking about Fika.

Fika as a tradition goes back to the early 1700's, when coffee was first introduced in Sweden. The name itself is derived from a rearrangement of letters in kaffi, and while it initially referred to the drink alone, it soon came to signify something more profound. While coffee in the rest of Europe was mainly served as a snack, perhaps with a small pastry - fika became a more social event in Sweden. And over the years, it has evolved into a daily national ritual, performed at homes, workplaces, schools and coffee shops across the country.

The fika ritual stands on three rather simple pillars. Coffee, pastries and conversation. Without any of these, you're just drinking coffee, eating a pastry, or chatting. But put the three together, set aside at least 20-30 minutes, and you'll experience the true magic of fika time.

Fika happens throughout the day in Sweden. At almost every office, factory, or institution, it is a twice-daily happening, morning and afternoon, where co-workers get together over fika and talk about everything from personal matters to company gossip. It defies hierarchies, and in many ways it is the glue that binds us together across identities, backgrounds and even the political spectrum.

To be honest, most Swedes probably don't think too much about fika as a national ritual, because it's so ingrained into our DNA from long before we start drinking coffee that it is just a thing we do. But we all love it.

The most classic pastry to accompany a true Swedish fika is the cinnamon bun - the "kanelbulle". It is deliciously simple, looks fabulous, and tastes incredible. Just make sure to give your creation enough time to rest and rise, and do not skimp on butter or sugar - it's not like you're eating it every day.

Unless you're Swedish, of course.

NØRTH / Cinnamon Buns



Cinnamon Buns

Cinnamon, cardamom, butter

INGREDIENTS FOR THE DOUGH (MAKES ABOUT 12-16 BUNS)

1.75 oz (50 g) fresh yeast OR 0.67 oz (19 g
or approximately 2.25 tsp) active dry yeast
or instant yeast
3 oz (85 g) unsalted butter
1 cup (240 ml) milk
1/2 cup (100 g) sugar
2 pinches of salt
2 tsp ground cardamom
3 cups (360 g) all-purpose flour
1 egg (for glazing)
Coarse sugar (for topping)

FOR THE FILLING

6 oz (170 g) unsalted butter, at
room temperature
2/3 cup (130 g) sugar
2 tbsp ground cinnamon
1 tsp ground cardamom

INSTRUCTIONS

If using fresh yeast, crumble it into a large mixing bowl. Warm the butter and milk together until lukewarm (not too hot), then pour over the yeast to dissolve. If using dry yeast, mix it directly with the warm milk and butter mixture. Make sure the mixture is about 105°F (40°C) to activate the yeast.

Add the sugar, salt, and ground cardamom to the yeast mixture. Gradually add the flour, mixing well after each addition until the dough is smooth and non-sticky. Knead the dough by hand or use a mixer with dough hooks for about 5-7 minutes, until elastic and soft.

Cover the bowl with a clean kitchen towel and allow the dough to rise in a warm, draft-free area for 30-60 minutes, or until it has doubled in size.

In a small bowl, combine the softened butter, sugar, cinnamon, and cardamom until smooth and creamy.

Lightly flour your work surface and roll the dough into a large rectangle, approximately 22 x 15 inches. Spread the filling evenly over the surface of the dough.

Fold the left third of the rectangle towards the center, then fold the right third over it, creating a layered rectangle like folding a letter. Gently roll with a rolling pin to flatten any bubbles and extend the dough slightly, forming a 15 x 8-inch rectangle.

Cut the dough into 2-inch wide strips using a pizza cutter or sharp knife. Take each strip and twist it several times, extending it as you twist. Once twisted, wrap the strip around two fingers, then loop and knot the dough, tucking the ends underneath to form a bun shape.

Transfer the buns to a parchment-lined baking sheet, leaving enough space for them to expand. Cover with a clean kitchen towel and allow them to rise again for 30 minutes, until puffy.

Preheat the oven to 430°F (225°C). Lightly beat the egg and brush it over the tops of the buns. Sprinkle with coarse sugar for added texture and sweetness.

Bake the buns for 10-14 minutes, or until golden brown and fragrant. Once baked, transfer them to a wire rack to cool for about 5 minutes before serving.



Mazarine Frosting, berries

If you've never had a mazarine before, you're in for a treat. A moist center, sweet, with a slightly earthy undertone from the almond filling, a flaky dough to encompass it, and a wonderfully delicate frosting. Topped with berries, which is rather untraditional, to add some acidity and freshness.

INGREDIENTS (MAKES 10-20,
DEPENDING ON THE SIZE
OF THE PIE DISHES USED)

FOR THE DOUGH

3 1/2 oz (100 g) unsalted butter
1 large egg yolk
4 1/2 oz (130 g) all-purpose flour

FOR THE FILLING

4 oz (115 g) peeled almonds
1 cup (120 g) icing sugar
3 oz (85 g) unsalted butter
2 large eggs

FOR THE FROSTING

1/2 cup (60 g) icing sugar
1 tbsp water
Fresh berries, for garnish

INSTRUCTIONS

To make the dough, cream the butter and sugar together in a mixing bowl until the sugar crystals dissolve and the mixture is light and fluffy. Add the egg yolk and flour, and mix until smooth and well combined. Wrap the dough in plastic wrap and refrigerate for 30 minutes to chill.

While the dough is chilling, prepare the filling. Cream the butter and icing sugar together until smooth. In a food processor, pulse the peeled almonds until they are finely ground. Add the ground almonds to the butter and sugar mixture, then blend in the eggs. Continue blending for 5 minutes until the filling is smooth and well combined.

Preheat the oven to 400°F (200°C). Butter mazarine molds or small pie dishes. Take the chilled dough and press a small portion into each dish, using your thumbs to spread it evenly across the base and up the sides.

Pour the almond filling into each dough-lined dish, filling them almost to the top. Bake in the preheated oven for about 20 minutes, or until the tops are golden and set. Remove from the oven and allow them to cool completely.

Once the mazarines have cooled, prepare the frosting by whisking the icing sugar and water together until smooth. Pour the frosting over the tops of the mazarines, spreading it evenly. Allow the frosting to set partially before garnishing with fresh berries. Place the mazarines in the refrigerator until the frosting has fully set.

NØRTH / Small Danish Cookies



Cookies Almond

Small Danish cookies are the perfect sidekick for afternoon tea. Little bites that pack the perfect balance between crunch and sweetness. There are dozens, probably hundreds of different types of these cookies, and it's hard to choose one favorite. So I chose three. The classic almond, a traditional oatmeal, and the light as air dream-cookie with strawberry jam.

INGREDIENTS

(MAKES ABOUT 24 COOKIES)

5 oz (140 g) almonds

5 1/2 oz (155 g) flour

2 1/2 oz (70 g) sugar

1/2 tsp baking powder

5 oz (140 g) unsalted butter

1 egg

INSTRUCTIONS

Finely chop the almonds in a food processor. Add the flour, sugar, baking powder, butter, and egg to the food processor. Blend until the dough comes together. Knead the dough with your hands until smooth, then wrap in plastic wrap and refrigerate for one hour.

Preheat the oven to 390°F (200°C). Roll the dough out on a floured surface to about 1/4 inch thick. Use a cookie cutter or the rim of a glass to cut 2-inch diameter rounds. Arrange the cookies on a baking sheet lined with parchment paper. Bake for 6 minutes, or until the edges are lightly golden. Let the cookies cool on a wire rack before serving.

Cookies

Dreams, strawberry

INGREDIENTS

(MAKES ABOUT 30 COOKIES)

1 1/4 cup (250 g) sugar

3 1/2 oz (100 g) unsalted butter

2 tsp vanilla sugar

1/2 cup (1.2 dl) vegetable oil

1 tsp ammonium carbonate

2 cups (240 g) flour

1/2 cup (120 g) strawberry jam

INSTRUCTIONS

In a large bowl or food processor, mix together the sugar, vanilla sugar, and butter until smooth. Gradually add the vegetable oil while stirring. Stir in the flour and ammonium carbonate, mixing until a smooth dough forms.

On a floured surface, divide the dough into two parts and roll each into a log about 1 1/2 inches in diameter. Slice the logs into equal thin pieces and place them on a baking sheet. Press your thumb into half of the cookies to create a small dent, and fill each dent with a small amount of strawberry jam.

Preheat the oven to 300°F (150°C). Bake the cookies in the middle of the oven for 20 minutes, ensuring they do not brown. Allow the cookies to cool before serving.

Cookies Oatmeal

INGREDIENTS

(MAKES ABOUT 18 COOKIES)

4 oz (115 g) cooking oats

2 1/2 oz (70 g) unsalted butter

1 tbsp flour

1 tsp baking powder

1 egg

4 1/2 oz (130 g) sugar

INSTRUCTIONS

Melt the butter and pour it over the oats in a large mixing bowl. Let it sit for a few minutes to soften the oats. In a separate bowl, whisk the egg and sugar together until light and fluffy, then pour over the oat mixture. Add the flour and baking powder and stir gently until well combined.

Preheat the oven to 400°F (200°C). Drop spoonfuls of the dough onto a parchment-lined baking sheet, spacing them about 2 inches apart. Bake for 8 minutes or until the edges are browned. Cool on a wire rack before serving.

DESSERTS

A black and white photograph capturing a close-up of a person's hand washing blueberries. The hand, adorned with a metal link watch, holds a clear plastic colander filled with small, dark berries. A stream of water from a modern kitchen faucet falls directly into the colander, creating a dynamic spray. The background is dark and out of focus, emphasizing the action in the foreground. The word "DESSERTS" is printed in a large, white, serif font across the middle of the image.

NØRTH / Apple Crumble



Apple Crumble

Rosemary, cinnamon

You know those last days just before summer turns into fall, when the weather is still warm, and the trees haven't quite changed color, but there is a premonition of colder days ahead? That's when apple season is at its height, and that's when I pull out my trusty old apple crumble recipe. It's incredibly easy to make, and the addition of rosemary and cinnamon brings a surprising pop to the flavor. Serve warm with your favorite vanilla ice cream. Hot and cold, almost like the last days of summer.

INGREDIENTS (SERVES 4-6) FOR THE CRUMBLE TOPPING

1 stick + 2 tbsp (10 tbsp / 140 g) butter, room temperature
 1/2 cup (100 g) sugar
 3/4 cup (90 g) all-purpose flour
 1 tsp ground cinnamon
 (Optional: 1/4 cup (30 g) rolled oats or chopped nuts for extra crunch)

FOR THE FILLING

4 large apples, peeled, cored, and finely sliced
 1/2 cup (100 g) sugar
 2 tsp ground cinnamon
 1 tsp rosemary, finely chopped (stem discarded)
 A pinch of sea salt
 Butter for greasing the pan

INSTRUCTIONS

Preheat your oven to 375°F (190°C).

In a large mixing bowl, combine the flour, sugar, and butter. Using your hands, mix the ingredients together until the topping becomes crumbly, with some larger clumps for texture. If desired, add the oats or chopped nuts for extra crunch. Set the crumble topping aside.

In another mixing bowl, combine the sugar, sliced apples, rosemary, cinnamon, and sea salt. Gently fold the apples into the mixture, ensuring they are well coated with the sugar and spices. Let the apples sit for about 10 minutes.

Grease a 9-inch (23 cm) pie pan with butter. Spread the apple filling evenly across the bottom of the pan, making sure to include all the syrup.

Using your hands, take portions of the crumble topping and create a mix of smaller and larger crumbs. Scatter them evenly over the apples, leaving small gaps to allow the filling to bubble through during baking.

Bake the crumble in the preheated oven at 375°F (190°C) for about 35-40 minutes, or until the topping is golden brown and the apples are soft.

Serve warm with ice cream, vanilla custard, or whipped cream.

NØRTH / Forest Berry Ice Cream



Forest Berry Ice Cream

Almond crunch

Berries, berries, berries. The bounty of the northern forests. These little treasures follow the rhythms of the seasons, with picking spots passed down through generations like well-guarded state secrets. I'll admit, I'm not much of a forager myself, but I do love hitting the market to see what's in season and turning those berries into a fresh, delicious dessert. Much less risk of getting lost in the woods that way.

INGREDIENTS (SERVES 4) FOR THE ICE CREAM

1 cup (2.4 dl) heavy cream
4 egg yolks
1 cup (2.4 dl) milk
3/4 cup (180 g) sugar
1 vanilla pod, split and scraped
1 cup (2.4 dl) fresh berries
(depending on season)

FOR THE ALMOND CRUNCH

5 oz (140 g) almonds
5 1/2 oz (155 g) flour
2 1/2 oz (70 g) sugar
1/2 tsp baking powder
5 oz (140 g) unsalted butter
1 egg

BERRY SAUCE (see Desserts)

INSTRUCTIONS

Finely chop the almonds in a food processor. Add the flour, sugar, baking powder, butter, and egg. Blend together until a dough forms. Knead the dough smooth by hand, then refrigerate for one hour.

Roll the dough out on a floured surface and cut into 2-inch diameter rounds. Bake at 390°F (200°C) for 6 minutes or until golden.

In a saucepan, heat the milk, vanilla seeds, and pod to a boil. Remove from heat and let sit for 10 minutes. In a bowl, beat the egg yolks and sugar until thick. Remove the vanilla pod and slowly stir the milk into the egg mixture. Return the mixture to the pan and heat gently, stirring constantly, without boiling. Let cool, then stir in the cream. Pour into an ice cream maker. Just before the ice cream sets, add the fresh berries and continue churning until done.

Crush the almond biscuits into your desired size.

Serve a large scoop of ice cream in a dish, arrange almond crunch around it, and top with berry sauce.



Pancakes

Swedish style

CLASSIC

There might not be a country in the world that loves pancakes more than Sweden. Ours are thinner and larger than the American version, with crispy edges and a soft, smooth center. Pile on the toppings, roll them up, and they're ready to be devoured. A hungry Swedish kid can easily put away 7 or 8 of these in one sitting—and in Sweden, pancakes are dinner, not breakfast or brunch. That's just how we roll.

INGREDIENTS (SERVES 4)

1 cup (120 g) flour
1/2 tsp salt
2 1/2 cups (6 dl) milk
3 eggs
2 tbsp melted butter
1 tbsp butter for frying
Jam, whipped cream, and sugar for serving

INSTRUCTIONS

1 In a large mixing bowl, combine the flour and salt. Gradually pour in half of the milk, whisking until smooth and free of lumps.

Add the remaining milk and eggs, and continue whisking until the batter is completely smooth.

Let the batter rest for 30 minutes to allow the flour to absorb the liquid. Stir in the melted butter just before cooking.

Heat a little butter in a frying pan over medium heat. Pour a small amount of batter into the pan and swirl to spread it thinly.

Cook the pancake until the edges are golden and the bottom is crispy, then flip and cook the other side until golden.

Serve the pancakes warm with jam, whipped cream, and sugar.

NØRTH / Koldskål



Koldskål Buttermilk, biscuits

If you want to know what Danish summers taste like, this is it. Koldskål—a sweet, chilled buttermilk soup topped with crunchy biscuits and fresh strawberries. It's the lightest, most vibrant, and refreshing dessert you'll ever come across. One spoonful, and you'll be wondering why summer doesn't always taste this good.

INGREDIENTS (SERVES 4) FOR THE KOLDSKÅL

3 cups (7.1 dl) buttermilk
2 free-range eggs
1 tsp vanilla essence
2 tbsp lemon juice
Zest of 1 lemon, finely chopped
1/2 cup (100 g) sugar
Fresh strawberries, for serving

FOR THE KAMMERJUNKER (BISCUITS)

4 oz (115 g) unsalted butter
1/3 cup (65 g) sugar
2 1/2 cups (300 g) all-purpose flour
1 free-range egg
1/2 tsp ground cardamom
1 1/2 tsp baking powder
1/4 cup (60 ml) buttermilk

INSTRUCTIONS

In a large mixing bowl, beat together the sugar and eggs until the mixture is light and fluffy. Add the buttermilk, lemon juice, vanilla essence, and finely chopped lemon zest. Mix well until smooth and creamy. Cover the bowl and refrigerate for at least 2 hours.

Preheat the oven to 430°F (220°C). In a large mixing bowl, combine the butter, sugar, flour, cardamom, and baking powder. Mix until the ingredients resemble a crumbly dough. Add the egg and buttermilk, and continue to mix until the dough is smooth and pliable.

Transfer the dough to a floured surface and roll it into a long tube shape. Cut the dough into small pieces, each about the size of a bottle cap. Roll the pieces into small balls.

Place the dough balls on a baking sheet lined with parchment paper and bake in the preheated oven for 8-11 minutes, or until golden brown.

Once baked, remove the biscuits from the oven and cut each one in half. Return the halved biscuits to the oven and bake for an additional 2 minutes to make them crispy.

Serve the chilled Koldskål in bowls, topped with fresh strawberries and the Kammerjunker biscuits on the side for dipping or crumbling over the soup.

NØRTH / Elderflower



Elderflower Sorbet, vodka

Most Scandinavians would probably insist that elderflower cordial originated here. Whether that's true or not, let's not open that can of worms. What matters is that it's a flavor that instantly brings back memories of childhood summers to almost any northerner. This dessert, however, is a little more grown-up. You can always skip the vodka if you're serving it to your family—or just keep the dessert to yourself. It is that good.

INGREDIENTS (SERVES 4)

2 cups (480 ml) concentrated elderflower cordial
1 lemon (zest and juice)
1 cup water
2 egg whites from free-range eggs
1 1/2 tbsp sugar
1 tbsp vodka

INSTRUCTIONS

Heat the water and sugar in a saucepan over medium heat until the sugar has dissolved. Remove from heat and allow it to cool completely.

In a bowl, mix 3/4 of the elderflower cordial with the juice from the lemon, the lemon zest, and the cooled sugar water. Add 1 tbsp of vodka and stir gently.

Whisk the egg whites into a stiff foam using an electric whisk or hand mixer. Gently fold the egg whites into the elderflower mixture.

Transfer the mixture to an ice cream maker and churn until smooth. Place in the freezer until 5 minutes before serving.

To serve, place a ball of sorbet in the middle of a deep plate. Pour a little blended elderflower cordial over the sorbet, allowing it to melt slightly.

NØRTH / Pears



Pears Lingonberry-poached

Poached pears sound like something that might have been served at a dinner party hosted by Marie Antoinette in the late 1700s. And, come to think of it, they probably were. Despite being deceptively simple to make, there's something undeniably regal about them, isn't there?

INGREDIENTS (SERVES 4)

2 large pears, peeled and halved
2 cups (4.7 dl) fresh lingonberries (or cranberries if lingonberries are unavailable)
1 cup (200 g) sugar
1 cup (2.4 dl) water
Whipped cream, for serving

INSTRUCTIONS

In a saucepan, combine the lingonberries (or cranberries), sugar, and water. Bring the mixture to a boil over medium heat, stirring until the sugar is fully dissolved. Lower the heat and let it simmer for 5 minutes

Once the poaching liquid is prepared, carefully add the pears to the simmering liquid. Cover and poach the pears gently over low heat for 15-20 minutes, or until they are tender but still firm enough to hold their shape. Test the tenderness with a fork or skewer.

When the pears are ready, remove them from the liquid and set them aside. Using an immersion blender, blend the poaching liquid until smooth. For a smoother sauce, strain the liquid through a fine-mesh sieve to remove seeds and pulp.

To serve, place one pear half on each plate and drizzle the warm berry sauce over the top. Add a dollop of whipped cream on the side.

NORTH / Raspberry Roulade



Raspberry Roulade

Vanilla whipped cream

Most Scandinavians would probably associate this with a visit to Grandma's house. It's one of those humble baked goods you'd find at the local supermarket—overly sweet and often a little dry. But when it's homemade, light and airy, and served with a fresh berry coulis, it's far from “old-fashioned and boring.” It looks great and tastes even better.

INGREDIENTS (MAKES 14 PIECES)

2 free-range eggs

2/3 cup (160 ml) sugar

1 cup (240ml) flour

1 1/2 tsp baking powder

1 tbsp cold water

Icing sugar for decoration

1 1/4 cups (300 ml) jam sugar

30 oz (850 g) raspberries, rinsed and trimmed

BERRY SAUCE (see Desserts)

VANILLA CREAM

1 cup (240 ml) heavy cream

2 tbsp powdered sugar

1 tsp vanilla extract

INSTRUCTIONS

Preheat the oven to 450°F (230°C). Line a baking pan with waxed paper and coat it with cooking spray.

Whip the eggs and sugar together in a large bowl using an electric mixer until the mixture becomes light and fluffy, about 5 minutes.

Stir the flour and baking powder together in a separate bowl, then add the cold water and mix well. Gently fold the egg mixture into the flour mixture, being careful not to overmix.

Spread the batter evenly onto the prepared pan and bake for 5 minutes or until the cake bounces back when touched.

Remove the cake from the oven, turn the pan upside down onto a damp cloth, and carefully peel off the waxed paper. Let the cake cool.

Place the raspberries and jam sugar in a large saucepan and heat slowly over medium-low heat for about 15 minutes, shaking the pan occasionally without stirring to avoid breaking up the raspberries. Skim off any foam from the surface.

Remove the jam from the heat and let it cool for 15 minutes.

Once the cake has cooled slightly, spread the jam across the cake. Roll the cake gently from one short end to the other, using the cloth to guide the roll. Dust the outside of the cake with icing sugar.

Whip the heavy cream with powdered sugar and vanilla extract until soft peaks form.

Cut the roulade cake into 2-inch (5 cm) slices. Serve each slice with a drizzle of sauce and a dollop of vanilla whipped cream on the side.



Fattiga Riddare

Swedish French toast

Fattiga Riddare, or Poor Knights, is much like a classic French toast, but with those signature baking spices you'll find in many Scandinavian recipes. It's probably more suited for a decadent weekend breakfast than dessert, but either way, they're undeniably delicious.

INGREDIENTS (SERVES 4)

4 slices of white bread
1 egg
1 pinch of salt
3/4 cup (1.8 dl) milk
3 1/2 tbsp flour
1/4 tsp ground cardamom
1 1/2 tbsp sugar
1/2 tsp cinnamon
Butter for frying

TOPPINGS

Syrup (to taste)
Butter (to taste)

INSTRUCTIONS

In a medium bowl, whisk together the milk, egg, salt, flour, ground cardamom, sugar, and cinnamon until smooth.

Dip each slice of bread into the batter, ensuring both sides are evenly coated.

In a frying pan, melt a little butter over medium heat. Fry the soaked bread slices for 2-3 minutes on each side, or until golden brown and crisp.

Serve the toast warm with butter and syrup, or ice cream.

NØRTH / Rhubarb Pie



Rhubarb Pie

Vanilla whipped cream

Ah yes, the old rhubarb! The perfect blend of sweet and tart, here covered with a buttery crust and a crumbly oat topping, and when you add a dollop of vanilla whipped cream, this simple dessert feels instantly fancy. It's proof that rhubarb season deserves to be celebrated—preferably with a fork in hand.

INGREDIENTS

FOR THE CRUST

1 pie crust, homemade or store-bought

FOR THE FILLING

4 cups (500 g) rhubarb, diced

1 cup (200 g) sugar

2 tablespoons (15 g) cornstarch

1 tablespoon (15 ml) lemon juice

1 teaspoon vanilla extract

1/4 teaspoon ground cinnamon

1/4 teaspoon salt

FOR THE TOPPING

1/2 cup (60 g) flour

1/4 cup (55 g) sugar

1/4 cup (60 g) unsalted butter, cold and cubed

1/4 cup (20 g) rolled oats

FOR THE VANILLA WHIPPED CREAM

1 cup (240 ml) heavy cream

2 tablespoons (25 g) sugar

1 teaspoon vanilla extract

INSTRUCTIONS

Preheat the oven to 375°F (190°C). Roll out the pie crust and place it in the pie dish. Trim the edges and prick the bottom with a fork.

Place a piece of parchment paper over the crust and fill with pie weights or dried beans. Bake for 15 minutes, then remove the weights and parchment paper and bake for another 5 minutes until lightly golden. Let it cool slightly.

In a large bowl, combine diced rhubarb, sugar, cornstarch, lemon juice, vanilla extract, cinnamon, and salt. Stir until the rhubarb is evenly coated.

In a separate bowl, combine flour, sugar, and cold butter. Use your fingers or a pastry cutter to mix until the mixture resembles coarse crumbs. Stir in rolled oats.

Pour the rhubarb filling into the pre-baked crust. Sprinkle the crumb topping evenly over the filling.

Bake in the preheated oven for 40-45 minutes, or until the filling is bubbling and the topping is golden brown. Cover the edges with foil if they start to brown too quickly.

In a medium bowl, whip the heavy cream, sugar, and vanilla extract until soft peaks form. Keep chilled until serving.

Let the pie cool slightly before slicing. Serve with a dollop of vanilla whipped cream.

NØRTH / Risalamande



Risalamande

Cherry sauce

A creamy, fluffy rice pudding with the crunch of almonds and a luxurious cherry sauce. It's rich but light, indulgent but still refreshing. Traditionally served during the holidays, it comes with a little bit of fun: there's often a whole almond hidden inside, and whoever finds it gets a special prize.

INGREDIENTS (SERVES 4)

FOR THE RISALAMANDE

2 oz (60 g) pudding rice
 2 cups (5 dl) milk
 2 1/2 cups (6 dl) whipping cream
 1 vanilla pod
 1/2 cup (120 g) almonds, finely chopped
 2 tbsp sugar

FOR THE CHERRY SAUCE

1 1/2 cups (3.5 dl) canned cherries
 1/4 cup (60 ml) cherry liqueur
 1 tbsp potato flour

Remove the vanilla pod and let the mixture cool completely. Stir in the sugar and refrigerate until fully chilled, at least 1 hour, but the longer you chill it the better it will taste.

Whip the cream to soft peaks and gently fold it into the chilled rice mixture. Stir in the finely chopped almonds.

For the cherry sauce, drain the cherries and heat them in a saucepan along with the cherry liqueur. In a small bowl, mix the potato flour with a little water to create a slurry. Gradually add the slurry to the cherries while stirring until the sauce thickens. Remove from heat.

Serve the rice a la mande in bowls with the warm cherry sauce on top.

INSTRUCTIONS

Split the vanilla pod lengthwise with a sharp knife. In a large saucepan, combine the milk, rice, and vanilla pod. Simmer on low heat with the lid on for about 50 minutes until the rice is tender and the mixture thickens.

NØRTH / Tosca Cake



Tosca Cake

Almonds, cream

With a soft, buttery base and a rich almond topping that caramelizes like a boss, this is the kind of treat that feels both homey and kinda fancy. Perfect for a weekend fika or a special dessert, these mini cakes are a great way to enjoy all the flavors of a traditional Tosca cake in a more personal serving size.

INGREDIENTS FOR THE CAKE (MAKES 6 MINI CAKES)

1/2 cup (115g) unsalted butter, melted and cooled
 2 large eggs, room temperature
 1/2 cup (100g) granulated sugar
 1 tsp vanilla extract
 3/4 cup (90g) all-purpose flour
 1/4 tsp salt
 1/2 tsp baking powder
 2 tbsp milk

FOR THE TOPPING

1/4 cup (55g) unsalted butter
 1/4 cup (55g) granulated sugar
 2 tbsp (30 ml) heavy cream
 1 tbsp all-purpose flour
 1 cup (100g) sliced almonds

Divide batter evenly among the tart pans. Bake for 12-15 minutes, or until the edges are set but the center is slightly underdone.

In a small saucepan, melt butter over medium heat. Add sugar, cream, and flour, stirring constantly. Add sliced almonds and continue to stir until the mixture thickens slightly, about 2-3 minutes.

INSTRUCTIONS

Preheat to 350°F (175°C). Butter and flour six mini tart pans (approx. 4 inches / 10 cm).

In a large bowl, whisk eggs and sugar until pale and fluffy. Add melted butter and vanilla, mixing well. Sift in flour, salt, and baking powder, then fold in gently. Add milk and mix until smooth.

Remove cakes from the oven, spoon the almond topping over each. Return to the oven and bake for another 10-12 minutes, until golden brown and the caramel is bubbling.

Let the mini cakes cool in their pans for 10 minutes before transferring to a wire rack. Serve warm or at room temperature with a dusting of powdered sugar and a dollop of whipped cream.

NØRTH / Berry Sauce



Berry Sauce

Berries, sugar, lemon

Summer and early fall is berry season in Scandinavia. During these months, thousands of people from dozens of countries invade the forests to find the finest specimen possible. Lingonberries and blueberries are the most sought after, but cloudbberries, wild strawberries, gooseberries and many more are on the menu. This incredibly simple recipe works with almost any type of berry, just adjust the sugar amounts depending on the tartness of whatever is in season.

INGREDIENTS (MAKES ABOUT 1 1/2 CUPS)

16 oz (450 g) fresh berries (such as strawberries, raspberries, or blueberries)
1/2 cup (1.2 dl) icing sugar
Juice of 1/2 lemon

INSTRUCTIONS

Rinse the berries thoroughly and place them in a saucepan. Add the lemon juice and icing sugar, then gently simmer over low heat for 5-7 minutes, stirring occasionally. The berries should break down slightly and release their juices.

Once the berries are softened, remove from heat and let cool for a few minutes. Press the mixture through a mesh sieve to remove seeds and pulp, creating a smooth sauce. For a more rustic look, stir some of the whole berries back into the sauce after sieving.

Serve warm or chilled.

NØRTH / Warm Cloudberry Jam



Warm Cloudberry Jam

Berries, sugar

One of the most enchanting flavors of my childhood came from cloudbberries. These golden, elusive berries were like a secret from the far north, rare in Stockholm and almost mythical. Even now, their flavor still captivates me—I'll eat them with anything, from croissants to pancakes. But here, they're served the classic way: warm cloudberry jam over creamy vanilla ice cream. Still as magical as ever.

INGREDIENTS (SERVES 4)

1 1/2 lb (680 g) cloudbberries

3/4 lb (340 g) sugar

INSTRUCTIONS

Rinse and clean the cloudbberries. Place them with the sugar in a large saucepan (do not heat), shaking occasionally but not stirring. Let sit in a cool place for 2 hours.

After 2 hours, slowly heat the berries and simmer on low for 20 minutes, skimming off any foam. Let cool slightly, about 5 minutes.

Serve the warm cloudberry jam topped with your favorite vanilla ice cream.

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NORTH

SCANDINAVIANISH HOME COOKING

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