

# THE WILD SIDE

THE WILD SIDE COOKBOOK

JØRGEN KOLDERUP & MARIA JARTMAN



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COOKBOOK



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Play with the ingredients,  
get to know them.  
Take time to understand  
the ingredients and texture.  
Taste along the way. Sooner  
or later, you will eat well.

- Jørgen





## INSPIRATION FROM THE AUTHORS

Our Norwegian ingredients and the Nordic nature deserve a place in the dishes we make. Let the ingredients speak for themselves, without the need for additional flavours. The more flavourful the ingredients, the less you need to add. High-quality raw materials are the key to exceptional cuisine.

We aim to discover the unique and authentic flavours, particularly in the world of vegetables. Embrace the natural shapes and colours of the vegetables. Instead of boiling them in water, consider grilling or roasting them with the skin intact, and then removing the skin afterwards. This helps to preserve the flavours during the cooking process. Don't forget to utilise the vegetable peels: when dried and ground into powder, they delightfully enhance the taste of soups and vegetable dishes. For a delicious meat seasoning, try lightly grilling onion peel before drying it.

To preserve the authentic flavours and textures of the ingredients, avoid overcooking. There are exceptions, such as stews, long-cooked dishes and soups, where cooking enhances the overall flavour. A good fish stew should primarily taste of fish, but can be complimented by spices and dairy products to create a harmonious blend of flavours. Don't hesitate to embrace the full bounty of nature in your cooking. Seaweed, shells, and bones infuse the fish stew with the essence of the sea, while bark and berries add a mountainous touch to a game stew.

Avoid overcooking whenever possible, with the exception of casseroles and crumb pies. Pay close attention to your cooking process and take care of your dishes. Don't rely solely on roasting or cooking times. As a rule, when a dish calls for a 40-minute cooking time, set the alarm for 30 minutes.

It is the subtle touches that make meatballs exceptional and ketchup unnecessary. Put your soul into the process and ask yourself how they can be as good as they can be. Often, the simplest solutions are best; and, therefore, the right thing to do. Lingonberries should be hand-mixed raw with just the right amount of sugar. For pickled gherkins, a splash of lemon and a little water is all that is needed. The cream sauce, which is made from the juices of the meatballs, turns out best if the cream is whisked in towards the end.

Be creative and play with ingredients. What do you have in the fridge? Could moose meat work as a substitute for beef when making a bolognese? You have celeriac, can it be

used instead of carrot? Lots of onions, canned tomatoes, salt, and a little splash of wine. Let it boil, taste along the way, and add a small touch of salt and maybe a little sugar.

You don't have to throw anything away. Freeze the leftover meat sauce and use it in a lasagne at a later date. Feel free to make large portions, as they provide convenient leftovers, that can easily be used in new dishes in the coming days. The extra meat from yesterday is thinly sliced and used in a bookmakers sandwich or as a topping on roasted vegetables. Large portions also mean that you can host unexpected guests for dinner.

Personally, we think that serving hot food on hot plates is crucial. Cold plates can quickly cool down the meal. Put your heart into paying close attention to the small details, and it will make all the difference. Plates can be heated in the oven, dishwasher, or simply by running them under the hot tap.

One secret to sharing a memorable meal with good company is to take care of a large portion of the details beforehand. The meat can be cooked well in advance and cut into thin slices. Then, just before serving, pour over a few spoonfuls of sauce, sprinkle over a little salt, and heat it lightly in the oven. Avoid running a purée through a food mixer with guests in the house. Instead, aim to do it in advance, perhaps the day before, and then heat it up when needed.

Food, much like people, can sometimes be predictable. Place your bets on excellent raw materials and embrace simplicity in your cooking. Utilise quality ingredients to create dishes that resonate with the soul and deliver delightful results.

It's about trusting yourself, it's about wanting to learn, and about experience. Playfully experiment with ingredients, getting to know their nuances. Dedicate time to understanding their textures and flavours, and taste as you go. Through this process, you'll find the joy of preparing delicious meals.

And a gentle reminder: don't feel bound by recipes. Cookbooks are often best used as inspiration. Maybe this one too...



The more the cooks – the better the food.

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## THE ENTHUSIASTIC FOOD HUNTERS

### JØRGEN

I grew up in Son, the pearl of the Oslo Fjord. My father's extreme interest in fishing and gathering infected me at an early age. As a result, I've always been a nature and outdoor enthusiast. My passion for cooking is a result of inspiration from the people around me, including my two grandmothers, who had an incredible love for food, and took pride in serving fantastic dishes. And, not to forget, a good chef friend.

Since 2007, I've been living in Hemsedal. For ten years, I worked as a chef at Harahorn Hotel. Today, I am based at Skigaarden, on the other side of the valley. It is no coincidence that my family and I chose to settle in this small Hallingdal village. The nature here is wild and breathtaking, offering ample opportunities for skiing, hunting, and fishing - making it a perfect place for a chef like me. Here, I am right in the heart of abundant food resources, with easy access to both the Western and Eastern regions of Norway.

#### OSLO - CREATIVE YEARS AS A CHEF

Many different things have inspired and shaped me as a chef. I began my apprenticeship at Hotel Continental in Oslo, where I encountered many skilled individuals. I worked at the palace, participated in competitions, and discovered that cooking is incredibly enjoyable. My apprenticeship left me hungry for more, leading me to spend 5-6 years working at various top restaurants in Oslo.

Later, I was part of starting a small catering company that introduced a new approach to catering: heading into the woods to create nine dishes for ten people, cooking at the homes of affluent ladies in Frogner, and organising large events without proper kitchens. This experience taught me how to improvise and think differently. I also spent some time working at the advertising agency Inkognito in Oslo, where I was involved in food advertising and cookbooks. This showed me the importance of maintaining a consistent theme in one's creations and ensuring that the food looks appealing.

I have learned so much from all of my travels and encounters with diverse food cultures.

– Jørgen

#### OUT ON A FOOD ADVENTURE

During my time with Inkognito, I was working too much and felt the need for a break. So, I set out on a classic backpacking journey with a focus on food. I traveled mostly in Asia, including two months in Japan, and later in Europe, including France. Along the way, I wrote food and travel articles for Inkognito. This was a very adventurous period in my life. I absolutely loved living the somewhat instinctive "chef nomad life" and enjoyed the excitement of traveling. For me, the meaning of life is to live it fully. I believe it's essential to experience new things and taste new flavours.

One of my wildest food experiences was in Sapporo, Japan. Early one morning, I visited a fish market and came across completely raw, live Hokkaido shrimp, I presume. They were served to me in four different ways, lightly brushed with homemade soy sauce. It tasted heavenly and wild! I adore this landscape with its incredibly fantastic ingredients, combined with the art of bringing out flavours in an exceptional way, like with seafood. They have a sweetness on a whole different level. Topped with a bit of salty soy sauce, it's always a winner.

In other words, don't forget to play, have fun, and embark on adventures. I have learned so much from all the travels and encounters with diverse food cultures. It has provided me with new inspirations in my own cooking. Here lies part of the secret in daring to carve one's own path in cooking.

#### HOW TO SURPRISE WITH STEW

I always have a goal of delivering more than what people expect. When I serve reindeer stew, I want every detail to be perfect, which is, of course, easier said than done. It's about thinking through and finding out what the guest expects to receive. So, it's always cool to make it a challenge to deliver something that's a few notches up. One thing is the flavours. If I have also been involved in the slaughtering process, I know where the meat comes from. The dairy products are usually from a nearby farm.

Spruce shoots, berries, and mushrooms are all hand-picked, from the same area where the animal has lived. Creating a story around a dish is extremely important and provides a surprise in itself. We are talking about a total package that should be experienced exceptionally well. Creating something that cannot be found anywhere else can also be surprising.



#### PRESERVE THE NATURAL DETAILS

When working with dinner from Stadt on the West Coast of Norway, I aim for the entire meal to be connected to the surrounding areas. I source the fish and seafood directly from the sea, and I explore what the place has to offer. We're talking about the details - thinking about nuances and shapes of what we serve. In the book, there's a dish with carrots where I focus on preserving the whole carrot as it is. Instead of cutting it up, I maintain its natural shape, achieving a wilder presentation. Aesthetics are essential in my cooking. I always compose with flavours in focus, and then comes the exciting, aesthetic task. Never decorate just for the sake of it, like putting a sprig of thyme on everything you serve. The world has moved beyond that. There should be a common thread from the flavours, through the presentation, to the overall experience. Table setting is also a significant ingredient in a holistic dining experience. A good meal is not just about the food. Every detail matters, and they should feel naturally connected. By authentically tying it all together, we bring life to the meal and ensure the coolest experiences.

#### THE NORWEGIAN NATURE - GOOD AS GOLD

In the autumn, I can sometimes be the sweaty hunter who has walked for six hours without spotting a single bird. Nonetheless, I'm happy in nature no matter what because I am definitely the optimistic type. During

the winter, a ski tour to the summit can lead me to completely lose my way and end up somewhere unexpected. In such situations, it's crucial to find humor and embrace the challenge with a smile.

I take great pride in what I do and what we have here in Norway. I've traveled extensively around the world, but little compares to the rugged Norwegian wilderness and all the wildness it offers. This wildness is also present in our food and has gained prominence through the great Nordic food movement. It's simply an incredible story, well worth telling and showcasing. Thankfully, we've managed to preserve a good portion of nature's wildness in our cuisine.

When I prepare a meal, my focus is on bringing out rich flavours. It's not necessarily about loading up on chili. I'm more concerned with elevating the rough and untamed Norwegian essence. For me, it's crucial to dare to make the food taste genuinely as it should. When grilling, it should genuinely taste grilled, and when something is smoked, it's vital to bring out the smoky flavour. Here, one must find the right ingredients.

#### ROUGH, OUTDOOR COOKING - THE ROOT OF ALL GOOD

When I work outdoors, the focus is on making it even simpler and cleaner. There are many different settings to choose from. Often, I work with a campfire as the heat source. In this context, it's about daring to make it rough and rustic enough. In Norway, we have fantastic root vegetables such as beetroots, celeriac, and parsley roots. They have grown over a long time and developed a thick skin. I place them directly in the embers until they are ready. Using the skin as packaging is daring but fun.

The same applies to meat and fish. Again, making it wild and authentic often leads to success. Here, preparations are even more critical, especially up in the mountains in October. I cut and prepare a lot before the campfire is lit because there is a shorter window to get everything done. I see what's around me. Perhaps I discover a juniper bush nearby, and suddenly the food can be smoked with juniper berries. If I'm lucky, I find berries in the bushes and heather that will always complement the meal. Otherwise, I am a big fan of fully utilising birds and fish. If I have a mountain trout, I use practically the whole fish. The heads turn into delicious broth served alongside the dish, and the skin is fried into crispy chips. The roe can also be used in some dishes. For me, it's about preserving everything, just as our ancestors were masters at doing. It's part of our tradition.

#### THE INGREDIENTS MATTER

I absolutely love super-fresh ingredients. I'm talking about meat and fish that are almost alive, that is, freshly slaughtered or caught. And vegetables, ones that have just been pulled from the ground. Everything can potentially turn into something delicious as long as the ingredients are of good quality. Fresh ingredients in the right season are fantastic. Otherwise, I'm against culinary racism. Anything can be prepared to taste fantastic as long as there's a positive experience surrounding the ingredient. It's essential to be open-minded and not limit oneself to only a few Norwegian ingredients from specific places.

#### THE BLEND OF A TRADITIONAL AND HYPER-MODERN CUISINE

My culinary experiences throughout life have been a good mix of the hyper-modern and the old and romantic. Several times, I've drawn direct parallels to Japan, especially Tokyo. There, I've found a beautiful blend of cutting-edge modernity and futurism, infused with deep-rooted traditions and culture from the past. This combination makes everything ultra-exciting. My goal is to hit somewhere in the middle of this blend with the food I create.

#### THINKING SIMPLY

Sometimes it's wise to prepare things simply. A typical example is a delicious, red wine sauce based on veal. Some people cook it down with flavour reductions, using vegetables, spices, and herbs, or broth bones with spices. This undoubtedly creates many flavours, but often in a somewhat indeterminate direction. Personally, I have a rather straightforward formula: meat broth + red wine + fat. First, you boil the broth solely based on veal bones, until they have the right aroma and consistency of veal. Then, I add red wine for acidity and finish it off with salt to enhance the flavours. Fat adds more richness. Alternatively, Norwegian wild berries provide the same acidity as red wine. For instance, a mixture of lingonberries and blueberries. The most important thing is that you feel confident in what you're doing. Keep it simple, but ensure that all the details are top-notch.

I hope you find excitement in the dishes in this book. May it give you the courage to dare to take your own path in cooking. May it inspire you to embark on small and grand adventures. Remember to have fun in everything you do.





## MARIA

I grew up in Stockholm and Åre. Mum and Dad's interest in food, serving, and table setting rubbed off on me. This legacy, along with the importance of taking care of each other, is something I am passionate about passing on to my descendants and others.



### MY DECORATION-LOVING MOTHER

My mother grew up in Åre, a place we often visited throughout the year. She taught me how to keep warm in the autumn mountains and took me to pick the "gold of the mountains" - the finest cloudberry. As the daughter of a hotel owner, she understood the importance of having a beautiful and representative home. Moreover, she developed an early appreciation for decorative table settings and adorned them with cut flowers, regardless of the season. She also made sure to switch to a smaller vase when only the last fresh flower in the bouquet remained. My mother was a strong female role model, with clear opinions on everything from parenting to being curious about trying new things and sewing her own details on clothes and interiors.

### MY FOOD-LOVING FATHER

Dad frequently cooked at home, a role he always loved. On weekdays, we would often have three-course dinners - a little something to nibble on first, then the main course, and never a meal without dessert. He generally made simple and typical homestyle dishes, which he prepared with his own exciting twist. The meatballs had a homemade brown sauce with lingonberries. He served them with thinly-sliced pickles - pickled but still retaining some crunchiness. The black pudding received the same love: sliced thinly, well-fried, and served with crispy bacon. He cooked the ragout with carrots, mushrooms, and plenty of wine. Dad is the one who made me enjoy every meal of the day. I have often thought about how he always served the food in bowls and forms - nothing straight from the pots.

### LONG LIVE SPONTANEITY

Mum and Dad had the ability to create enjoyable food moments, both as a family and often with relatives and friends. They let me join them in restaurants early on, and I also became part of their social life at home. There was a magical spontaneity in our circles of friends around Stockholm. Several families often travelled together on holidays and spent informal afternoons with adults and children gathered around large tables. Dinners became a significant part of our lives. When we had visitors, Dad loved telling jokes and stories. I remember that Mom and Dad put together two chairs to make a small bed for me in the restaurant, where I could sleep. When I woke up, I was in Dad's warm arms on the way out the door and home. Weekend breakfasts were long. We had half-cut grapefruits and frozen juice that we poured into a decanter. We warmed croissants in the oven. I'm talking about a time when all kinds of electric appliances and gadgets took over the kitchen. Dad was easily persuaded to buy several unnecessary electronic gadgets, but quickly went back to using imagination and classic tools. He realised that the kitchen lost much of its soul. There's something magical about making most things by hand. Conjuring up delightful surprises that add both excitement and atmosphere.

### LEAVING GOOD TRACES BEHIND

Mom also mastered the art of creating a great atmosphere - she knew how to take care of all the cozy nooks and corners of our home - something I have inherited from her. Sadly, mom left us far too early, when I was only 12 years old. I quickly took on the role





of furnishing and decorating the home, as well as setting the tables with placemats and cloth napkins. This made me grow up fast. At the same time, my grandmother was a great support, and she taught me a lot about common sense and etiquette. Not to mention, how to make pork chops and eat "spettkaka" (a distinctive, cone-shaped cake from Skåne that looks like a kranscake, or wreath cake). With my grandmother's Skåne roots, I got to experience "palt" (similar to raspball or komle, a traditional Norwegian dumpling) and many other intriguing homemade dishes.

Meeting Jørgen was really the beginning of a new journey, where my interest in food and hospitality has continued to grow. From my career in film/TV and advertising agencies, I bring with me a creative instinct to make the most out of little. I love that rearranging old furniture in the house can breathe new life into the rooms. A throw blanket or a new cushion can transform a space, and that's exactly how I approach table setting. Mixing different crockery and glasses is also exciting. Various colours and patterns create different moods. Bring out the old together with the new items you've just purchased.

We find happiness not in things, but in pleasant and enjoyable conversation around the dinner table, where good memories are created, and that we can carry with us throughout life.

– Maria

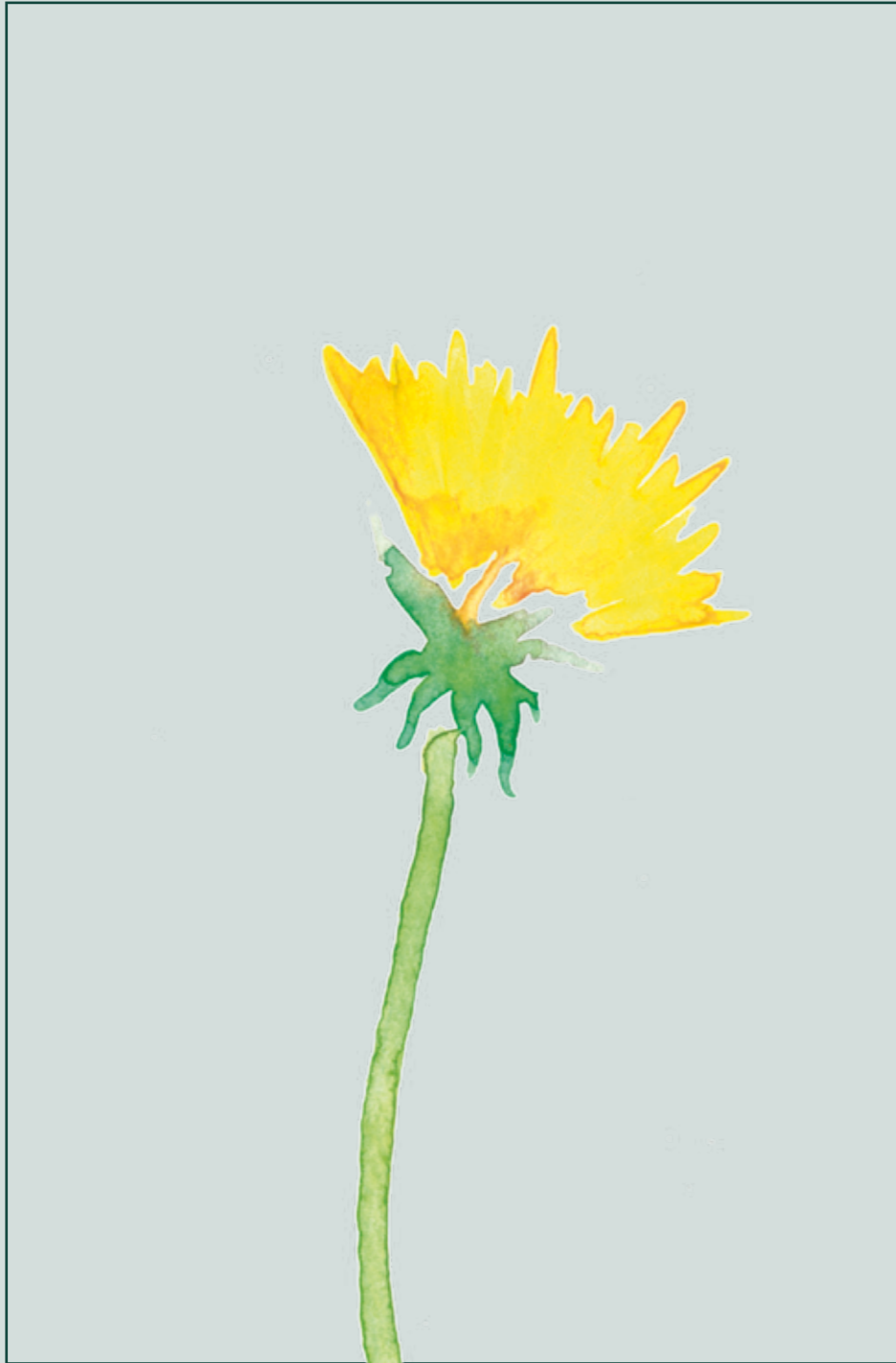
Dad and I also made a nice habit. Before the weekend, we went to Saluhallen – the large food market in the heart of Stureplan in Stockholm. Here, I learned a lot about ingredients from all over the world. This went hand in hand with the fact that we were a family that liked to travel abroad a lot. When we were at home, it was especially fun to explore various food markets, like Saluhallen in Stockholm, brimming with food from different cultures. Today, I love cuisine from all over the world, but I especially have a soft spot for French cuisine, with its ability to truly bring out the flavour in the ingredients. The French do not use a lot of spices, but rely heavily on salt to enhance the taste of the food.

I believe that all the trips we had together were an important inspiration for my mother's table settings and creating a cozy home. My family and our social life were the beginning of my own journey to please people with thoughtfulness, humor, and a well-set table. Today, I see that this has already left an impression on my own children and stepchildren. They willingly lend a hand when dinner preparations are underway. I have started giving them cutlery from Skaugum, which they collect until they "leave the nest." Quality cutlery that can create wonderful experiences around the table in adulthood. Allowing children to collect cutlery or tableware holds sentimental value – it brings back fond childhood memories.

#### **SIMPLICITY IN A HECTIC, EVERYDAY LIFE**

My days are rather hectic, as I live both in London and in Hemsedal. Therefore, I don't always have time to plan dinners or table settings. This is when your creativity can be challenged, and you have to try to create some magic with what you have. I try to teach my children to keep things simple and not be afraid of imperfection. The danger of complexity is that things can lose some of their charm, and the genuine feel behind them. When you have children, you learn that things and possessions can be broken, and must remember that the most important thing is that we have each other. I, myself, am a master of losing things. When it happens, I know from experience that it will turn out ok. We find happiness not in things, but in pleasant and enjoyable conversation around the dinner table, where good memories are created that we can carry with us throughout life. Just like I have done with Grandma's fried pork chops. I hope that my tips for table setting and my recipes in this book can inspire you. Enjoy it, my friends, everything is written with a generous portion of love...





# SPRING & SUMMER

We live in a place where there isn't really a spring; winter turns directly into summer. It's a short and intense period of transition – things sprout and grow at a rapid pace.

It's lovely to walk in the forest when the green colour emerges. The first small shoots on spruce trees are picked and stored in the freezer for use throughout the year. Rowan berry leaf shoots that taste like marzipan. The first tender summer vegetables.

The summer gardening season goes hand in hand with wonderful food experiences. It feels great to be able to use the harvest from both the garden and the wild nature. Especially in the form of various grilling techniques. Our summer is short, very short. That's why we spend as much time as we possibly can on pickling, drying, salting, and – most importantly – freezing it all for later use.



Life is too short to use chemically-purified salt. Go for your best flaked salt to everything.

STARTER OR SNACKS FOR 4

## EARLY SPRING CARROTS DRESSED WITH CLOUDBERRIES AND REDUCED CREAM

### SPRING CARROTS

16-20 small, fresh carrots  
1 L neutral oil

### CLOUDBERRY SAUCE

200 g cloudbberries  
1 tbsp lingonberries  
(Excellent opportunity to use up leftover berries in the freezer.)

### REDUCED CREAM

250 ml cream  
Flake salt

### PREPARING THE SPRING CARROTS

Rinse the carrots in cold water to remove all the dirt. Put the carrots in a pot and add oil to cover. Cook them gently at low heat, just until they are barely tender.

### PREPARING THE CLOUDBERRY SAUCE

Warm cloudbberries and lingonberries in a pot. Blend together with a handheld mixer or similar. Strain the sauce through a sieve and set aside to cool.

### PREPARING THE REDUCED CREAM

Pour the cream into a wide pot. Bring to boil, and let reduce until it starts thickening. Then start stirring with a wooden spoon. Let the cream reduce further, until it starts to caramelize. Leave to cool.

To be served lukewarm or cold. Dress the carrots in the cloudbberries and dizzle with flake salt. Serve with the reduced cream as a dip.





STARTER OR MAIN FOR 4

## VEAL TARTARE WITH EGG MAYONNAISE AND FRIED BIRCH SHOOTS

### TARTARE

300 g of veal or high-quality beef  
Flaked salt  
Olive oil

### MAYONNAISE

4 egg yolks  
Flaked salt  
A few drops of lemon juice  
1 dl sunflower oil  
2 tablespoons browned butter

### BIRCH SHOOTS

Two handfull birch shoots  
Neutral oil for frying  
Salt

### FIREWEED

4 Fireweed stalks,  
picked early in the spring  
Flaked salt

### PREPARING THE TARTARE

Finely chop the meat and season with flaked salt and olive oil.

### PREPARING THE MAYONNAISE

In a separate bowl, beat the egg yolks with salt and lemon juice. Gradually add oil while continuing to beat. Finish by incorporating the browned butter and season to taste with salt.

### PREPARING THE FRIED BIRCH SHOOTS

Heat a pan with neutral oil to 160°C and fry the birch shoots for 20-30 seconds. Place them on kitchen paper to drain and sprinkle with salt.

### PREPARING THE FIREWEED STALKS

Slice the fireweed stalks finely, sprinkle with salt and let them sit for 10-12 minutes. Rinse them in cold water.

### TO SERVE

Arrange the seasoned meat on a serving plate, add dollops of the egg mayonnaise, birch shoots, and salted fireweed stalks. Serve with some nice bread or flatbread on the side.





STARTER FOR 4

## GRILLED ASPARAGUS WITH RAMSONS AND SOUR CREAM

20-25 asparagus spears  
1.5 dl sour cream  
10 ramson leaves  
1 dl neutral oil  
5 g salt  
100 g butter  
Freshly baked bread

### PREPARING

Mash or finely chop the ramson leaves and mix with oil and salt. Half of the mixture should be mixed into the butter that will be served with the bread. Peel the asparagus and snap off the bottom part of the stem. Place the asparagus on a hot grill and let it cook until it gains color and is almost soft (do not turn it unless it becomes completely charred).

### TO SERVE

Divide the asparagus between four plates and drizzle with ramson oil and crème fraîche. Serve immediately with ramson butter and bread on the side.



STARTER FOR 4

## ASPARAGUS AND NETTLE SOUP

### SALT-DRIED NETTLE LEAVES

1 L tightly packed nettle leaves  
5 dl salt  
5 dl water

### ASPARAGUS AND NETTLE SOUP

20 pieces asparagus, chopped  
5 shallots, finely chopped  
2 tablespoons butter  
5 dl water  
5 dl cream  
5 dl tightly-packed nettle leaves  
Salt  
Butter

### SMALL BRIOCHE BUNS:

0.5 dl milk, approx. 37°C  
15 g yeast  
500 g flour (Tipo 00)  
6 eggs  
1 teaspoon salt  
30 g sugar  
250 g butter, room temperature

### PREPARING THE NETTLE LEAVES

In a bowl, mix the water and salt together well, until the salt has dissolved. Dip each nettle leaf into the salt solution and place them on a board with parchment paper. Air-dry them in a cool, dark, and well-ventilated area for 1-2 days, or until fully dry.

### PREPARING THE SOUP

Place the asparagus, shallots, and butter in a pot. Cook on low heat until the vegetables are soft, without letting them turn brown. Add water and cream to the pot and bring the mixture to a boil. Blend the soup and nettle leaves together in a blender until smooth. Strain the mixture. If not serving immediately, cool the soup quickly.

### PREPARING THE BRIOCHE BUNS

In a large mixing bowl, combine the lukewarm milk with the yeast and the flour. Mix together to form a dough. Let it rise for about 1 hour, or until it starts to become airy. Place into a dough mixer and add eggs, salt, and sugar. Knead the dough until it becomes soft and elastic, adding chunks of butter towards the end. Let the dough rise until it has doubled in size.

Sprinkle with flour and form into small buns, measuring roughly 5 cm in diameter. Place on a baking tray and let rise again until doubled in size once more. Bake in the oven at 200°C for 7-9 minutes. Allow to cool before serving.

If baked in advance, the buns should be re-heated before serving.





MAIN FOR 6-8

# GRILLED ENTRECÔTE, SUMMER EDITION

## ENTRECÔTE

1 whole entrecôte of veal –  
about 1-1.4 kg  
Salt

Ash of leek (See page 174)

Lots of fresh chives and perhaps  
some other spring herbs

## VEGETABLES

A handful of trimmed  
baby carrots and/or other small,  
fresh vegetables with skin on

## POTATOES

1 kg early potatoes  
Salt, butter and love

## MAYONNAISE

Ramsons, chives or spring onions  
Egg yolks  
Oil, butter or frying fat

## KALE AND BROWNED BUTTER SAUCE

200 g grilled green kale  
400 g veal bullion or  
other good broth  
100 g browned butter  
(See page 174)  
A few drops good vinegar  
Honey and flaked salt

## PREPARING THE ENTRECÔTE

Grill the entrecôte hard on all sides, so that it gets a nice colour/grill  
pattern. Move to the semi-warm area. The core temperature can be  
50°C-56°C when served.

## PREPARING THE VEGETABLES

Grill the vegetables on high heat before moving to the semi-warm area.  
Brush with browned butter and sprinkle over salt just before serving.

## PREPARING THE POTATOES

Boil the potatoes with the skins on in a pot of water, add salt generously.  
When they are cooked, take them out and let them release some steam.

## PREPARING THE MAYONNAISE

Mix or mortar the herbs. Add an egg yolk and drizzle browned butter  
or other good fat in a thin stream--under constant whisking. At desired  
consistency, add salt to taste.

## PREPARING THE SAUCE WITH CABBAGE AND BROWNED BUTTER

Heat the grilled cabbage in veal broth and browned butter. Add a few  
drops of vinegar, honey and flaked salt to taste.





STARTER OR SMALL MAIN FOR 4

## WILD MOUNTAIN TROUT WITH JUNIPER BERRIES AND BUTTER SAUCE

### WILD MOUNTAIN TROUT

4 small fillets of wild mountain trout or similar fish (around 100-150 g pr filet)

Salt and sugar

### JUNIPER BERRIES AND BUTTER SAUCE

30 g soy sauce

10 juniper berries (as fresh as possible), ground

125 g small cubes of tempered butter

100 g fresh green peas

50 g sour cream

4 tblsp roe from the same fish as used in the recipe

Wild herbs and flowers

### PREPARING THE TROUT FILLETS:

Leave the skin on the fillets and divide in two, lengthways. Cover with a 50/50 mix of salt and sugar and leave for 10-14 minutes. Rinse in ice cold water and dry well.

Boil the peas for 20-30 seconds in lightly-salted water. Put them straight into ice water.

Pre-heat an oven to 230°C.

### PREPARING THE SAUCE:

Heat the soy sauce together with juniper berries in a small pan. Start adding the butter slowly, piece by piece, whisking as you go, while keeping the sauce at 50°C. Heat the vegetables in the butter sauce.

Put the fillets into the oven with the skin facing up. Leave for 60-80 seconds, until the skin can be easily removed by hand.

### TO SERVE

Arrange the fish on warm plates. Pour over the sauce, including the peas. Drizzle with sour cream and trout roe. Decorate with wild herbs and flowers.





The fishing in the mountains starts to get good from late June to July. Nothing can compare to the first, nice and fat, mountain trout.



MAIN OR SNACK FOR 4

## TROUT SASHIMI WITH SKIN

SERVED WITH FISH-HEAD BROTH (PREFERABLY RIVERSIDE)

### SASHIMI

1 nice, wild mountain trout – 600g – 1kg

### FISH-HEAD BROTH

The trout head (without the gills) and all the leftover bones

150 ml soy sauce

750 ml water

1 small twig of juniper or pine (optional)

200 ml melted butter (preferably smoked)

1 fresh apple, cut into small pieces

2 tbs lemon or a nice vinegar

Trout roe

Fresh spruce shoots and/or wild herbs from around the area the trout was caught

All ingredients can be mixed together in advance

### PREPARING THE FISH

Use a bread knife (or similar) to scrape off the outer scales, holding the tail as you do so. (Hold the fish by the tail when scraping and do it next to the river, or at least outside!) Gut the fish. Cut out the fillets and slice into thin serving slices. Use the head and bones straight away for the soup.

### PREPARING THE BROTH

Grill or fry the bones and the head to give a nice brown colour. Then cook it in water with soy sauce and a juniper twig. You may use the coffee pot for cooking. Let the mixture simmer for 30-40 minutes, until it smells good. Discard the bones and the head and add melted/smoked butter.

### TO SERVE

Cut the apple into as small of pieces as possible and add something acidic.

Arrange the fillet slices on a flat rock, birch trunk, plate, or something you find useful.

Dollup with sour apple and roe. Serve with warm broth on the side. It can be poured over the fillets or taken as a shot.



# SALTY AND FRESH EXPERIENCES

Fishing, for me, is primarily about the unique experience. Where I fish or what I fish for, doesn't particularly matter. Standing completely alone in a small nook up in the wildest mountains is simply fantastic. Or finding myself on a rocky outcrop along the West Coast of Norway, feeling at one with the surroundings – just taking in the sea air. Fishing is a broad term, especially when it comes to the food aspect. I am driven by the overall experience – that's what makes it optimal.

Let's first talk a bit about fishing, because I am both fascinated and proud of all the fishing possibilities we have here in Norway. Once, I ventured out on a small fishing vessel in Stadt, accompanied by an older fisherman. It was right in the middle of the coldest January, with heavy, sleet storms out at sea. An experience I will never forget. Feeling the weather and the salt spray, chatting away with a true, fishing veteran, pulling up fine cod and gutting it. That's when you realise that you are part of the powerful nature.

## THE WORLD'S MOST EXCITING FISHING COAST

The entire Norwegian coast is truly an adventure in itself, where you can pick and choose among great fishing experiences: from cod fishing in Lofoten, halibut fishing outside Tromsø, to deep-sea fishing in one of our cool fjords.

Deep In the depths you'll find things like golden redfish, monkfish, and other rarities.

Mackerel fishing has been with me since childhood, both with a fishing rod and trolling. Coming across a school of mackerel is great. It's just a matter of casting out and then reeling in, and you can easily fill the boat in a little over an hour. Furthermore, mackerel is a wild and strong fish that provides plenty of action.

## TO EAT WITH GRATITUDE

When we talk about the sea, we must not forget shellfish hunting. I grew up with both lobster and crab fishing, and was often in Sørlandet (the southern coast). In the evenings, we would head out to sea to set traps and fish for crabs. I remember one experience in particular. One late summer night, my friend and I were fishing far out in the archipelago when,





suddenly, a thunderstorm brewed up. There we were, in a small tub of a boat, in the midst of a storm, and extreme weather. We truly got to experience the "Norwegian weather" and weren't feeling very confident, but we managed to safely make it back to shore with the boat full of crabs. Once inside the cabin, we fired up the crab cooker and ate freshly cooked crab all night. I will never forget that feeling of being able to eat with gratitude after coming ashore alive.

#### MENTOR AND TEACHER

I have an uncle who has provided me with many fishing experiences. Cod fishing in the archipelago off Sandefjord was particularly great. His extreme enthusiasm was evident in his catches as well. I remember one time, he fished all night and came back with a huge crate full of massive fish. I thought, damn, it is possible. My uncle also taught me the importance of preserving surplus fish - the ones you don't eat right away. It's always nice to pull out a salted mackerel from the freezer in the middle of winter because it still tastes very fresh. Additionally, memories from the fishing trip resurface - the weather, where you caught the fish, and how it was preserved in brine. It's important and wonderful to hold onto such memories and traditions.

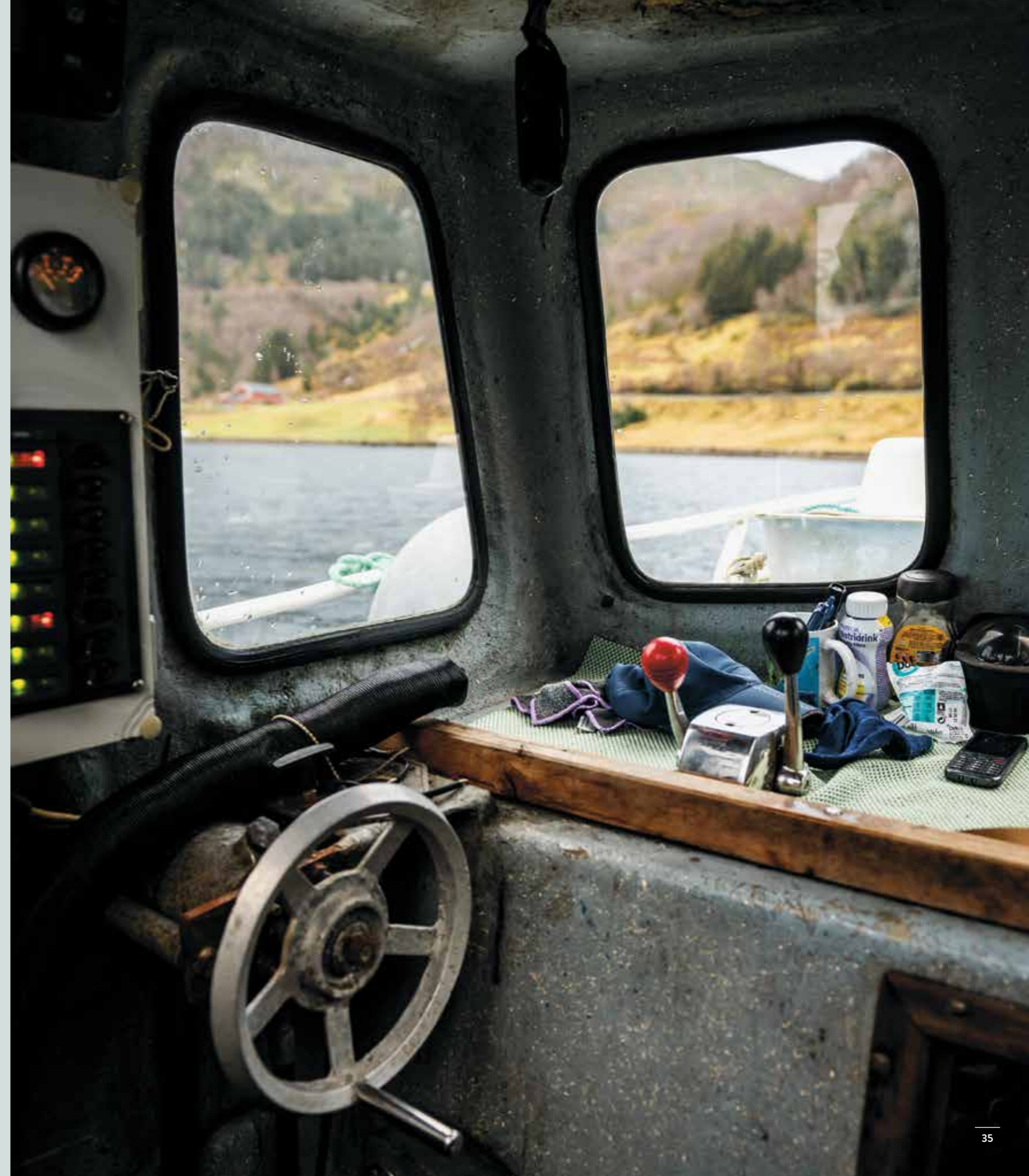
#### OLD, IMPORTANT TECHNIQUES

There is much to learn from the generations before us. Before the advent of the freezer, several different methods were used to extend the shelf life and impart different flavours to the fish. These methods are just as relevant today when you want to preserve your fantastic ingredients. Smoking, salting, curing, pickling, and hanging (drying) are some of the techniques. These are particularly important for those of us serving fish in inland Norway. Take halibut, which is often matured and perhaps lightly smoked. Then it is simmered at low heat in fat. With a sauce based on juniper berries and root vegetables, you get a dish that is easy to serve here in Hemsedal. By the sea, the same dish could be served with sea kale and fresh, blue mussels.

#### FRESHWATER THRILL

For many years, I was a fly fisherman and tied my own flies. Figuring out what the trout had on its menu and then tricking it into biting was high-level excitement. Paradoxically, it was also the drama that led me to put away the fly rod. I got myself a border collie, which decided to start herding the fly. That made things a bit too "exciting", to say the least.

Fishing with a bait-casting rod in water pools is a highlight for me - sneaking up with the rod and dropping a big worm cluster into the depths and then boom! There it is. Ice fishing during the winter is a lot of fun, and salmon fishing is also something you can't avoid. Norwegian wild salmon is simply fantastic. Both the thrill of reeling in a big one on the hook and the quality of the meat, which tends to be firmer and has a nicer taste than farmed salmon. It's good to know that it has spent its life roaming freely. I really hope we can preserve the wild salmon because it provides both great fishing and culinary experiences in this country.







For me, rod fishing takes precedence over net fishing. With nets, you lose a bit of that extreme freshness. Also, catch and release isn't that big of a deal for me... I'm a chef, after all.

#### **POWERFUL AND VARIED FOOD PLATTER**

The meat from different fish species naturally varies, but you can also influence the texture yourself. Halibut is a fish that can benefit from hanging for a short period; for example, a week. This will give it a more mature flavour and a firmer texture. For a long time, the only possible place to fish for dogfish has been in the Sognefjord. In culinary terms, this shark fish is a delicacy with a fantastic texture in the meat. Mackerel is also one of the best things one can get from the sea, especially when it's freshly caught early in the summer. I'm fascinated by the diversity that exists in the sea. There are enormous possibilities for dishes and flavour variations. It's essential to open your field of vision and just experiment.

#### **SMALL AND RAW**

I am passionate about preserving some of the rawness found in nature. To feel the wild character that resides within. Take a freshly-caught small trout from the

purest mountain water you can imagine. In my view, the most exquisite flavour one can draw from such an ingredient comes from maintaining its natural rawness. This imparts a distinct texture and consistency, evoking elements reminiscent of sushi. If you top it with berries and plants found in the surrounding area, you create a special and enhancing experience. It's like eating straight from nature.

#### **NATURAL SPICES OF THE SEA**

For me, I cannot talk about fish without mentioning seaweed and kelp, an absolutely incredible and abundant food resource. We are talking about the natural spices of the sea, as this is the essence of sea flavours. It's just like with berries and plants in the mountains. I have only just begun to explore "the top of the pot", and it's so much fun. I like to use seaweed as a natural flavour enhancer when working with ingredients from the sea. Since I live in Hemsedal, I rarely have fresh access to the spices of the sea. It's usually in dried form. But whenever I get the chance to visit the coast, I make sure to indulge in what's available. Last winter, I came across some fantastic spots out near Stadt. In sheer delight, I hopped around in the Defender and filled it with goodies I could bring home.





Feeling the weather and the salt spray,  
chatting away with a true fishing  
veteran, pulling up fine cod and  
gutting it. That's when you realise that  
you are part of the powerful nature.

- Jørgen



MAIN FOR 4

## SHELLFISH FROM THE GRILL

### SHELLFISH

4-8 raw scallops  
2-4 blanched lobster tails  
(or crayfish)  
4-8 steamed oyster shells  
or large mussels  
Chili oil and salt  
4 barbeque skewers

### APPLE AND CABBAGE SALAD

2 egg yolks  
1 dl oil (possibly mixed with  
2 tbs browned butter)  
2 tbs sour cream  
2 sour apples, in thin strips  
2 dl finely cut sea kale  
or green kale  
2 shallots, finely chopped  
Salt, sugar, and juice of 2 lemons

4 tortillas

### PREPARING THE SHELLFISH

Cut or trim the shellfish so that they are approximately the same size. Thread them on the skewers. Dry the shellfish well with paper towels before they are basted with the chili oil. Sprinkle over salt. Lay them on a very hot wood or charcoal grill until they get colour on the one side. Turn them over and lay them on a cooler area of the grill. Let the shellfish have a raw center when serving.

### PREPARING THE APPLE AND CABBAGE SALAD

Whisk the egg yolks and add the oil in a thin stream, while continually whisking, until it becomes a thick mayonnaise. Mix in the sour cream, apples, cabbage, and shallots. Add salt, sugar, and lemon juice to taste.

Warm the tortillas on the grill right before serving, if you wish.



When you use top-class ingredients from the sea – be careful with the heat temperatures.



DESSERT FOR 4

# RASPBERRIES AND RED CURRANTS WITH SWEETENED SOUR CREAM AND CARAMELISED HAZELNUTS

200 g hazelnuts

50 g sugar

2.5 dl sour cream

3 tbsp mild honey

500 g raspberries

200 g red currants

## PREPARING THE CARAMELISED HAZELNUTS:

Bake the hazelnuts for 10 minutes at 180°C. Cool slightly and shake off the majority of the skins.

Have a plate with baking parchment ready on the side.

Melt the sugar into caramel. Add the hazelnuts and give it a stir or two. Spread everything over the baking parchment and allow to cool.

Mix the sour cream and honey together.

## TO SERVE

Serve the sour cream mixture on 4 cold plates.

Add raspberries, red currants and nuts.

Finish off with flowers or herbs from the garden.







I work a lot with flowers in relation to reinforcing the food with colours. All sauces incorporate the colours in flowers well.

- Maria



#### DESSERT FOR 4

## STRAWBERRIES IN THEIR OWN SAUCE WITH WILD PANSIES AND DOUGHNUTS

### DOUGHNUTS

100 g butter  
200 ml milk  
25 g yeast  
4 tbsp honey  
1 tbsp baking powder  
1 tbsp ground cardamom  
1 pinch of salt  
4 eggs  
600 g wheat flour  
1 L sunflower oil for deep frying  
Sugar for coating

500 g strawberries  
1 tbsp honey

### TO SERVE

4 handfuls of freshly picked wild pansies  
Herb-infused sugar  
(See page 175)

### PREPARING THE DOUGHNUTS

Mix all the dry ingredients in a bowl. Whisk together eggs in another bowl. Melt butter in a large saucepan, add the milk and heat up gently until a little warmer than finger warm. Add all the dry ingredients and eggs and mix well. Transfer the dough to a floured surface and knead lightly. Put the dough back into the saucepan or a bowl, cover with cling film and a kitchen towel and let rise for 30-40 minutes. When the dough has risen, put it onto a floured surface and knead well again before dividing it into two. Roll out using a rolling pin, not too thin, and cut out circles using a glass approx. 3 cm in diameter. Transfer the circles to a baking parchment. Let rest for approx. 20 minutes.

Heat the oil in a deep frying pan. Put the doughnuts carefully into the oil, 4 and 4 at a time. It takes a very short time to fry them, approx. 30-40 seconds on each side, so pay attention. When the doughnuts are golden underneath, turn them over and fry them until the other side is golden, as well. Transfer the cooked doughnuts to a paper towel for excess oil to drain. Fry the remaining doughnuts.

### PREPARING THE STRAWBERRIES

Put  $\frac{1}{4}$  of the strawberries and honey in a food processor or blender and blitz to a smooth purée. Cut the rest of strawberries into pieces and fold them into the purée before arranging onto 4 plates.

### TO SERVE

Serve with freshly-baked doughnuts and the wild pansies.

#### DESSERT FOR 4

## ROWANBERRY LEAF SORBET WITH CARAMELISED HAZELNUTS AND SOFT CHOCOLATE CAKE

### SORBET

1 L tightly-packed rowanberry leaf shoots (picked during spring-time - they taste like marzipan)  
1 L milk  
100 g glucose (available from a pharmacy or specialty store)  
100 g sugar

### HAZELNUTS

250 g hazelnuts  
50 g sugar  
5 g sea salt

### CHOCOLATE CAKE

250 g butter  
250 g dark chocolate (of the highest quality)  
3 dl sugar  
4 beaten eggs  
100 g flour

### PREPARING THE SORBET

Warm the milk to about 90°C. Once it's heated, add the rowanberry leaves and let it cool. Let the mixture stand overnight, then strain it.

Next, warm the glucose and sugar with a portion of the milk, stirring until they dissolve. Once fully dissolved, add the rest of the rowanberry leaf milk. If you have an ice cream machine, transfer the mixture to it and churn according to the manufacturer's instructions. If you don't have an ice cream machine, put the mixture in the freezer and stir it well at regular intervals until it reaches the desired consistency.

### PREPARING THE HAZELNUTS

Roast the hazelnuts in the oven for 12 minutes at 180°C. Remove the skin with your hands. Melt the sugar in a pan until it caramelises. Add the hazelnuts and stir until they are evenly coated. Spread the caramel-coated hazelnuts out on a sheet of baking paper and sprinkle them with salt. Let the nuts cool and the caramel harden before serving.

### PREPARING THE CHOCOLATE CAKE

Melt the butter in a saucepan and then add the chopped chocolate, and mix the two ingredients together until they're fully combined. Pour the chocolate mixture into a springform pan and bake the cake in the oven for 10 minutes at 180°C. Keep in mind that the cake should still be soft and slightly runny at the centre when it's done. Cool down/nearly freeze before cutting the cake into delicate serving pieces.









DESSERT FOR 4

## NATURAL CREAM MOULD ("FLØTERAND")

### CREAM MOULD

6 dl whole milk  
15 unripe juniper berries  
10 spruce shoots  
2 tablespoons honey  
3 sheets of gelatin  
(soaked in cold water)  
1.5 dl yoghurt

### ENGSYRESAUS

2 tightly-packed handfuls  
of meadowsweet or forest  
sorrel leaves  
1.5 dl good olive oil  
10 g sugar  
A pinch of flaked salt

### PREPARING

Crush the juniper berries and warm them together with the whole milk in a saucepan. Let it steep for 15-20 minutes, until the flavor has infused into the milk. Do not boil. Remove the saucepan from the heat and cool slightly. Add honey, finely chopped spruce shoots, and soaked gelatin. Stir until the gelatin has completely dissolved. Let the mixture cool completely and then stir in the yoghurt. Strain away the juniper berries and spruce shoots. Pour the mixture into serving portions and place in the refrigerator for at least 1 hour or until it has set.

Take your meadowsweet or forest sorrel leaves and blend with the olive oil, sugar, and salt in a blender. Strain and use as a sauce.





STARTER OR SNACK FOR 4

## LATE SUMMER SALAD FROM THE GRILL

### BIRD

2 duck breasts, or other bird  
of your choice  
Salt and oil

### SALAD

4 heart lettuces  
Olive oil and salt

### RASPBERRY DRESSING

100 g raspberries  
1 tbsp honey  
100 g olive oil  
A pinch of salt

4 handfuls of your favourite herbs  
and flowers  
200 g raspberries

### TOPPING

Ideally something crispy, such as  
dried kale, croutons, or smashed  
flatbread

Serve with bread or fresh potato  
tortillas on the side.

### PREPARING THE DUCK

Rub salt and oil on the duck breast. Brown it off well on a grill, then move it away from the direct heat to finish cooking gently. Cool slightly and then cut into slices.

### PREPARING THE SALAD:

Cut the heart lettuce into fairly big sections. Grill them well, so that they are almost charred on one side. Place them on a plate and drizzle with olive oil and salt.

### PREPARING THE RASPBERRY DRESSING

Mix the raspberries together with the honey. Press through a sieve, then mix with olive oil and a tiny amount of salt.

### TO SERVE

Place slices of duck breast, fresh raspberries, herbs, and flowers on top of the lettuce. Pour over the dressing and serve immediately.



DESSERT FOR 4

## POLYPODY FERN ROOT PUDDING WITH BERRY SORBET

### PUDDING

4 dl whole milk  
1 dl cleaned and coarsely  
chopped polypody root  
(or, for example, wild celery)  
0.5 dl honey  
2 sheets of gelatine  
(soaked in water)  
1 dl sour cream

### BERRY SORBET

500 g frozen berries  
150 g sugar  
Juice of 1-2 lemons

### PREPARING THE PUDDING

In a saucepan, heat the milk and polypody roots until warm. Allow to steep for 10-15 minutes, without boiling, until the desired flavor is reached. Let the mixture cool slightly. Stir in the honey and gelatine until fully melted. Once the mixture reaches room temperature, gently fold in the sour cream. Pour into glasses and refrigerate for 1-2 hours until firm.

### PREPARING THE BERRY SORBET

Place all of the ingredients in a blender/food processor and blend until smooth. Adjust the taste with lemon juice or sugar, as desired. Serve chilled.



Polypody (a type of fern) is a great flavour enhancer. It contains a substance called osladin which tastes like liquorice. Infusing polypod in milk is a simple technique to extract its flavour, which can also be applied to other plants.





6 BARS

## ENERGY BAR WITH CHOCOLATE

1.5 dl sunflower seeds  
3 dl oats  
1 dl coconut flakes  
12 pitted dates  
2 tbsp honey  
2 tbsp boiling water  
1 dl dried figs  
50 g chocolate of your choice

### CHOCOLATE COATING

100 g dark chocolate

### PREPARING THE BAR

Toast the sunflower seeds, oats, and coconut flakes in a dry frying pan. Mix the dates, honey, and water well, then stir in the toasted ingredients. Finely chop the figs and chocolate and add them to the mix. Form the mixture into rectangles with a height of 2 cm on a cookie sheet lined with parchment paper. Let the rectangles set in the refrigerator before cutting them into pieces.

### PREPARING CHOCOLATE COATING

Melt 100 g of chocolate in a double-boiler on low heat. Dip the rectangles in the chocolate or drizzle the chocolate over the pieces. Place the pieces in the refrigerator to allow the chocolate to set before cutting them into pieces.



## ACCOMPANIMENTS

# BLACK CHOKEBERRY JAM WITH MEADOWSWEET

### JAM

1 kg black chokeberries, also known as aronia  
1 kg sugar  
1 dl water  
2 dl meadowsweet sugar

### MEADOWSWEET SUGAR

1 litre tightly-packed meadowsweet flowers  
5 dl sugar

### PREPARING THE JAM

Clean the berries and rinse well in cold water. Put them in a wide saucepan and heat them to just below the boiling point, until they release their juices. Add the meadowsweet sugar and let it simmer until the juice just begins to thicken. Stir gently, but try to keep the berries as whole as possible. Remove the pan from the heat for a few minutes and remove any foam or impurities that rise to the surface. Pour the berries into hot, sterilised jars. Turn the jars upside down and let them cool.

### PREPARING THE MEADOWSWEET SUGAR

Blend the meadowsweet and flowers in a blender. Spread a thin layer on a silicone or baking mat. Dry overnight. Store in airtight containers.





In Venice, my boyfriend and I ate something totally fantastic. The local owner of the restaurant, Osteria Olivia Nera, served us mozzarella-filled squash flowers, with a touch of orange. This variant of the starter is still my favorite. ...

- Maria

STARTER OR SNACK FOR 4

## FRIED SQUASH BLOSSOMS

12 squash flowers

### FILLING

1 dl fresh cheese curds

1 dl processed cheese,  
finely chopped or grated

1 dl semi-hard cheese, grated

2 tbs grated rosehips or finely-  
chopped sea buckthorn

1 egg white

### DEEP-FRYING BATTER

1.5 dl flour

2 ts baking powder

1 pinch of salt

1 egg

2 ss oil

1/2 dl sparkling water

1 dl pale beer

Oil for deep-frying

### PREPARING THE FILLING

Mix all the cheeses together well. Add the grated rosehips to taste. Whisk the egg white until it foams and mix in. Fill the flowers with the mixture.

### PREPARING THE DEEP-FRYING BATTER

Mix flour, baking powder, and add salt to taste. Stir in egg and oil. Whisk in the sparkling water and pale beer. Adjust with more liquid or flour, if needed. The consistency should be just thick enough that it clings to the flowers.

Dip the filled flowers in the deep-frying batter and deep-fry at around 170°C degrees until light brown and crispy. Let them drain off on paper towels, sprinkle with salt, and serve immediately.







My family and our social life were the beginning of my own journey to please people with thoughtfulness, humor, and a well-set table.

- Maria





## IT'S ALL ABOUT LOVE

In the light and floaty vibe of high summer, you approach the garden party you've been looking forward to for a long time. Upon arrival, you are greeted by a magically decorated table. Rustic and lush are your first impressions. A delightful mix of wooden materials, beautiful stemware, and the wildest bouquets from the flora in and around the forest. The scent of summer flowers blends with a delightful aroma of food. Everything is set for a pleasant mealtime with good drinks, festive atmosphere, and conversations that extend well into the bright night.

I feel really happy inside when I enter such a gathering; I feel so welcomed. To experience genuine love for food, people, and nature. A meal should be enjoyable, whether it takes place indoors or outdoors. The food itself is one thing. It must, of course, be delicious and served with love. But everything tastes much better when it looks beautiful. It's about how you serve the food, what tableware you use, and how you've decorated. For me, it ultimately boils down to it feeling authentic.

You don't need to spend a fortune to create a pleasant dining experience. There are many affordable ways to set the right mood. Several of these approaches don't even involve money. For example, something as simple as using plates and bowls instead of presenting the food in its original packaging. A lot also comes down to creativity, whether you're serving at home or out on a trip.

### AWAY WITH PLASTIC

We live in a plastic society, for better or worse. Plastic gives me a sense of eating unhealthily. That's why I take the food out of all packaging and place it on plates, cutting boards, and in bowls before setting it on the breakfast table. I prefer materials like wood, glass, or ceramics. I love wood – it beats everything. Wooden cutting boards and bowls are incredibly

beautiful, and create a cozy and warm atmosphere. Wooden butter knives are great too. Butter can be placed in a glass or a wooden cup. Here in the north, it never gets too hot, and butter stays much better than in its original packaging. It's also good to cover it with netting or a cotton cloth to keep eager insects away. Additionally, I appreciate proper ceramics that have been fired in a kiln. It's easy to think of the "easy way out" and use plastic, but I avoid that.

### ALL GOOD THINGS COME IN THREES...

When I'm going out on a trip, I eliminate plastic. Think about the environment! Beeswax wraps and food paper are natural alternatives. Single-use plastics have no place in the woods, so I steer clear of plastic cups and plates. Nowadays, there are cups made of wood and various steel options. Wooden plates, cutlery, and spoons are particularly great for the wilderness. It feels more refreshing than using both plastic and steel. Serve the food on wooden cutting boards and in bowls. If it's a "pølsefest" (a sausage party), you can put the crispy fried onions in a wooden cup. Placing food on rocks also creates an authentic wilderness atmosphere. Oh, and by the way, a spruce or pine twig is the ultimate dish brush on tour.





### TREASURE HUNTING IN THE THRIFT STORE

Few things can compare to a grandmother's china set and other inherited items. They ooze history and add that extra touch. If one doesn't have access to such items, one can find many beautiful and affordable pieces in various thrift stores. I like to use different types of porcelain throughout the year, such as during summer and Christmas. I, myself, have collected second-hand porcelain; it is inexpensive and allows for variation, creating a delightful experience while dining. And crockery aside, there are also many other wonderful second-hand discoveries open to you at thrift stores.

### THIS IS HOW WE ROLL OUR TABLECLOTH

When it comes to tablecloths, I never use paper ones, but opt for fabric of various qualities. My mother always liked to roll the tablecloths. After all, the tablecloth looks best when it's properly ironed. If I'm using a linen tablecloth, I choose a more expensive one, because I know I can enjoy it for many years. In the old days, people rolled the wet linen tablecloth onto a mangling board and smoothed it with a mangle roller. If you can get hold of one, it still works wonders. Otherwise, you can go for a manual or electric clothes roller. Genuine fabric tablecloths are the most

beautiful, regardless. In the thrift store, I often find nice tablecloths that can be cut up and used as fabric napkins. I either sew them or use them as they are, without any stitching. Either way, you get beautiful and personalised quality napkins that are not mass-produced. And you know that there is a lot of craftsmanship behind them, from those who made the tablecloth in the first place. My grandmother was also always concerned about napkins when setting the table. A napkin holder with names on it makes it extra personal. There's something about the feeling of pulling a fabric napkin out of the holder. If they are made of fabric, they can be washed and reused, which is good for the environment. That's why I usually stay away from the paper version. For me, household paper towels belong on the kitchen counter.

### NATURALLY ATMOSPHERIC

Pine cones, twigs, rowan berries, summer flowers, stones. I love to use what I find in nature around me when setting up for a gathering. It's the simplest and most affordable way to make a table beautiful. Place wildflowers in vases or scatter them across the table. Tuck a sprig of thyme into the napkin holder. Small, clever tricks that elevate the overall impression in an instant. I like it both sleek and maximalist at the same

time. Decorate a little according to the mood. Go all out with candlesticks and lots of decorations. Embrace the idea that it can be both simple and abundant.

### TABLE SETTING IS ALSO A FLAVOR ENHANCER

It's easy to fall into the trap of thinking that food is solely about taste. But it's so much more. The table setting and all the decorations contribute to enhancing the experience and flavour. The shape of the glass can offer different experiences. A poor-quality knife can ruin the entire steak meal. In other words, if you are not attentive to the table setting, you take away some of the love. Think about the person who has spent a long time cooking. The food is prepared with an abundance of love, so the table deserves a sense of dignity too. It's easier to work magic than you might think. Simple touches can yield magical results as flavour enhancers. Dried flowers or other items placed in the napkin ring, a simple hemp thread tied around the napkin, are just two examples.

### SOME DECORATION EXAMPLES

If turkey with apple stuffing is on the menu, you can, for example, decorate with apples. A basil sprig in the water decanter looks great when serving pasta with pesto. For a fish dish, a fish head definitely enhances the presentation. Lemon, citrus fruit, or dill also work wonders.

When it comes to seafood, seaweed is always a winner, if you have access to it. Fishing net or rope and a fishing hook tied with string around a napkin. Seashells are lovely, especially when there are shellfish on the menu. Stones can also be beautiful, particularly river stones, if you can get them. Writing names on the stones makes it more personal. You can draw your own cards – draw a fish or fish tail at the end of the name. But there are a thousand other ways to decorate. It doesn't have to be marine-themed or blue, even if it's a fish dish. Additionally, fish cutlery is great for serving delicate and fine fish.









### **WINTER - DECORATIVE BRANCHES, PINECONES, AND NUTS**

You can also think seasonally. The winter-themed table can include winter pinecones, for example, from pine or spruce trees. Otherwise, branches with sweet little acorns are very decorative. Chestnuts, walnuts, and spruce branches are also beautiful. You can use bark to write on, such as pine bark or birch bark. During winter, I also work a lot with white, and I always light many candles. For Christmas, red napkins look great.

### **SPRING AND SUMMER - PEAK-TIME FOR FLOWERS**

A spring table offers fantastic opportunities to use fresh spring flowers such as lily of the valley and wood anemones. In the summertime, you can't do without cut flowers. I love wildflowers in all varieties. They look gorgeous in tiny little vases. During summer, there are many edible species, which means that you can also use them in your food. Additionally, you can weave wreaths around the napkin rings, which looks lovely when grilling outdoors. I work a lot with flowers to enhance the food with colours. Sauces tend to beautifully compliment the colours of the flowers.

### **AUTUMN - BERRIES, FRUITS, AND LEAVES**

In the autumn, many leaves transform into pure colour bombs. Moreover, it's the season for fruits, berries, and mushrooms. These make beautiful decorations for an autumn-themed table setting. It's all about bringing life to the entire meal.

### **COME, THE FOOD IS READY!**

Remember to show the food the appreciation it deserves. When called to the table, it should only be done twice at most. The person who has spent time cooking and preparing the meal deserves prompt attendance. "I'll be there in a moment, just need to finish something", is a common response, especially from children. While it may not always be easy, it's essential to show respect for the effort put into cooking and setting up the table.





# TABLE MANNERS

## BEFORE THE MEAL

1. Fold-out the napkin and place it in your lap.
2. Personal belongings (including cell phone) are not to be placed on the table.

## DURING THE MEAL

3. Wait to eat until all the guests are served and the hosts start the meal.
4. Only use your own place settings, and use the "outermost to innermost" principle.
5. Use the cutlery in a continental manner.
6. Chew with your mouth closed.
7. Always send the salt and pepper together.
8. If an object isn't sent directly to a specific person, send from left to right.

## AFTER THE MEAL

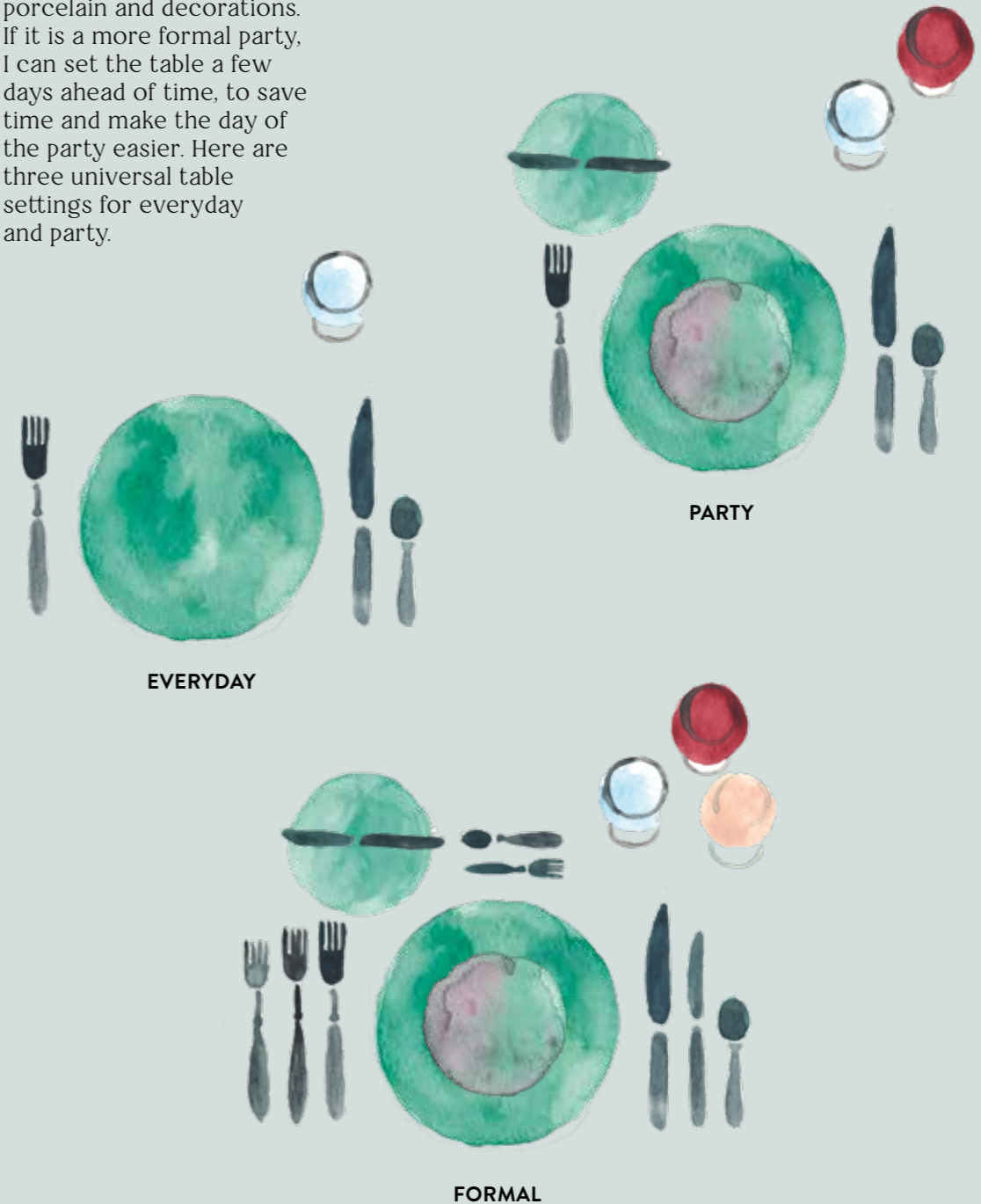
9. When you are finished eating, place the cutlery in such a way to signal to the server that you are finished (gathered nicely at approximately 04:20).
10. Fold the napkin together and place it to the left of your place setting.



Remember to show the food the appreciation it deserves. When called to the table, it should only be done twice at most.

- Maria

Sometimes, table setting and decorating is just like therapy. I first think about how it can look. Then the ideas are put aside to mature a little, before the alternatives are tested out, based on what I have of porcelain and decorations. If it is a more formal party, I can set the table a few days ahead of time, to save time and make the day of the party easier. Here are three universal table settings for everyday and party.







There's something about  
the feeling of pulling a fabric  
napkin out of the holder.

- Maria





# EARLY AUTUMN

In the mountains, autumn bids farewell to summer fairly early. By mid-August, Hemsedal already experiences a noticeable drop in temperature. The hunting season commences in August with roe deer hunting, and September 10th is almost a sacred date for small-game hunters.

Early autumn brings a shift in seasonal produce from summer. The berry season is winding down, except for cloudbberries and lingonberries, while apples, pears, and plums become available.

Farmers across our vast country have had a bountiful harvest, and we once again get access to the finest root vegetables and cabbage products. The wild nature offers its final harvest in the form of mushrooms, lingonberries, and crowberries. Not to mention rowan berries and nuts! Crayfish are caught, and crabs are fished in both lakes and seas. The cool, fresh air makes us long for the colder winter time. But first, we have late autumn ...



# AT ALL TIMES

I love cloudberry-picking trips. Putting on rubber boots and trudging into the woods with long, hopeful strides. The feeling of coming across marshes glowing with yellow, red, and orange hues. Large, tempting cloudberrries. It's just a matter of helping oneself. The largest ones often hide slightly under branches and heather. Time disappears, and thoughts fly in moments like these until you realise the bucket is getting close to being full.

Knowledge of animals and plants has accompanied us throughout all times. Despite living in a barren land with a short growing season, Norwegian foraging culture is rich. Since the Stone Age, we have made use of the wealth that nature has to offer.

Foraging is also a big part of my cooking. It's what makes the dishes unique and ties everything together. Using the flora and other findings from an area along with meat and fish is cool. There's an insane amount of great things out in nature that others don't use. That's why I spend a lot of time in the woods and the wilderness, in the mountains and by the water. If you master the use of nature, you can create fantastic food experiences. Often, I catch myself nibbling on roots, shoots, and plants that I come across. Sometimes, I discover surprisingly new flavours. Like that spring when I first sunk my teeth into newly-sprouted rowanberry shoots. What? Marzipan?!

## SPRING'S FRESH HIGHLIGHTS

When I forage in the forest, purity is my focus. Spring is one of my climaxes. Spring is a true highlight for me. All the fresh growths during this season boast a mild, delicate flavour. As the growing season progresses, the tastes tend to become more robust and slightly bitter. I've already mentioned the shoots from the rowan tree, which can be used to extract an aromatic essence for delightful marzipan ice cream. Another treat is the shoots of fireweed, which flavour-wise are often compared to asparagus.

Perhaps one of my hottest spring favourites is spruce shoots. They provide a powerfully spicy and tangy

taste, reminiscent of pepper. Along with juniper berries, this is the only seasoning that I use in "hallingmat", with salt as a flavour enhancer. Spruce shoots are simply the taste of the forest. Pepper belongs in Asia, and, in my opinion, is unnecessary in Norwegian wild dishes. You have to be quick, because the "spruce shoot period" is short. Many people choose to make syrup from the spruce shoots, but I personally prefer freezing the various shoots whole to retain their natural freshness.

## BERRY BONANZA

In Norway, late summer is high time for berries. During this season, we can harvest blueberries, wild raspberries, cloudberrries, crowberries, and many other delicious berries. I often use many of these berries to enhance flavours. In French cuisine, wine is often added to bring out acidity, especially in sauces. Blueberries, lingonberries, and cloudberrries are excellent substitutes for wine to achieve this acidity. Especially cloudberrries, I use them frequently to intensify flavours. They are fresh, tart, and versatile. Lingonberries are at their best towards the end of autumn. A delightful berry with a bitter and wild taste. Rowan berries have an even more bitter note.

## MUCH ROOM FOR MUSHROOMS

From late summer to early autumn, you can find many exciting mushrooms. One of the most enjoyable aspects of mushrooms is their texture and consistency. I find it very interesting to have a Japanese approach to mushrooms.

## THE VIKINGS WERE CREATIVE

Research shows that the Vikings were more inventive with their food than previously believed. They gathered berries, wild apples, mushrooms, and nuts from the forests. They used a variety of plants and herbs, some of which are now considered weeds, such as yarrow and white goosefoot (spinach family). Yarrow, along with grain and hops, was used for brewing beer. Angelica was also commonly used, with a flavour reminiscent of celery. Many types of onions and herbs were consumed, and seeds of coriander, thyme, mint, and dill from the same period have been found. Wild parsnips and oat grass, a root similar to potatoes, grew in the wild as well. Sea kale, a precursor to cabbage, broccoli, and cauliflower, is another example of a vegetable believed to have been eaten by the Vikings. It is also believed that herbs like spoonwort, caraway, and meum were widely used. Moreover, the Vikings brought back plants like grapes and peaches from warmer regions. To think that the Vikings only raided, ate meat, and drank beer would be too simplistic. The research paints a picture of a rich food culture, where foraging must have been essential.

## FIRST ONE TO THE CLOUDBERRY MARSH

Much has changed over time. People used to live closer to and more in harmony with nature. The knowledge about nature among the general population is less today, and very few take trips out to the blueberry forest. Nevertheless, it seems like foraging is gaining popularity again, so let's hope the trend continues. Paradoxically, both cloudberry marshes and chanterelle forests are often kept secret. One might wonder where on earth this comes from, as we have more than enough nature and forest to enjoy. Is this a Norwegian thing, to keep the "autumn gold" a secret? Personally, I don't get frustrated if I'm not the first one to the bog. And it's probably not the secrecy that causes most people to let vast amounts of edible and sustainable plants go to waste. People would rather buy asparagus from Peru than gather wood sorrel and other delicacies from our own nature. Why is that?

## WHEN NATURE AWAKENS

I, myself, try to make the most of the things growing around me. For someone who works with flavours, it offers so much more to what I do. It's essentially about using the seasons in nature, as each season provides something distinct. Take spring, for example, when everything is tiny







Kan det hende at urtene du finner bak huset ditt, eller i nærmeste skogholt, smaker bedre enn urter som blir fraktet omkring i lastebil?

and delicate. Herbs and plants are at their smallest. I truly encourage everyone to go on a treasure hunt in spring. Just seeing nature wake up from its winter slumber is fantastic. Plants sprout, and trees shoot new buds. It's simply delightful when everything starts to turn green and lush after a long winter. Taking a trip into the woods and nature is like adding a spice to life. It adds extra zest and does something to you.

You never forget the summers as a child, when you discovered the first ripe, wild strawberries, threaded them on a grass straw, and ran home to proudly show off the catch.

– Jørgen

#### SEARCHING IN THE RIGHT PLACES

Useful plants can be found everywhere in various cultural and farm landscapes. From birch-based forests to spruce forests and different biotopes. In moist riverbeds, you'll find the most lush and abundant growth. It's simply about exploring different parts of nature. Over time, one starts to categorise such things, which makes it easier to find what you're looking for. In Hallingdal, the diverse range of elevations leads to a noticeable variation in the progression of nature's growth during the peak of summer, spanning from 200 meters to over 1,000 meters.

#### FOOD FORTUNE AND FOOD MISFORTUNE

When I go on a coastal trip, I always make sure to indulge in seaweed and

kelp. Transporting seaweed over long distances can be challenging, as I experienced last winter. I came across some fantastic seaweed spots out by Stadt. In pure bliss, I darted around in my Defender and filled it with goodies. However, when I got back home, I had trouble with the car, which ended up in the workshop for three to four months. The Jeep was returned to me, and I will never forget the smell that hit me when I "opened the can". Apparently, the

bags hadn't been completely sealed during the journey back home. On the way back, seaweed juice had leaked out and into the soft cloth inside of the Land Rover. There are, indeed, smells one would rather avoid. It's worth mentioning that the seaweed itself was not lost.

#### THE SPICE OF THE SEA

By the sea, there exists "The Great Spice Garden of the Sea". For me, seaweed and kelp have simply become fun, and nothing is poisonous. Everything can actually be eaten, and it is a rich source of antioxidants, iodine, and proteins, among other things. Nevertheless, one should not go completely overboard. Seaweed and kelp can absorb heavy metals and toxins. Just like in the forest, one must focus on purity. The trick is to think

of fresh water and fresh nature. Steer clear of the Inner Oslo Fjord. I have nothing against our innermost fjord arms, but the seawater is much fresher out towards the coast. You should absolutely avoid picking seaweed and kelp that are floating in the water. Spring is the best season for gathering seaweed, and a pair of scissors is a useful tool.

I have stopped getting irritated when the fishing lure gets stuck in seaweed. The times when my catch is replaced with vegetarian food, it will, at worst, put a smile on my face; because there are delicious things at the bottom of the sea. Most of them can be used both fresh and in dried form. If you want a delicious taste of the sea in a sauce for fish or seafood, seaweed is the thing. It's excellent to finely chop as a flavour enhancer. After all, that's often what it's about – infusing as much flavour as you want into dishes.

If we were to highlight a couple of species, you'll find both salt and sugar substitutes. The brown algae bladderwrack is a very common sight on the shore, and an intense flavour enhancer that works well as a replacement for salt. The sugar kelp is the sweet version of the brown algae, but with broader leaves. It's great to wrap around when you're heat-treating, for example, fish. Whether you're grilling, baking in the oven, or boiling, it adds extra flavour. When sugar kelp dries, it often develops a layer of sugar on the outside - the sweetener mannitol.

#### RAMSONS – THE NORDIC ONION

It's probably not without reason that we have a word like "taste buds".\* If you look it up in the Norwegian Academy Dictionary, it's described as follows: onion-shaped group of taste cells on the



soft palate and the tongue. For there's little that tastes as much as onions. Moreover, onions can be used for almost anything. Ramsons are often considered the Nordic onion. They taste absolutely wonderful, somewhere between chives and garlic. If you ask me, I'd rather use ramsons than garlic. The advantage is that it retains its freshness. To preserve as much of the flavour as possible, you shouldn't cook or fry it too much. Unfortunately, ramsons have been over-picked a bit. Therefore, one should not take more than necessary. *\*"smaksløk" in Norwegian; "smak" = taste, "løk" = "onion", so can be translated literally as "taste onion".*

#### THE SCENT OF PLANTS

During harvesting, one can really focus on smell. The fragrance of nature is very important to me. Nothing emits such a beautiful aroma as nature, and I try to use the entire spectrum of scents and flavours. It's always fun to notice the variation in scents based on where you are, the season, and the weather. It's easy to tell when you're approaching a potential cloudberry marsh. Marshes have a distinct scent. The same goes for the smell of wild raspberries. What about a rain-soaked coniferous forest? After a prolonged period of rainfall, it's also easy to detect the smell of mushrooms.

#### TREATS WITHIN REACH

You don't need to travel far and wide or venture out to sea to gather goodies. If you have resources in your garden, I am a big fan of garden foraging. One thing is what you have planted yourself, such as berry bushes, fruit trees, vegetables, and herbs. But have you ever gone on a treasure hunt for wild plants in your garden? Dandelions, yarrow, clover, and many other tasty treats. There are plenty of websites and books to help you get started with the search. Otherwise, I say yes, please, to self-cultivated potatoes, carrots, and other greens. There's something special about what you have worked on and grown yourself.

On the berry front, black currant and gooseberry are two splendid bushes. The value here is much greater than just the berries. Black currant leaves grow early, and the tender, small leaves are great in salads. Otherwise, you can extract oils and use them as flavour enhancers. Not to mention the unripe berries, which have lots of acidity - it's great fun to experiment with them. In short: Use the whole plant, not just the berries or the flowers, for that matter.

#### LOCAL DELICACIES

Throughout our beautiful country, there are producers of quality food. Everything from fine products from mountain farms, like cheese, butter, and sour cream from animals that provide milk, to locally-grown vegetables and herbs. Using such food is also a nice and enjoyable form of "foraging". For me, it feels right and good to use ingredients that you know where they come from.

#### USE THE OLD TRADITIONS

Old food traditions like pickling, salting, smoking, etc., are important. Often, such traditions give the food a unique and authentic essence. Even though these methods are no longer essential for survival, they are deeply ingrained in the Norwegian soul. Every grandmother knew how to preserve the treasures of nature. There's something about incorporating the old methods into modern dishes to showcase the food in a different way. The old food traditions hold great value and are crucial for presenting Norwegian dishes and Norwegian culture. The combination of old traditions and high-quality ingredients inspired by Norwegian nature can achieve a lot!



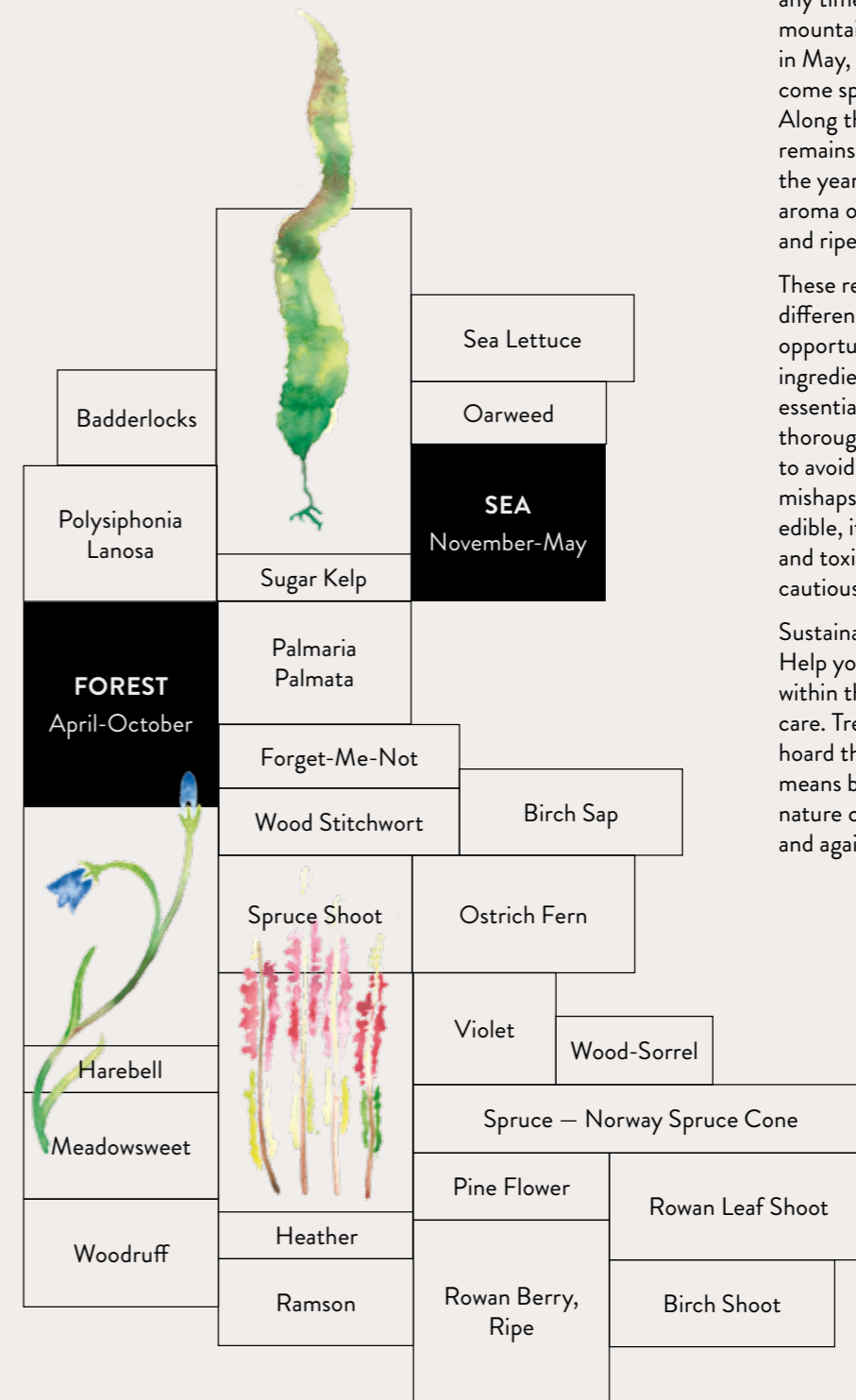
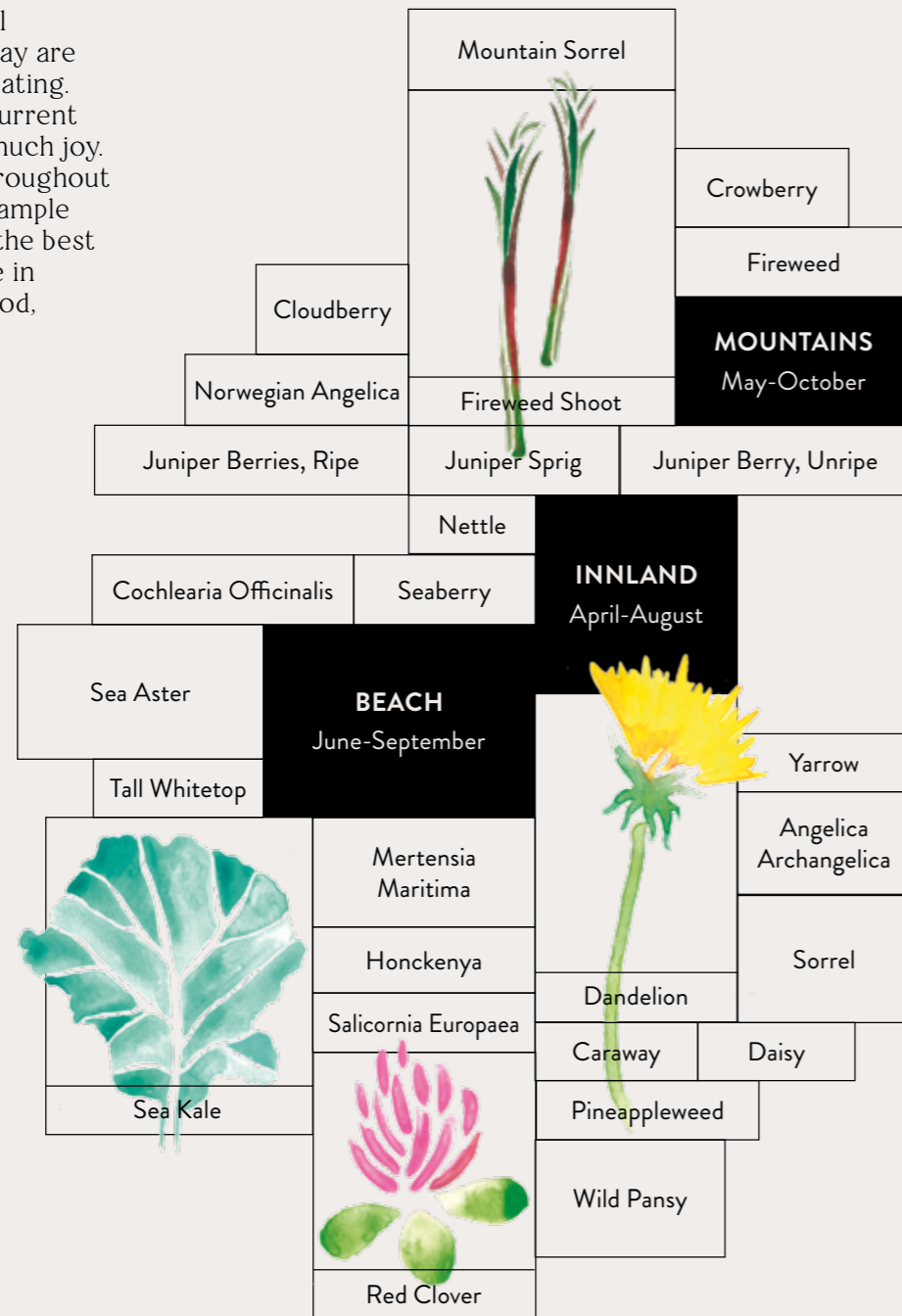
I love the long, late-summer period with berries, while also chanterelles and other forest plants are at their best.

– Jørgen



# FORAGING THROUGH THE SEASONS

The crazy seasonal variations in Norway are exciting and fascinating. Appreciating the current season brings so much joy. Utilising nature throughout the year provides ample inspiration. I seek the best of what is available in terms of hiking, food, and ingredients – in every season.



The weather and climate can vary significantly across the country at any time of year. While the high mountains still experience winter in May, the southern regions welcome spring as early as March. Along the northern coast, the sea remains fresh and cold throughout the year, while further inland, the aroma of warm summer forests and ripened vegetation fills the air.

These remarkable seasonal differences present abundant opportunities for gathering natural ingredients. Nevertheless, it is essential to familiarise yourself thoroughly with various species to avoid confusion and unpleasant mishaps. While much of nature is edible, it also harbours unsuitable and toxic plants that one must be cautious of.

Sustainable foraging is a given. Help yourself to what is ripe, hunt within the legal limits, fish with care. Tread lightly, don't deplete or hoard the resources. Sustainability means balance, and a balanced nature can be foraged from again and again...





STARTER OR SNACK FOR 4

## GRILLED GARDEN FIRSTS

### GARDEN FIRSTS

4 stems of black kale  
4 pods of peas  
1 small yellow squash  
4 small carrots  
2 small broccolinis  
A bunch of small potatoes  
or Jerusalem artichokes  
(Or similar amount  
of other veggies)  
Your favourite oil or  
browned butter

### GRILLED GARDEN PURÉE

500 ml of the trimmings from  
the vegetables (without soil),  
chopped in small pieces  
100 ml olive oil  
100 ml smoked butter  
100 ml water  
Salt

### PREPARING THE GARDEN FIRSTS

Trim the veggies by removing the roots, leaves etc. and rinse them well in cold water (do not peel yet!). Grill them hard over a wood or charcoal fire. They should be coloured, tending to burned. Cool off and trim the vegetables again by taking skin and burns off. Drizzle with olive oil and salt and keep ready to warm up before serving.

### PREPARING THE GRILLED GARDEN PURÉE

Bring vegetable trimmings, olive oil, butter and water to boil. Pour most of the liquid in a blender and start to purée. Add vegetables until it starts to thicken up. Strain back into a pot and adjust with salt.

### TO SERVE

Serve warm on warm plates. Tastes best when looking out in the garden on one of the first autumn days, when it's slightly chilly.

Don't throw away shells or cut-offs from vegetables. It's better to use your time to wash off all of the dirt before they are peeled. Then the cut-offs can be dried and used in broths, or pulverised and used as spices. Or, you can make ash out of the dried peels, or--in the same lane--give it back to the earth in the form of good bokashi-compost. You will receive your own nutritious soil in return.





STARTER OR SNACK FOR 4

## SMOKE-FLAVOURED BABY POTATOES COOKED IN BUTTER

Two handfuls fresh baby potatoes  
250 g butter

20 g wild oregano  
20 g ramson  
50 g olive oil  
Salt

(oregano and ramson may  
be replaced with e.g. chives  
and tarragon)

100 ml mayonnaise  
1 tbsp crème fraîche  
Trout roe (or other favourite  
roe or caviar)  
Crushed black pepper and/or  
ash from leeks (see page 174)

Smoker gun and a glass bowl

### PREPARING

Wash the potatoes thoroughly in cold water.  
Cook them in a pot with butter until soft.

Grind the herbs with a mortar and pestle together with  
olive oil and add salt to taste.

Arrange the potatoes on a plate. Topp with mayonnaise,  
crème fraîche, herbs and roe/caviar. Serve as is – or:

Cover the plate with the glass bowl. Use your smoker gun to fill  
the bowl with smoke. Serve right away and make sure you lift up  
the glass bowl in front of your guests.

If possible, serve potatoes luke warm.



LARGE STARTER OR SMALL MAIN FOR 4

## WHITEFISH IN OWN SOUP WITH FENNEL AND DILL

### SOUP

2 small shallots, finely chopped  
1 small fennel, finely chopped  
1 tbsp butter  
Bones and trimmings from  
2 medium-sized whitefish,  
500-800 g  
1 L milk  
1 L heavy cream  
2 wild garlic leaves (or 2 cloves  
garlic), finely chopped  
2 stems dill, finely chopped  
2.5 dl crème fraîche  
Salt

### FISH

2 fillets of whitefish  
Salt and sugar

1 apple  
1 lemon  
Roe from whitefish or trout

### PREPARING THE SOUP

Heat the shallots and fennel together with butter in a pot. Add the fish bones, milk, and heavy cream. Let simmer for approx. two hours without a lid. Strain the soup into a new pot. Add garlic leaves, dill, and crème fraîche. Mix with an immersion blender and salt and pinch of sugar, after taste.

### PREPARING THE FISH

Cover the fillets in a 50/50 mix of salt and sugar and leave 10 minutes. Rinse in cold water. Peel the apple and cut into pieces (or use a melon baller to make small pearls). Drizzle over the juice from a lemon. Place the fillets skinned side up on a tray. Bake them in the oven at 210°C. Take out and pull the skin off.

### TO SERVE

Arrange the fillets in warm soup bowls with apple and roe.  
Pour in the soup and serve.







FOR APPROXIMATELY 10 GOOD FLATBREADS

## OUR BEST FLATBREAD

### FLATBREAD

250 ml spelt flour  
250 ml finely-ground barley flour  
450 ml plain white flour  
2 tbs honey  
1 tsp salt  
500 ml cultured milk  
(kefir, yoghurt or similar)  
Water to adjust

### PREPARING THE FLATBREAD

Mix all the ingredients together in a large bowl. Knead for about 10-15 minutes until you have a smooth dough. Adjust with flour and/or water along the way.

Roll the dough out to 1 mm (or preferred thickness) on a lightly-floured surface. Heat a dry frying pan, or, even better: a traditional griddle, over medium heat. Fry the dough in the pan until it becomes charred and aromatic on one side, then turn it over cook the other side enough to give it a nice colour. If it isn't totally crispy, you can dry it in an oven at 100 degrees for 20-30 minutes. Ideally, it should be charred, aromatic, crispy, and almost burned. Store dry.

The Norwegian flatbread can serve as a base for many different toppings, and even as a side for most Norwegian-influenced dishes.

### SUGGESTED TOPPINGS

Fermented Norwegian rakfisk and smoked mayonnaise  
Cured pork ribs and sour cream  
Cured salmon, horseradish, and saffron mayonnaise  
Cured elk, mountain berries, and buttered chanterelles  
Thin slices of wild trout with sour cream and green onions  
(such as ramsons)





30 SMALL TORTILLAS

## POTATO TORTILLAS ("LOMPER") WITH ROE

900 g potatoes  
(preferably Asterix or Beate)  
1 tbsp salt  
200 ml wheat flour  
4 tbsp sour cream

100 ml sour cream  
200 ml roe or caviar from your  
favourite fish (see page 175)  
Chives, dill and/or fennel stalks

### PREPARING

Boil the potatoes with skin on. Peel them while they are still warm. Mash them through a sieve or similar. To make the dough, mix the potatoes with salt, flour and sour cream.

Work everything together into a soft dough. Adjust the dough with a few drops of milk or more flour if needed.

On a lightly-floured surface, roll the dough out to 4 mm thick (or preferred thickness of the tortillas). Use a cup or ring to form circles.

Heat a pan, or a traditional griddle, to medium/high heat. Fry the tortillas until they get a nice colour on both sides. Leave to cool under a clean, damp, tea towel, to keep them soft until serving.

### TO SERVE

Arrange the tortillas on a plate and dollop with sour cream, caviar, chives and herbs. Serve at once.



DESSERT FOR 4

## NUT CAKE, BLUEBERRIES, AND SIMPLE, SOUR CREAM ICE CREAM

### SIMPLE SOUR CREAM ICE CREAM

500 ml cream  
300 g condensed milk  
500 ml sour cream

### NUT CAKES

120 g browned butter  
120 g icing sugar  
65 g finely-ground nuts  
30 g flour  
3 egg whites

### TOPPING

Honey and sea salt  
300 g fresh blueberries

### PREPARING THE SIMPLE, SOUR CREAM ICE CREAM

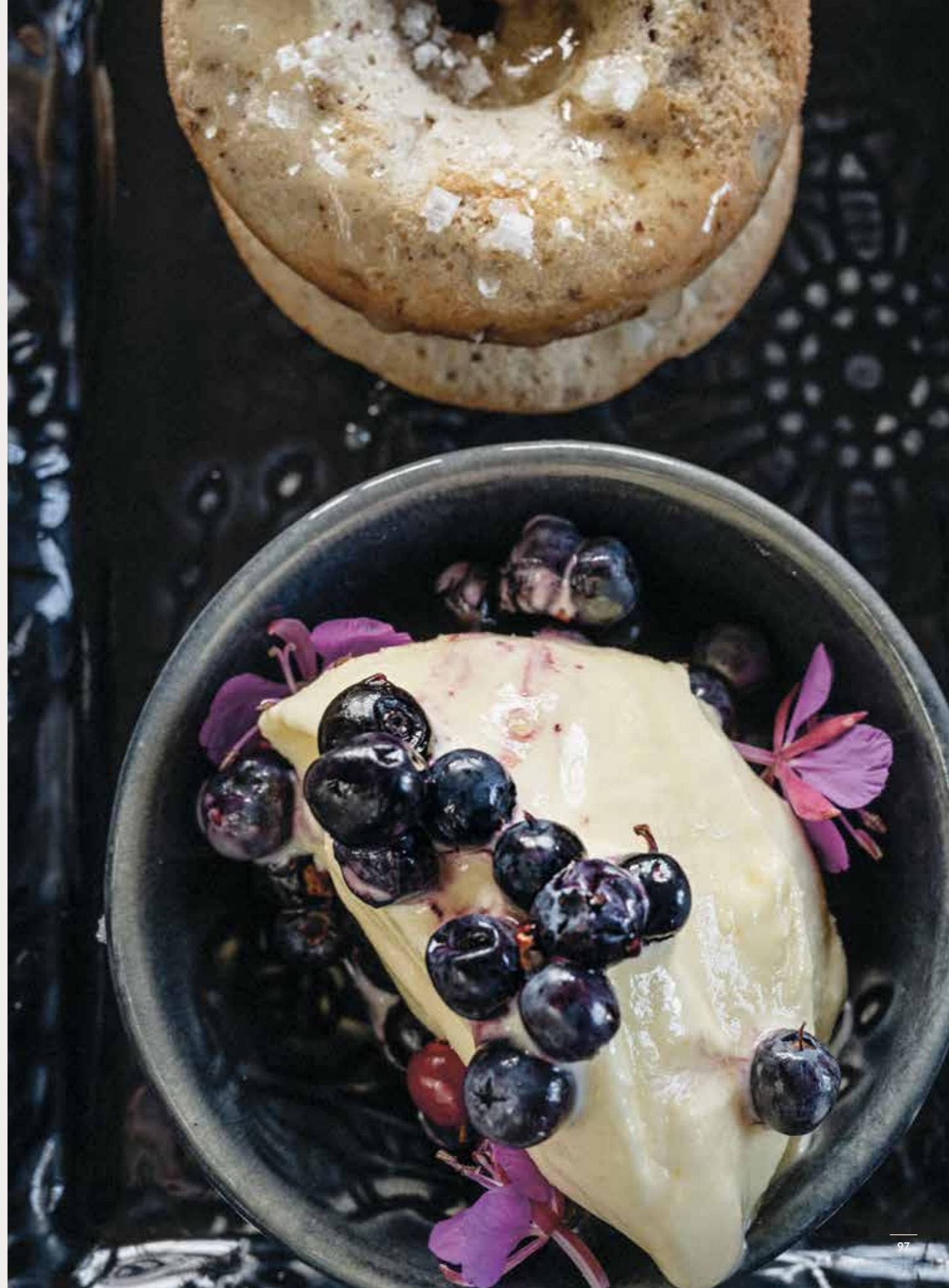
Put the cream and condensed milk together in a bowl and whisk well until the mixture becomes fluffy. Whisk in the sour cream and then put in the freezer until it sets.

### PREPARING THE NUT CAKES

Take all of the ingredients for the nut cakes and mix together. Find some suitable moulds to put them in – small silicone ring/doughnut moulds would be ideal. Fill the moulds with the mixture and bake them at a high heat in a preheated oven (210-215°C) until they are brown on the outside and juicy on the inside. Drizzle honey and salt right before serving.

### TO SERVE

Serve the blueberries and ice cream on ice-cold plates. Warm the nut cakes for 30 seconds right before serving.





I once collaborated with a golden eagle on a grouse hunt in the mountains. After seeing a small group of grouse from a good distance, I decided to crawl around a pile of rocks to get into a proper shooting position. From my new position, I was approximately 15 meters away from the grouse. As I raised my gun and my head above the rocks, a huge golden eagle swooped down without any warning. It snatched one of the grouse in its claws and flew up again. However, after a few meters, it lost its grip on its prey, which tumbled down into a willow bog. Perhaps the golden eagle had spotted me, because it continued flying without engaging in a fight with the grouse. I hurried to the willow thicket, and, after a little searching, managed to retrieve the wounded bird. It was both bloody and disoriented and probably wouldn't have survived the morning. I expressed my thanks to the golden eagle, as the grouse ended up coming home in my bag.

- Jørgen

## INSTRUCTION

# HOW TO CLEAN A PTARMIGAN

Have a grouse shot ("nubbe") ready (recipe to the left)

Place the grouse in a basin or bucket with water to prevent you from filling the kitchen with feathers.

Cut off the outermost joint of the wings and legs. Twist off the tail, and cut off the head.

Starting at the breast, remove the feathers from the entire bird.

Snap the thighs down so that the entire bird lies stable. Open the abdomen and remove all the innards, making sure to keep the heart, liver and gizzard.

Cut off the entire breast with both breast fillets on. Cut off the thighs.

Take the time to remove any small bits of meat that are attached to the carcass.

You should now be left with the breast with the fillets on, both thighs, heart, liver, gizzard, and some small bits of meat. The remaining carcass should be fairly free of any substantial bits of meat.

The only things to be discarded are the feathers and entrails.

### GROUSE SHOT ("NUBBE") FOR CLEANING

7 dl Gin or Aquavit

1 litre of berries picked from the mountains before the grouse hunt begins

1 tbsp honey

Place everything in a bottle and let it age in the cellar for at least 1 year.



MAIN FOR 4

# PERFECT PTARMIGAN BREAST

LINGONBERRY-COOKED PEAR, GROUSE SAUCE, CELERIAC PURÉE, FRIED MUSHROOMS, SMALL POTATOES, CROWBERRIES, BLUEBERRIES AND LINGONBERRIES.

## GROUSE BREAST

2 grouse breasts on the bone  
Butter for frying  
Salt and spruce shoots

## GROUSE SAUCE

Bones and trimmings  
from 2 grouses  
1 bottle of red wine and water  
4 shallots  
100 g of brown goat cheese  
2.5 dl cream  
A handful of berries  
Flaked salt

## LINGONBERRY-COOKED PEAR

500g of lingonberries  
1 dl water  
2 dl sugar  
4 pears

## CELERIAC PURÉE

1 whole celeriac root  
Cream  
Butter  
Salt

## PREPARING THE BREAST

Brown the breasts in a pan with plenty of butter. Transfer them to an oven-safe dish. Bake for 3-5 minutes at 200°C. Let them cool slightly and then slice the breast fillets off the bone. Sprinkle with salt and spruce shoots. Reheat briefly before serving.

## PREPARING THE SAUCE

Put the grouse bones, red wine and shallots in a saucepan. Fill up with water until it covers the bones.

Bring to a boil and let it simmer for 2 hours. Remove the bones and trimmings. Reduce to half. Add the brown goat cheese, cream, and berries. Cook up and let it reduce until slightly thickened. Season with salt.

## PREPARING THE LINGONBERRY-COOKED PEAR

Boil the lingonberries, water, and sugar. Blend with an immersion blender and strain into a new saucepan. Peel the pears and cut into pieces. Cook the pear pieces until tender in the lingonberry juice. They should not boil, but rather simmer.

## PREPARING THE CELERIAC PURÉE

Put the whole celeriac root with the skin on in the oven at 160°C (or on the grill or in a campfire). When the root is soft throughout, remove the skin. Cut the celeriac into pieces and put in a saucepan with cream so it covers. Bring to a boil, then purée in a blender. Season with butter and salt.

## SERVE WITH

Fried mushrooms  
Good potatoes  
Russian peas





DESSERT FOR 4

## TREAK ICE CREAM

### ICE CREAM

1 litre whole milk (goat's milk is preferred)  
100 g honey  
200 g caramel (recipe below)  
A pinch of flaked salt

### JUNIPER BERRY CARAMEL

250 g sugar  
120 g heavy cream  
60 g water  
15 juniper berries, crushed

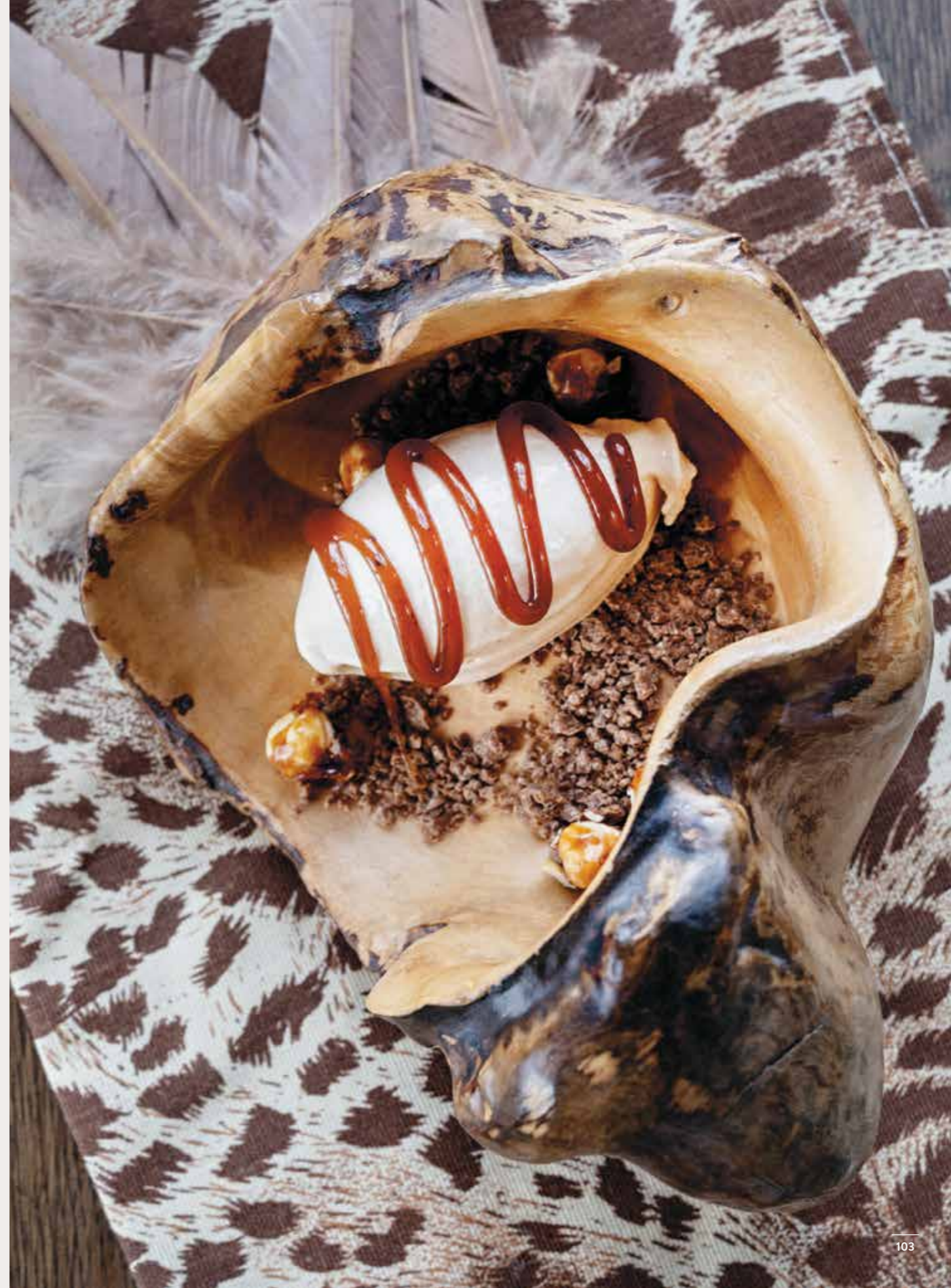
### PREPARING THE ICE CREAM

Combine all the ingredients in a mixing bowl. Pour the mixture into an ice cream machine, and churn according to the manufacturer's instructions. If an ice cream machine is not available, pour the mixture into a freezer-safe container and freeze, stirring occasionally.

### PREPARING JUNIPER BERRY CARAMEL

Cook sugar and water until caramelized. Stir in the heavy cream and juniper berries. Set aside.

Treak – an old Norwegian caramel treat made from boiled juniper berries and sugar – is a fantastic flavour to add to ice cream. Sometimes we make the ice cream with goat's milk, if we have access to it (highly recommended!).





ENOUGH FOR A TABLE OF 10 PEOPLE,  
OR TO FILL THE FREEZER

## SMÅMAT

### BROTH

1 kg of beef chuck roast  
1 lightly salted pork knuckle  
500 g of salted lamb  
("Pinnekjøtt"), diluted  
Bone or trimmings from cured  
ham or cured and dried lamb  
("fenalår")  
10 litres of water

1 kg carrots with peel  
1 kg celeriac with peel,  
cut into large pieces  
About 1.5 kg of fast-cooking  
potatoes, peeled and diced

### ACCOMPANIMENTS

Smoked butter (see page 174)  
Lefsekling with lovage mash (lef-  
sekling with butter and sugar is  
rubbed in with lovage, crushed in a  
mortar or finely chopped).  
Crispy-fried cured ham (thin slices  
of cured ham is fried crispy on  
medium heat in a pan, or at 140-  
150°C in the oven. Cooled on  
paper towels.)

Småmat, Hemsedal and Hallingdal's number 1 traditional dish, is characterised by its rich, flavourful broth, brimming with flavours of meat and cured sausage. It's packed full of neatly cut cubes of root vegetables, meat, and potatoes; and is traditionally served with sweet "lefsekling" on the side. Here is a recipe for a very good variant with new accompaniments.

### PREPARING THE BROTH

Brown the beef well in a pan or on the grill. Place the beef and bones in a large pot. Cover with cold water and bring to a boil. Skim off any fat or bubbles that form on the surface to make the broth clear. Let the broth simmer from morning to evening. When the broth has taken on the flavour of the meat, strain it into a new pot. Save the cooked meat and let it cool under light pressure (e.g. under some plates). Season the broth with salt and let it cool, if it will not be used the same day.

### PREPARING THE MEAT AND VEGETABLES

Roast the carrots and celeriac in the oven at 200°C until soft. Cool slightly and peel off as much of the peel as possible. Cut into small, neat squares. Cut the meat into similarly-sized squares. Rinse the potatoes well in cold water.

Boil them in lightly salted water until soft. Cool in cold water.

### TO SERVE

Warm the broth in a pot. Add meat, vegetables, and potatoes. Serve the småmat when the pot is 90-95°C warm. Serve the accompaniments on a small platter on the side.







Shortcrust pastry is also called tart dough, and is a pretty simple dough of flour, powdered sugar, butter, and egg. The dough is used for many types of cakes, but most often for tarts, biscuits, and pies.

1 PIE

## SHORTCRUST PIE

### SHORTCRUST

250 g unsalted butter, room temperature  
500 g flour  
180 g powdered sugar  
2 medium egg, room temperature  
1 tbs cold water  
0.5 ts salt  
1 ts vanilla sugar

### FILLING

400 g red currants  
400 g vanilla pastry creme  
You can exchange the red currants with other fruits and berries from the garden.

### PREPARATION

Mix butter and flour in a bowl. Crumble the butter into the flour with your fingers. The butter doesn't need to be finely blended; it's not a bad thing if some small bits of butter remain. Add powdered sugar, egg, vanilla powder, and salt. Mix the dough together quickly in a kitchen mixer or knead the dough together by hand. Work the dough as little as possible for best results. Wrap the dough in cling film and let it rest in the refrigerator for at least an hour before use.

Preheat the oven to 200°C with normal over and under heat.

Roll out the pie dough until around 0.5 cm thick. Line the pie pan with the dough and make a nice, even edge. Prick the bottom with a fork. Pre-bake the pie crust 4-5 minutes in the oven. Take out and cool slightly. Put in the vanilla pastry creme and red currants. Bake further for approximately 12 minutes or until the pie has set.

Let the pie cool a little before serving.



DESSERT OR SNACK FOR 4

## SLOW-COOKED PEARS WITH CHEESE AND HONEY

### SLOW-COOKED PEARS

4 pears  
Sugar

8 slices of your favourite cheese  
Honey  
Good olive oil  
Flaked salt

Grated hazelnuts (optional)  
Fresh flowers (optional)

### SLOW-COOKING THE PEARS

Preheat oven to 80°C. Cut the pears in half lengthwise and place them in a baking dish, cut side down. Sprinkle with sugar. Bake in the oven overnight, or until the pears are soft and tender.

Flip the baked pear halves, cut side up, in the baking dish. Drizzle with olive oil, place a slice of cheese on top of each pear half, and finish with a drizzle of honey. Bake at 200°C in the oven until the cheese is melted.

### TO SERVE

Sprinkle with salt and optional grated hazelnuts. Garnish with fresh flowers, if desired. Serve and enjoy!









1 LARGE LOAF

## SOURDOUGH BREAD

400 g flour  
60 g fine rye flour  
35 g whole grain spelt flour  
350 g cold water  
100 g sourdough starter  
with wheat  
(if you don't have yourself, it can  
be purchased in grocery stores)  
10 g honey  
10 g flaked salt

### DAY 1

Mix flour, cold water, and sourdough starter together and let it sit in room temperature for at least 2 hours. Mix in salt and honey. Let the dough sit for 1 more hour.

Wet your hands and fold the dough together in the raising bowl 4-5 times.

Let the dough rise for 2-3 hours until it has risen 1/3.

Fold the dough together 1 more time, and place it in a raising basket. Let the dough sit covered in the refrigerator overnight.

### DAY 2

Heat the oven to 230°C. Place an oven-safe iron pot with lid in the oven until hot.

Take the dough out of the refrigerator and turn the dough out carefully over a baking parchment. Hold the corners of the baking parchment and carefully slip the dough into the pot. Put on the lid and bake the bread for 30 minutes in the oven at 230°C. Turn the temperature down to 200°C and bake for 20 more minutes.

Take the bread out and cool on a rack.

1 FORM

## RIB BRAWN

1 kg pork ribs with rind  
1.25 tbsp salt  
1 tsp pepper  
1 tsp ground cloves  
1 tsp allspice  
1 tsp ground ginger  
5 tsp gelatin powder  
0.5 onion, optional

### PREPARING

Remove the bones with a sharp knife by cutting along both sides of the bones, then underneath, and then removing. Bring some water to a boil and then add the pork rib meat. Let it simmer for about 2 and a half hours.

Mix the spices and gelatine powder together. Finely chop the onion. Line a bread pan (roughly 1 and a half litres in size) with cling film.

Take out the pork meat and let it drain. Remove the rind and slice the pork belly lengthwise while it's still warm. If you let the pork belly cool down a bit, the gelatine will be harder to melt and the rib brawn will not hold together well.

Put the rind in the pan first, add some spice mixture, sprinkle with some onion and add a layer of meat.

Repeat until all the meat, spices, and onion are used. Wrap the cling film over the rib brawn, put 2-3 kilos of pressure on top and put it in the refrigerator until the next day.

When ready to serve, slice the rib brawn into thin slices. It goes especially well with mustard, beetroot and lefse. Rib brawn is a classic, Norwegian, Christmas sandwich topping. In olden days, the whole pig would have been used, and in the traditional brawn, the meat from the head was used.



STARTER OR SNACK FOR 4

## CURED HARE WITH SPRUCE SHOOTS

### MEAT

500 g cleaned hare fillet  
or other game meat

50 g salt

50 g brown sugar

1 good splash of aquavit

A handful of spruce shoots  
(picked in the spring and stored  
in the freezer) – can be skipped,  
or replaced with something else

### SAUCE

1.5 dl sour cream

1.5 dl berries (preferably lingon-  
berries, blueberries, crowberries,  
or cloudberry)

1 dl good olive oil

### PREPARING THE MEAT

Sprinkle salt and sugar over the meat as if seasoning it before cooking. Give it a few drops of aquavit also. Place the meat in a dish and apply light pressure (for example, under some plates, etc.) Let the meat sit in the refrigerator for 2-3 days. Rinse the meat and dry it well. Coat it with finely-chopped spruce shoots just before slicing and serving.

### PREPARING THE SAUCE

Lightly mash the berries. Mix the berry juice with the olive oil. The remaining crushed berries are mixed with sour cream.

### TO SERVE

Serve with good bread, flatbread, lefse, or potato tortillas on the side.

Notice!

The same recipe also works well with grouse breast, venison fillets, or other tender cuts of game.







4 SMALL TARTS

## SIMPLE LEMON AND CLOUDBERRY TART WITH SOUR CREAM

### TARTS

2 sheets of puff pastry  
Baking parchment  
Dried peas  
Egg white and powdered sugar

### FILLING

3.5 dl heavy cream  
9 eggs  
250 g powdered sugar  
Zest of 2 lemons  
220 g lemon juice

### CLOUDBERRY PURÉE

200 g cloudberry  
1 tbsp lingonberry  
50 g powdered sugar

Sour cream and powdered sugar  
mixed with ground cinnamon  
for serving.

### PREPARING THE TART

Roll out the puff pastry to double its size. Prick the dough with a fork and then place over tart pans. Cut away any excess dough. Line with baking parchment and add dried peas to prevent the dough from rising. Bake the tarts in the oven for 12 minutes at 150°C. Remove the baking paper and peas and brush the tarts with egg white. Bake for an additional 10 minutes until crispy. Allow to cool.

### PREPARING THE FILLING

In a saucepan, bring the cream to a boil. In a bowl, mix the eggs, powdered sugar, lemon zest, and lemon juice.

Whisk the cream into the lemon and egg mixture. Fill the cooled tarts with the lemon mixture and bake at 120°C for 20-30 minutes or until the filling has set. Cool.

### PREPARING THE PURÉE

Warm up the cloudberry and lingonberry in a saucepan until they come to a boil. Place into a food processor and blend with powdered sugar. Strain afterwards. Spoon the cloudberry purée on top of the tarts and top with sour cream. Sprinkle with ground cinnamon and powdered sugar before serving.



STARTER OG SNACK FOR 4

## BEETROOT TARTAR WITH FOREST MUSHROOMS

### TARTARE

500 g beetroots, as uniform  
in size as possible

Sea salt and coffee grounds  
from steeping or filter coffee

Good olive oil

Flaked salt

Chives and dill, finely chopped

200 g forest mushrooms  
(preferably porcini as in  
the image)

Butter for frying

### MUSHROOM MAYONNAISE:

100 g fried forest mushrooms,  
cut into pieces

1 egg yolk

1 dl rapeseed oil

1 dl browned butter

Lukewarm water

Flaked salt

### PREPARING THE TARTARE

Place a layer of sea salt on the bottom of a baking tray. Place the beetroots on top, and then prick the skin with a small knife or fork. Cover them as well as possible with the coffee grounds - this gives the beetroot a delicious coffee, almost liquorice-like aroma - in addition, you avoid wasting coffee grounds. Bake the beetroots in the oven at 180°C until they are tender. Allow to cool and peel them. Cut into small pieces and mix with the olive oil, salt, chives and dill.

### PREPARING THE MAYONNAISE

Fry the forest mushrooms in plenty of butter and season with salt. Allow to cool. Use half of the mushrooms to make the mayonnaise, and the rest can be saved for serving. Blend the mushrooms and egg yolk together in a blender. Adjust with a little warm water to make a thin purée. Gradually add the oil and browned butter in a thin stream. Add warm water during the process and at the end to achieve the right consistency. Season with salt to taste.

### TO SERVE

Serve the beetroots and mushrooms on a plate. Top with crispy bread in the form of chips or flatbread.





Stacking bread on a plate isn't very pretty. A bread basket always looks better on the breakfast table. It can also be used for fruit, biscuits, and much more...

1 LOAF

## NO-KNEAD GLUTEN-FREE OAT BREAD

200 g of oats  
150 g of oat flour  
100 g of cornmeal  
15 g of psyllium husk  
25 g of linseed  
1 tsp of salt  
3/4 tsp of dry yeast  
1 tsp of dried fennel seeds  
1 tsp of dried anise seeds  
650 g of room-temperature water (20°C)\*

\*Note that the water should be room temperature or cold, not finger-warm (37°C).

### PREPARING THE BREAD

Coat the inside of a cast-iron Dutch oven pot up to the edge with oil or room temperature butter. Put the dough in the pot and cover it with cling film and a kitchen tea towel, and let it rise on the kitchen counter for 12-18 hours.

Preheat the oven to 250°C. Make three cuts in the bread, and perhaps sprinkle some flour over the top, if you wish to add a little texture.

Place the lid on the pot and put it in the oven on the lowest rack. Bake the bread with the lid on for 30 minutes. Remove the lid and reduce the temperature to 220°C. Continue baking the bread for another 30-45 minutes, until the crust is dark brown and hard. If the bread isn't quite done, return it to the oven for a few more minutes. It's better to bake the bread for a bit longer than to take it out too soon. The total baking time is typically 60-75 minutes.





## ACCOMPANIMENTS

# APPLE JAM

Apples

Sugar or honey (if the apples are very tart)

Vanilla bean — or other good flavoring, like Norwegian Angelica, lightly burned juniper sprig, or pineappleweed.

Choice of apple variety will determine the taste

### PREPARING THE JAM

Peel and chop the apples into small pieces. If you're using unsprayed, organic apples, consider using the skin and seeds in other dishes.

Place the apple pieces and sweetener in a pot and cook over low heat until the juices begin to release from the apples. Increase the heat and cook the mixture until it thickens slightly, stirring frequently towards the end. Pour the hot jam into clean jars, put on the lid, and turn them upside down to seal.

When serving, fold in some finely-chopped, fresh, apple cubes to enhance the texture and taste of the jam.





DESSERT TIL 4-6

## BLUEBERRY OR PLUM CRUMBLE

### DOUGH

1 dl almond flour  
1 dl rolled oats  
3 tbsp sugar  
2 tbsp brown sugar  
150 g butter, room temperature

### BLUEBERRY FILLING

500 g blueberries  
1 tbsp cornstarch  
1 tbsp vanilla sugar  
1 tbsp melted butter  
A dash of rum

### PLUM FILLING

3/4 kg plums, chopped  
1 dl roasted almond flakes  
3/4 kg sugar  
1 tsp cinnamon  
1 tbsp melted butter

### PREPARING THE CRUMBLE

In a mixing bowl, combine the almond flour, rolled oats, granulated sugar, and brown sugar. Add the butter and rub it into the mixture with your fingers until it resembles coarse breadcrumbs. In a separate bowl, mix the ingredients for your chosen filling and then place them in a baking dish. Sprinkle the crumble dough over the filling. Bake in the middle of the oven at 220°C (fan 200°C) for 25-30 minutes.

Serve the crumble warm with lightly-whipped cream mixed with 1 table-spoon of vanilla sugar, or a scoop of good-quality vanilla ice cream.







STARTER OR SNACK

## CURED PORK ("SPIKJIFLESK")

One or more pieces  
of pork belly or ribs

Per kg of meat:  
36 g salt  
10 g brown sugar  
5 g juniper berries, crushed  
5 g star anise, crushed

### PREPARATION

Mix the salt, sugar, and spices together. Rinse the meat in cold water and dry it well. You can either vacuum-seal the meat with the salt and sugar mixture or rub it well into the meat and cover it. Let it rest in a cool place for about 3 weeks, or until the salt mixture has penetrated the meat.

Hang the cured meat up to mature in a cool, dry, and airy place. An ideal spot is a cool storage room, an outbuilding (e.g. a Stabbur – a traditional Norwegian granary), or a well-ventilated pantry. You can regulate the process by using a fan, dehumidifier, or warm water to control the humidity and temperature. The meat should hang until it is fully cured. The curing time depends on the humidity, temperature, and ventilation; but ideally, it should take 3-4 months to develop the best flavor.

### TO SERVE

Slice the finished salt-cured pork into paper-thin slices before serving.



STARTER OR SNACK FOR 4

## CHANTERELLE TOAST WITH GOAT CHEESE AND APPLE JAM

4 slices of good bread  
600g chanterelle mushrooms, cleaned  
2 shallots, sliced  
A small handful of chives, finely chopped  
Flaked salt  
4 slices of ripe, white, goat cheese  
Butter and oil for frying  
Apple jam (see page 122)

### PREPARING THE TOAST

Toast or pan-fry the bread slices with butter until they are golden brown. If the chanterelle mushrooms are large, cut them into smaller pieces. Heat a large frying pan and add a little oil. Add the mushrooms to the pan, being careful not to overcrowd it. For optimal browning, it's best to cook the mushrooms in two separate batches. As the mushrooms start to approach completion, add the shallots and a generous knob of butter. Season with salt and sprinkle with chives just before serving.

### TO SERVE

Arrange the cooked mushrooms on the bread slices and top each of them with a slice of goat cheese (you can warm the cheese in the oven if desired). Add a generous dollop of apple jam on top.







In October, there's a sort of dividing line that brings us into late autumn. We might even experience the first snowfall. Typically, the real cold sets in, and the big game hunting season begins. Elk and deer are taken down with respect and reverence. Reindeer hunters come down from the plateaus almost crawling under the weight of their heavy loads.

You can still find a few funnel chanterelles. The most robust root vegetables and types of cabbage are still in use. It's the dark time of the year, and we crave heartier dishes and stronger flavours on our plates. Suddenly, Christmas is approaching, and we find ourselves in a season where traditions play an even bigger role.

# LATE AUTUMN



STARTER OR SNACK FOR 4

## CURED MOOSE WITH MOUNTAIN BERRIES, HONEY, CHANTERELLES AND CRISPY RYE

### CURED MEAT

Roughly 500 g tender and clean-cut pieces of moose, deer, or reindeer

Salt and brown sugar

Gin

100 g dark rye bread

Olive oil and salt

### CHANTERELLES

200 g chanterelles, or other good mushrooms

Butter and salt

4 blobs of mayonnaise

1-2 handfuls of mountain berries

Heather honey

### CURING THE MEAT

Sprinkle the meat with salt and sugar, as if you were seasoning it before cooking. Add a few drops of gin. Place the meat in a oven form/dish or similar and apply light pressure. Let it rest in a fridge overnight.

Dry it off before slicing thinly.

### PREPARING THE CRISPY RYE BREAD

Break the rye bread into small pieces. Put them on a baking tray and drizzle over olive oil and salt. Crisp it off in the oven on at 135°C (30-40 min).

### PREPARING THE CHANTERELLES

Fry the chanterelles in butter and add salt to taste.

### TO SERVE

Serve the meat slices flat on a plate. Top with blobs of mayonnaise, berries, honey, crispy rye bread, and your choice of herbs and flowers. Additionally, serve with a side of bread and/or soup for a more hearty meal.





STARTER OR SNACK FOR 4

## GRILLED MARROW BONES OF MOOSE

### MARROW BONES

8 medium-sized elk bones, cut lengthwise, 8 medium-sized moose bones, cut lengthwise (or use marrow bones of beef, if you don't have good contacts with moose hunters)

Salt and crushed juniper berries

### KALE

1 stem black or green kale, red onion, or any vegetable you have on hand, finely chopped

4 tbsp lingonberry juice (lingonberry juiced or pressed through a sieve)

1 tbsp wild honey

Flatbread

Sour cream

Pickled berries, marmalade or other sweet 'n' sour

### PREPARING THE MEAT

Fire-up the grill with charcoal or birch wood. Place the bones onto the grill with the marrow facing down, and let them cook until they turn a nice brown colour. Turn them over and heat them through. Finally, drizzle with salt and crushed juniper berries.

### PREPARING THE KALE

Slice the kale into thin strips, then put them into a pan with the lingonberry juice and the wild honey. Allow everything to warm through, but make sure you don't bring it to the boil, as this will destroy the freshness of the kale.

### TO SERVE

Serve with flatbread or slices of sourdough fried in butter, with sourcream and marmelade on the side.





# FROM EXPERIENCE TO FOOD

The Norwegian hunting culture has roots all the way back to the Stone Age. Then, they hunted to survive — today, the nature experience is most important. The hunt is a fantastic way to access the absolute best ingredients, for being able to go out into nature and get their own food is very unique. Not least, preparing for the hunt is special. It's a holiday for both hunter and hound, and the excitement is palpable.

## AT ONE WITH NATURE

The combination of nature experience and hunting cannot be underestimated. For us, it is an opportunity to get close to nature in a truly special way. Moving through the woods and fields, listening to the birds' chirping or the babbling brook, brings a sense of peace and renewed energy that is hard to compare with anything else. In a hunting situation, we learn, above all, to see wildlife and nature with fresh eyes. We experience the excitement and feel connected to everything around us.

## RESPECT AND UNDERSTANDING

Hunting is exciting, and the older we get, the cooler it becomes. Perhaps it's because we develop a deeper understanding of what we're engaged in. One thing is the tradition and history surrounding hunting, which is

both diverse and incredibly beautiful. It's also about respect for nature and the entire process. Respect for all the rules and routines that must be followed. Respect for the welfare of the animals and how to handle a weapon. Respect for others in the hunting team and the sense of belonging is also crucial.

Moreover, hunting gives us a whole different sense of reverence for the ingredients. That's why you don't necessarily have to shoot, even if you are participating. It's about humility towards the quality ingredients and the value they represent. Should one really fire multiple shots at a grouse? A skilled hunter would prefer to take just one shot at their prey. Because hunting is not only about the prey itself but just as much about being present and respecting nature. The beauty is that we can always return to hunting, even if we haven't been active hunters for a long time.





#### **FROM ANIMAL TRAPS TO HUNTING RIFLES**

All over the country, there are historical traces of hunting. High in the mountains and deep in the forests, you can find trapping facilities and animal traps, some of them just as intact as when they were built. Rock carvings of moose and wild reindeer tell the story of how big game provided significant sustenance, and was, therefore, of great importance. These precious cultural heritage sites bear witness to how essential hunting was for our Stone Age hunters.

Snare hunting has been common for small game like grouse and hares since the Middle Ages, but it is now only allowed in limited areas. In our modern times, hunting mostly takes place with hunting rifles and shotguns.

#### **STRICT REGULATIONS AND MANY RULES**

Our hunting tradition is diverse and important to preserve. All wild animals are initially protected throughout the year, and hunting only takes place during limited periods, primarily in the autumn. It is strictly regulated through wildlife laws and specific regulations for hunting and trapping seasons. For instance, hunting is permitted only for specific species.

In Norway, hunting rights are associated with properties. The hunting license serves as proof that you can hunt with the landowner's permission, and, in addition, you must have paid the hunting card fee. If you are a first-time hunter, you need to pass the hunter's exam. If you hunt big game, you must take a shooting test every year. There is also a separate hunting fee for deer, reindeer, and moose. These fees ensure responsible management and good wildlife conservation.

One must also consider the ethical aspect. Hunting entails a significant responsibility to ensure the least possible stress and suffering for the animal. In other words, there is some legislation to familiarise oneself with, but it is entirely manageable.

#### **HUNTING AND MORE HUNTING**

There are many ways to hunt. The most common methods include hunting with dogs, driven hunting, stand hunting, flushing, baited hunting, stalking, and trapping. Hunting is also categorised into big game and small game. In terms of food, most of the big game hunting in Norway involves moose, reindeer, deer, and roe deer. For small game, we primarily refer to hunting hare, ptarmigan, grouse (wood grouse, black grouse, and hazel grouse), but there is also hunting for geese, ducks, woodcock, and waders.

#### **HUNTING FOR SMALL GAME AND MEMORABLE EXPERIENCES**

Hunting is exciting, regardless of what you're hunting. It adds an extra dimension to outdoor life and enhances the feeling of being at one with nature. Hunting is possible almost anywhere – across the plains, high in the mountains, down in the woods, or out along the coast – both domestically and internationally.

For us, small game hunting is the focus, particularly birds, which provides a versatile experience. We





engage in a combination of flushing and dog-assisted hunting. Our favourite is flushing, where we startle the birds without the use of a dog. It adds a real thrill up in the high mountains. Both of us also hunt with a dog. For this to be a rewarding experience, the dog must perform well in the terrain.

I find flushing even more rewarding. Moreover, it offers even better physical activity! When I go hunting with a dog, I mainly use pointing bird dogs like setters, depending on who's accompanying me. My primary pursuit is mountain ptarmigans, although I've also managed to bag a good number of black grouse. Additionally, I proudly hold the record for five double shots on black grouse, yet the big dream to hunt capercaillie remains unfulfilled. While I've encountered several, I've never had the opportunity for a clear shot.

– Jørgen

Our hunting season commences within the forest, where sightings of black grouse or the elusive capercaillie are possible. As we progress into higher terrain, the landscape unfolds before us. Along the forest's edge, we come across willow grouse, which, like other grouse, seek shelter upon our approach. Our pursuit also extends to rock ptarmigans, primarily inhabiting the lofty mountain regions. Differing from willow grouse, these birds take to the skies rather than conceal themselves, making flushing the most suitable approach. Concentration is key, as their flight is sudden and rapid. Being quick on your feet is essential. If there are multiple hunters in the open mountain landscape, we can move in a line, making it easier to locate the birds.

Few things can compare to bird hunting in early autumn, when wild berries and mushrooms can still be found. To enjoy lunch in the great outdoors, with dishes made from freshly-shot game birds, combined with freshly-picked mushrooms, berries, and sauce brought from the backpack – it's truly a privilege. However, guarantees of a successful hunt are never given, so lunch cannot be taken for granted. If you've wandered around the mountains for one, two, or more days, you learn to utilise every part of a grouse.

Norway offers many good possibilities for hunting, and in all variants. But the famous words of wisdom often seem to apply-- there's no place like home--the mountains of Hemsedal.

– Jørgen

Hare is hunted simultaneously with grouse and other landfowl. Some believe that hare tastes too strongly of game and also has a hint of liver. There's no reason for such prejudices. Both hare thighs and fillets can be roasted to medium-rare, just like grouse breasts, and enjoyed with a cream sauce made from the rest of the carcass. A delightful feast in the woods or a Sunday dinner at home with the family.

Both grouse and hare can be hunted throughout the winter. Hunting in the wild winter landscape with the accompaniment of blue-pink winter light is truly unique. An experience that affects you deeply. Winter hunting, however, requires plenty of clothing, warm boots, and a sturdy sleeping bag...

#### HUNTING IN GOOD COMPANY

Social hunting should not be underestimated, either. This form of hunting is very common abroad, but less so here at home. In brief, you lease an area from a landowner and invite others to join in hunting together for a weekend or longer. Often, this is done in connection with a birthday or another occasion worth celebrating. A wonderfully pleasant way to spend time with others. It also offers a superb opportunity for enjoyable nature experiences. Social hunting is organised differently and is a more exclusive form of hunting than the traditional hunting party. We enjoy all forms of hunting. The general understanding and respect for animals and nature are always present. That's why we say: Yes, please, to both types!

My boyfriend and I hunt a lot with friends abroad. These are social hunts that I highly appreciate. These offer a lot of good food together with friends, and ooze of tradition. Social hunting stands out because hunters dress more traditionally. Rituals are also normal, such as the hunting booty being





displayed in the courtyard for everyone to see. Or that each hunter is delegated their post in the terrain by drawing straws of different lengths. The hunting leader is often present with several men and dogs that drive up the birds. It is an honor to be named "hunter of the day". The best hunt for me is for duck or pheasant, in Halland, south of Sweden, with my friends, Carl and Anja. They are very good shots and fantastic hosts.

– Maria

#### A RECOMMENDED TEST OF PATIENCE

Many would argue that hunting is a test of patience. Yes, hunting definitely requires patience. However, it naturally comes when you wander out into nature and enter the flow state. There's truly something unique about hunting your own dinner and being able to choose to eat it right then and there. It feels genuine and close to nature – highly recommended!

## Hunting is more than just culling.

– Maria

#### THE CONTRAST BETWEEN TAME AND WILD

For us, we find a much greater satisfaction in consuming meat that we've hunted ourselves. Our connection to the ingredients transforms when we encounter them in their natural habitat. This sense of respect often extends to the kitchen and our plates. We can't stress this point enough – make the most of every part of the animal. It deserves that. Regardless of whether the meat comes from our own hunting efforts or from others, there's an undeniable sense of joy in enjoying meat from animals that have roamed freely, all the way to our dining table.

When purchasing meat from the store, various concerns and questions usually arise. Where does

the meat come from? How has it been treated and processed? How have the animals lived and grown? What was the slaughtering process like? The contrast between store-bought domesticated meat and wild game from nature is significant. Just as significant as the difference between low-cost industrial mozzarella and a 12-month, well-aged cheese from the small local producer you know has handled the ingredients and processing in the best possible manner.

Without trying to sound arrogant, avoiding avocados from "Farawayistan" is one thing. Venturing out into the field and harvesting your own vegetables is an entirely different matter. In the context of hunting, the contrast is enormous between hitting a flying mountain grouse up in the Hallingdal mountains and simply stopping by the budget store for a freshly-grilled chicken.

Occasionally, we wonder why some people hold prejudices against certain types of food and flavours, such as game meat. Some claim that it "tastes too gamey". However, this is more about how the animal is treated after the slaughter. Game meat is simply some of the finest and purest meat available. We ponder whether the reason behind this is past negative experiences that one hesitates to venture away from. Should people in general be more open to new flavours and dishes with a different taste? It's often the case that unpleasant experiences leave lasting marks that are difficult to overcome. Yet, there's always a way back, taking it step by step.

#### HUNTING - MEMORIES FOR LIFE

Hunting for food in the woods and mountains can be a demanding task, but it's also incredibly rewarding. Being able to sit down and enjoy a delicious meal that you've provided for yourself gives a sense of satisfaction and pride. It's an experience that you'll remember for a long time to come. Such things give meaning to life.

In Norway, we traditionally use a lot of butter and cream in the food. Especially inland.





# PTARMIGAN

When fog spreads over lakes and rivers--the mountain frosts-over. When the fresh autumn air flows through the sweater, and you start to think about filling up the wood shed agin, that's when my best hunting friend, Camilla, calls -- perhaps right after work or on a sunny, autumn morning. Want to go hunting? I'm bringing Tulla and Fendi with me..

The body gets really excited for the rest of the day. My friend has a hunting terrain in the area where I live, where the mountains are a short hour from my front door. The road up to the ptarmigan goes via the forest, under the tree line, where we often find black grouse or capercaillie. Here, you have to be watchfull. Well up in the terrain is where you find the ptarmign.

My interest in hunting came in my 20's; while between 30 and 43, it was only childbirths, family, skiing, and entrepreneurship that took my time. After all of these years, I wanted to be a hunter again.

Well up in the mountains, we see several ptarmigan that press themselves in between the stone slabs over us. Tulla holds point, but I hesitate, and we scare off a flock of 10 ptarmigan. The ptarmigans glide along the ground, swiping silently up to the rock wall, before they swing around a cliff. We carefully sneak after them, as in classic stealth hunting without dogs. Behind the cliff, we quickly eye two ptarmigan, high up in the mountain massif. They are perfectly camouflaged, and hide well, but the ptarmigan heads reveal them. I'm ready with the shotgun--I dare to fire this time, and hit on the first shot. The feeling of being back in the thick of it is indescribable--the instinct and rhythm. We find the ptarmigan, fasten it to the rucksack and quietly leave. Camilla looks proudly at me and knows that now we will hunt together every autumn. The spell is broken. I'm back in the elements that I like the best. Nature and animals!

If you are a new hunter without any booty, it's important that you don't give up. Focus on the fantastic trips you get outdoors, no matter if you come home with dinner or not. Every time that I hunt with Camilla, I get new knowledge, good conversations, and memories for life. Thanks to the joy of common interests. Camilla is also my "wing player" in the mushroom and cloudberry forest. We hunt for everything that can be eaten, pickled, and frozen throughout the whole year--until the next, fresh, frost breath that swipes over the valley.





STARTER OR MAIN FOR 4

# BLOOD PANCAKES, REINDEER TARTARE, CHANTERELLES AND APPLE

## REINDEER TARTARE

200 g reindeer meat of the best quality (filet or thigh)  
Salt and sugar  
Aquavit

## PANCAKES

5 dl blood, preferably from reindeer  
2.5 dl water  
1 tbs honey  
1 tbs salt  
350 g flour  
5 dl browned butter

## CHANTERELLES

200 g chanterelles  
2 tbs butter  
Salt and chives

## ACCOMPANIMENT

Apple jam (see page 122)  
Honey  
Fresh horseradish, grated

## PREPARING THE REINDEER TARTARE

Sprinkle the reindeer fillet with salt, sugar, and a few drops of akevitt. Marinade for a minimum of 30 minutes for up to 2 hours. Rinse and dry. Cut the fillets into thin serving slices.

## PREPARING THE PANCAKES

Mix all the pancake ingredients and fry small, thin pancakes. Keep them soft underneath a cloth after removing from the pan.

## PREPARING THE CHANTERELLES

Fry the chanterelles in a solid amount of butter.

## TO SERVE

Serve the pancakes together with the reindeer fillets, warm chanterelles, apple marmelade, honey, and grated horseradish.







Smoked butter can be used anywhere butter is needed.

MAIN FOR 4

## BRAISED NECK OF LAMB IN ITS OWN JUICES, WITH DILL AND SMOKED BUTTER

### NECK OF LAMB

2 lamb necks, deboned  
(ask your butcher)

Alternatively: replace neck with a shoulder. Same parts from a goat would also work well.

Salt

2 tbsp olive oil

2 tbsp butter

2 whole garlic

6-8 medium-sized parsley roots

4 small white onions

A small bottle of lager beer

Water

50 g smoked butter (see page 174)

### DILL OIL

100 g fresh dill

100 g fresh spinach

100 g sunflower oil

3 g salt

### PREPARING THE LAMB

Trim the lamb with a sharp knife to make it even. Rub it with salt, and then make two nicely rolled-up steaks. Use cooking string to hold them together. Sear the lamb in a pan with olive oil and butter until it turns a nice golden-brown colour.

Take an oven-proof dish and arrange the meat together with the parsley roots (skin on) and onions. Add the beer and water until it reaches half-way up the meat. Cover with a lid or aluminium foil (make sure it's completely covered). Cook in a pre-heated oven at 160°C for 3-4 hours, or until the meat is tender. Pour the remaining stock through a sieve and into a pan. Whip in smoked butter and salt, if needed.

### PREPARING THE DILL

Chop the dill and spinach semi-fine. Heat the oil to approximately 70°C. Mix the oil, herbs, and salt together in a mixer for about a minute. Cool down the oil as fast as possible and strain it.

### TO SERVE

Cut the lamb necks, parsley roots, and onions into serving size pieces. Put them back into the oven-safe dish and pour a few spoonfuls of the sauce over the top. Warm up again at low heat. Just before serving, add the dill oil to the lamb juices. Arrange the meat and vegetables on warm plates and finish off with the sauce. To be served with mashed potatoes or your favourite potatoes on the side.



# THE ESSENTIAL INGREDIENTS

There are truly wild, culinary experiences. Like when reindeer steak is so tender it almost melts on the tongue. Or as a person from northern Norway would say: a beastly good steak! For a chef working with various types of meat, the ingredients are crucial to the final dish. A cut of meat from the leg is completely different from one from the back. Different parts of the animal simply have different qualities. The same applies to birds and fish.







Take any seasoned cabinetmaker, for example. Mastery of the craft is of limited value if the quality of the raw materials is subpar. A skilled carpenter will carefully examine and assess each piece of wood to find the very best one for the purpose. Similarly, for a chef, the quality of the ingredient is a defining factor in the excellence of the end result.

#### PRECISION CONTROL OVER MEAT CUTS

One of the most fascinating aspects of butchering animals is that I have complete control over which cuts I want for different culinary purposes. From a chef's perspective, mastering the art of butchering one's own animal is fundamental knowledge. It provides me with an entirely new understanding of how I can and should prepare food. It all starts with an

animal body, or a fish body for that matter. All the wonderful creatures of Mother Earth utilise their bodies in different ways. Some parts of the body are used more than others. This is also evident in the quality of the meat.

#### WHAT IS MEAT, REALLY?

Meat can be quite perplexing. People often differentiate between meat, poultry, and fish. There's also the distinction between red and white meat, with the latter referring to poultry such as turkey and chicken. Additionally, terms like bird meat and fish meat are used. Nonetheless, the common thread is that it all involves animals; and within their bodies, there exists a meaty composition. These nuances can pose quite a challenge for those in the culinary world.

#### THE FASCINATING STRUCTURE

I believe there's far too little focus on the different parts of a fish. After all, we essentially cut a fish into different parts when cooking it. If you take a cut from the neck, it will have a completely different texture than a piece from the tail. Just think about how much the tail is used, especially in a streamlined and energetic fish like mackerel.

In the case of a bird, the wings contain a lot of muscle. The same goes for the thighs, especially in chickens and other birds that don't fly, in contrast to the breast.

Understanding the anatomy of animals is important when working with food. In four-legged creatures, the front part will be quite different from the hindquarters. The muscles that are used the most are in the front part.

In other words, the meat structure varies in different parts of all kinds of animals. Mainly based on the amount of muscle and fat content. Furthermore, the structure is a combination of thin and long fibers. They crisscross and run in different directions. There will always be differences between larger and smaller animals. This is an invaluable insight to consider when preparing meat.

I suggest starting with smaller animals, like lambs or reindeer calves, to build your skills.

– Jørgen

#### ANYONE CAN LEARN BUTCHERING

Any aspiring home cook with a bit of kitchen space can master the art of butchery. With a genuine passion for creating delicious dishes, the learning curve isn't too steep. The anatomical structure of most four-legged animals is quite similar. Once you've learned how to butcher one type of animal, you can easily apply that knowledge to others. I suggest starting with smaller animals, like lambs or reindeer calves, to build your skills. Alternatively, you can also explore instructional courses available on platforms like YouTube.

When you divide the meat yourself, you'll also find it easier to identify cuts for different purposes. It's about having a fundamental understanding of the raw material you're working with. Determining the quality

of meat becomes much simpler when you master butchering techniques. For me, there's much more intriguing structure in a neck cut than in a lean fillet. In the neck, you have both fat and different muscle types that run in various directions. A fillet is actually quite plain, as it is almost devoid of structure and fat.

#### IT'S ABOUT TIME

Butchery also involves how you assemble your dishes. The art of utilising the bones is part of the butchering process. There's a lot of good meat here that can be used to make broth and preserved. Maximising the use of the animal fosters a deeper respect for, and understanding of, the raw material. Less conventional parts can be used for sausages. If you delve into butchery, you'll also likely move away from ground meat. In ground meat, some less desirable parts are used. It's simply much better to slow-cook, simmer, and shred the meat apart than to grind it for quick frying. Everything comes down to time. The choice between time and knowledge is a matter of prioritisation. I have no doubt about my own choice.

#### BUTCHERS OR STORE ALTERNATIVE

Feel free to visit a butcher if there's one nearby where you live. It's also perfectly fine to go to a delicatessen. Regardless of the store, you'll often notice a significant difference in how the steak is cut. It may also have varying levels of ageing. If the meat is vacuum-sealed, it's hard to tell how tender it is. It's always a plus if the slaughter date is provided. Otherwise, you can distinguish meat from a young animal and an older one based on size and colour. It's also nice to know where the meat comes from. I recommend going for Norwegian if you have the choice.

#### BIRDS - SIMPLE AND DELICATE

I've been hunting birds for several years, and little can compare to what's self-harvested. If you calculate the number of hours in the mountains, renting the area, etc., it becomes an incredibly exclusive ingredient. That's why I'm also committed to preserving all edible parts. In a grouse, feathers and intestines are the only things discarded. The carcass, or bones if you prefer, can be used to make wonderful broth.

You have the option to either pluck or skin the bird. Plucking it will help the skin retain moisture within the meat, leading to a more succulent result during cooking. On the other hand, skinning the bird is a quicker process. When it comes to birds and the art of butchering, learning is relatively uncomplicated. It's simpler and less intricate compared to the process for larger, four-legged animals. Many hunters put great focus on the final steps



leading to the meal, which provides them with a unique understanding of the culinary treatment of the bird.

In cooking, I will always prepare thighs and breast separately, because the meat structure is different. The thighs of a bird are often in motion. They are used much more and require longer cooking time than the breast meat, regardless of the bird. For me, black grouse and wood grouse are some of the finest dishes I can serve. Often paired with the delights of the forest, such as mushrooms, berries, and herbs.

### **MATURING**

Another important aspect is the maturing and shelf life of different types of meat. When we take fish from the sea, we can choose to use it super fresh right then and there. Alternatively, it can be salted or treated in some other way to extend its shelf life.

One should not be afraid to let the meat mature for a long time. However, the meat must be stored with respect and attention to humidity. The combination of moisture and warmth is not suitable. Take care of game by using appropriate insect nets if it's a warm autumn day. You also need to watch out for cold temperatures at the beginning of maturation, or else the tenderising stops. Beyond this, I believe you can work with all types of meat when it comes to maturing. Take a look at dry ageing or curing. Here, you start by salting the pieces of meat, adding sugar to draw out water and moisture. Then you hang it to dry. Along the way, an interesting maturation process occurs, and a lot of flavour develops.

In other words, you either wait for a fully-matured product, where something incredibly exciting happens over time, or you go for the completely fresh option. Either way, you're maximising what you can get out of the ingredients.





# MUTTON AND LAMB – PIECE BY PIECE

The flavour of mutton and lamb is distinct, bringing richness and clarity to the meal. Mutton and lamb meat can be served on all occasions, year-round. Choose the right cut for the dish you're preparing, it's far from just the tenderloin that matters.

Utilising the whole animal is ethical and sustainable. It's also cost-effective to use all parts of a carcass. The bonus is all the different and amazing flavours from completely different dishes, but from one and the same animal.

Here is our tips for usage, piece by piece.

I believe that lamb meat tastes better when cooked medium + than medium –

– Jørgen

## TIPS!

The most important thing when roasting lamb is to take enough time to crisp the fat! Score the fat and take your time to roast the meat with the fat side down in the pan. It's all about having the right heat in the skillet!

Grated fenalår (cured leg of lamb) can be used as a seasoning in lamb dishes.







When you serve a meal for several people, it's about finishing all the preparation ahead of time. The last minutes, you use the time to taste, baste, and putting on the last touches – before warming up and serving.

#### DESSERT FOR 4

## FRENCH TOAST WITH AQUAVIT-EGGNOG, CLODBERRIES AND HONEY

#### FRENCH TOAST

4 old slices of bread,  
brioche, or buns  
200 ml milk  
2 eggs  
2 tbsp sugar  
1 cardamom pod  
Butter and sugar for frying

#### AQUAVIT-EGGNOG

2 eggs  
2 tbsp sugar  
2 tbsp aquavit

#### CLODBERRIES

200 g cloudberry  
2 tbsp honey

#### PREPARING THE TOAST

Whisk the milk, eggs, sugar and cardamom together. Soak the bread slices in the mixture. Fry the toast on a medium heat in plenty of butter until it turns a nice colour.

#### PREPARING THE EGGNOG

Put the egg, sugar and aquavit into a bowl and whisk lightly  
Preparing the cloudberry

#### PREPARING THE CLODBERRIES

Mix the cloudberry and honey. Can be heated gently in a saucepan.

#### TO SERVE

Arrange the french toast on a plate and top with the cloudberry and eggnog. Serve immediately.







STARTER OR SNACK

# MOOSE HEAD CROQUETTES

## MOOSE HEAD CROQUETTES

1 moose head (skinned)  
6 tsp salt per litre of water

400 g slow-cooked moose head meat  
2 shallots, finely chopped  
2 almond potatoes, finely chopped  
2.5 dl port wine  
2.5 dl water  
Fresh thyme and a small pinch of ground nutmeg and cinnamon  
1 tbsp apple jelly

Flour  
Beaten egg with a small splash of water  
Panko or breadcrumbs  
Oil for frying  
Salt

## REMOVING THE MEAT FROM THE MOOSE HEAD

Place the moose head in a pot with cold water and bring to a boil. Pour out the water and repeat the process. Once the water reaches the boiling point for the second time, use a ladle to remove any impurities from the surface. Add salt to taste. Reduce the heat and let the head simmer until the meat comes off the bones easily. Remove the head and, while it's still warm, start removing all of the choice meat. Especially the cheeks and neck have a lot of good meat.

## PREPARING THE CROQUETTES

Place the meat in a pot together with onions, potatoes, and butter. Fry until the onions are soft, but do not let them brown. Add port wine, water, thyme, and spices. Bring to a boil and simmer until the liquid has evaporated and the mixture has thickened. Right at the end, add the apple juice. Season with salt to taste. Cool the mixture. Shape into small round balls and freeze. Coat the balls with flour, egg, and panko. Coat with a second layer egg and panko to ensure full coverage. Deep fry the croquettes until they are crispy on the outside and hot all the way through when serving.





12-15 TWISTS

## OUR VERY BEST SWEET TWISTS

### DOUGH

- 1 kg flour
  - 5 dl whole milk
  - 25 g fresh yeast for sweet dough
  - 150 g sugar
  - 15 g salt
  - 2 tsp freshly crushed cardamom
  - 1 egg
  - 150 g soft unsalted butter
- 2 whole eggs, for brushing

### FILLING

- 125 g soft, unsalted butter
- 125 g sugar
- 2 tsp cardamom

A small handful of raisins,  
soaked in cognac overnight

- 100 g black currant or  
forest berry preserves

### PREPARING THE DOUGH

Place all the ingredients, except for the butter, into a dough mixer and knead for at least 20 minutes until the dough becomes elastic. Add the soft, unsalted butter and continue to knead until all the butter is well incorporated into the dough. Cover the dough with a tea cloth, or similar covering, and place it in a warm location to rise until it has doubled in size.

### ONCE THE DOUGH HAS RISEN

In a mixing bowl, combine the butter, sugar, and cardamom for the filling. On a floured surface, roll out the dough into a rectangle of roughly 40x50 cm. Spread the butter filling evenly over the entire surface of the dough. Fold 1/3 of the dough towards the centre from the long side, and then fold over the remaining part to create 3 layers. Gently roll out the dough again into a rectangle. Cut the dough crosswise into thin strips and distribute raisins or berries over each strip. Twist the strips into knots, and place them on a baking tray. Allow them to rise until doubled in size again. Brush with eggs and then bake for approximately 8 minutes at 200°C. Allow to cool before serving.







MAIN FOR 4

## VENISON STEAKS IN MEAD AND BERRY SAUCE WITH BEETROOT AND SOUR CREAM

### STEAKS

4 thick venison steaks  
Salt  
Butter

### SAUCE

2 shallots, sliced  
1 star anise  
2 cloves  
1 small cinnamon stick  
3 dl mead  
100 g lingonberries  
100 g blueberries  
2 tbsp honey  
2 tbsp good olive oil  
Salt

### BEETROOTS

18-12 small beetroots  
Olive oil  
Black currant syrup  
Lemon juice

Sour cream

### PREPARING THE BEETROOTS

Place the beetroots in an oven-proof dish. Pierce them lightly with a fork or small knife. Bake for 40-60 minutes at 180°C, or until tender. Let cool slightly, peel them, and drizzle with black currant syrup and a few drops of lemon juice.

### PREPARING THE VENISON

Add a good amount of butter to a heated pan. When the butter is hot, add the venison steaks and cook for 1-2 minutes on each side, or until they are brown on the outside and pink in the centre. Remove from heat and let rest for at least 15 minutes before serving.

### PREPARING THE SAUCE

In the same pan, add the sliced shallots, spices, mead, and lingonberries. Reduce the liquid to half. Strain the mixture into a new pot. Add blueberries, honey, olive oil, and salt to taste. Do not boil the sauce, only gently heat it after the blueberries are added.

### TO SERVE

Gently heat all parts of the dish before serving on warm plates. Serve with potato pancakes or your favourite potato dish.





STARTER FOR 4

## SPICED MOUNTAIN TROUT AND LOBSTER SOUP

### BROTH

1 kg lobster shells (or crayfish  
and/or shrimp shells)  
2 kg fish bones  
2 tomatoes  
2 shallots  
1 fennel  
2 star anise  
½ red chilli  
½ bottle white wine  
Cold water

### SOUP

1 liter broth  
2.5 dl crème fraîche and 2.5 dl  
cream  
1 small bunch chives,  
finely chopped  
1 good pinch of saffron  
Salt

Pieces of mountain trout, lobster,  
and any other good seafood

### PREPARATION

Roast the lobster shells in the oven for 15-20 minutes at 200°C. Put all ingredients for the broth in a pot and fill with cold water until it covers. Warm it up to boiling-point and let simmer for 2 hours. Strain the broth into a new pot and reduce to half.

### TO SERVE

To finish the soup, add crème fraîche, cream, chives, and saffron to the reduced broth. Warm up and season with salt to taste. Froth the soup well with an immersion blender just before serving.

Serve the soup in warm bowls with pieces of fish/shellfish of your choosing.





MAIN FOR 4

## LARDED VENISON ROAST WITH CREAMED SPINACH AND MUSHROOM SAUCE

### VENISON ROAST

1 venison roast, 1-1.2 kg  
200 g piece of lard, guanciale,  
or slab of bacon  
Salt and oil for browning

### CREAMED SPINACH

1 kg fresh spinach, preferably  
the coarse variety with thick stems  
2 tablespoons butter  
4 garlic cloves, finely chopped  
1 dl shallots, finely chopped  
2.5 dl crème fraîche  
50 g grated parmesan  
Grated nutmeg  
Flaked salt

### MUSHROOMS IN BROWN GOAT CHEESE SAUCE

20 button mushrooms or other  
good wild mushrooms  
Butter for frying  
5 shallots, finely chopped  
200 g grated brown goat cheese  
5 dl cream  
20 juniper berries, crushed  
A small handful of lingonberries  
Salt

### PREPARING THE VENISON

Cut the fat into long, thin strips and insert them through the venison steak along its length, using a barding needle, knife, or honing rod. In a large skillet, heat oil over medium heat. Brown the steak well on each side, then finish cooking in the oven at 75°C until the core temperature reaches 56°C. Let it rest for at least 15 minutes and season with salt before slicing.

### PREPARING THE SPINACH

Wash the spinach well, preferably twice. Fry the butter, garlic, and shallots in a wide saucepan or frying pan.

Add the spinach and cook until everything is soft. Squeeze out as much water from the spinach as possible with a wooden spoon, or similar. Discard the water. Add the crème fraîche and parmesan, then bring to a boil and season with grated nutmeg and salt.

### PREPARING THE MUSHROOMS

Cut the mushrooms into pieces. Brown them in plenty of butter. Add the shallots and the rest of the ingredients, then bring to a boil and season with salt and lingonberries.

### TO SERVE

Serve with baked, baby potatoes on the side.





STARTER OR SNACK FOR 4

## MOOSE TARTARE WITH MUSHROOM SOUP

### TARTARE

300 g striploin or tenderloin  
of moose  
Salt and olive oil

### MUSHROOM SOUP

400 g of your favourite  
mushrooms  
2 tbsp butter  
2 shallots, finely chopped  
1 tbsp thyme, finely chopped  
1 tsp juniper, crushed  
2 dl dry white wine  
1 small handful of lingonberries  
2 dl chicken, veal, or beef stock  
250 ml crème fraîche  
Salt and sugar to taste

### PRESERVED ROWANBERRIES

250 g rowanberries without stems  
1 apple  
250 g sugar  
150 g water

### PREPARING THE PRESERVED ROWANBERRIES

Chop the apple into large pieces, with the peel on. Boil the rowanberries carefully with the apple and 150 g sugar and 150 g water. Cool the rowanberries. Add 50 g sugar and bring to the boil again. Cool. Add 50 g sugar and boil again. Cool.

### PREPARING THE MUSHROOM SOUP

Clean the mushrooms and cut them into neat pieces. Brown them carefully in butter, without stirring too much. Remove 4 nice pieces of mushroom and put to one side, these will be served alongside the tartare. Add the shallots, thyme, juniper, and wine. Cook until the wine has almost evaporated. Add the lingonberries and chicken stock. Bring to the boil again and add crème fraîche. Mix everything together in a blender. Add salt and sugar to taste while the soup warms ready for serving.

### PREPARING THE TARTARE

Finely chop the meat for the tartare. Add salt and olive oil to taste. Keep cold.

### TO SERVE

Serve the tartar with some spoonfuls of mayonnaise, croutons, and butter-fried mushrooms. The soup should be served warm on the side, and, of course, with some good bread.



## SPICES AND GARNISHES

# BROWNED BUTTER

Butter  
Wide saucepan

A fantastic product that you will use more.

### PREPARATION

Heat butter in a wide saucepan. At about 150°C, the browning process begins. Stir with a wooden spoon. At 165°C, or when it smells like hazelnuts, the process can be stopped with a few drops of cold water, before it is poured into a new saucepan. Cool and use the browned butter as much as possible.

# SMOKED BUTTER

Smoker gun  
Butter  
Cling film

Smoked butter has a wide range of uses, but my favourite is to add a couple of tablespoons to a sauce or soup just before serving.

### PREPARATION

Cut the butter into small cubes and place them in a bowl, pot, or container of your choice. Cover the bowl with cling film. Load the smoker gun with your desired wood chips (I prefer using dried juniper twigs) and fill the bowl with smoke. Let it sit for at least 20 minutes. Repeat the process if you feel that the smoky flavour isn't strong enough.

# ASH OF LEEKS

The outermost, dark green parts that you don't use on leeks.

### PREPARATION

Wash well and remove all the dirt. Separate all the leaves. Cook/char them at 230-250°C.

Blitz to powder in a blender (you can put a damp cloth over the lid — it prevents the ash from spreading).

Use as a spice for extra smoke/grill taste for meat, fish, vegetables, and anything else, really.

# HERB OR FLOWER SUGAR

Fresh herbs and/or  
edible flowers  
Sugar

### PREPARATION

Mix equal amounts of sugar and your favourite edible flower or herbs in a kitchen mixer for at least 5 minutes. Spread it out on a silicone mat and let it dry over night in an airy place. Jørgen's favorite is Norwegian angelica, meadowsweet, lilac, and spruce shoots.

# HERB OIL

Neutral oil  
Fresh herbs

### PREPARATION

Warm 1 dl neutral oil to 70°C. In a blender, blend 3 dl tightly-packed herbs and a sprinkle of salt. Quickly cool (put it in the freezer or cool in an ice bath). Strain. Maria's favourite is garlic mustard or ramson, nettles, and tarragon.

# HOMEMADE TROUT ROE

Trout roe  
Sugar  
Salt  
Soy sauce  
Mirin

### PREPARATION

Cover the roe with 50/50 salt and sugar mixture and let it sit for 30 minutes. Use a strainer and rinse with hot water from the tap over the mixture. Most of the membrane will now loosen.

Put the fully-cleaned roe in a mixture of soy sauce and mirin (sweet rice wine) for at least 15 minutes. Rinse with ice-cold water and put it in a jar. It will hold for at least 10 days.





MAIN FOR 2 OR SNACK FOR 4

## SKIGAARDEN'S BLACK POTATO PIZZA

### DOUGH

1 kg sifted flour (preferably Tipo 00)  
600 g flour  
200 g sourdough  
200 g boiled and mashed almond potatoes  
20 g olive oil  
10 g salt  
Vegetable charcoal powder (available in specialty stores or online)

### TOPPINGS BEFORE BAKING

Cream  
Burrata cheese  
Fried wild mushrooms

### TOPPINGS AFTER BAKING

Thinly-sliced shallots  
Forest-mushroom mayonnaise  
Crispy-fried pancetta ham  
Caviar of whitefish and/or trout  
Arugula  
Edible gold leaf  
Good olive oil

### PREPARATION OF THE DOUGH

In a kitchen mixer, combine all ingredients. Knead the dough in the mixer for 8-10 minutes until it becomes elastic. Cover the dough with a tea towel and let it rise for 2-3 hours.

Transfer the dough to a work surface and divide it into smaller portions of around 250-300 g each, depending on the desired size of the pizza. Roll the dough pieces into balls and place them in separate closed containers with a bit of olive oil on the bottom. Let the dough rise in the refrigerator for 12-72 hours. Take the dough out 30 minutes before using it. Roll out the dough, add your desired sauce, and bake at 250-300°C for 3-4 minutes. Add fresh toppings after removing the dough from the oven.



MAIN DISH FOR 2 HUNGRY HUNTERS OR 4 REGULAR GUESTS

## MOOSE RIBEYE STEAK

### STEAK

2 thick slices of moose ribeye or chuck roast, well-aged  
(Can be substituted with beef ribeye)

Fresh juniper berries

Salt

Oil, and butter for frying

### SAUCE

½ bottle of red wine

2 star anise

1 good handful of lingonberries

1 tbsp honey

Good olive oil

### COOKING THE MOOSE STEAK

Wipe the meat well and brush with some oil. Heat up an iron skillet (or a wood-fired grill) on high heat. Add the meat to the pan and cook until it gets a well-seared crust on one side. Move the meat to a baking tray.

Sprinkle with salt, crushed juniper berries, and dot with some butter. Bake in the oven at 75 degrees until the core temperature reaches 60 degrees. Remove from the oven and let it rest for at least 30 minutes. Warm again and slice before serving.

### PREPARING THE SAUCE

Deglaze the frying pan (cool off first) with red wine, star anise, and lingonberries. Cook until it just begins to thicken. Strain into a new pot and add honey and olive oil.

### TO SERVE

Serve with your favourite root vegetable purée and potatoes au gratin on the side.





MAIN FOR 4

# MOOSE RAGOUT WITH CREAMY GRAINS

## RAGOUT

500 g ground moose meat  
(or other game meat)  
100 g finely-chopped onion  
100 g peeled and chopped  
celeriac or parsnip  
Spice blend (recipe below)  
50 g finely-chopped, cured  
sausage (made from game meat)  
50 g finely-chopped brown  
goat cheese  
2 cups red wine  
200 g chopped tomatoes  
200 g water

50 g butter  
Salt

## SPICE BLEND

5 juniper berries  
1 small cinnamon stick  
2 cloves  
10 whole coriander seeds  
Crush well in a mortar.

## CREAMY GRAINS

250 g whole grain wheat, rye,  
or barley (preferably soaked  
overnight)  
100 g plain cream cheese  
50 g cream  
100 g finely-grated firm and full-  
flavoured cheese, preferably from  
the same area as the moose  
50 g butter  
Salt and finely chopped parsley

## PREPARING THE RAGOUT

Brown half of the ground meat in a high-sided frying pan or cast-iron pot. Add onion, celeriac/parsnip, spice blend, cured sausage, brown goat cheese, red wine, tomatoes and water. Bring to a boil and let simmer for at least 1 hour or 2, until the water has completely evaporated and the sauce has reduced and thickened. You can control the consistency by using a medium heat towards the end and stirring frequently to prevent it from settling on the bottom.

## PREPARING THE GRAINS

Boil the grains in water with a little salt until they are soft. This will take some time. When the grains are as soft as you desire, drain off the rest of the water and return to the pot. Right before serving, stir in the cream cheese, cream, and cheese. Once everything has dissolved, add the butter. Adjust the consistency with a few drops of water if you want it even thicker. Season with salt.

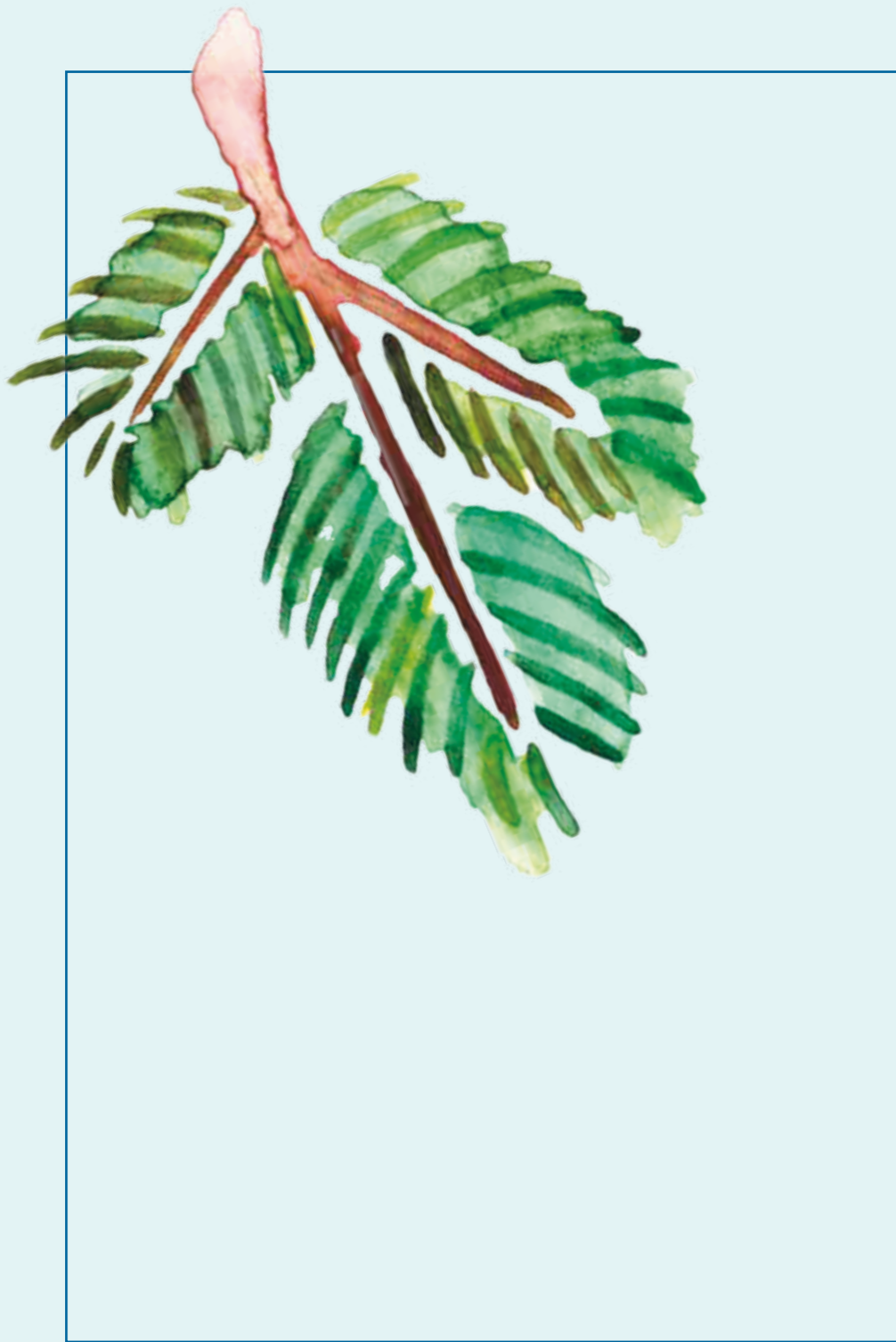
## TO SERVE

Serve with a fresh salad with lingonberries and other acidic things on the side.





# WINTER



In Norway, we eat a lot of delicious fish year-round, but the very best ingredients from the sea are available during the winter season. We have an appreciation for diverse weather, and we often have romantic thoughts about the powerful winter storms that rage along the Western coast. When the oceans are at their coldest, the seafood is at its sweetest – a contrast at its finest! The winter in the mountains, where we operate, is cold, tough, and weather-beaten. The time has come to soften up with the flavours we have preserved from earlier in the year.





It is late autumn, and the high mountains are preparing for a long winter. The mountain peaks have received a white and beautiful sprinkle of icing sugar. I wander around in the peaceful wilderness. Alongside the occasional grouse, I hunt for the last lingonberries before the snow claims them. Suddenly, the silence is shattered by loud hooves just in front of me. Seconds later, a herd of reindeer passes by in an elegant trot. The large buck grunts and leads the undulating herd into the boundless expanse of the plateau – in an instant, everything is quiet again.

# THE KING OF THE TUNDRA

ABOUT REINDEER, BY JØRGEN KOLDRUP



We people are quite festive. Say "ho-ho," and everyone imagines Santa Claus's reindeer sleigh racing across the night sky. Preferably in a fine silhouette against the moon, sprinkled with a touch of magical stardust. And then there's Rudolph, the very chief buck. Even though all of this is, in reality, a fairy tale, it's still close to how cosy it feels every single Christmas. A more than 200-year-old imaginative tradition, with the reindeer in one of the leading roles.

### THE GUARDIAN OF THE MOUNTAIN

Is it the reindeer's springy, cloven hooves that have given us this fantasy? I keep coming across reindeer in the mountains. It's one of the most beautiful things I've seen. Especially the bucks in their proud posture and with antlers that leave you gaping. Simply awe-inspiring. Just as the moose is the king of the forest, the wild reindeer is the guardian of the mountains. This deer species is so fascinating that it deserves a little extra attention. What is the origin of the animal, and more importantly, how did this creature end up on our dining table? And, above all else, why is reindeer such a fantastic food product?

### WILD REINDEER - NOT JUST WILD

The reindeer originated in Alaska about 2 million years ago. The first herds of reindeer expanded and spread from North America to the west, east, and north. In short, there are currently seven subspecies of reindeer, of which three live in Europe: tundra reindeer (mountain reindeer), Svalbard reindeer, and forest reindeer. Additionally, there are four different caribou species in North America and Greenland. In Norway, we have two of these species, namely tundra reindeer (including wild reindeer) and Svalbard reindeer.

To put it simply, we can say that wild reindeer are descendants of the herds of reindeer that made their way westward. They established themselves in our region towards the end of the last ice age (about 12-14,000 years ago). Tons of ice have disappeared since then. Most agree that today's wild reindeer also have genetic influences from domesticated reindeer. All wild reindeer areas are located south of Trondheim, with the wildest populations found near Dovre and in Rondane. Nevertheless, it is considered to be near-threatened, due partly to the emergence of Chronic Wasting Disease (CWD) and climate challenges. The popula-

tion currently stands at around 25-30,000 animals.

### SVALBARD REINDEER - SMALL AND ROBUST

Historically, the Svalbard reindeer is considered to be a subspecies that migrated north and eastward from North America. The Svalbard reindeer exists only on the Svalbard archipelago, where it is found in almost all areas not covered by glaciers. The Svalbard reindeer is characterised by its short legs and a relatively small, round head with small ears. It is smaller than the wild reindeer. A robust deer that clearly shows the effects of living in harsh, Arctic conditions. After intensive hunting for 65 years, the Svalbard reindeer was critically endangered in 1925. However, with proper management in the years that followed, it was saved. Today, there is a stable population of around 22,000 individuals. This reindeer can also be hunted, if you live on Svalbard.

### DOMESTIC REINDEER - THE SAMI PEOPLE'S MOST IMPORTANT LIVESTOCK

We have around 250,000 domesticated reindeer in our country, which is approximately 90% of all reindeer in Norway. Almost three out of four of these animals are found in Finnmark. Today, the Sami people are the main practitioners of reindeer husbandry. Apart from the Sami, there are also a few reindeer husbandry cooperatives, all located south of Trondheim. Domestic reindeer contribute to the rich availability of reindeer meat on our menus.

### AN IMPORTANT ELEMENT IN THE HUNTING CULTURE

Out in nature, traces of distant human life can be found. The reindeer is well-documented through rock art, including petroglyphs and paintings from the older and younger Stone Age. Most of these animal figures are found in Northern Norway. Reindeer have thus been a significant resource since the first settlements after the Ice Age, serving as food, clothing, and tools. These irreplaceable traces show how the indigenous culture largely relied on hunting, fishing, and gathering. It reveals that reindeer have been a vital food source for thousands of years, particularly among indigenous peoples like the Sami. The Sami have been – and continue to be – important custodians of reindeer meat in our culinary culture.

### REINDEER - A FANTASTIC FOOD RESOURCE





As a chef, I often source reindeer meat from the Filefjell Reindeer Husbandry Cooperative. They slaughter reindeer once to three times a year, between September and December. Bringing home warm carcasses directly from the slaughter is a remarkable experience. Reindeer meat feels like one of the most primal meats we have in Norway. Perhaps it's due to their way of life, as reindeer never graze beyond what nature can sustain. They work in harmony with nature, somewhat contrasting with moose, which often have a more robust impact. The fact that reindeer in the southern regions graze high up in the mountains also adds to the primal sensation.

Furthermore, reindeer meat definitely has a stronger game taste compared to other deer species in this country. The animals become fatter the closer they are to summer when they are slaughtered. This is natural as they eat two to three times as much due to the increased food supply. During winter, their diet mainly consists of lichen.

#### TAMED AND WILD

Speaking of taste. Some wonder if there's a significant difference in flavour between wild reindeer and domesticated reindeer. My experience is that there is little to no difference. Both wild and domesticated reindeer essentially roam the same areas and thus consume the same food. Moreover, we know that wild reindeer in most places have a lot of domesticated reindeer in their lineage. When some claim that domesticated reindeer tastes milder than wild reindeer, it's at best just a poor myth. When it comes to Svalbard reindeer, there is little taste difference compared to the other species. It's worth noting that Svalbard reindeer is the easiest of the deer species to hunt. The short legs of the Svalbard reindeer prevent it from running as fast.

#### COMPLETELY WILD FLAVOR

One of the most intriguing aspects of reindeer is that the flavour of the meat has distinct characteristics and intensities depending on the seasons, geography, grazing conditions, weather, and slaughter time. Just like with moose and deer, the taste will vary, based on where and what they have eaten. The same applies to coastal versus inland areas. Grazing in the mountains often yields milder meat compared to grazing in forests. Reindeer that predominantly stay along the Finnmark coast acquire more gamey flavours than

those that graze on the plateaus. Coastal reindeer, for instance, consume grass, herbs, seaweed, and kelp, contributing to a more pronounced gamey taste in the meat. On the Finnmark plateau, reindeer consume a lot of lichen, but also heather, moss, and berries. This usually results in a somewhat milder flavour of the meat.

As for myself, I have a preference for smaller animals that are slaughtered early in the autumn, as they have the best meat texture. Smaller animals also have an even more concentrated flavour. Nevertheless, all reindeer have that truly distinct gamey taste. Every cut of reindeer meat is suitable for its intended use. Some of the most fantastic ingredients are reindeer tongue and reindeer heart. Additionally, using smoke as a flavour enhancer is incredibly exciting and something I use frequently. Fry the meat well and rub it with smoked butter.

#### COOKING REINDEER

Reindeer is also quite unique when it comes to cooking. Typically, a meat steak is cooked at a low temperature for a long time. I never do this with a reindeer roast, as it ruins the meat. It ends up tasting like liver pâté.

I treat fillets and sirloins more roughly and vigorously. In other words, in a completely different way than other types of meat. First, I brown it well. Then, I periodically cook it at 220°C in short intervals, allowing the meat to cool during the resting periods. The cooking time depends on the size and thickness of the meat, but a small 400-gram sirloin of reindeer calf shouldn't need more than 3 rounds in the oven. This cooking method gives you a somewhat "clean" reindeer meat, without it appearing raw. Don't forget that the meat needs to rest before serving. Additionally, recommended flavour enhancers include lingonberries, cloudberries, juniper berries, and wild mushrooms.

#### SOME OF THE HEALTHIEST YOU CAN GET

Reindeer meat is one of the healthiest options available. First of all, we're talking about animals that live completely wild. I love wild food, which is inherently healthy on its own. Reindeer meat is also very lean, partly because the animal is constantly on the move. In essence, the overall nutritional value is exceptionally high.

That being said, I'm not really overly concerned about health when I cook myself. Much of my philosophy is based on sourcing good ingredients, preferably those

that have grown naturally. I believe that, in itself, is one of the healthiest things you can eat. So, I focus less on calorie counts. I'm also a proponent of organic food, in the sense of cultivating it naturally. However, it's even better to gather from nature itself.

When it comes to reindeer meat, it's hard to replace it with other meats because it's so genuinely tender. But instead of steaks and fillets, the shoulder is a good alternative. With everything we know about reindeer, it's no wonder it's a favourite game meat for many.



Perhaps it's due to their way of life,  
as reindeer never graze beyond  
what nature can sustain.

– Jørgen





MAIN FOR 4

## LIGHTLY-GRILLED REINDEER WITH SMOKED POTATO PURÉE AND HONEY-BAKED KALE

2 tenderloin of reindeer  
Salt and oil

300 g fast-cooking potatoes  
150 ml cream or milk  
2 tbsp smoked butter  
(see page 174)  
Salt

4 leaves of mangold, black kale, or  
any other good leafy cabbage plant  
Olive oil  
Butter  
Honey  
Salt

### PREPARING THE REINDEER

Rub the meat with salt and oil. Grill it or fry it on high heat. It should obtain a nice golden-brown colour on the outside, but tastes best when it is still rare in the middle.

### PREPARING THE POTATOES

Boil the potatoes until tender in water and press them through a sieve or use a masher. Warm the milk until it is almost boiling. Mix the potatoes in with the milk and finish off by adding butter. Add salt to taste right before serving.

### PREPARING THE KALE

Fry the kale leaves on a high heat with oil until they almost taste burnt. Remove the pan from the heat. Add honey, butter, and salt. Let them simmer for a minute or two.





STARTER OR SNACK FOR 4

## RAW, ICE-COLD MOUNTAIN TROUT WITH HORSERADISH

### FISH

1-2 large mountain trout,  
extremely fresh  
Salt and sugar  
2 tablespoons soy sauce

### SAUCE

200 g whole milk  
100 g grated horseradish

### PREPARING THE FISH

Fillet the fish and remove bones and skin. Cover the fish with salt and sugar and let it sit for 10 minutes. Rinse off with ice-cold water, dry well, and cut into appropriately-sized pieces. Brush the pieces with a thin layer of soy sauce just before serving.

### PREPARING THE SAUCE

Warm the milk and horseradish to about 50 degrees. Blend with an immersion blender and strain into a new pot. Warm to about 65°C. Froth with an immersion blender just before serving.

### TO SERVE

Best served on a block of ice, frozen with herbs collected in the same area that you caught the trout. Ice-cold plates also work very well.



STARTER OR SNACK FOR 4

## ARCTICA CLAM SALAD WITH SUGAR KELP, GINGER AND SOY SAUCE

4 Arctica clams

10 cm fresh sugar kelp,  
finely chopped

1 small ginger root, finely chopped

4 tsp soy sauce

4 tsp clam juice\*

4 pieces of flatbread or lefse chips

2 small radishes, finely chopped

½ sour apple, finely chopped

### PREPARING THE CLAMS

First, you will need to open-up the clams with an oyster knife or a small food knife:

Insert the knife into the small opening at the front of the shell and run it around the upper inside face of the shell. This will detach the muscle from the top of the shell, allowing you to open it up and expose the meat inside the clam. Remove the gills and such, so that you are just left with the meaty grey muscle. Finally, cut the muscle into thin slices.

Put the shells to be used when serving in some ice water

Mix the sugar kelp, ginger, soy and stock in a small bowl. Add the slices of clam and then put them back in the shells.

Serve in the shell, topped with broken flatbread, apple and radish.

\*Remember!

Be sure to have a small bowl or plate under the shell when it is opened, so that you can catch all of the juice from the shell.





## 4 BURGERS

# BURGER WITH CURED REINDEER MEAT

### BURGERS

300 g beef chuck steak,  
cut into pieces  
300 g reindeer meat from the  
shoulder or neck, cut into pieces  
100 g cured reindeer meat (recipe  
below), cut into pieces  
50 g smoked bacon,  
cut into pieces  
8 g flaked salt

### CURED REINDEER MEAT

100 g reindeer meat from  
the shoulder  
5 g brown sugar  
5 g flake salt  
A splash of gin

### LINGONBERRY AND SOUR CREAM SAUCE

2 egg yolks  
1 dl sunflower oil  
50 g crushed lingonberries  
50 g boiled beetroot, diced  
2 stalks dill, chopped  
2-3 tablespoons chopped chives  
½ small fennel, chopped  
1 small stalk celery, chopped  
2-3 tablespoons of crème fraîche

### PREPARING THE BURGERS

Mix the different meats. Grind once. Shape into 4 equal-sized balls. Heat a heavy-bottomed frying pan and press/smash them out in the pan. Fry on high heat until a good crust forms. Flip and finish cooking on the other side. The burgers are best served medium-cooked.

### PREPARING THE CURED REINDEER MEAT

Sprinkle salt and sugar over the meat and drizzle with a few drops of gin. Let the meat sit in the refrigerator, under light pressure, for 2 days. Dry it well.

### PREPARING THE LINGONBERRY AND SOUR CREAM SAUCE

Whisk the egg yolks well. Gradually pour the oil in a thin stream while continuously whisking, until it becomes a thick mayonnaise. Mix in the rest of the ingredients.

### TO SERVE

Serve the burger preferably with:

Homemade burger bread fried in butter  
Iceberg lettuce marinated in lemon and gin dressing  
Tomato ketchup seasoned with honey  
Mushrooms (any will work well)





ABOUT 25 BUNS

## BEER AND BROWNED-BUTTER BURGER BUNS

1680 g flour  
63 g sugar  
42 g salt  
25 g yeast  
126 g olive oil  
400 g lager beer  
600 g cold water

Flour for dusting  
+ browned butter for brushing

### PREPARING THE BUNS

In a dough mixer, mix all ingredients together for at least 20 minutes, or until the dough is very elastic.

Let the dough rise for 1 hour in a warm place. Dust your work surface with flour and divide the dough into 100 g pieces (use a lot of flour). Place the dough portions on a baking tray and let them rise again until they become airy. Preheat the oven to 230°C. Place a small cup of hot water inside the oven when you put the buns in to bake. Bake for 10-12 minutes. Brush with browned butter immediately after removing the buns from the oven. Allow the buns to cool on a rack.

### ACCOMPANIMENTS

## FRIED POTATOES WITH TARRAGON AND AIOLI

### AIOLI

2 eggs  
1 tablespoon lemon juice  
1 teaspoon crushed juniper berries  
3 dl tarragon oil (recipe below)  
Lukewarm water

### TARRAGON OIL

100 g fresh tarragon  
50 g fresh parsley  
50 g fresh spinach  
1 teaspoon flaked salt  
4 dl sunflower oil  
Ice cubes

### FRIED POTATOES

6 large, firm potatoes  
Neutral oil for frying  
Flaked salt

### PREPARING THE AIOLI

Whisk the eggs well with lemon juice and juniper berries. Gradually pour the tarragon oil in a thin stream while continuously whisking. Adjust the consistency as needed with a few drops of water. Season with salt to taste.

### PREPARING TARRAGON OIL

Heat the oil to about 70 degrees. Roughly chop the herbs and put them with salt in a blender. Add the warm oil and mix for 2-3 minutes. Strain over into a new bowl or pot with ice cubes underneath, so that the oil cools as soon as possible.

### PREPARING FRIED POTATOES

Cut the potatoes into desired shapes, making sure they are of equal size. Boil the potatoes in lightly-salted water until tender. Cool and dry them well. Fry the potatoes in batches at 160 degrees. Finish with a round at 180 degrees until they get a nice color and become crispy.





1 CAKE

## GINGERBREAD-FLAVOURED SOFT POUND CAKE

### POUND CAKE

3-4 dl wheat flour  
1 ½ tbsp cinnamon  
1 tsp ground cloves  
1 tsp ginger  
1 ½ tsp baking soda  
1 tsp cardamom  
125 g butter, room temperature  
2 dl brown sugar  
2 eggs  
2 dl cultured milk

### MULLED WINE GLAZE

4 dl powdered sugar  
1 tsp vanilla sugar  
1 ½ tbsp mulled wine  
1 handful of blanched, chopped  
almonds and raisins

### EXTRA FROSTING/GLAZE TIPS

2 dl cream cheese whipped  
together with the powdered sugar  
Dried lingonberries instead  
of raisins

### BAKING THE CAKE

Preheat the oven to 175°C. If the butter is not at room temperature, remove it from the fridge. Grease a baking pan, about 1.5 litres. In a small bowl, mix flour, spices, and baking soda. In a separate bowl, beat the butter and brown sugar together until creamy. Add in the eggs and then the cultured milk. Beat until smooth. Gradually mix in the flour mixture, stirring well after each addition until about half is added. Continue to add the flour mixture, but fold in the remaining gently with a silicone spatula. Pour the batter into the pan and bake in the lower part of the oven for about 50-60 minutes. As the cake approaches completion, test for doneness with a skewer/knitting needle or similar to check that it is fully cooked in the centre. Remove from the oven and cool on a rack.

### GLAZING THE CAKE

In a bowl, mix together all the ingredients for the glaze. If you are only using powdered sugar, you can mix everything together with a regular whisk.

Place a plate on top of the baking pan, flip it over and carefully remove the pan. Trim the bottom of the cake if it is uneven. Gently spread the glaze over the cake with a silicone spatula. Garnish with chopped almonds, lingonberries or raisins, and finish by dusting with powdered sugar using a fine mesh strainer.





STARTER OR SNACK FOR 4

## SASHIMI STRAIGHT FROM THE SEA

The ingredients for this dish should be as fresh as possible, ideally still living.

If using live lobster, make sure that you sedate it in the freezer before cooking it.

1 lobster or 2 langoustines

4 scallops

4 oysters

### SOY GLAZE

2 tbsp soy sauce

2 tbsp dry apple juice

1 tbsp lemon juice

1 tsp honey

½ sour apple, finely chopped

Grated horseradish and thin radish slices

### PREPARATION

Before you start, put the plates in the freezer, for serving later.

### PREPARING THE LOBSTER/LANGOUSTINES

Boil some well-salted water in a large saucepan (preferably sea water, or alternatively add about 30 g of salt per litre of water). Add the lobster, bring back to the boil and allow to cook for 2 minutes. Remove the lobster and transfer to some ice water to cool. Once cooled, break off the claws and remove the claw-meat.

### OPENING THE SCALLOPS

Position the scallop in your hand so that your thumb is on the flat side of the shell and your fingers are on the curved side. Have it facing tip-down on the work bench. Insert a knife into the shell at the top and give it a twist. This should break the hinge. Now run the knife down the flat side of the shell, releasing the meat. The shell can now be opened. Using a spoon, scoop out the scallop from the other half of the shell. Once freed, you will need to remove the "skirt" from the scallop. Simply locate the white muscle and use your thumb to separate the skirt from the meat. Run your thumb all the way around the meat and remove the skirt. Be careful not to rip the meat during this process. Discard the skirt and wash the scallops.

Finally, cut them into slices as thinly as you can for serving.

Open up the oysters.

Mix the soy sauce, apple juice, lemon juice and honey.

### TO SERVE

Put the shellfish on ice-cold plates. Glaze with the soy mixture. Top with apple, grated horseradish, and radish slices. Eat right away.

The rest of the lobster can be finished off on the grill with ramson butter, or can be used in the shellfish dish on page 224.









MAIN FOR 4

## CRISPY DOGFISH WITH NORWEGIAN REMOULADE SAUCE

Fillet of shark, roughly 400 g  
Salt and sugar  
Flour, eggs, and breadcrumbs  
Clarified butter or a good oil for frying

### NORWEGIAN REMOULADE SAUCE

100 g mayonnaise  
100 g sour cream  
50 g celery root, finely chopped  
50 g apple, finely chopped  
50 g shallots or ramson, finely chopped  
20 g sugar kelp, finely chopped (boiled for 20 seconds in salt water and then cooled)  
Juice from 1 lemon  
Salt and sugar, pinch of each

### PREPARING THE REMOULADE SAUCE

Place the mayonnaise, sour cream, celery root, apple, shallots, and sugar kelp into a bowl, and mix together by hand.

Add lemon juice, salt and sugar to taste.

### PREPARING THE DOGFISH

Cover the fillets with salt and sugar and leave for 10 minutes. Wash them well in cold water. Start by covering one side of the fillets in flour, then egg and finally breadcrumbs. Take a medium-warm pan and fry the fillets with the breaded side down.

Watch the heat and fry until the breaded side is golden and crisp, while the other side is just warmed-through.

### TO SERVE

Serve the fish on the remoulade sauce. Ideally served with finely-chopped ramson, fennel and/or shallots and sugar kelp.

### Note!

Sharks are protected in Norway as of 2022, even if the numbers of, for example, dogfish start to be substantial. It is only prohibited to use sharks that have been caught as part of a by-catch.

MAIN FOR 4

## FRESH COD NECKS WITH EGG AND AQUAVIT SAUCE

4 Fresh cod necks

### AQUAVIT SAUCE

50 ml aquavit  
200 g butter, at room temperature

2 eggs, boiled and cut into pieces

100 g liver, boiled and cut into pieces

½ fennel, chopped

2 shallots, cut into thin slices

### CAN ALSO ADD

Bacon or cured/salted pork  
Roe, preferably from the same cod  
Finely-chopped chives, ramsons, spring onions, or red onions  
Finely-chopped seaweed and/or kelp  
Caraway

### EARLY PREP

In a large saucepan, boil some salted water for the cod necks (preferably sea water, or alternatively add about 30g of salt per litre of water). Warm the plates ready for serving.

### PREPARING THE AQUAVIT SAUCE

Heat the aquavit in a small saucepan. Whisk in the butter, making sure you don't stop whisking. Continue until it becomes a butter sauce. Keep warm. Using a different saucepan, put in the egg, liver, fennel and shallots, so that everything just about covers the bottom. Warm gently while stirring carefully. Once the contents of the pan have reached the same temperature as the butter sauce, you can mix the two things together.

### PREPARING THE COD NECKS

Put the cod necks in the water and let them simmer (don't boil) until the meat just about separates from the bone (8-13 minutes, depending on size and temperature)

### TO SERVE

Put the cod necks carefully on very warm plates and pour over the aquavit sauce.

### RECOMMENDED EXTRAS

Mushy peas with the pork, bacon, or smoked butter added  
Thin slices of carrot marinated in lemon or grapefruit juice  
Boiled potatoes glazed in browned butter

### Tip!

This recipe can also be used for sliced cod





Warm food should always be served on warm plates. Use the oven, hot water from the tap, or the dishwasher.





DESSERT FOR 4

## GOAT MILK CARAMEL PUDDING WITH CLODBERRIES

### PUDDING

8 unripe juniper berries  
4 cardamom pods  
1 tbsp fennel seeds  
1 pinch of sea salt  
1 tbsp brown sugar  
3 tbsp honey

250 g heavy cream  
125 g goat milk  
200 g egg yolks  
2 tbsp honey

### PREPARING THE PUDDING

Crush the spices with salt, and warm them in a dry frying pan to bring out their taste. Add brown sugar, honey, cream, and goat milk. Heat up to the boiling point and let it simmer.

Whisk together the egg yolks and honey. Temper the egg mixture by carefully whisking in the warm, spiced milk.

Pour the mixture over into 4 portion-moulds, small coffee cups, or other container that withstands heat.

Set the moulds in an ovenproof dish and cover with boiling water to half-way up the moulds. Bake the caramel creme for 20-25 minutes at 160°C. Cool.

Serve with fresh cloudberry, and possibly a sprinkling of rowanberries.





MAIN FOR 6-8

## TURBOT BAKED IN SUGAR KELP AND SALT

SERVED WITH SOUR CREAM, HORSERADISH, RAMSON, AND CABBAGE

1 whole turbot (or other flatfish)  
weighing 1.5 - 3 kg

Sugar kelp (enough to cover  
the fish), mixed with a handful  
of sea salt

### TOPPING

Good olive oil and/or browned  
butter

Sour cream

Grated horseradish

Mashed ramson (can be replaced  
with chives)

Hard-grilled Brussels sprouts  
(can be replaced with sea kale,  
green kale, black kale, or just  
skipped)

### PREPARATION

Fire up a wood-fired grill or campfire fire pan, or alternatively, preheat the oven to 190-210°C. Spread the sugar kelp out on a baking sheet and sprinkle generously with flaked salt. Place the turbot on top and fold the kelp around it to cover the fish. Place the fish directly onto the grill or into the oven. If using a campfire fire pan, use a spatula to add fresh embers on top of the fish. The skin and kelp will offer ample protection for the delicate fish meat, so don't hesitate to expose it to heat from all directions. Bake until the flesh comes off the bone easily when prodded with a small knife. Timing will depend on the size of the fish and the temperature from the heat source.

### TO SERVE

When the fish is cooked, remove it from the grill or oven and transfer it to a warm platter. Remove the skin from the back and season to taste with your choice of garnish. Sometimes melted butter, salt, lemon, and small, fresh potatoes are just fine.



MAIN FOR 4

## GRILLED MONKFISH TAIL WITH BUTTER AND POTATOES

2 small monkfish tails,  
roughly 1kg in total  
Salt and oil for grilling  
100 ml salt water (preferably  
straight from the sea, or  
alternatively add about 30g  
of salt per litre of water).  
A small pinch of seaweed  
250 g unsalted butter

1 kg fresh, small, baby potatoes  
Salt water (as above)

### PREPARING THE POTATOES

Boil the potatoes in the salt water until they are completely tender. Strain the water out and then leave them for a while so they can steam-dry.

(Feel free to give them a quick round on the grill just before serving.)

### PREPARING THE MONKFISH TAILS

Take some oil and massage it on the monkfish tails. Brown them off on each side using a wood-fired grill. Move them over to a cooler part of the grill and allow them to warm-through gently.

### PREPARING THE BUTTER SAUCE:

Heat the salt water in a saucepan. Whisk in the butter, ideally with a hand mixer.

### TO SERVE

Serve the fish tails whole. You can eat this dish with your hands. Best served with some nice bread, ideal to help you polish off all of the lovely sauce!

The blue light is  
at its most beautiful  
in January; and  
food-wise, the sea  
is at its very best  
during the winter.

– Jørgen





MAIN FOR 4

## MONKFISH CHEEKS AU GRATIN WITH SALTED LAMB ("PINNEKJØTT"), CABBAGE AND SOUR CREAM

2 large monkfish cheeks  
Salt

2.5 dl cream

1 small cabbage, finely chopped  
2 leeks, finely chopped  
2 dl water  
2 tbsp flaked salt  
2.5 dl sour cream

2 handfuls of steamed, salted lamb  
("Pinnekjøtt") (can be replaced  
with bacon or other well-salted  
and cured meat)

Butter, olive oil, lard, etc.

### PREPARING THE FISH

Cover the fish cheeks with salt and let them sit for 10-12 minutes before rinsing and drying well. Boil the cream in a wide frying pan and reduce until it starts to thicken. Pour into a bowl or other container to cool quickly.

### PREPARING THE CABBAGE

Bring a large pot or frying pan of water and salt to a boil. Add the cabbage and leeks and let them cook on high heat until the vegetables soften. Add the sour cream and let everything cook together well. It tastes best when the vegetables are soft and the consistency thickens somewhat.

### PREPARING THE MEAT

Fry the salted lamb ("pinnekjøtt") or other salted meat in a separate pan. Cool slightly and add more fat if desired.

### BEFORE SERVING

Put the reduced cream on the cheeks with a spoon and put them in the oven at 220°C. Let them bake until the cheeks feel cooked and the cream has colour. Warm up the cabbage and salted lamb ("pinnekjøtt") in pans.

Serve on hot plates.





Junipers have many uses. The sprigs and needles can be smoked, and the berries become a spice. Junipers take two years to mature. The green, unripe berries from the first year, have a milder and more fruity taste than the powerful, ripe, blue-colored berries from the second year.

STARTER FOR 4

## ARCTIC CHAR GLAZED WITH JUNIPER BERRIES

2 fillets of arctic char, skinless and boneless (can be substituted with mountain trout or other red fish)

Salt and sugar

### JUNIPER GLAZE

1 dl soy sauce

10 crushed juniper berries

1 tablespoon honey

### CHIVE OIL

100 g chives

100 g neutral oil

3 g salt

### SAUCE

2.5 dl sour cream

100 g chive oil

### MAKING THE CHIVE OIL

Chop the chives and place them in a blender. Heat the oil to about 70 degrees Celsius. Blend the chives and warm oil together with salt until a fine puree is formed. Cool the puree as quickly as possible. Strain the oil through a coffee filter when it's cold.

### PREPARING THE FISH

Cover the fillets with salt and sugar for 10 minutes. Rinse off in cold water and dry well. Place the fillets on a baking tray and bake in the oven at 210°C for 1 minute. Brush the fillets with the glaze.

### PREPARING THE SAUCE

Mix the sour cream and oil lightly with a spoon.

### TO SERVE

Spread the sauce mixture on four plates. Place the fish on top and serve immediately.





STARTER OR SNACK FOR 4

## OYSTERS WITH PEARL

4 oysters  
Seaweed or crushed ice  
100 g milk  
100 g grated horseradish  
4 tsp chive oil  
1 apple  
Lemon

### PREPARATION

Heat the milk and horseradish to about 65°C. Blend with an immersion blender. Allow to cool. Peel the apples and make small pearls with a small melon baller. Drizzle some lemon juice over them.

Open the oysters and detach them from their shells. Place them on seaweed or crushed ice. Add 1 tsp of cold horseradish milk, 1 tsp of chive oil, and 1 apple pearl on each oyster.

Serve immediately.









MAIN FOR 4

## LOBSTER AND MONKFISH

1 lobster  
1 small monkfish tail

### BROTH

Lobster shell  
Cut-off and "bones" from a monkfish tail (optional)  
1 fennel, chopped  
2 whole star anise  
1 whole garlic, cut in two  
1/2 red chilli, finely chopped  
1 large carrot, chopped  
2 shallots, chopped  
2 medium-sized tomatoes  
1 bottle white wine or water  
A good splash of cognac or other good liquor.  
Water to cover

Crème fraîche  
Butter and salt

### LOBSTER AND MONKFISH CROQUETTE

100 g cut-off from 1 lobster, crawfish or shrimp  
100 g cut-off or small pieces from monkfish or other good fish  
50 g butter  
50 g flour  
1 dl cream  
Salt, finely chopped chives, and tarragon

### BREADING

Flour  
2 eggs, lightly whisked with a few drops of water  
Good breading flour or panko crumbs

### PREPARING THE BROTH

Roast the lobster shells and fish bones in the oven at 180°C until they turn golden brown or emit a fragrant aroma. Put all the ingredients in a large pot and add enough water to cover everything. Bring to a boil, then reduce heat and let it simmer for 1-2 hours without a lid. Remove all the bones and vegetables from the pot and continue to cook until the liquid has reduced by half, or until it reaches desired taste. Strain the mixture into a pot. When serving, add an equal amount of crème fraîche to the broth. Season with salt and add a little bit of butter. Whisk with a mixer if you have the opportunity.

### PREPARING THE CROQUETTES

Prepare all of the ingredients. In a pot, heat the butter and add the flour. Pour in the cream while continuously whisking. Let it boil for a maximum of 2 minutes. Add the lobster and fish cut-offs and let everything fry and mix until it tastes delicious. Roll the mixture into appropriate small portions. Dip in flour, egg, and then breadcrumbs. Store in the freezer if desired. Deep fry in a suitable pot, or warm in the oven before serving.

### PREPARING THE BAKED MONKFISH TAIL

Place the fish meat in a baking dish. Sprinkle with salt and oil. Bake until almost done in the oven at about 180°C.

### AT SERVING TIME

Put the soup in a pot and have it ready to serve. Keep it warm. Prepare some oil or other fat in a saucepan ready to fry the croquettes.

### WHEN SERVING

Heat a pot with oil or other fat for frying the croquettes. Do a small test-fry to gauge the temperature. Prepare some nice bread and butter, and have the baked fish pieces ready to serve. Serve on warm plates

MAIN FOR 4

## TURBOT ON THE BONE WITH APPLE-CELERIAC PURÉE AND SEAWEED OIL

4 turbot slices with skin, similar in size  
Flaked salt

About 300 g celeriac, in chunks  
About 100 g tart apple, diced  
Whole milk  
Fruity olive oil  
Salt  
100 g sugar kelp  
100 g neutral oil

### PREPARING THE FISH

Cover the turbot pieces with sea salt and let them rest for 10-15 minutes. Rinse off the salt, then bake in the oven at 160°C until the meat separates easily from the bones (8-16 minutes, check with a knife).

### PREPARING THE PURÉE

Put the celeriac chunks in milk and bring to a boil, then simmer until tender. Strain and, using an immersion blender, blend the celeriac with the apple, a little of the cooking milk and olive oil. Season with a pinch of salt. Bake the sugar kelp on a cookie sheet in the oven at 160°C until completely crispy. Blend it with an immersion blender together with the neutral oil for 5 minutes.

Optionally, keep the peel from the celeriac. Wash it well, slice it thinly, and then cook it in water until tender. Cool and dry. Blend it into a powder and use it as a flavour enhancer.







SNACK

## MULLED-WINE ("GLØGG") BRITTLE

2 1/2 dl light syrup  
2 dl sugar  
2 1/2 dl cream  
1 dl mulled wine ("gløgg")

**TOPPING/GARNISH**

0.5 dl chopped almonds  
Parchment paper or candy moulds

**PREPARING THE BRITTLE**

In a saucepan, combine the cream, syrup, mulled wine ("gløgg"), and sugar. Use a digital oven thermometer if you have one. Boil vigorously without a lid, until the thermometer reads 122°C. Or, you can perform a "brittle test" by dropping a small amount of the mixture into a glass of cold water. The mixture should harden but still be slightly soft. If it dissolves in the water, continue boiling for a few more minutes.

Remove the saucepan from the heat and stir in the chopped almonds. Line a baking sheet with parchment paper or arrange candy moulds on a tray. Pour the mixture onto the paper or into the moulds. If using a baking sheet, cut the brittle into small pieces and wrap each piece like a small gift.







Explore food  
and explore life.

## TOTALLY WILD — FOOD OVER A CAMPFIRE

There's something magical about cooking over a campfire. Maybe it's the crackling of the flames and the good conversation? The immense tranquility one experiences being surrounded by beautiful nature? Or is it the primal instinct that ignites us? In any case, outdoor cooking is an experience that cannot be compared to anything else.

### THE ULTIMATE CAMPFIRE

A campfire is one of the very first things that springs to mind when we're ready to set up camp out in the wilderness. Sometimes we're well prepared for it, with our backpacks filled with combustible materials, especially when our journey takes us above the tree line, or to other rugged locations with limited firewood accessibility.

Crafting a campfire offers a variety of techniques, but our personal favourite is the log cabin fire, boasting numerous advantages. Since it's essentially built the same way as one would build a log cabin, this design guarantees exceptional stability—a crucial feature when using the fire to support cookware. Building a log cabin fire is a straightforward process, as is adding additional fuel as needed throughout its use.

Moreover, this style of fire delivers consistent and reliable heat output, which is essential for outdoor cooking. Additionally, the fire's intensity can be readily adjusted by controlling the amount of space occupied within the outer framework of sticks.

### LOSING TRACK OF TIME

It's simply delightful to light a campfire out in the woods and mountains. Especially when you have an extended break, which means all the time in the world. Time tends to control us, after all. That's why those moments in nature are liberating when we can let time flow, and even completely forget about it.

Once the fire is lit, conversations can extend into the late hours of the night. It's actually quite curious how often it only takes a campfire for conversations to flow effortlessly. Is it our primal instinct? Or is it the cold that's ingrained in us up here in the far north, and the warmth from the fire is what's needed to thaw both body and soul? Regardless, the flames that dance like the heavens create a relaxed ambiance. That's when conversations can flow freely, over a cup of coffee or some other treat. Stories, life experiences, and tales are shared. Perhaps a joke or two, followed by hearty laughter in the woods. If "Cacophonix" manages to tune his guitar for a sing-along, the evening becomes truly magical. Even dissonant strings can't break the wonderful atmosphere.





#### FOOD IN ITS TRUE ELEMENT

Out in the field, it's truly delightful to cook. No matter where we are in the country, we're right in the midst of a bounty of ingredients all around us. When we're out fishing along the coast in the summer, for instance, we can use beach cabbage, wild garlic, rose hips, seaweed, or saltwort. The only thing one needs to put in the rucksack is butter and salt. Berries like crowberry, bog bilberry, lingonberry, arctous alpina, blueberry, and cloudberry taste wonderful with parmesan. In the forest, you can find herbs, berries, and mushrooms. Even the simplest dishes can be spiced up with everything nature has to offer. Voila, you've instantly taken your meal up several notches.

It's actually quite curious how it often only takes a campfire for conversations to flow effortlessly.

#### CAMPFIRE CUISINE RIGHT OUTSIDE THE LIVING ROOM DOOR

We can also prepare campfire cuisine right in the backyard. Campfire pans and other setups offer us a plethora of opportunities for creative outdoor cooking. Even in the usually wintry Hemsedal, there are certain spring and summer days with substantial warmth. It's easy to shed heavy jeans and down jackets on such occasions, favouring lighter attire, and move the kitchen out onto the terrace. Family and friend gatherings become extra charming within these settings. Perfect occasions to fire-up huge campfire pans with rich and hearty stews, gladly served with toppings based on the first baby spring herbs. Or, perhaps, it's time to get rid of the last trout in the freezer? Mountain trout cooked in sour cream with burned juniper twigs and acidic accompaniments is good all year round.

If you want to beat the big drum, a good piece of whole-grilled veal can be served with springy and summery vegetables. The summer months are generally a time we hold dear. Therefore, we seize every opportunity to create good food together with friends and family. Even a children's birthday celebration takes on a completely different flair when placed outside the walls of the house, where the campfire takes center stage.

#### FIRE IT UP

It's always a delight to ignite a campfire for outdoor cooking. Start small, with dry grass, twigs, and kindling. Gradually increase the size until you have an appropriately-sized fire. Once we've got a blaze going, the fire more or less takes care of itself, as long as we remember to feed it along the way. It's actually a somewhat amusing paradox that you have to feed the fire in order to cook. A bit of smoke is part of the charm, we think. We always make sure to use smaller pieces of wood for fuel. That way, you get more flames and less smoke. Because one of the most important aspects of cooking over a fire is achieving as even a heat as possible.

As conversation flows freely, we can look forward to a delightful mealtime. And it's absolutely true, as many say: Food tastes best outdoors in the fresh air. That's why we have an infinite love for food prepared over a campfire.



For us, it makes sense when we let go of our everyday habits. It gives us an extra thrill when we allow nature to take the lead, instead of dealing with the endless choices in a grocery store. That's why we prefer to fill our backpacks with gear that enhances the overall experience rather than carrying shopping bags from the convenience store. Things like good knives, wooden utensils, and other outdoor equipment that speaks the same language as nature. The winter months, of course, stand out as well, since there's little to find outdoors. In that case, it's important to opt for high-quality ingredients and accessories.



6-8 WAFFLES

## THE BEST CAMPFIRE WAFFLE

200 g butter, browned  
(+ a little extra for cooking)  
4 eggs  
350 g flour  
150 g sugar  
1 ts cardamom  
1 ts cinnamon  
1 good pinch flaked salt  
9 dl kefir

### PREPARATION

Stir the eggs together. Whisk in flour, sugar, spices, and salt. Mix in the kefir and add the butter at the end. Let the batter rest for an hour, or let it swell in a bottle while on a hike.

Heat the waffle iron in the fire until hot. Pull the waffle iron to the side and let it rest by the fire for a few minutes until it gets an even, medium temperature. Drip in a few drops of butter. It shall just fizz like in a frying pan. Add the batter and cook the waffle carefully on the campfire.

### TO SERVE


To be eaten warm, preferably with a handful of self-picked berries, lots of sour cream, and perhaps some slices of dark brown goat cheese on the top.

### TOPPING SUGGESTIONS

Cloudberry jam, sour cream, and brown goat cheese  
Wild raspberries and vanilla sour cream  
Blueberries, finely chopped tarragon, and sweet sour cream.







DESSERT FOR 4

## MELTED RAUDBERG CHEESE WITH HONEY AND HAZELNUTS

2-3 semi-firm cheeses, preferably Raudberg cheese from Hemsedal's own dairy "Himmelspannet" (or your absolute favourite)

2 good handfuls of hazelnuts (ideally roasted for 12 minutes at 190 degrees beforehand)

1/2 cup of honey  
Flaked salt

Bread or flatbread, etc.,  
for serving

### PREPARING

Place the cheeses on a thin baking sheet and hold it over a campfire to heat them up quickly and give them some color. Try and find a suitably-heated area so that the cheese melts slowly and becomes soft all the way through. You'll need to keep an eye on it throughout. Add hazelnuts, plenty of honey, and a sprinkle of flaked salt.

### TO SERVE

Serve the melted cheese straight from the pan with bread or flatbread.



STARTER OR SNACK FOR 4

## MOUNTAIN TROUT OVER A CAMPFIRE PAN

2 moderately-sized mountain trout, as fresh as possible  
2 large slices of butter  
A couple of juniper sprigs  
3 dl of sour cream

### FOR SERVING

Flaked salt  
Trout roe  
Finely chopped chives, shallots or ramson  
Fresh potatoe tortillas, flat bread, or a nice loaf of bread

### PREPARING

Place the butter, fish, and juniper sprigs in a campfire fire pan or skillet. Place the skillet directly on the fire, making sure you monitor it carefully. Allow the fish to simmer in the butter until it is fully cooked, being careful not to burn the butter. Adjust the heat by removing the fire pan or skillet back and forth from the fire or adding a few drops of water if the butter begins to brown.

Once the fish is fully-cooked and the meat is separating from the spine (you can check this by using a small knife), remove it from the skillet and remove the skin. Add sour cream to the skillet, bring it to a boil, and let it simmer into a sauce. Return the fish to the skillet and sprinkle with flaked salt, trout roe, and chopped onions.

Serve immediately with your choice of baked goods on the side.







MAIN FOR 4

## BLACK GROUSE OVER A CAMPFIRE PAN

1 black grouse  
Butter for frying

2 large handfuls of wild mushrooms  
4 shallots, chopped  
Approximately 1 dl water (ideally from a clean stream)  
A handful of lingonberries and/or blueberries  
A handful of brown goat cheese, cut into pieces  
3 dl cream  
3 dl crème fraîche  
Salt

### PREPARING

Clean the grouse. Remove the breast fillets, debone the thighs and clean the liver and heart. The rest of the carcass can be used for broth. In a campfire fire pan, brown the breast fillets and thighs in butter. Remove the pan from the fire and let the meat simmer for a few minutes over low heat, turning occasionally to cook both sides evenly, but still a little pink.

Fry the liver and heart towards the end until lightly cooked. Remove the meat from the pan and set it aside.

Heat the pan again. Sauté the mushrooms until lightly browned. Add the shallots and sauté for a couple of minutes while stirring. Add water, berries, brown goat cheese, cream, and crème fraîche. Cook up and let it simmer until the sauce thickens and barely begins to caramelize. Season with salt. Cut the bird meat into bite-sized pieces and heat it in the stew in the campfire fire pan.

Serve with good bread, flatbread, "lefse", or potatoes on the side.



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# GUEST BOOK

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# THANK YOU

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My son, Kasper, and my dear,  
Mucho Brown.

The greatest people in Hemsedal,  
especially the Gaardsfolket at  
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- Jørgen

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crooked sentences. Kjersti, for  
all the proofreading and leadership  
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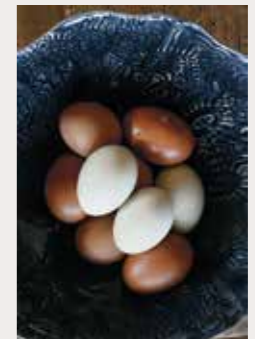
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created, and I am enthusiastic over  
what an unbelievably fine person  
you are. A fantastic food guru and  
real wilderness person! This is just  
the start ...

- Maria







## THE WILD SIDE

Pure food and clean flavours are a dream for many. With quality ingredients, this dream becomes attainable, and a key aspect lies in allowing the ingredients to express themselves. The more robust a raw material is, and the better one understands them, then the less that needs to be added. "The Wild Side" follows the seasons and encourages harvesting ingredients when they are at their peak, highlighting their distinctive and original flavours.

Good food is about more than just the dish itself. "The Wild Side" covers the entire process, from hunting, fishing, and foraging – to preparation – to table setting and serving. Get acquainted with the authors' own experiences and thoughts. From crab fishing on the southern coast in harsh weather, to dramatic grouse hunting in the high mountains, or unparalleled gastronomic encounters in other culinary cultures. Share in their experiences of thinking naturally, simply, and holistically in food preparation and presentation, and how you can serve food in a genuine and soulful manner.

"The Wild Side" showcases how one can preserve the natural, wild flavours that abound in Norway and throughout Nordic cuisine. The book presents you with 75 exciting recipes infused with flavours of mountains, sea, and forest. It also features many inspiring articles. All with a clear subtext: Let the ingredients rule, and lower your ambitions. Familiarise yourself with the ingredients, taste along the way, and don't be afraid to play around a bit.

### JØRGEN KOLDERUP

*Head of Food at Skigaarden in Hemsedal, residing in Hemsedal*

A creative chef and culinary adventurer, who loves working with nuances and shapes in everything he serves. An expert in combining ingredients from the same region and maximising their potential. Passionate about ensuring a natural thread in the culinary experience – from preparation to the stomach. In his free time, you'll often find him with a fishing rod in the wilderness or a shotgun, during the allure of autumn hunting.

### MARIA JARTMAN

*Strategic and creative leader at Kreator, residing in Hemsedal/London*

A creative oracle at the design agency with a genuine interest in food, serving, and table setting. Loves making the most out of the least – just like when wildflowers and stately candleholders bring extra life to a table. Focused on simplicity and authenticity in the culinary realm, using natural materials in table settings, and taking the time to serve from bowls and platters. Above all, cherishing the meaningful conversations around the dinner table that create memories to carry throughout life.

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