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FIG & FENNEL PULL-APART BREAD

Nordic countries have a closer association with the Mediterranean than many would imagine, with retirees and young families alike spending plenty of time down south topping up their vitamin D levels. I can only imagine that's how this flavour combo was born. Two great bakeries I know of in Stockholm who make the best traditional cinnamon buns do so with these flavours – here they are incorporated into a more savoury dough to be enjoyed with butter and black coffee.

MAKES 1 X 800 G (1 LB 12 OZ) LOAF

**PREPARATION TIME: 15 MINUTES PLUS RISING
COOKING TIME: 40 MINUTES**

Mix the yoghurt, egg and olive oil together in a bowl with 170 ml (6 fl oz/⅔ cup) of water until well combined. Stir in the instant yeast to dissolve.

Gradually add the flours, sugar and salt and mix everything together to form an elastic dough, then tip onto a clean floured work surface and knead for 2–3 minutes until smooth. Transfer the dough to a lightly greased bowl, cover with a clean tea towel and leave to rise for 30 minutes.

While the dough is rising, prepare the filling by putting all the ingredients in a bowl and gently tossing together.

Once risen, transfer the dough to the work surface and form into a snake-shaped log about 60 cm (24 in) long. Fold the log back on itself to create a 'U' shape with a trough running down the middle of the dough.

Line the trough with the filling ingredients then, holding the end of the dough with two ends, twist the opposite end clockwise three times on itself. Filling will go everywhere, but you can stuff it back in the right places once you have your basic twisted shape. Place the shaped loaf in a greased and floured 25 cm x 12 cm (10 in x 4½ in) loaf tin and set aside to rise for another 15 minutes.

Preheat the oven to 180°C (350°F/Gas 4).

Once risen, transfer the loaf tin to the oven and bake for approximately 40 minutes, or until the loaf is lightly golden and sounds hollow when tapped. Turn out and serve warm, spread with butter and accompanied by a pot of coffee.

- 125 g (4½ oz/½ cup) Greek-style yoghurt
- 1 large egg, at room temperature
- 3 tablespoons olive oil
- 2 teaspoons dried instant yeast
- 225 g (8 oz/1½ cups) plain (all-purpose) flour, plus extra for dusting
- 225 g (8 oz/1½ cups) wholemeal (whole-wheat) flour
- 1 tablespoon raw sugar
- ½ teaspoon salt

FILLING

- 185 g (6½ oz/1 cup) soft dried figs, chopped
- 30 g (1 oz) butter, melted
- 100 g (3½ oz) fennel bulb, very thinly sliced
- 1 teaspoon crushed fennel seeds
- 1 teaspoon sea salt
- 2 tablespoons dark brown sugar

MUSSELS, BROWN BUTTER, DILL & APPLE

In this simple dish, the sweetness and nuttiness of brown butter complements the pure, salty flavour of mussels beautifully, while the apple-cider vinegar does a great job of replacing the traditional lemon juice. Try to hunt down the best quality vinegar you can find – the cloudy, uglier, unpasteurised variety being better than the crystal clear kind as it retains its nutrients.

SERVES 6

PREPARATION TIME: 5 MINUTES

COOKING TIME: 5-8 MINUTES

Discard any broken mussels, or open ones that don't close when tapped on the bench. Scrub and pull out the hairy beards and rinse well. When cooked, discard any unopened mussels.

Melt the butter in a heavy-based saucepan and cook for 2-3 minutes, until it is foaming, turning brown and you can smell a nutty aroma. Remove the pan from the heat and transfer it to a cold surface to stop the cooking. The butter will continue to cook in the pan, so if you feel like it is getting too dark, pour it into another vessel. Set aside.

Heat the oil and shallots in a lidded pot over a low-medium heat until the shallots are translucent and slightly soft, about 4 minutes. Add the mussels, vinegar and sea salt, increase the heat to the high, cover with the lid and cook for 3 minutes. Give the pot a good shake to try and bring those mussels that are at the bottom of the pot to the top and cook for a further 3 minutes. Once almost all the mussels have opened, stir through the brown butter, dill and apple and cook for 30 seconds more. Serve immediately with a good lager and some dark rye bread.

- 2 kg (4 lb 8 oz) blue mussels
- 150 g (5½ oz) unsalted butter
- 2 tablespoons rapeseed oil
- 4 shallots, finely diced
- 3 tablespoons apple-cider vinegar
- 1 tablespoon sea salt flakes
- 3 tablespoons chopped dill
- 1 granny smith apple, peeled, cored and grated





RHUBARB BRAISED PORK, ROASTED PARSNIPS & FLOWER SPROUTS

I love a pot roast lamb shoulder with vinegar and onions but this does the same thing, the natural acidity of the rhubarb providing the perfect match for this delicious slow-roast pork. Pair it with the earthy parsnips and serve it with Rosehip Ketchup or Mustard Seed Caviar (pages 196 and 198), if you like. Similar to brussels sprouts (although a lot less dense) flower sprouts (also known as rosetti sprouts) roast well, giving a result similar to roasted kale or cabbage wedges, both of which make good substitutes.

SERVES 6

PREPARATION TIME: 20 MINUTES
COOKING TIME: 1 HOUR 30 MINUTES

Preheat the oven to 180°C (350°F/Gas 4) and season the pork shoulder generously with salt and pepper.

Heat the rapeseed oil in a large frying pan, add the pork shoulder and brown on all sides. Transfer the browned pork to a large casserole dish together with the rhubarb, onions, garlic, paprika and salt. Cover the dish first with foil and then the lid and cook in the oven for 40 minutes.

Remove the casserole from the oven, uncover and remove the foil. Turn the pork shoulder over and give the rhubarb and onion mixture a stir through. Re-cover, return to the oven and cook for another 40 minutes, or until the pork is tender, juicy and falling apart.

While the pork is cooking, toss the parsnips, sprouts, oil and nutmeg together in a bowl to coat. Add to a roasting tin and roast in the oven for the final 30 minutes of the pork cooking time.

To serve, use a pair of forks to separate the pork meat into shreds. Divide the shredded meat between serving plates, spoon over the pork cooking juices and the rhubarb and onion mixture and serve with the roasted veggies.

- 1 x 800 g (1 lb 12 oz) boneless pork shoulder
- 1 tablespoon rapeseed oil
- 400 g (14 oz) rhubarb stalks, cut into thirds
- 2 red onions, peeled and cut into eighths
- 3 garlic cloves, thinly sliced
- ½ teaspoon smoked paprika
- ½ teaspoon salt

PARSNIPS & FLOWER SPROUTS

- 6–8 small parsnips (600 g/1 lb 5 oz), peeled and quartered lengthways
- 100 g (3½ oz) flower sprouts or 200 g (7 oz) brussels sprouts, halved
- 1 teaspoon rapeseed oil
- ¼ teaspoon freshly grated nutmeg

BLACKBERRY & GINGER CHEESECAKE

A true cheesecake has to be one of the least healthy cakes out there, so I can understand any reluctance in believing a healthy cheesecake can work. This then is for the non-believers. Surprisingly, the combination of healthy ingredients in this recipe is so rich in flavour that you'll find you can't go wrong.

SERVES 8

PREPARATION TIME: 30 MINUTES PLUS SETTING

For the base, put all the ingredients in a food processor and blitz together to a chunky crumb-like consistency. Press the mixture into a 22 cm x 30 cm (8½ in x 12 in) cake tin.

Add the cashew nuts, coconut, honey, lemon zest and lemon juice to the food processor and whiz together for 1 minute, until everything is well combined and the mixture is smooth and creamy. Add the coconut oil, yeast and vanilla extract and whiz again for 30 seconds.

Spoon half the creamy mixture over the base and spread it out evenly.

Add the blackberries and ginger to the remaining mixture and blend together, then spread this over the cheesecake. Smooth down the top of the cheesecake with a spoon and leave to set in the refrigerator for at least 2 hours.

When ready to serve, remove the cheesecake from the tin, transfer to a serving plate and slice into portions. This also makes a great snack to take with you – simply store it in the refrigerator in a sealed bag or wrapped in plastic wrap to prevent it from being tainted by other flavours.

- 310 g (11 oz/2 cups) cashew nuts
- 120 g (4½ oz/1¼ cups) desiccated (shredded) coconut
- 290 g (10¼ oz) honey
- zest and juice of 2 lemons
- 150 ml (5 fl oz) coconut oil, melted
- 2 tablespoons nutritional yeast flakes
- 1 teaspoon natural vanilla extract
- 100 g (3½ oz) blackberries, fresh or frozen
- 1 teaspoon freshly grated ginger

BASE

- 100 g (3½ oz/1 cup) walnut halves
- 12 pitted dates
- 2 teaspoons cacao powder
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt

