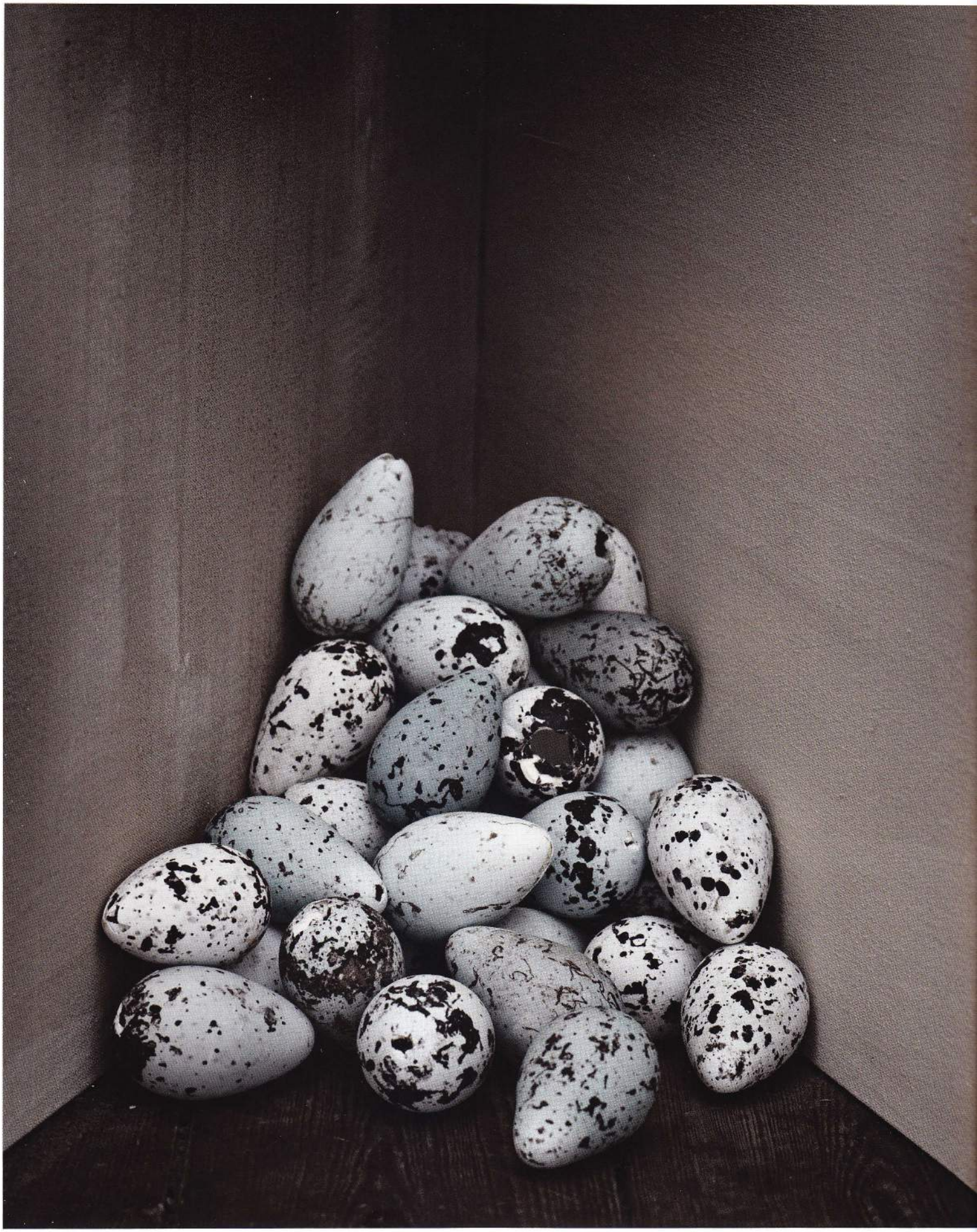

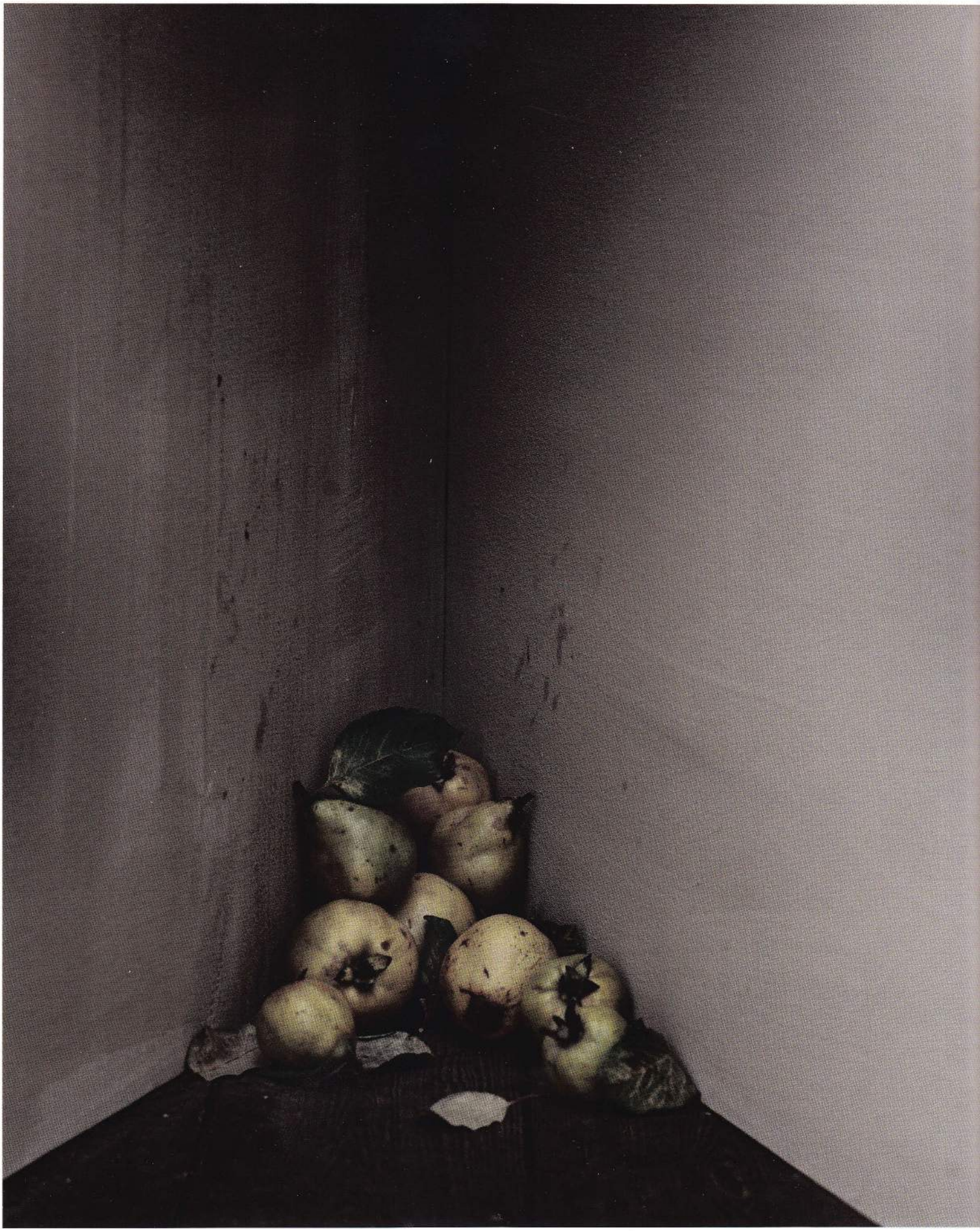

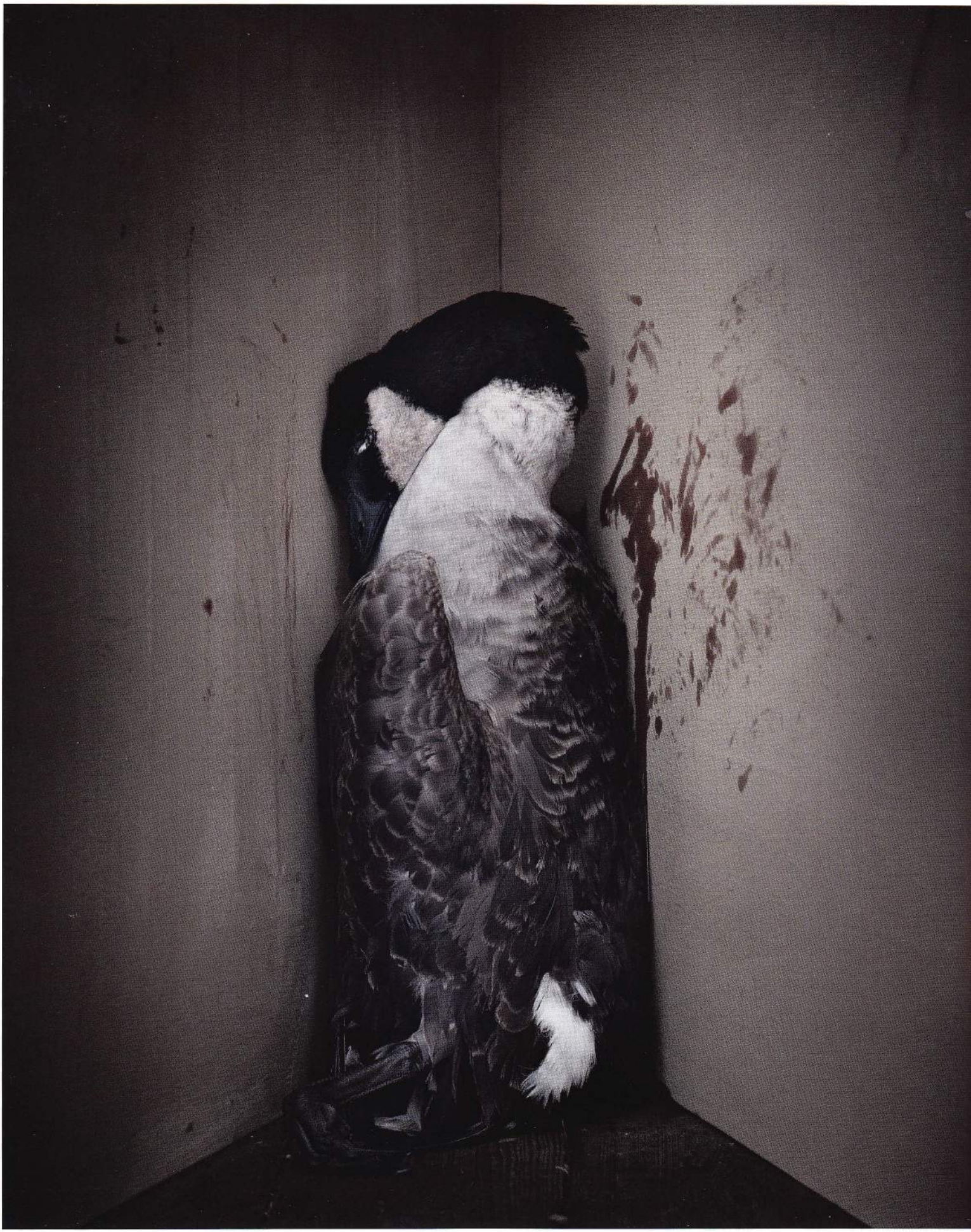

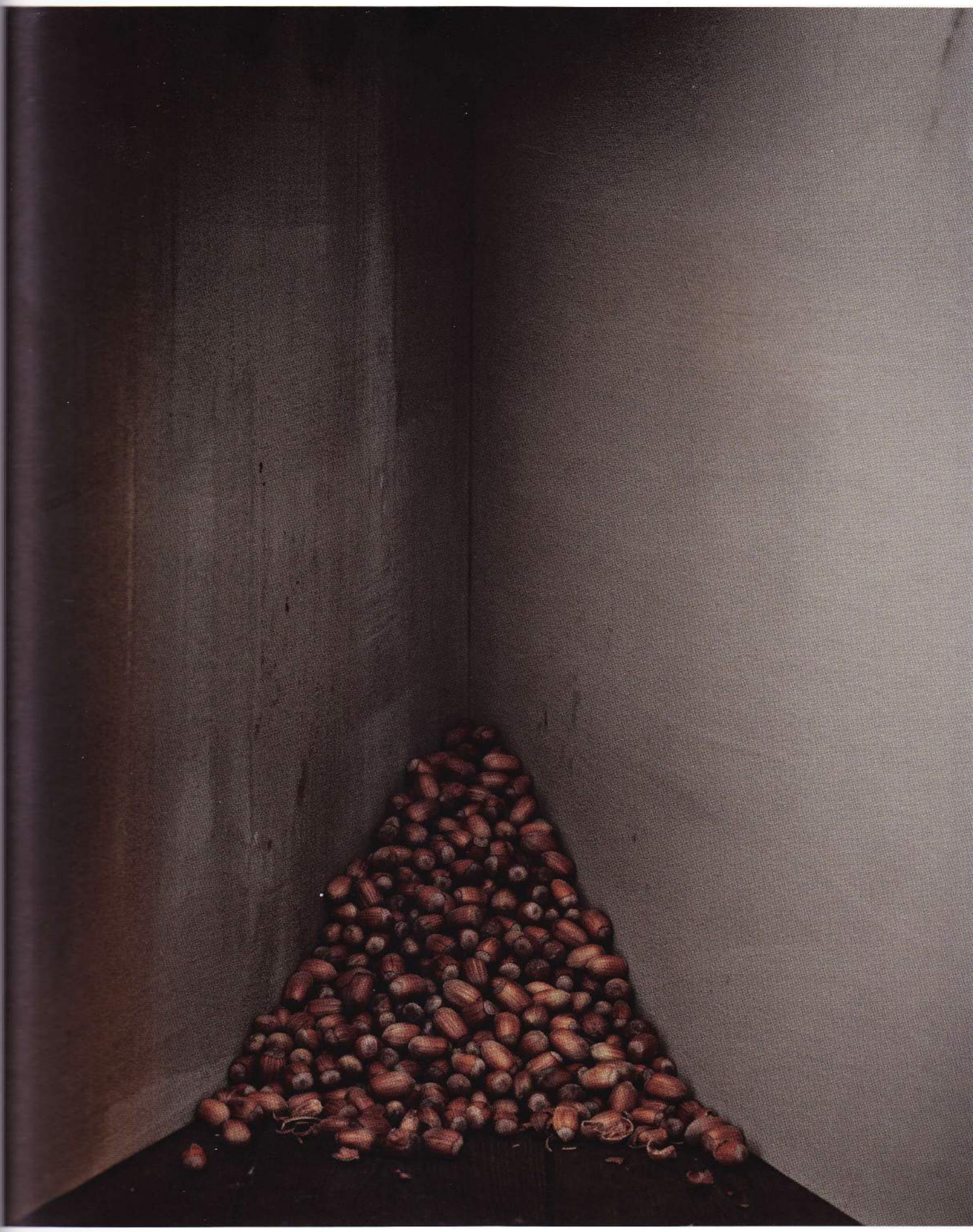

NOMA RECIPES

UNAFRAID

BY LARS ULRICH

Unafraid.

I love that word.
I've had that word in the back of my mind for years.
Waiting for the right time to use it.
Waiting for the right project to attach it to.

I never imagined it would be used in a book about food.
Now it has been.
Then again, this is not a book just about food.

And I'll use it again.
Unafraid.
There, I just used it for a second time.
Wow, that looks good.
Sounds good too.
Such a powerful word.

In the past when I have been asked to contribute forewords or other thoughts in the written form as a way to fill up a page or two before the main event, it's always been about a person or a body of work closely associated with a particular person. When René reached out to me to write this intro, he asked me to write about creativity. Not about food, not about Noma, not about René himself or any amalgam of the above. René wanted my 'ruminations' on the following question: what is creativity?

Like I said, I've been invited to partake in many creative shenanigans over the years, but never to write an essay about a single word. Being unafraid is a good start…

Creativity is as much about exploring what you don't know as embracing what you do know. Having the courage to wander into your own ignorance, armed only with base knowledge, can be a powerful way to true creativity. When you truly go out there and create something, it's as much a product of what you don't know as a product of what you do.

I've been circling these sound bites for some time now. They all sound rather slogan-like. Actually, some, or most of those would make pretty cool bumper stickers.

Let's dig deeper…

It's rather funny, borderline ironic, trying to figure out the best creative way to write about… creativity. But the truth is, the only certainty in my mind right now, is that I'm not limited to one way. And one way only. You could even argue that in some sense it is impossible to define creativity. And that really is the whole point of creativity. There are no rules, there are no boundaries. Your only limits are the roadblocks you set for yourself. Thankfully. Because isn't *that* the point? That you don't go on LET'S-BE-CREATIVE.COM and get it done for you when you need it. No, *it* comes to you at the most random of times, maybe even from within you. When you least expect *it*… while you're driving, while you're trying to fall asleep, looking out the window, while someone's talking to you or when you're tapping into or using a different part of your brain. Anytime, anywhere, no rhyme, no reason. Thoughts, ideas, angles, starting points, end points… *they* come to you. Your 'creativity portals' are open without you knowing it. Connecting with sights, sounds, smells, words, pictures, memories and emotions you might not even know are present. *It* just fires when *it* wants, day, night, off, on. Sometimes yes, you do have to sit and stake *it* out, wait for *it* to arrive, tease *it* into action. For your words, pictures, sounds, connections. Be it for film, music, literature, painting… be it for food.

Creativity. To create. To create something. To create something from nothing. To do something unprecedented. To take chances.

Look, creativity is creating something from nothing. Ok, that may be a little black and white. Obviously it can also be a continuation of a starting point further along than nothing, a place you may have visited before. It comes in all shapes and sizes. Any idea, if you think about it, is potentially creative. Whether its about what colour to put on the canvas next, what note to end a musical riff on, what words or nuances to put into that poem you've been revisiting for months or how to prepare hassel nuts or leek roots in new, exciting, uncharted ways, are all part and parcel of creativity. As stated, there are no boundaries, there are no rules, there are no limits. Clearly there's a starting point and often, an end point, but what dictates when that end point is reached? Well, in searching for the definitive answer yet again, I can only arrive at one over-riding fact; *it* dictates when *it* is complete. With maybe a smidgeon of help or guidance from its creator…

Creative processes can be nanoseconds long… days, weeks, months, years, decades. Again, there are no specifics. No one way. You just need to be unafraid and be ready to jump. No safety net. No specific landing spot. Write the song, make the painting, do the book, the play, reinvent the wheel or radically alter the next course on your culinary journey. To conjure something beautiful (or not!) from nothing. And for good measure, tag along some objectivity. Or self-critique. Creativity and self-critique make good bedfellows. One has to always be able to step aside and recognize when an idea isn't working, isn't good enough, can be better, can be taken somewhere else, can be fused with the previous day's next level idea…

As I write all this, I realize that whether the analogies come in bumper sticker form or a more abstract poetic stream of consciousness, they seem to me to rarely be associated with food. Which is strange because I find food to be every bit as creative an endeavour as any other 'form' in the creative brigade. And even though René asked me to write about creativity, I'm obviously aware that most of the following pages feature his thoughts about, and/or his pictures of food, his creations. So whether René wants me to or not, I'm going to have to say the following:

René belongs to a very small group of unique creators.
People who have turned their particular niches completely upside-down. Reinvented and redefined them.

The Unafraid.

Whether it be Pablo Picasso, Jackson Pollock, Charlie Parker, Beethoven, the Beatles, Cecil B. DeMille, Francis Ford Coppola, Quentin Tarantino, Jack Kerouac, James Joyce, Hunter S. Thompson, Steve Jobs, Stephen Hawking, Marlon Brando, the list goes on depending who's composing it… but no matter who's on that list, or how long it is, René Redzepi BELONGS on that list, in that company, among the true pioneers, because of what he has done in the last decade within the world of food.

René is Unafraid.

And we are all the grateful beneficiaries of the results that his fearlessness continues to create.

Lars Ulrich is a Danish drummer and one of the founding members of Metallica.

FEBRUARY

32 CLEANSING DRINK

34 STALE BREAD AND BROTH

36 MILK CURDS AND WINTER CABBAGES

38 PORRIDGE AND CONDIMENTS

40 SCALLOP CHIPS AND SPICY GRAINS

MARCH

44 BOILED LEEKS AND AGED SEAWEED

46 GRANITA OF BEETROOT WITH CARAMELIZED WHEY

48 BEETROOT WITH LIQUORICE FLAVOURS

50 CRISPY REINDEER MOSS, CEP POWDER AND CRÈME FRAÎCHE

52 A SAVOURY MOUTHFUL OF SEA BUCKTHORN AND ROSES

54 DESSERT OF CARROT AND SEA BUCKTHORN

56 TRASH COOKING OF FISH SCALES AND LIVERS

58 CARROTS, WATERCRESS AND SPECK

60 BROTH OF RAMSON LEAVES

62 EGGS COOKED TABLESIDE

64 TRASH COOKING WITH LEEKS

66 GRILLED CANDIED ENDIVE AND WILD SNAILS

68 DESSERT OF STRAWBERRIES AND CHAMOMILE

70 SAUTÉED BLUE SHELL MUSSELS

72 FRESH FJORD SHRIMP AND BROWN BUTTER

74 BRANCHES

76 SWEET SHRIMP, SEA URCHINS AND SEA SUCCULENTS

78 SWEET BITTERS

APRIL

82 SALTED LAMB BREAST AND CUCUMBER SAUCE

MAY

86 GRILLED ASPARAGUS AND TENDER SPRUCE

88 COOKED GREEN PEAS WITH SHOOTS OF GARLIC AND SWEETBREADS

90 SHAVED UNRIPE STRAWBERRIES AND SALAD ROOTS

92 ICE CREAM OF UNRIPE JUNIPER BERRIES WITH RHUBARB

94 SUMMER GAME AND THE FOREST FLOOR

96 SWEET WATER PIKE GRILLED WITH SUMMER CABBAGE

98 SLICES OF MAHOGANY CLAM AND LEEK

100 STEAMED CRAB AND CURED EGG YOLKS

102 BOILED STONE CRAB AND SEAWEEDS

104 DESSERT OF FRESH AND DRIED GRASSES

106 POTATO AND SNAILS

JUNE

110 A PLATEFUL OF FLOWERS AND SOME VINAIGRETTE

112 SLIVERS OF COD LIVER AND CRISPY SWEET MILK

114 SHOOTS OF BULLRUSH AND YOGURT

116 VINTAGE BLUE CARROTS AND WARM SORREL JUICE

118 SPICY AND SWEET CUCUMBER AND PICKLED ELDERFLOWERS

120 A LIGHT STEW OF BROAD BEANS AND FLOWERS

122 A SALAD OF BLACKBERRIES AND BEETROOT

124 WHOLE STEAMED LETTUCE AND HAZELNUT MILK

JULY

128 ELDERFLOWER MOUSSE AND SWEET CUCUMBER

130
FRESH TENDER SQUID AND WHITECURRANT BROTH

AUGUST

134
GLAZED SWEETBREADS AND WILTED BITTER GREENS

136
STEAMED SLIVERS OF SQUID IN A LIGHT BROTH

138
SUMMER VEGETABLES AND FRUIT COOKED WITH SEAWEED

140
SAVOURY COOKIE

142
CRAYFISH AND ROASTED HEAD JUICES

144
NASTERTIUMS AND COOKED SNAILS

146
SWEET ONION SHELLS AND WARM JUICE OF GREEN GRAPES

148
CARAMELIZED CAULIFLOWER SERVED WITH WHIPPED CREAM

150
DRIED CARROTS WITH GRASS AND HAY FLAVOURS

152
BRISKET AND SEAWEEDS

154
SOFT-BOILED EGG AND FERMENTED GARLIC

156
AN APPLE FALLS INTO THE GRASS

SEPTEMBER

160
FATTY FISH LIVER COOKED IN BUTTER

162
BELLE DE BOSKOOP APPLES AND CAVIAR

164
STEAMED DANDELION LEAVES AND GLAZED HARE

166
DESSERT OF GLOSTER APPLES AND WALNUTS

168
PORRIDGE OF GRAINS AND SMOKED EEL

170
SMOKED EEL AND SEA SNAIL REMOULADE

172
POTATO CHIP AND CHICKEN LIVERS

OCTOBER

176
MUTSU APPLES AND REINDEER TONGUE

178
FILLET OF MOOSE WITH RED FRUITS

180
PORK RINDS AND BLACKCURRANT

182
BEETROOT COOKED WITH MALT AND SORREL

184
ICE CREAM OF JERUSALEM ARTICHOKES

186
VINTAGE POTATOES AND MILK SKINS

188
SILKEN FRESH CHEESE AND CRISPY BEECH LEAVES

190
OYSTERS STEAMED IN SEAWATER WITH CONDIMENTS

192
POACHED KING CRAB AND TRUFFLE BROTH

194
CHILLED OYSTERS AND SALTED GREEN GOOSEBERRIES

196
SLOWLY SAUTÉED CELERIAC AND TRUFFLE SAUCE

198
PEAR TREE

200
FRESH HAZELNUTS AND GRILLED GEM LETTUCE

NOVEMBER

204
BOUQUET OF GREENS AND BLACK ANT DIPPING

206
PICKLED VEGETABLES

208
AROMATIC BIRCH SYRUP WITH MILK AND BARLEY

210
A PLATE OF FRESHLY SHUCKED SHELLFISH

212
WILD DUCK AND AUTUMN OFFERINGS

DECEMBER

216
DESSERT OF BINTJE POTATOES AND PLUMS

218
DOYENNE PEARS AND ENDIVES COOKED WITH BEEF CHEEKS

220
OXTAIL AND BLUEBERRIES

222
BONE MARROW FUDGE

224
POT-ROASTED PEAR AND BLOOD SAUSAGE 'BOLOGNESE'

226
ICY SLOE BERRIES AND BROWN CHEESE GANACHE

228
BASIC RECIPES

232
GLOSSARY

236
INDEX

FEBRUARY

CLEANSING DRINK

Tea herbs
1 juniper berry
0.7g lemon pine
0.4g thuja cones
0.4g lemon thyme leaves
1 lemon pine sprig
—
Redcurrant juice base
120g redcurrant juice
330g water
3g sugar
—
(serves one)

Tea herbs
Blanch the juniper berry twice for 30 seconds. Put the juniper berry, lemon pine, thuja cones and lemon thyme leaves in an empty tea bag. Seal the bag with string and tie the sprig of lemon pine to the end of it.

Redcurrant juice base
Combine the redcurrant juice and the water. Heat a small amount of this mixture and dissolve the sugar in it. Return the sweetened mixture to the rest of the redcurrant juice.

Serving
Warm a small teapot. Boil the juice and pour it into the teapot. Gently crush the tea bag, without puncturing it, to release the aromas. Place the tea bag in a teacup, pour the hot juice over it and infuse for 2 minutes.

STALE BREAD AND BROTH

Mushroom broth
1kg water
40g dried ceps (porcini)
3g freeze-dried lingonberries
7g freeze-dried blueberries
100g juniper wood
1 chicken breast, lightly salted
500g ceps (porcini), frozen
reduced white wine
4 oat roots, peeled and diced
parsley, chopped
lemon thyme leaves
cep (porcini) oil (see page 230)
—
Bread
4 sourdough bread slices, crusts removed
butter
salt
hay ash (see page 230)
—
Woodruff purée
30g spinach purée (see page 231)
0.6g woodruff powder
white wine vinegar
salt
—
Serving
freeze-dried lingonberries
dandelion shoots

Mushroom broth
Boil the water. Remove from the heat and add the dried ceps and berries. Cover and infuse for 8 hours. Strain the broth, then vacuum-pack with the juniper wood and infuse for 4 hours. Strain. Thinly slice the chicken breast, heat the broth and cook the chicken for 3 minutes. Strain and reduce the broth by one third. Defrost the frozen ceps in a sieve over a bowl. Reserve the cep water.

Bread
Cut the bread into triangles, then sauté in a little butter until golden and crisp. Drain and season with salt.

Woodruff purée
Mix the spinach purée with the woodruff powder and season with white wine vinegar and salt.

Serving
Warm 4 bowls. Heat the sautéed bread. Dust one side with hay ash. Smear the other side with the woodruff purée and decorate with freeze-dried lingonberries and dandelion shoots. Place the bread in the centre of the bowls. Heat the mushroom broth and season with the reserved cep water and reduced white wine. Add the oat roots, parsley and lemon thyme leaves and a good amount of cep oil. Spoon the broth into the bowls just before serving.

MILK CURDS AND WINTER CABBAGES

Dulse butter emulsion
100g water
250g butter
20g dulse (söl)
crown dill
—
Cabbages and dulse
80g mixed small cabbages
10g semi-dried aged dulse (söl)
salt
—
Fresh cheese
1.25kg organic milk
60g cream
25g buttermilk
5g rennet
—
Bacon and seaweed broth
1kg water
23g dulse (söl)
100g thinly sliced bacon
—
Serving
winter cress
nasturtium leaves

Dulse butter emulsion
Boil the water. Emulsify the butter into the water. Infuse the dulse in the butter emulsion for 5 minutes. Pass and keep at room temperature.

Cabbages and dulse
Blanch the cabbages for 5 seconds. Refresh in ice water, then drain and dry. Flake the semi-dried dulse.

Fresh cheese
Preheat the oven to 37°C (100°F). Heat the milk to 30°C (85°F) and add the cream and buttermilk. Slowly pour in the rennet. Pour the cheese into a covered ovenproof plastic container and cook for 1 hour 30 minutes or until set with the same consistency as fresh tofu. Cool in the refrigerator without the lid.

Bacon and seaweed broth
Vacuum-pack the water with the dulse and infuse for 30 minutes, then cook in a water bath at 60°C (140°F) for 1 hour. Strain and put in a pan with the bacon. Simmer for 30 minutes, then strain. Cool in the refrigerator, then skim the fat from the top. Reduce the bacon and seaweed broth to 600g and keep warm.

Serving
Warm the dulse butter emulsion and crown dill for 30 seconds. Add the cabbages and stir for 10 seconds. Stir in the semi-dried dulse and season with salt. Place a scoop of fresh cheese in the middle of each plate. Arrange the steamed cabbages and dulse around the fresh cheese. Decorate with the winter cress and nasturtium leaves. Add some warm bacon and seaweed broth to finish.

PORRIDGE AND CONDIMENTS

Truffle disc
100g Gotland truffles
20g mushroom stock (see page 231)
5g squid ink
12g chicken glace
24g truffle oil
60g grapeseed oil
salt
white wine vinegar
—
Lovage disc
180g parsley
400g lovage
500g baby spinach
—
Grated cheese
100g prästost cheese, refrigerated
—
Porridge
10g buckwheat flakes
11g rolled oats
25g millet flakes
17.5g sunflower seeds
2g yellow mustard seeds
2g brown mustard seeds
150g milk
salt

Truffle disc
Blend the truffles, mushroom stock, squid ink and chicken glace. Emulsify the oils into the mix. Strain and season with salt and white wine vinegar. Smear the purée onto a tray lined with grease-proof (wax) paper and cut rounds with a 10-cm ring cutter. Keep in the freezer.

Lovage disc
Blanch the greens. Refresh in ice water. Strain and blend to a fine purée with a few ice cubes. Pass, then smear the lovage purée onto a tray lined with baking (parchment) paper and cut rounds with a 10-cm ring cutter. Keep in the freezer.

Grated cheese
Grate the cheese, put in a container and return to the refrigerator.

Porridge
Combine all the grains and seeds in a pan. Cover with milk and cook over a medium heat for approximately 1 minute. The consistency should be very loose and creamy. Season with salt.

Serving
Warm 4 plates. Place a spoon of the warm porridge on each plate. Break the truffle and lovage discs in two and arrange them around the porridge. Finish with grated cheese.

SCALLOP CHIPS AND SPICY GRAINS

Scallop chips
4 scallops in the shell
—
Beechnuts
40 beechnuts
—
Grains
30g durum
30g kamut
30g pearl barley, toasted
30g emmer
salt
—
Watercress purée
180g watercress leaves
6g mustard
15g apple balsamic vinegar
110g grapeseed oil
—
Mussel sauce
100g mussel stock
5g squid ink
lemon juice
reduced white wine
dulse (söl) oil (see page 230)

Scallop chips
Shuck the scallops and cut around the main muscle to release them from the shell. Freeze the scallops and when frozen slice them into very thin rounds. Arrange the scallop slices on trays and dehydrate at 60°C (140°F) for 12 hours. Keep in an airtight container.

Beechnuts
Preheat the oven to 160°C (325°F). Crack off the beechnut shells and remove the inner brown skin. Toast for 6 minutes until lightly golden. Keep in an airtight container.

Grains
Cook each grain separately in boiling water for 20–30 minutes depending on the grain. Strain, rinse the grains in cold water and dry thoroughly.

Watercress purée
Blend the watercress leaves, mustard and apple balsamic vinegar. Emulsify the oil into the mix. Strain and keep on ice.

Mussel sauce
Mix the mussel stock with the squid ink. Season with the lemon juice and reduced white wine.

Serving
Put 4 plates in the refrigerator to get cold. Split the mussel sauce with dulse oil and drizzle a little on each plate. Moisten the grains with some of the watercress purée. Arrange the grains in piles on each plate. Season each pile with salt, add 2 roasted beechnuts and top with the dried scallop chips.

MARCH

BOILED LEEKS AND AGED SEAWEED

Leeks
12 biodynamic leeks, lower white parts only
apple balsamic vinegar
salt
—
Dulse gel
2 gelatine leaves
200g dulse (söl) broth (see page 230)
salt
—
Cream gel
100g milk
100g cream
10g crème fraîche
20g grated horseradish
2 gelatine leaves
—
Kelp flakes
3kg water
70g dried aged kelp
—
Serving
rapeseed (canola) oil

Leeks
Trim the leeks and cook in boiling water for 10–12 minutes. Refresh in ice water. Peel away some of the outer layers, leaving only the tender core. Cut the leeks in half lengthways. Keep in the refrigerator.

Dulse gel
Bloom the gelatine. Warm a small amount of the dulse broth and melt the gelatine in it. Season with salt, pour into a container and set in the refrigerator.

Cream gel
Combine the milk, cream and crème fraîche in a bowl and infuse with the grated horseradish for about 30 minutes. Strain to remove the horseradish. Bloom the gelatine and dissolve in a little of the horseradish-cream mixture. Pour it into the milk, cream and crème fraîche mixture. Transfer to a container and set in the refrigerator.

Kelp flakes
Vacuum-pack the water and kelp and set aside for 30 minutes. Cook in a water bath at 60°C (140°F) for 1 hour. Strain the broth, pour into a gastro and dehydrate at 50°C (120°F) until the water has evaporated. Gently scrape the base of the gastro to flake the broth. Keep the flakes in an airtight container.

Serving
Spray the leeks with apple balsamic vinegar, then put 3 in the centre of each plate. Season with salt. Place a spoonful each of dulse gel and cream gel onto each plate. Drizzle over a little rapeseed oil and sit a large kelp flake on top.

GRANITA OF BEETROOT WITH CARAMELIZED WHEY

Brown cheese ganache
500g milk
200g cream
125g brown cheese
50g sugar
40g egg yolks
2g iota
—
Beetroot and blackcurrant granita
300g beetroot (beet) juice
30g strained blackcurrant purée
—
Beetroot rounds
1kg beetroot (beet) juice
½ star anise
1g dried woodruff
1 beetroot (beet), peeled
—
Serving
freeze-dried blackcurrants
small tarragon leaves
raw liquorice, grated

Brown cheese ganache
Blend the milk, cream and brown cheese in a Thermomix. Warm the mixture to 80°C (175°F). While the mixture is still blending, add the sugar, egg yolks and iota. Transfer the mixture to a piping (pastry) bag and pipe the mixture into cylindrical moulds, 2cm in diameter. Set in the refrigerator, then freeze. Remove the ganache from the moulds and cut into 4-cm lengths. Defrost in the refrigerator.

Beetroot and blackcurrant granita
Mix the beetroot juice and blackcurrant purée and freeze. When frozen, use a fork to scrape the granita to a powder. Pour the granita into a frozen container with a lid and freeze.

Beetroot rounds
Combine the beetroot juice, star anise and dried woodruff and reduce to 75g. Strain and leave to cool. With a round parisienne cutter, scoop out small balls from the beetroot. Vacuum-pack with a little of the beetroot reduction and cook in a water bath at 80°C (175°F) for approximately 1 hour. Leave to cool and strain.

Serving
Put 4 flat plates and four 12-cm round cutters in the freezer to get very cold. Place the chilled round cutters in the centre of the chilled plates. Line up the brown cheese ganache inside the cutters. Arrange the freeze-dried blackcurrants on top and fill in the empty spaces with the beetroot granita. Scatter a few small tarragon leaves on top and lift off the cutters. Garnish with raw liquorice and serve.

BEETROOT WITH LIQUORICE FLAVOURS

Green anise powder
10g green anise seeds
—
Beetroot glace
2.5kg beetroot (beet) juice
1g dried woodruff
1 star anise
20g apple balsamic vinegar
—
Beetroot
1 large long beetroot (beet), peeled and cut in 4 lengths
grapeseed oil
birch wood branches

Green anise powder
Blend the green anise seeds to a powder and keep in an airtight container.

Beetroot glace
Reduce the beetroot juice by half. Add the dried woodruff and reduce again by half. Strain, return to the pan with the star anise and reduce to 100g. Mix 60g of the beetroot reduction with the apple balsamic vinegar.

Beetroot
Trim each beetroot piece into a 12-cm length and peel to a weight of 40g. Vacuum-pack the beetroot and cook in a water bath at 90°C (195°F) for 45 minutes. Cool, dry, brush with a little oil and then smoke the beetroot at 100°C–120°C (200F–250°F) over birch wood for 1 hour. Cool, then brush each piece with the beetroot glace. Sprinkle with the green anise powder and dehydrate for 4–5 hours or until each piece weighs 12g. Cool and keep in an airtight container.

Serving
Serve the beetroot on a flat plate.

CRISPY REINDEER MOSS, CEP POWDER AND CRÈME FRAÎCHE

Cep powder
10g ceps (porcini), cut into 1-cm thick slices
—
Fried reindeer moss
reindeer moss
1kg grapeseed oil
salt
—
Crème fraîche
200g crème fraîche
—
Serving
green pillow moss
small pebbles
bark
branches

Cep powder
Dehydrate the ceps at 60°C (140°F) for 24 hours. Blend to a fine powder and sift. Keep in an airtight container.

Fried reindeer moss
Soak the reindeer moss in water for 8 hours. Divide the moss into 2g portions and blanch for 4 minutes. Refresh in ice water, drain and dry. Heat the oil to 170°C (340°F) and deep-fry the moss until crisp. Drain on paper towels. Season with salt and keep warm.

Crème fraîche
Make quenelles of the crème fraîche and arrange on 4 small plates.

Serving
Put the green pillow moss on serving plates and decorate with the pebbles, bark and branches. Sprinkle the fried reindeer moss with the cep powder and season with salt. Place the fried moss onto the decorated serving plates. Serve with the crème fraîche.

A SAVOURY MOUTHFUL OF SEA BUCKTHORN AND ROSES

Pickled pink rose hip petals
100g pink rose hip petals
100g apple balsamic vinegar
salt
—
Leather
125g sea buckthorn juice, plus extra
125g organic carrot juice, plus extra
5g pectin
5g icing (confectioners') sugar

Pickled pink rose hip petals
Vacuum-pack the rose hip petals and apple balsamic vinegar and pickle for at least 1 month.

Leather
Mix the sea buckthorn and carrot juices. Add the pectin and icing sugar to half the juice and boil for 10 seconds. Add the remaining juice, strain and pour onto a silicone mat. Preheat the oven to 50°C (120°F) and dehydrate the leather for 8 hours. Cut the leather into 10-cm squares and brush with a little sea buckthorn and carrot juice to rehydrate. Keep on baking (parchment) paper in an airtight container in the refrigerator.

Serving
Place 4 sheets of leather on a plate. Top each leather sheet with the pickled rose hip petals and season with salt.

DESSERT OF CARROT AND SEA BUCKTHORN

Sea buckthorn parfait
5 gelatine leaves
305g carrot juice
500g sea buckthorn juice
25g Ultra Sperse HV
40g sugar
13g egg white powder
salt
lemon juice
—
Carrot raisins
5 thin biodynamic carrots, sliced into 1-mm rounds
3kg carrot juice
lemon juice
apple balsamic vinegar
—
Sheep's milk yogurt foam
8 gelatine leaves
150g water
50g yogurt whey
75g sugar
700g sheep's milk yogurt
150g cream
—
Carrot crudités
10g sugar
40g water
lemon juice
apple balsamic vinegar
3 biodynamic carrots, thinly sliced
—
Serving
lemon thyme leaves
carrot tops
lemon verbena leaves
raw liquorice, grated

Sea buckthorn parfait
Bloom the gelatine in 50g of carrot juice. Blend 450g of sea buckthorn juice, 125g of carrot juice, the Ultra Sperse HV and sugar in a Thermomix for 5 minutes at medium speed. Heat the bloomed gelatine in the carrot juice and when dissolved, add to the Thermomix and blend. Cool the parfait mixture over ice. Whisk the remaining carrot juice with the egg white powder into a meringue. Combine 200g of the parfait and the remaining sea buckthorn juice. Fold in 20g of carrot meringue, and season with salt and lemon juice. Transfer the parfait to a Food Saver container. Place in a chamber vacuum sealer and aerate until the contents reach the surface, then freeze. Remove the parfait from the container and drop it into liquid nitrogen. Slice the parfait in half. Cut 8 rounds with a frozen 10-cm ring cutter. Keep the rounds in the freezer.

Carrot raisins
Blanch the carrots for a few seconds. Cool, then dehydrate until crisp. Reduce the carrot juice until syrup-like, then season with lemon juice and apple balsamic vinegar. Rehydrate the carrot raisins in the carrot syrup. Keep in the refrigerator.

Sheep's milk yogurt foam
Bloom the gelatine in the water and whey. Add the sugar and warm until dissolved. Combine with the sheep's milk yogurt and cream. Pour into a siphon three-quarters full, then charge twice. Set in the refrigerator.

Carrot crudités
Dissolve the sugar in the water. Season with lemon juice and apple balsamic vinegar. Marinate the carrots in the lemon balsamic syrup.

Serving
Put 2 plates in the freezer to get very cold. Put 4 bowls in the refrigerator. Divide the sea buckthorn parfaits between the plates. Top each with a spoon of carrot raisins, the lemon thyme leaves and the carrot crudités. Decorate with the carrot tops and lemon verbena. Dispense a small mound of sheep's milk yogurt foam into the centre of the bowls. Garnish with raw liquorice. Place the dressed sea buckthorn parfaits on the sheep's milk yogurt foam and serve.

TRASH COOKING OF FISH SCALES AND LIVERS

Cod livers
15g salt
500g water
10g juniper berries
10g coriander seeds
1 large bay leaf
2g lemon thyme leaves
4 cod livers
juniper wood shavings
hay
—
Fried fish scales
200g clarified butter
50g mullet scales, cleaned and dried
salt
—
Serving
dulse (söl) broth (see page 230)
rapeseed (canola) oil

Cod livers
Combine the salt and water to make a brine. Grind the spices. Add 5g of ground spice and the lemon thyme leaves to the brine. Cut the cod livers into 10-cm lengths and rinse in ice water. Vacuum-pack the livers with the brine for 24 hours. Rinse the brine from the livers and place them in a large, shallow container. Cover with clingfilm (plastic wrap) and puncture a hole in the top large enough to fit a smoke gun. Smoke the livers with the wood shavings. Leave to rest for 5 minutes, then smoke with hay. Place the livers in the freezer. When frozen, scrape the outer membrane from the livers, then return to the freezer. Shave the livers with a frozen mandolin and keep the shavings in the freezer until serving.

Fried fish scales
Heat the clarified butter to 170°C (340°F), add the scales and fry. Put the fried scales on a tray lined with greaseproof (wax) paper and season with salt. Dehydrate for 1 hour, changing the paper regularly.

Serving
Put 4 plates in the freezer to get very cold. Place a mound of the shaved smoked livers in the centre of each plate. Sprinkle with the fried fish scales. Split the dulse broth with rapeseed oil and serve immediately.

CARROTS, WATERCRESS AND SPECK

Sea buckthorn reduction
200g sea buckthorn juice
—
Carrot sticks
12 biodynamic carrots
salt
grapeseed oil
birch wood branches
—
Watercress sauce
180g watercress leaves
6g mustard
15g apple balsamic vinegar
30g water
110g grapeseed oil
—
Smoked speck
250g smoked speck
salt
—
Serving
cress

Sea buckthorn reduction
Boil the sea buckthorn juice and reduce to 20g. Keep at room temperature.

Carrot sticks
Trim the carrots to 12-cm lengths and weights of 45g each. Vacuum-pack the carrots and 450mg of salt and cook in a water bath at 90°C (195°F) for 45 minutes. Cool, dry the carrots and brush them with a little grapeseed oil. Chargrill (charbroil) the carrots over birch wood at 120°C–140°C (250°F–275°F) for 1 hour, turning them every 15 minutes. Cool, then brush the carrots with a thin layer of the sea buckthorn reduction. Dehydrate at 60°C (140°F) for 4–5 hours. Cool and keep in an airtight container at room temperature.

Watercress sauce
Blend the watercress leaves, mustard, apple balsamic vinegar and water, then emulsify the oil into the mix. Strain and keep on ice.

Smoked speck
Boil the speck for 2 hours, or until tender. Cool, then freeze. When frozen, slice very thinly lengthways. Store between sheets of greaseproof (wax) paper.

Serving
Warm 4 plates. Preheat the oven to 80°C (175°F) and warm the dehydrated carrots for 20 minutes. Place the speck on each plate and gently warm with a blowtorch. Season with salt. Smear some watercress sauce onto each plate. Place the warm carrot sticks next to the sauce and dress with a little cress.

BROTH OF RAMSON LEAVES

Ramson broth
800g water
120g fermented pea purée, cooked out (see page 230)
200g green ramson (wild garlic) leaves
reduced white wine
parsley oil (see page 231)
salt
—
Pollen vinaigrette
2g honey
5g apple balsamic vinegar
1g rosehip vinegar
7g water
22g rock rose pollen
lemon juice
salt
—
Hay bowl
16 large dried ceps (porcini)
16 dried morels
20 freeze-dried blackcurrants
green hay
16 dried yarrow leaves
12 dried yarrow flowers
8 dried blackcurrant leaves
—
Serving
young dandelion shoots
apple cider vinegar
salt

Ramson broth
Combine the water and fermented pea purée and freeze. When frozen, leave to defrost in a square of muslin (cheesecloth) set over a bowl. Heat 600g of fermented pea water and blanch the ramson leaves for 10 seconds. Refresh the leaves in ice water. Blend the leaves and fermented pea water for 1 minute and strain.

Pollen vinaigrette
Combine the honey and the vinegars. Add the water and fold in the rock rose pollen. Soak for 30 minutes at room temperature. Season with lemon juice and salt. Brush the vinaigrette on 4 small side plates.

Hay bowl
Divide the dried mushrooms and the freeze-dried blackcurrants between 4 bowls. Lightly crush them in the bottom of the bowls to release their flavour. Place a small handful of the green hay on top. Insert the dried leaves and flowers into the hay. Heat the bowls in the oven at 100°C (200°F) for 10 minutes. The bowls and their contents should reach a temperature of 80°C (175°F).

Serving
Spray the dandelion shoots with apple cider vinegar, then arrange the shoots on each of the 4 small side plates. Heat the ramson broth until simmering, season with reduced white wine and drizzle with a little parsley oil. Take the warm hay bowls straight from the oven and pour 150g of the hot ramson broth into each bowl. Season with salt and serve with the dandelions and pollen vinaigrette.

EGGS COOKED TABLESIDE

Thyme butter
8g lemon thyme leaves
250g butter, softened
ground black pepper
—
Duck eggs
4 duck eggs
—
Salt
4 duck eggshell halves
salt
—
Potato strings
4 small fingerling potatoes
grapeseed oil
salt
—
Ramson sauce
200g large ramson (wild garlic) leaves
450g water
5g butter
10g chicken glace
salt
apple balsamic vinegar
rapeseed (canola) oil
—
Serving
hay
hay oil (see page 230)
large baby spinach leaves, stems removed
small ramson (wild garlic) leaves, stems removed
chickweed
ramson (wild garlic) flowers
ground elder
onion cress
salt

Thyme butter
Finely chop the lemon thyme and mix with the butter. Transfer to a piping (pastry) bag and pipe onto clingfilm (plastic wrap). Roll into a thin 1.5-cm-diameter cylinder and firm in the refrigerator. Cut the thyme butter into 3-cm sticks. Dip one end into coarsely ground black pepper.

Duck eggs
Blanch the eggs for 3 seconds and cool in ice water. Dry the eggs and keep at room temperature.

Salt
Boil the eggshell halves for 1 minute. Peel away the thin membrane on the inside of the eggshells, dry and fill with salt.

Potato strings
Spin the potatoes on a Japanese turning vegetable slicer. Trim into 20-cm lengths. Heat the oil to 170°C (340°F) and deep-fry the strings. Drain and season with salt.

Ramson sauce
Blanch the ramson leaves for 1 minute. Cool in ice water, then dry. Blend the blanched ramson leaves with the water, butter and chicken glace, then pass.

Serving
Preheat the oven to 280°C (535°F) and warm 4 cast iron dishes. Line 4 aluminium plates with hay and spray with water. Place the cast iron dishes on the hay. Drizzle a little hay oil into each hot dish and then immediately crack in a duck egg. Season with salt and add the thyme butter, spinach and ramson leaves. Heat the ramson sauce, then season with salt, apple balsamic vinegar and rapeseed oil. Drizzle over the eggs. Finish with the chickweed, ramson flowers, ground elder, onion cress and potato strings. Serve with the salt.

TRASH COOKING WITH LEEKS

Leeks
4 leeks, lower white parts and roots only
grapeseed oil
salt
parsley purée (see page 231)
—
Batter
100g self-raising flour
200g water
—
Serving
ramson (wild garlic) capers (see page 231)
pickled air onions

Leeks
Blanch the leeks for 5–7 minutes. Refresh in ice water and dry. Cut the leeks in half lengthways and remove the tough outer layers.

Batter
Whisk the flour and water and keep at room temperature.

Serving
Preheat the grapeseed oil to 160°C (325°F). Dip the leek roots into the batter and deep-fry until crisp and golden. Drain and season with salt. Smear some parsley purée on the surface of the leeks and sprinkle with capers and air onions.

GRILLED CANDIED ENDIVE AND WILD SNAILS

Candied endive
200g redcurrant wine
7g honey
50g butter
4 endives (chicory)
grapeseed oil
—
Wild snails
8 live snails
50g white wine
1 garlic clove
1 thyme sprig
2 woodruff sprigs
30g brown butter
apple balsamic vinegar
salt
5g chopped shallots
5g ramson (wild garlic) capers (see page 231)
—
Chive shoots
100g water
200g butter
20 trimmed chive shoots
salt

Candied endive
Boil the redcurrant wine for 3 minutes to evaporate the alcohol. Add the honey and butter and blend until emulsified. Brush the endives with a little grapeseed oil and chargrill. Vacuum-pack the chargrilled endives with the redcurrant wine sauce and marinate for 1 hour at room temperature. Cook in a water bath at 70°C (150°F) for 40 minutes. Preheat the oven to 70°C (150°F). Remove the endives from the vacuum pack and gently squeeze out the redcurrant wine sauce. Bake for 1 hour until the outer leaves of the endives are candy-like in appearance and taste. Remove the outer leaves and place, slightly overlapping on a square of parchment paper. Cut into rounds with a 13-cm ring cutter. Keep in separate layers in a heat-proof container.

Wild snails
Place the snails in a wide pan. Pour boiling water over them and infuse for 1 minute. Cool, then remove the snails from their shells. Place in a pan with the wine, garlic and herbs and cover with water. Braise for 1 hour 30 minutes or until tender. Trim the tops of the snails and chop roughly. Keep in a container on ice. Strain the braising liquid and reduce to one-fifth. Pour into a small pan and add the brown butter. Season the snail sauce with apple balsamic vinegar and salt.

Chive shoots
Boil the water. Emulsify the butter into the water. Add the chive shoots and cook for 15 seconds. Strain and season the shoots with salt.

Serving
Warm 4 plates. Preheat the oven to 80°C (175°F). Place the heatproof container with the grilled endive rounds in the oven and warm for 10 minutes. Heat the snail sauce and add the snail pieces, the shallots and capers. Place a warm grilled endive round in the centre of each plate. Arrange the cooked chive shoots on top, finish with the snail sauce and serve immediately.

DESSERT OF STRAWBERRIES AND CHAMOMILE

Strawberries
20 Polka strawberries
sugar
—
Hay parfait
1 gelatine leaf
65g egg yolks
45g sugar
45g water
30g trimoline
250g hay cream (see page 230)
—
Chamomile broth
250g water
22g dark flower honey
15g chamomile buds
salt
lemon juice
citric acid
—
Serving
sheep sorrel leaves
verbena leaves
small bronze fennel tips
marjoram leaves
oregano leaves
elderflower sprigs
rapeseed (canola) oil

Strawberries
Cut the strawberries in half lengthways and trim at an angle so they stand up on the plate. Sprinkle some sugar on the cut surface and leave to marinate for approximately 12 minutes.

Hay parfait
Bloom the gelatine. Blend the egg yolks, sugar, water and trimoline at medium speed in a Thermomix until the mixture begins to thicken and reaches 82°C (180°F). Transfer the mixture to a stand mixer, add the bloomed gelatine and whisk until cool. Whip the hay cream to medium peaks and gradually fold it into the egg mixture. Transfer the parfait to a piping (pastry) bag, pipe into cylindrical moulds, 2cm in diameter, and freeze. Cut the parfait into 1-cm thick rounds.

Chamomile broth
Boil the water with the honey. Remove from the heat, add the chamomile buds and infuse for 10 minutes. Strain, keep half the chamomile buds as garnish and blend the remaining buds with the broth. Strain and leave to cool. Season the broth with salt, lemon juice and citric acid.

Serving
Put 4 plates in the refrigerator to get cold. Divide the strawberries between the plates. Top with half the herbs for serving. Add 5 rounds of hay parfait and dress with the remaining herbs and reserved chamomile buds. Finish with spoonfuls of broth and a few drops of rapeseed oil.

SAUTÉED BLUE SHELL MUSSELS

Mussel shell dough
40g type 00 flour
20g water
4g squid ink
1g salt
clean mussel shells
grapeseed oil
—
Poached mussels
1kg live blue mussels
—
Mussel emulsion
250g grapeseed oil, plus extra
50g egg yolks
20g finely diced celery
2.5g chopped parsley
4g chopped lovage leaves
salt
white wine vinegar
—
Serving
grapeseed oil
clean mussel shells

Mussel shell dough
Mix the flour, water, ink and salt to make a dough. Roll the dough through a pasta machine on setting number 7. Find pairs of mussel shells that fit tightly inside each other. Spray the insides of the top shells and the outsides of the bottom shells with a little grapeseed oil. Cut pieces of the dough and press them between the pairs of mussel shells, trimming away any excess dough with a small knife. Heat the oil to 180°C (350°F). Grip the shells with long kitchen tongs, lower them into the oil and deep-fry until crisp.

Poached mussels
Half-fill a pan with water and cook a few mussels at a time until they open. Cool in ice water. Remove the mussels from their shells and dry. Set 4 mussels aside for garnish.

Mussel emulsion
Heat a little oil in a pan over a high heat and sauté the poached mussels on both sides. Drain and leave to cool. Weigh 150g of the sautéed mussels and blend with the egg yolks. Emulsify the oil into the mix. Weigh 50g of the sautéed mussels, dice and add to the emulsion. Blanch the celery, drain and add to the emulsion. Add the parsley and lovage. Season with salt and white wine vinegar.

Serving
Heat some oil in a pan and sauté the 4 reserved poached mussels on 1 side. Pour half a teaspoon of mussel emulsion into each deep-fried mussel shell. Place a sautéed mussel on top of each and close with a real mussel shell. Arrange the clean mussel shells on serving plates and place the deep-fried ones among them.

FRESH FJORD SHRIMP AND BROWN BUTTER

Shrimp
16 live small grey fjord shrimp
—
Brown butter emulsion
2 eggs
150g brown butter
lemon juice
salt
—
Serving
ice

Shrimp
Keep the shrimp alive in cold sea water or on ice.

Brown butter emulsion
Cook the eggs for 5 minutes in a pan of boiling water. Cool in ice water, then peel. Blend the eggs with the brown butter until emulsified. Season with lemon juice and salt.

Serving
Divide the ice between 4 small pickling jars. Add live shrimp and seal. Place a spoon of the brown butter emulsion onto 4 small plates and serve with the live shrimp.

BRANCHES

Spruce and juniper spices
20g spruce needles
20g juniper needles
—
Branches
75g type 00 flour
4g malt flour
1g salt, plus extra
35g lager
grapeseed oil
—
Serving
bouquet of flowers in a vase
crème fraîche

Spruce and juniper spices
Dehydrate the spruce and juniper needles separately at 60°C (140°F) for 12 hours. Blend the dried needles separately to a powder and sift. Keep in airtight containers.

Branches
Mix the flour, malt flour and salt. Add the lager and knead to a smooth dough. Rest for 30 minutes in clingfilm (plastic wrap). Roll through a pasta machine on setting number 7, then cut into branch shapes. Heat the oil to 180°C (350°F) and deep-fry the branches until crisp. Drain, then season with salt and the spruce and juniper spices.

Serving
Insert the branches among the flowers in the vase. Serve with the crème fraîche.

SWEET SHRIMP, SEA URCHINS AND SEA SUCCULENTS

Sea urchin snow
200g sea urchins
200g water
salt
—
Shrimp
24 red shrimp, peeled
salt
—
Sauce
25g cream
25g milk
25g dill oil (see page 230)
—
Serving
small pebbles
scurvy grass
sea arrowgrass
sheep sorrel
St John's wort
sea purslane
beach mustard
beach cabbage flowers
mustard flowers
Spanish chervil flowers
chive flowers

Sea urchin snow
Open the sea urchins and remove the orange meat. Weigh 200g of the meat and blend with the water. Season with salt and freeze in a Paco container. Spin in a Pacojet in 10-second bursts. Transfer the sea urchin snow to a frozen container and keep in the freezer.

Shrimp
Keep the shrimp on ice.

Sauce
Mix the cream and milk.

Serving
Build a little mound of pebbles on the side of 4 shallow plates. Add a little water and put the plates in the freezer. When frozen, decorate the plates with some of the plants. Arrange the shrimp on each plate and season with salt. Decorate with the rest of the plants and flowers. Split the sauce with dill oil and add 2 spoonfuls to each plate. Finish with the frozen sea urchin snow.

SWEET BITTERS

Bitters
30g glucose syrup
20g Gammel Dansk bitters
10g dried blueberries
—
Ice cream
117g milk
40g cream
15g dextrose
2g trimoline
5g sugar
1g salt
8g non-fat milk powder
1.5g ice cream stabilizer
—
Crispy milk
250g skimmed milk
1.5g iota
75g sugar
25g milk powder
0.5g salt
—
Milk crumbs
100g milk powder
75g type 00 flour
75g sugar
75g melted butter
40g cornflour (cornstarch)
5g salt
—
Serving
Gammel Dansk bitters
reduced apple balsamic vinegar
wood sorrel

Bitters
Cook the glucose syrup and Gammel Dansk to 35° on a sugar (candy) thermometer. Pour this syrup over the dried blueberries and infuse for 5 minutes. Strain the liquid, then cool.

Ice cream
Heat the milk and cream, then add the dextrose, trimoline, sugar and salt. Mix the milk powder and stabilizer and gradually add the milk and cream mixture, whisking continuously. Strain and freeze in a Paco container. When frozen, add 150g of the bitters base and spin in the Pacojet. Keep in the freezer.

Crispy milk
Heat the skimmed milk and blend with the iota on high speed in a Thermomix for 1 minute. Add the sugar, milk powder and salt. Transfer to a stand mixer with a whisk attachment and whisk on high speed until the mixture is cool and has volume. Spread the mixture on a silicone mat to a thickness of 4mm and dehydrate at 60°C (140°F) until crispy. Keep in the dehydrator.

Milk crumbs
Preheat the oven to 160°C (325°F). Combine the milk powder, flour, sugar, butter, cornflour and salt by hand until it resembles a crumb texture and bake for 10 minutes until golden. Cool and keep in an airtight container.

Serving
Put 4 bowls in the freezer to get very cold. Scatter some milk crumbs in the base of the bowls and top with a scoop of the bitters ice cream. Season the ice cream with a little Gammel Dansk bitters and the reduced apple balsamic vinegar. Break the crispy milk into irregular pieces and arrange in each bowl. Finish with wood sorrel.

APRIL

SALTED LAMB BREAST AND CUCUMBER SAUCE

Cucumber powder
4 large cucumbers, peeled and sliced lengthways
—
Lamb breast
500g water
15g salt, plus extra
1.5g juniper berries
1.5g coriander seeds
2 thyme sprigs
1 lamb breast, deboned
hay
grapeseed oil
butter
30g chicken glace
—
Celeriac strips
1 celeriac
20g brown butter
salt
—
Grilled cucumber sauce
2 large cucumbers
grapeseed oil
salt
reduced birch wine
thyme oil (see page 231)
—
Serving
10g angelica seeds

Cucumber powder
Dehydrate the cucumbers at 60°C (140°F) for 72 hours. Blend to a fine powder, sift and keep in an airtight container.

Lamb breast
Mix the water and salt to make a brine. Cool, then add the spices and thyme. Vacuum-pack the lamb breast with the brine and cure for 24 hours. Discard the brine and vacuum-pack the cured lamb breast with a handful of hay and cook in a water bath at 63°C (145°F) for 24 hours. Weigh the breast down to prevent shrinkage and leave to cool. Heat a little oil in a pan and sauté the lamb breast until crisp on the skin side. Pour the fat off, then glaze with butter and the chicken glace. Cut the lamb breast into 60-g rectangular portions and season with salt.

Celeriac strips
Peel the celeriac and spin on a rotary Japanese vegetable slicer to create long strips. Cut the strips into 3-cm x 15-cm pieces. Melt the brown butter and vacuum-pack with the celeriac. Cook in a water bath at 90°C (195°F) for 8 minutes. Remove the celeriac strips and season with salt.

Grilled cucumber sauce
Brush the cucumbers with a little oil. Chargrill (charbroil) and vacuum-pack for 30 minutes. Remove the cucumbers and strain the juice. Whisk a spoon of cucumber powder into 200g grilled cucumber juice. Season with salt and reduced birch wine.

Serving
Warm 4 plates. Split the cucumber sauce with thyme oil and add a little to each plate. Place one piece of glazed lamb breast in the centre of each plate. Sprinkle the angelica seeds over the meat and arrange the warm celeriac strips around it.

MAY

GRILLED ASPARAGUS AND TENDER SPRUCE

White asparagus
10g salt
10g chopped rosemary
8 large white asparagus spears, peeled and cut into 10-cm lengths
30g grapeseed oil
pine twigs
—
Grilled asparagus sauce
20 large green asparagus spears
grapeseed oil
45g spinach purée (see page 231)
salt
5g pine vinegar (see page 231)
pine oil (see page 231)
—
Serving
spruce needles
pine branch tips
100g cream, lightly whipped

White asparagus
Grind half the salt with the rosemary. Crush the remaining salt and mix through. Blanch the asparagus for 15 seconds, refresh in ice water and dry. Heat the oil and sauté the asparagus over a high heat on one side only. Cover with the pine twigs and cook for 2 minutes. Sprinkle the rosemary salt down the length of each asparagus.

Grilled asparagus sauce
Brush the asparagus with oil and chargrill (charbroil) on one side. Juice the asparagus, then strain and keep at room temperature.

Serving
Warm 4 plates. Put a pile of spruce needles on each plate. Add the roasted white asparagus. Warm the green asparagus sauce and thicken with the spinach purée. Season with salt and pine vinegar and split the sauce with the pine oil. Pour the sauce in between the roasted white asparagus. Cover with the pine branch tips and serve with a quenelle of whipped cream.

COOKED GREEN PEAS WITH SHOOTS OF GARLIC AND SWEETBREADS

Sweetbreads
4 sweetbread portions
salt
brown butter
2 lemon thyme sprigs
grapeseed oil
butter
30g chicken glace
—
Pea purée
250g podded peas
—
Shelled peas
400g podded peas
salt
lemon juice
2g lemon thyme leaves
2g sliced watercress stems
2g sliced Spanish chervil stems
—
Grilled young garlic and baby cucumber
12 small garlic shoots, peeled and trimmed
grapeseed oil
4 small baby cucumbers
thyme oil (see page 231)
salt
—
Pea pod juice
1kg peas, in pods
salt
lemon juice
thyme oil
—
Raw pea juice
200g peas, in pods
—
Serving
pea shoot tips
ramson (wild garlic) flowers
Spanish chervil tops
nasturtiums leaves

Sweetbreads
Remove all the sinews from the sweetbreads, sprinkle with salt and leave to cure for 24 hours in the refrigerator. Vacuum-pack the sweetbreads with a little brown butter and the lemon thyme and cook in a water bath at 80°C (175°F) for 11 minutes. Cool in ice water. Remove the sweetbreads from the vacuum bag and dry well. Heat some oil in a pan and sauté the sweetbreads until very crisp on one side. Turn and sauté for 30 seconds on the other side. Glaze thoroughly with a little butter and the chicken glace.

Pea purée
Blanch the peas for approximately 4 minutes. Cool in ice water, then strain and dry well. Blend to a smooth purée. Pass the purée and keep in the refrigerator.

Shelled peas
Split the peas in two and remove the membranes. Keep on ice.

Grilled young garlic and baby cucumber
Blanch the garlic shoots for 40 seconds and refresh in ice water. Dry, then brush them with a little grapeseed oil. Chargrill (charbroil) the garlic shoots and the cucumbers on one side and place in a container with a little thyme oil. Cover and marinate.

Pea pod juice
Shell the peas and save the pods. Cut the tops and bases off the pea pods and blanch the pods for 40 seconds. Refresh in ice water, dry, then juice. Strain and keep on ice.

Raw pea juice
Cut the tops and bases off the pea pods. Juice the pea pods and strain. Keep on ice.

Serving
Warm 4 plates. Warm the shelled peas gently in the pea purée. Season with salt and lemon juice and add the thyme, watercress and Spanish chervil stems. Place a small pile in the centre of each plate. Place the sweetbread on top of the peas. Warm the grilled young garlic and baby cucumber and season with salt. Arrange them around the sweetbread, along with the herbs for serving. Heat the pea pod juice lightly and brighten with the raw pea juice. Season with salt and lemon juice and split with the thyme oil. Finish each plate with the pea pod juice and serve immediately.

SHAVED UNRIPE STRAWBERRIES AND SALAD ROOTS

Green strawberry gel
1kg unripe white strawberries, hulled
stock syrup (50% water, 50% honey)
2.5 gelatine leaves
salt
—
Romaine salad roots
5 romaine lettuces, with roots
500g water
5g dried verbena
5g dried blackcurrant leaves
3g dried woodruff
—
Grilled romaine lettuce juice
romaine lettuce leaves
grapeseed oil
—
Green juniper vinaigrette
14g green juniper oil (see page 230)
8g apple balsamic vinegar
salt
—
Sorrel and apple juice
50g sorrel juice
50g apple juice
salt
—
Serving
9 slices white strawberry

Green strawberry gel
Juice the strawberres, strain and weigh 300g. Add stock syrup to the juice until it reaches 8° on a refractometer. Bloom the gelatine. Weigh 300g of the adjusted juice. Warm a little, add the gelatine, then combine with the rest of the juice. Pour the green strawberry gel into a container and set on ice.

Romaine salad roots
Remove all the leaves from the lettuces and reserve. Peel the roots to remove the woody fibres and reserve in water. Boil the water, add the dried herbs and infuse the tea for 1 hour. Strain, then vacuum-pack 3 of the lettuce roots with 100g of the herb tea and cook in a water bath at 100°C (210°F) for approximately 30 minutes. Cool over ice. Finely slice the cooked lettuce roots and keep in the herb tea.

Grilled romaine lettuce juice
Brush the reserved romaine lettuce leaves with a little oil. Chargrill (charbroil) the leaves, then juice. Strain the juice. Finely slice the 2 remaining lettuce roots and vacuum-pack with the lettuce juice. Keep at room temperature.

Green juniper vinaigrette
Whisk the green juniper oil into the apple balsamic vinegar and season with salt. Keep in the refrigerator.

Sorrel and apple juice
Flavour the sorrel juice with apple juice until it reaches 7° on a refractometer. Season with salt.

Serving
Place a spoonful of the green strawberry gel into each bowl. Season with salt. Strain the cooked and raw romaine lettuce roots and divide between the bowls. Arrange the strawberry slices in between the lettuce roots. Drizzle with 2 tablespoons of sorrel and apple juice and finish with a few drops of juniper vinaigrette.

ICE CREAM OF UNRIPE JUNIPER BERRIES WITH RHUBARB

Green juniper ice cream
150g milk
50g unripe juniper berries
40g cream
3g guar gum
5g sugar
15g dextrose
2g trimoline
5g salt
8g non-fat milk powder
—
Spanish chervil ice
2.25 gelatine leaves
500g water
8.5g agar agar
20g sugar
17g Spanish chervil leaves, plus extra
lemon juice
citric acid
—
Rhubarb juice and compote
500g rhubarb, chopped
60g light birch syrup, plus extra
—
Rhubarb reduction
500g rhubarb, chopped
—
Rhubarb dice
2 rhubarb stalks, finely diced
—
Serving
green juniper oil (see page 230)

Green juniper ice cream
Blend the milk and juniper berries in a Thermomix on high speed for 30 seconds, then strain. Blend the juniper milk and cream in a Thermomix on high speed at 60°C (140°F). Slowly add the guar gum, then the sugars, salt and milk powder. Pass, then freeze in a Paco container.

Spanish chervil ice
Bloom the gelatine in two-thirds of the water. Add the agar agar and sugar to the remaining water and bring to the boil. Add the gelatine and leave to set. Blend the set gel with the Spanish chervil leaves until smooth. Pass and season with lemon juice and citric acid. Place four 11-cm x 0.5-cm strips of acetate on a silicone mat and spread the gel on them to a thickness of 2.5mm. Form rounds out of the strips with the gel on the inside. Decorate each round with Spanish chervil leaves and freeze. When frozen, remove the acetate strips, place in a container and keep in the freezer.

Rhubarb juice and compote
Vacuum-pack the rhubarb with the birch syrup and cook in a water bath at 60°C (140°F) for 40 minutes. Strain the cooked rhubarb in a square of muslin (cheesecloth) set over a bowl. Measure the sugar content of the juice with a refractometer. It should read 12°. Keep the juice on ice. Weigh the rhubarb pulp and place half in a pan. Add 10% of the weight of the pulp in birch syrup. Cook until all the moisture has evaporated. Add the remaining rhubarb pulp and cool.

Rhubarb reduction
Juice the rhubarb, then strain. Reduce the juice to a syrup. Cool, then use to season the rhubarb compote. Transfer to a piping (pastry) bag and keep the refrigerator.

Rhubarb dice
Vacuum-pack the rhubarb with a little rhubarb juice and marinate for 30 minutes.

Serving
Put 4 bowls in the freezer to get very cold. Spin the green juniper ice cream in a Pacojet and fill the Spanish chervil ice nearly full with the juniper ice cream. Pipe the rhubarb compote into the space remaining and put the ice, compote side down, into the frozen bowls. Drain the diced rhubarb and sprinkle around the Spanish chervil ice. Finish with the rhubarb juice and drops of juniper oil.

SUMMER GAME AND THE FOREST FLOOR

Ramson caper crumbs
50g ramson (wild garlic) capers (see page 231)
20g unripe juniper berries
10g chopped nettles
—
Snails
12 live snails
3 thyme sprigs
3 woodruff sprigs
½ garlic clove
—
Snail glace
2 large cucumbers
50g mushroom stock (see page 231)
10g butter
salt
reduced birch wine
—
Mushroom sauce
2kg button mushrooms, finely chopped
½ leek, finely chopped
½ onion, finely chopped
½ carrot, finely chopped
grapeseed oil
2g dried morels
2g dried ceps (porcini)
500g light chicken stock
1kg water
egg whites, beaten
reduced mushroom stock
reduced birch wine
cep (porcini) oil (see page 230)
—
Deer
200g venison loin
10g butter, plus extra
2 thyme sprigs
grapeseed oil
25g chicken glace
salt
—
Garnish
100g water
200g butter
fiddlehead ferns
forest moss
hop shoots
salt
—
Serving
4 baby cucumbers
small chanterelles
butter
thyme sprig
medium hop leaves
vine leaves
pickled beech leaves
large chickweed sprigs

Ramson caper crumbs
Chop the ramson capers, juniper berries and nettles to a fine crumb. Keep in an airtight container in the refrigerator.

Snails
Place the snails in a wide pan. Pour boiling water over them and infuse for 1 minute. Cool, then remove the snails from their shells. Place in a pan with the thyme, woodruff, and garlic and cover with water. Braise for 1 hour 30 minutes or until tender.

Snail glace
Chargrill (charbroil) the cucumbers until blackened. Vacuum-pack and rest for 30 minutes. Open the bag, strain the juice and discard the cucumbers. Weigh 50g of the juice and combine with the mushroom stock. Emulsify the butter into the mix. Glaze the snails and season with salt and some reduced birch wine.

Mushroom sauce
Saute the button mushrooms, leek, onion and carrot in a little oil until golden and caramelized. Transfer to a pan with the dried mushrooms, chicken stock and water and simmer for 1 hour. Skim off any fat and strain. Clarify with the egg whites and strain. Reduce until thick and season with the reduced mushroom stock and reduced birch wine. Split with cep oil.

Deer
Vacuum-pack the venison loin with the butter and thyme. Cook in a water bath at 58°C (136°F) for 8 minutes. Dry the venison loin and sear in a little oil. Glaze with a little butter and the chicken glace. Roll the venison loin in ramson caper crumbs. Season with salt and portion.

Garnish
Boil the water. Emulsify the butter into the water. Add the fiddlehead ferns and the moss and cook for 20 seconds. Spoon a little hot butter emulsion over the hop shoots and cook gently. Drain on baking (parchment) paper. Season with salt.

Serving
Warm 4 plates. Chargrill the baby cucumbers on one side and place one on each plate. Place the glazed venison on the plate. Add the glazed snails. Fry a handful of chanterelles in a little butter and thyme for 20 seconds. Divide between the plates. Arrange the garnish on the plates, the leaves and chickweed sprigs on top of the cooked garnish and serve with the mushroom sauce immediately.

SWEET WATER PIKE GRILLED WITH SUMMER CABBAGE

Pike and cabbage parcels
4 small skinless pike steaks
dill oil (see page 230)
salt
dill
verbena leaves
4 large green summer cabbage leaves
—
Cabbage stems
4 large summer cabbage leaves
—
Butter emulsion
100g water
200g butter
—
Pike bone sauce
bones from 1 pike
grapeseed oil
50g butter, plus extra
4 thyme sprigs
500g white wine
salt
reduced white wine
—
Verbena sauce
350g redcurrant wine
120g butter
3.5g honey
salt
10g verbena leaves
70g baby spinach
50g spinach purée (see page 231)
—
Serving
verbena leaves
rocket (arugula) flowers
ground elder leaves

Pike and cabbage parcels
Brush the pike with a little dill oil. Season with salt and cover with dill and verbena leaves. Blanch the cabbage leaves for 10 seconds. Refresh in ice water and dry well. Fold the cabbage leaves around the pike and trim to create a round parcel. Keep at room temperature.

Cabbage stems
Trim away the cabbage leaves from the central stems and discard the leaves. Refresh the stems in ice water.

Butter emulsion
Boil the water. Emulsify the butter into the water.

Pike bone sauce
Rinse the pike bones, dry well and chop. Heat a little oil and sauté the pike bones over a high heat. Add a little butter and continue to sauté until evenly coloured. Add the thyme and drain off the fat. Add the white wine and reduce by half. Strain and return the sauce to the pan. Add 50g butter and blend with a hand-held blender until frothy. Season the sauce with salt and reduced white wine.

Verbena sauce
Simmer the redcurrant wine for 2 minutes. Add the butter and honey and cook for another 2 minutes. Blend and season with salt. Cool to room temperature. Blend 200g of the redcurrant wine sauce base, verbena and baby spinach together. Strain, thicken with the spinach purée and season with salt.

Serving
Warm 4 plates. Chargrill (charbroil) the pike and cabbage parcels for approximately 2 minutes on each side. Brush one side with dill oil. Heat the butter emulsion, add the cabbage stems and cook for 1 minute. Season the stems with salt. Swirl the verbena sauce around in circles on the plates. Place a pike parcel on each plate and arrange a cooked stem next to it. Decorate with the verbena leaves, rocket flowers and ground elder leaves and finish with the frothy roasted bone sauce. Serve immediately.

SLICES OF MAHOGANY CLAM AND LEEK

Buttermilk whey sauce
500g buttermilk
salt
lemon juice
15g butter
dill oil (see page 230)
—
Periwinkles
1 small shallot, peeled and quartered
1 garlic clove, crushed
300g white wine
5 dill stems
1kg periwinkles
10g butter
salt
reduced white wine
—
Mahogany clams
4 live mahogany clams
—
Leek stems
4 leeks, outer layers removed
grapeseed oil
20g dill oil (see page 230)
—
Serving
stonecrop bunches
sea purslane leaves
beach mustard leaves

Buttermilk whey sauce
Freeze the buttermilk, then strain in a square of muslin (cheesecloth) set over a bowl to collect the whey. Season the whey with salt and lemon juice.

Perwinkles
Add the shallot, garlic, white wine and dill stems to a pan, along with the periwinkles. Cover with water and simmer for 2 hours or until tender. Pick the periwinkles out of their shells and discard the shells and innards. Reduce the cooking liquid to a glaze.

Mahogany clams
Open the mahogany clams over a bowl. Trim the clams and remove the excess flesh. Pass the clam juice collected in the bowl. Rinse the clams in the clam juice and place them in a container. Pass the clam juice again and pour over the clams. Keep in the refrigerator.

Leek stems
Brush the leeks with grapeseed oil. Chargrill (charbroil) on one side. Place in a container with the dill oil and cover.

Serving
Heat the periwinkle glaze, add the butter and pour over the periwinkles. Season with salt and reduced white wine. Cut the leeks at an angle and place on each plate. Add the glazed periwinkles. Cut each mahogany clam into lengths and arrange these over the leeks. Scatter over the stonecrop, sea purslane and beach mustard. Warm the buttermilk whey gently, add the butter and froth with a hand-held blender. Season with the dill oil and add to each plate.

STEAMED CRAB AND CURED EGG YOLKS

Tea-cured egg yolks
500g water
4g verbena leaves
4g dried woodruff
1g black tea
2 organic eggs
salt
—
Dulse broth
1kg water
23g dulse (söl)
dulse oil (söl) (see page 230)
—
Stone crab meat
1 large female stone crab
—
Serving
parsley purée (see page 231)
nasturtium leaves

Tea-cured egg yolks
Boil the water. Take it off the heat, add the verbena leaves, dried woodruff and black tea and infuse for 3 minutes. Strain and cool. Poach the eggs in a water bath at 68°C (154°F) for 35 minutes. Cool in ice water. Crack the eggs, carefully scoop out the yolks and discard the whites. Marinate the egg yolks in the tea for 24 hours in the refrigerator.

Dulse broth
Vacuum-pack the water and dulse. Rest for 30 minutes, then cook in a water bath at 60°C (140°F) for 1 hour. Strain, then reduce to approximately 170g. Keep in the refrigerator.

Stone crab meat
Steam the crab at 70°C (150°F) for approximately 40 minutes. Pick the meat out without crushing the shells. Reserve the coral. Keep the crab meat on ice.

Serving
Place 4 bowls in the refrigerator to get cold. Brush the insides of the bowls with a little of the parsley purée. Shape the crab meat into rounds and place these in the centre of the bowls. Add the red coral. Cut each egg yolk into quarters and arrange the quarters in each bowl. Season with salt. Scatter over the nasturtium leaves. Split the cold dulse broth with the dulse oil and serve immediately.

BOILED STONE CRAB AND SEAWEEDS

Stone crab meat
2.5kg water
1kg white wine
juice of 2 lemons, plus extra
2 stone crabs
10g mayonnaise (see page 231)
salt
—
Dulse gel
1kg water
24g dried dulse (söl)
1 gelatine leaf
salt
—
Beach mustard gel
150g yogurt whey
60g beach mustard
30g baby spinach
10g crème fraîche
salt
horseradish juice
gelatine leaves
—
Kelp flakes
3kg water
70g dried-aged kelp
—
Serving
50g rapeseed (canola) oil

Stone crab meat
Boil the water, wine and lemon juice, then pour over the crabs. Leave for 40 minutes. Break up the crabs and crush them with a hammer to pull out the crab meat. Reserve the coral. Blend 15g of crab coral with the mayonnaise. Pass, season with salt and lemon juice and fold it through the crab meat. Weigh out four 20-g portions and keep in the refrigerator.

Dulse gel
Vacuum-pack the water and dulse. Let rest for 30 minutes, then cook in a water bath at 60°C (140°F) for 1 hour. Strain and reduce to 140g. Bloom the gelatine. Heat the dulse broth and add the gelatine. Season with salt. Pour into a rectangular container to a depth of 1.5cm. Set in the refrigerator.

Beach mustard gel
Blend the whey, beach mustard, spinach and crème fraîche. Strain, then season with salt and some horseradish juice. Weigh the beach mustard liquid and bloom 1 gelatine leaf for every 100g of liquid. Heat a little liquid and add the gelatine. Pour into a rectangular container to a depth of 1.5cm. Set in the refrigerator.

Kelp flakes
Vacuum-pack the water and kelp. Let rest for 30 minutes, then cook in a water bath at 60°C (140°F) for 1 hour. Strain, then pour into shallow containers. Dehydrate at 50°C (120°F) until all the water has evaporated. Scrape the base of the containers so the broth comes away in large flakes. Keep in a airtight container.

Serving
Place 4 plates and four 13-cm ring cutters in the refrigerator to get cold. Place the rings in the centre of the plates and arrange spoons of the crab meat, dulse gel and beach mustard gel within it. Season the gels and the crab meat with salt. Drizzle rapeseed oil into the gaps between the spoons of crab and gel. Finish with the kelp flakes.

DESSERT OF FRESH AND DRIED GRASSES

Hay cream parfait
1 gelatine leaf
65g egg yolks
45g sugar
45g water
30g trimoline
0.5g salt
250g hay cream (see page 230)
—
Sorrel juice
200g green apple juice
2 sorrel bunches
lemon juice
ascorbic acid
rapeseed (canola) oil
—
Chamomile tea gel
125g water
11g dark flower honey
7.5g chamomile buds
salt
lemon juice
citric acid
1 gelatine leaf
—
Serving
sheep sorrel leaves
green chamomile leaves
nasturtium leaves
thyme flowers

Hay cream parfait
Bloom the gelatine. Blend the egg yolks, sugar, water and trimoline at medium speed in a Thermomix until the mixture reaches 82°C (180°F) and begins to thicken. Transfer the mixture to a stand mixer and whisk in the gelatine and salt until cool.

Whip the hay cream to medium peaks and gradually fold it into the egg mixture. Pour into a siphon bottle and charge 3 times. Siphon the hay cream parfait into liquid nitrogen to create clouds. Keep in an airtight container in the freezer.

Sorrel juice
Blend the apple juice with the sorrel. Strain, then season with lemon juice and ascorbic acid. Keep in the refrigerator.

Chamomile tea gel
Boil the water with the honey. Take it off the heat, add the chamomile buds and infuse for 10 minutes. Strain, keep half the chamomile buds as garnish and blend the remaining with the tea. Strain and cool. Season the tea with salt, lemon juice and citric acid. Bloom the gelatine, then melt it into the chamomile tea. Pour the tea into a container to a depth of 2cm and set in the refrigerator.

Serving
Put 4 plates into the refrigerator to get cold. Place a spoonful of tea gel into the centre of each plate. Season with salt. Build the hay clouds around the gel and top with the sorrel, chamomile, nasturtium, thyme flowers and reserved chamomile flowers. Add a few drops of rapeseed oil to the sorrel juice and drizzle over the plates.

POTATO AND SNAILS

Potato compote
100g new potatoes, peeled
butter
salt
—
Milk skins
1kg milk, plus extra
50g cream
30g milk proteins
salt
—
Cooked wild snails
20 live snails
50g white wine
1 garlic clove
1 thyme sprig
2 woodruff sprigs
salt
reduced white wine
butter
—
Grass sauce
100g buttermilk whey
20g grass
5g chickweed
2g ground elder
50g buttermilk
salt
rapeseed (canola) oil
—
Serving
chickweed leaves
yarrow needles

Potato compote
Boil the potatoes for about 30 minutes until tender. Drain, then dehydrate at 60°C (140°F) for 10 minutes. Mash the potatoes with plenty of butter. Season with salt.

Milk skins
Mix all the ingredients and heat in a large pan to around 60°C (140°F). Skim off the first few skins, which will be very fragile. When a firm skin is formed, pull it off the pan with both hands and keep on baking (parchment) paper. Repeat.

Cooked wild snails
Place the snails in a wide pan. Pour boiling water over them and infuse for a minute. Cool, then remove the snails from their shells. Place the snails in a pan with the wine, garlic, herbs and enough water to cover and braise for 1 hour 30 minutes or until tender. Trim the snails and keep in a container on ice. Strain the cooking liquid and reduce to one-fifth.

Grass sauce
Blend the buttermilk whey, grass, chickweed and ground elder. Strain, add the buttermilk and season with salt.

Serving
Warm 4 plates. Fold the milk skins around 20-g portions of potato compote. Cut the parcels into half moons with an 11.5-cm ring cutter and warm. Brush the parcels with a little milk and season with salt. Warm the reduced snail cooking liquid. Season with salt, some reduced white wine and a little butter and glaze the snails. Place the parcels on the plates and top with the glazed snails. Sprinkle with the chickweed leaves and yarrow needles. Warm the grass sauce, split with rapeseed (canola) oil and serve immediately.

JUNE

A PLATEFUL OF FLOWERS AND SOME VINAIGRETTE

Pumpkin praline
300g pumpkin seeds
40g pumpkin seed oil
salt
—
Sea buckthorn vinaigrette
220g sea buckthorn juice
35g honey
salt
150g rapeseed (canola) oil
10g peanut oil
—
Serving
cucumber flowers
elderflowers
buckwheat flowers
pea flowers
rocket (arugula) flowers
carrot flowers
cabbage flowers
rape flowers

Pumpkin praline
Toast the pumpkin seeds at 180°C (350°F) for 14 minutes. Blend the toasted seeds in a Thermomix, add the oil and blend until smooth. Season with salt.

Sea buckthorn vinaigrette
Reduce the sea buckthorn juice to one-quarter and cool. Mix in the honey and season with salt. Emulsify the oils into the mix.

Serving
Divide the flowers between 4 plates covered with damp napkins. Swirl the pumpkin praline on 4 small side plates and finish with the sea buckthorn vinaigrette. Serve the vinaigrette with the flowers.

SLIVERS OF COD LIVER AND CRISPY SWEET MILK

Smoked cod liver
30g juniper berries
30g coriander seeds
3 large bay leaves
500g water
15g salt, plus extra
2g lemon thyme
1 large cod liver
wood chips
hay
—
Kelp flakes
1kg water
23g dried-aged kelp
—
Milk crisp
140g milk
grapeseed oil
—
Serving
liquid nitrogen

Smoked cod liver
Blend the juniper berries, coriander seeds and bay leaves. Heat the water and salt to make a brine. When cool, blend the brine with 5g of the spice mix and the lemon thyme. Keep in the refrigerator. Cut the liver into 10-cm lengths and soak in ice water for 30 minutes. Dry the liver, then brine for 48 hours. Dry the brined liver and place in a covered container. Charge the smoke gun with wood chips and inject 2 shots of smoke into the container. Charge the smoke gun with hay and inject 1 shot into the container. Keep the liver in the container and freeze, along with a mandolin. Shave the liver with the chilled mandolin. Keep the shavings in the freezer.

Kelp flakes
Vacuum-pack the water and kelp and infuse for 30 minutes. Cook in a water bath at 60°C (140°F) for 1 hour. Strain, then pour into a gastro. Dehydrate at 60°C (140°F) for 48 hours or until all the water has evaporated. Scrape the base to create kelp flakes. Keep the flakes in an airtight container.

Milk crisp
Reduce the milk over a medium heat until it starts to caramelize. Keep the milk crisp on damp baking (parchment) paper. Cut the milk crisp into rounds with a 7-cm ring cutter. Make 4 small balls of clingfilm (plastic wrap) and spray with a little oil. Mould the milk crisp rounds over them and dehydrate for 8 hours.

Serving
Season the cod liver shavings with salt. Pour a little liquid nitrogen on top. Place a milk crisp on each plate, fill each crisp with cod liver shavings and finish with kelp flakes.

SHOOTS OF BULLRUSH AND YOGURT

Bullrush shoots
4 long bullrush shoots
grapeseed oil
salt
—
Redcurrant wine yogurt
140g yogurt
20g redcurrant wine
—
Hazelnut praline
200g dried hazelnuts
salt

Bullrush shoots
Peel the top layers off the bullrush shoots to reach the marrow. Brush with oil and season with salt.

Redcurrant wine yogurt
Mix the yogurt and redcurrant wine and spread thinly on 4 small plates.

Hazelnut praline
Preheat the oven to 160°C (325°F). Roast the hazelnuts for 20 minutes or until golden brown, then blend into a smooth purée. Season with salt, then spread the purée onto baking (parchment) paper and freeze. Cut into rounds with a 9.5-cm ring cutter.

Serving
Put the hazelnut praline on the redcurrant wine yogurt-lined plates and serve with the bullrush shoots for dipping.

VINTAGE BLUE CARROTS AND WARM SORREL JUICE

Blue carrots
4 blue carrots, peeled
grapeseed oil
200g goat's butter
lemon thyme leaves
sage
chamomile buds
salt
—
Sorrel juice
100g green apple juice
1 sorrel bunch
1g ascorbic acid
salt
hay oil (see page 230)
—
Serving
rosette cress
chamomile buds

Blue carrots
Sauté the carrots in a little oil. Turn down the heat, add the goat's butter and cook for 45–60 minutes, basting regularly. Sprinkle over the lemon thyme, sage and chamomile.

Sorrel juice
Blend the apple juice and sorrel. Strain and season with the ascorbic acid.

Serving
Warm 4 plates. Cut the carrots in half lengthways, brush with some of the goat's butter and season with salt. Warm the sorrel juice, season with salt and then split with the hay oil. Put 2 carrot halves overlapping each other on each plate. Drizzle over the sorrel juice and top with the cress and chamomile buds.

SPICY AND SWEET CUCUMBER AND PICKLED ELDERFLOWERS

Dill granita
250g water
25g dill stems
15g apple balsamic vinegar
—
Pickled curly baby cucumbers
250g water
25g dill stems
15g apple balsamic vinegar
4 curly baby cucumbers
salt
—
Cucumber balls
5 cucumbers
dill oil (see page 230)
salt
—
Frozen cream
200g cream
200g milk
liquid nitrogen
—
Compressed cucumber
1 cucumber, cut into 1-cm slices
—
Serving
pickled elderflowers (see page 231)

Dill granita
Blend the water, dill stems and apple balsamic vinegar to make a brine. Strain, then transfer to a Paco container and freeze. Spin in a Pacojet to a fine powder and keep in the freezer.

Pickled curly baby cucumbers
Blend the water, dill stems and apple balsamic vinegar to make a brine, then strain. Vacuum-pack the baby cucumbers and brine and marinate for 1 hour. Keep the cucumbers in a little of the brine in the refrigerator. Reserve the remaining brine for the compressed cucumbers.

Cucumber balls
Cut 4 of the cucumbers lengthways and scrape out all the flesh. Dry the skin and chargrill (charbroil) until black. Blend to a fine powder and sift. Mix the cucumber ash powder and enough dill oil to make a creamy paste. Peel the remaining cucumber and scoop out small balls. Marinate the cucumber balls in the cucumber ash paste and season with salt. Keep at room temperature.

Frozen cream
Froth the cream and milk with a hand-held blender. Leave to rest for 2 minutes and then take spoonfuls of the froth and poach them in liquid nitrogen. Crumble the frozen cream and keep in an airtight container in the freezer.

Compressed cucumbers
Cut away the cucumber skin with a suitable size ring cutter. Vacuum-pack the cucumber slices and reserved dill brine. Marinate for 10 minutes.

Serving
Put 4 plates and four 13-cm metal rings in the freezer to get very cold. Place the rings in the centre of the plates and arrange the cucumber balls, baby cucumbers and compressed cucumber slices inside. Fill the gaps in with the dill granita and frozen cream. Finish with the pickled elderflowers and lift off the rings.

A LIGHT STEW OF BROAD BEANS AND FLOWERS

Chamomile tea vinaigrette
1kg water
35g chamomile buds
1g dried chamomile
7g dried morels
9g freeze-dried green gooseberries
60g juniper wood
salt
cep (porcini) oil (see page 230)
—
Broad beans
100g water
200g butter
20 chamomile buds, plus extra
100g broad (fava) beans, shelled
salt
—
Serving
broad (fava) bean flowers
rocket (arugula) flowers
nasturtium flowers
borage flowers
cucumber flowers
pea flowers
squash flowers
buckwheat flowers

Chamomile tea vinaigrette
Boil the water and add the fresh and dried chamomile, morels, gooseberries and juniper wood. Cover and infuse for 8 hours. Strain and keep at room temperature.

Broad beans
Boil the water. Emulsify the butter into the water. Add the chamomile buds and blend with a hand-held blender. Infuse for 10 minutes, then strain. Warm the butter chamomile emulsion, add the beans and a handful of chamomile buds and stew for 1 minute. Season with salt.

Serving
Warm 4 bowls. Divide the stewed broad beans between the bowls. Sprinkle all the flowers around the edge of the bowl. Season the chamomile tea vinaigrette with salt and split with cep oil. Add to the bowls and serve immediately.

A SALAD OF BLACKBERRIES AND BEETROOT

Blackberry sauce
500g blackberries
3g shallots, finely chopped
1.8g angelica seeds, finely chopped
3g lovage stems, finely chopped
4g salt
reduced white wine
—
Pickled beetroots (beets)
50g blackberries
50g apple balsamic vinegar
2 baby beetroots (beets), peeled and thinly sliced
—
Cooked beetroots (beets)
6 baby beetroots (beets), peeled
100g beetroot (beet) juice
—
Beetroot (beet) crudités
4 baby beetroots (beets), peeled and thinly sliced
—
Serving
12 ripe blackberries, halved
salt
thyme leaves
thyme flowers
angelica seeds

Blackberry sauce
Juice half the blackberries and strain the blackberry juice. Vacuum-pack the juice, the remaining blackberries, shallots, angelica seeds, lovage and salt and infuse in the refrigerator for 1 hour. Strain and season with the reduced white wine. Keep in the refrigerator.

Pickled beetroots
Blend the blackberries and apple balsamic vinegar. Pickle for 1 hour and then pass. Vacuum-pack the beetroot slices with just enough blackberry vinegar to cover. Leave for 5 minutes, then transfer the beetroots to a 1-litre storage jar and cover with the remaining blackberry vinegar.

Cooked beetroots
Vacuum-pack the beetroots with the beetroot juice and cook in a water bath at 100°C (200°F) for 40 minutes. Cool in ice water. Thinly slice the beetroot, and brush with a little beetroot juice.

Beetroot crudites
Refresh the beetroot slices in ice water.

Serving
Arrange the blackberry halves on 2 plates. Top with the cooked beetroot, pickled beetroot and the beetroot crudités. Season with salt and sprinkle with the thyme leaves, thyme flowers and angelica seeds. Serve the blackberry sauce separately.

WHOLE STEAMED LETTUCE AND HAZELNUT MILK

Hazelnut milk
150g dried hazelnuts
150g water
salt
—
Lettuce and lettuce roots
500g water
5g dried verbena
5g dried blackcurrant leaves
3g dried woodruff
4 little gem lettuces, with roots
salt
—
Juniper vinaigrette
42g green juniper oil (see page 230)
24g apple balsamic vinegar
salt
—
Serving
4 small baby cucumbers, with flowers
whitecurrant sprigs
nasturtium stems

Hazelnut milk
Blend the hazelnuts and water for 1 minute and infuse for 24 hours in the refrigerator. Strain and season with salt.

Lettuce and lettuce roots
Boil the water and pour it over the dried herbs. Infuse for 1 hour, then strain and cool. Remove the outer leaves of the lettuces and discard. Cut out the lettuce roots and remove their tough outer skin. Vacuum-pack the lettuce roots with 100g of the herb tea. Vacuum-pack the lettuce hearts with 100g of the herb tea. Cook the lettuce roots and hearts in a water bath at 100°C (200°F) for 30 minutes. Cool in ice water. Cut the roots into 3-cm lengths and cut in half lengthways. Cut the lettuce hearts in half lengthways.

Juniper vinaigrette
Whisk the juniper oil and apple balsamic vinegar. Season with salt.

Serving
Place the steamed lettuce halves on each plate and season with salt. Drizzle the baby cucumbers with a little juniper vinaigrette. Place on the plates, with the whitecurrants and nasturtium stems. Add the lettuce root halves. Spoon the hazelnut milk in and around the lettuce hearts. Finish with a little juniper vinaigrette.

JULY

ELDERFLOWER MOUSSE AND SWEET CUCUMBER

Cucumber granita
2 gelatine leaves
600g cucumber juice
15g sugar
30g dextrose
10g malto dextrin
lemon juice
apple balsamic vinegar
malic acid
salt
—
Elderflower mousse
5 gelatine leaves
200g elderflower syrup
350g cream
250g yogurt
salt
—
Cucumber balls
200g cucumber juice
20g sugar
lemon juice
2 large cucumbers
—
Serving
dill oil (see page 230)
pickled elderflowers (see page 231)

Cucumber granita
Bloom the gelatine in one-third of the cucumber juice. Blend the remaining cucumber juice with the sugar, dextrose and malto dextrin. Warm the gelatine cucumber mixture, then add to the blender. Pass, then season with the lemon juice, apple balsamic vinegar, malic acid and salt. Freeze in Paco containers. Spin twice in a Pacojet for 20 seconds. Keep in the freezer.

Elderflower mousse
Bloom the gelatine. Warm the elderflower syrup to 80°C (175°F). Dissolve the bloomed gelatine in the syrup and add 100g of cream. Whisk in the yogurt and leave to cool. Whip the remaining cream and fold into the elderflower yogurt mixture. Season with salt and pour onto a tray to a depth of 2.5cm. Set in the freezer. Cut into rounds with a 5-cm ring cutter.

Cucumber balls
Mix the cucumber juice and sugar and season with lemon juice. Peel the cucumbers and make 18 medium balls and 28 small balls with a Parisienne cutter. Vacuum-pack the cucumber balls and seasoned cucumber juice and infuse for at least 30 minutes.

Serving
Place 4 bowls in the freezer to get very cold. Place a round of elderflower mousse in the centre of the bowls. Brush a little dill oil on top of the mousse and arrange the marinated cucumber balls around it. Sprinkle the cucumber granita around the mousse and decorate with the pickled elderflowers.

FRESH TENDER SQUID AND WHITECURRANT BROTH

Unripe sloe berries
unripe sloe berries
salt
—
Squid
1 large squid, head removed and cleaned
salt
—
Whitecurrant juice
120g whitecurrant juice
stock syrup (50% sugar, 50% water)
2g Douglas fir needles
55g water
coriander (cilantro) oil (see page 230)
—
Serving
pine needles, frozen

Unripe sloe berries
Mix the unripe sloe berries with 20% of their weight in salt, vacuum-pack and refrigerate for at least 3 months.

Squid
Freeze the squid and when frozen, cut into portions of 6 x 3cm. Cut each portion into small dice.

Whitecurrant juice
Using a refractometer, check the sugar content of the whitecurrant juice is 9°. Add stock syrup if necessary. Blend the juice, Douglas fir needles and water. Keep on ice in the refrigerator.

Serving
Season the diced squid with salt and put a pile in the centre of each bowl. Thinly slice the salted sloe berries and put on top of the squid. Sprinkle with pine needles. Emulsify enough coriander oil into the whitecurrant juice to make a vinaigrette and spoon a little over each bowl.

AUGUST

GLAZED SWEETBREADS AND WILTED BITTER GREENS

Sweetbreads
2 portions sweetbread
salt
14g brown butter
1 lemon thyme sprig
grapeseed oil
butter
mushroom glace (see page 231)
—
Chanterelle compote
100g chanterelles
15g butter
salt
reduced white wine
—
Grilled lettuce cream
4 romaine lettuce heads, cut lengthways
grapeseed oil
spinach purée (see page 231)
salt
apple balsamic vinegar
—
Wilted greens
50g water
125g butter
0.5g black tea
1.25g dried verbena leaves
1.25g dried woodruff
4 celery sticks, chopped
Swiss chard leaves, shredded
large celery leaves
large ground elder leaves
—
Mushroom sauce
60g mushroom glace (see page 231)
reduced white wine
salt
27g cep (porcini) oil (see page 230)
3g chopped parsley
3g chopped shallots
—
Serving
8 medium chanterelles, sliced
Spanish chervil
ground elder shoots
chickweed shoots

Sweetbreads
Trim the membrane from the sweetbreads. Sprinkle a little salt on both sides and leave to marinate for 8 hours. Vacuum-pack the sweetbreads with the brown butter and lemon thyme and cook in a water bath at 80°C (175°F) for 8 minutes. Cool in ice water. Dry the sweetbreads and sauté in a little oil, for 4–5 minutes on one side and 30 seconds on the other. Discard the oil and glaze the sweetbreads with some butter and a little mushroom glace.

Chanterelle compote
Cook the chanterelles in butter in a covered pan over medium heat for 2 minutes. Remove the lid and continue cooking the chanterelles until the cooking liquid has reduced to one-third. Blend to a rough compote. Season with salt and reduced white wine and keep warm.

Grilled lettuce cream
Remove the outer leaves of the lettuce. Brush a little oil on the cut side and chargrill (charbroil) on both sides. Cool, then juice. Strain the lettuce juice. Add enough spinach purée to reach a semi-loose consistency. Season with salt and apple balsamic vinegar.

Wilted greens
Boil the water. Emulsify the butter into the water. Infuse the tea and dried herbs in the butter emulsion for 6 minutes. Strain and keep warm.

Mushroom sauce
Season the mushroom glace with reduced white wine and salt.

Serving
Warm 4 plates. Put a tablespoonful of grilled lettuce cream on each plate. Heat the wilted greens' tea butter emulsion. Add the celery and sauté for 20 seconds. Add the Swiss chard, celery leaves and ground elder and strain. Trim the warm, glazed sweetbreads to weigh approximately 60g each and place one on each plate. Spoon some chanterelle compote on top and finish with the chanterelle slices. Arrange the wilted greens and the chervil, elder and chickweed around the sweetbread. Split the mushroom sauce with cep oil and finish with the parsley and shallots. Serve with the sauce immediately.

STEAMED SLIVERS OF SQUID IN A LIGHT BROTH

Squid sheets
500g water
16.5g salt, plus extra
1 large squid
salt
—
Butter emulsion
75g water
35g butter
—
Kelp broth
1.8kg water
40g dried-aged kelp
9g oak wood
3.5g dried morels
2g dried ceps (porcini)
10g moiko
0.5 gelatine leaf
dulse (söl), shredded
salt
reduced white wine
dulse (söl) oil (see page 230)

Squid sheets
Heat a small amount of the water in a large pan and dissolve the salt in it. Add the rest of the water to make a brine. Remove the squid head. Cut the body open and scrape both sides with a knife to clean. Brine the squid for 8 hours in the refrigerator. Dry the squid and freeze. When frozen, slice the squid.

Butter emulsion
Heat the water and whisk in the butter to emulsify.

Kelp broth
Vacuum-pack the kelp and water and infuse for 1 hour. Cook in a water bath at 60°C (140°F) for 1 hour, then strain. Preheat the oven to 180°C (350°F) and toast the oak wood for 10 minutes. Boil, then simmer the kelp broth, oak wood, morels, ceps and moiko for 5 minutes. Strain, then reduce by half. Bloom the gelatine. Add the bloomed gelatine to the broth and freeze. When frozen, place the broth in a sieve over a bowl to defrost. Discard the contents of the sieve. Heat the broth and add the dulse. Season with salt and reduced white wine.

Serving
Warm 4 bowls. Steam the squid lightly in the butter emulsion for 10 seconds or until semi-translucent. Season with salt. Divide the squid slices between the bowl. Split the kelp broth with dulse oil and serve immediately.

SUMMER VEGETABLES AND FRUIT COOKED WITH SEAWEED

Dulse butter emulsion
70g dulse (söl)
3kg water
100g butter
—
Vegetables
4 biodynamic leeks, trimmed
2 salsify roots, peeled
2 gem lettuces
10g dill oil (see page 230)
2 baby fennel bulbs, trimmed
10g fennel top oil (see page 230)
—
Buttermilk and dulse sauce
50g buttermilk
25g buttermilk whey
dulse (söl) oil (see page 230)
salt
—
Serving
fresh hazelnuts, shelled, skinned and halved
redcurrant sprigs
large sorrel leaves
red oxalis stems
fennel fronds

Dulse butter emulsion
Vacuum-pack the dulse and water and rest for 30 minutes. Cook in a water bath at 60°C (140°F) for 1 hour. Strain, then reduce to 250g. Reserve 50g for the buttermilk sauce. Warm the remaining broth and emulsify the butter in it. Keep at room temperature.

Vegetables
Vacuum-pack the leeks with enough dulse butter emulsion to coat them. Cook in a water bath at 100°C (200°F) for 6 minutes. Wipe off any excess emulsion and cool in the refrigerator. Thinly slice the salsify and cut into 13-cm lengths. Keep in acidulated water. Remove the outer leaves of the gem lettuces and brush the lettuce hearts with dill oil. Vacuum-pack and cook in a water bath at 100°C (200°F) for 10 minutes. Cool in ice water, then separate the gem lettuce leaves. Keep at room temperature. Brush the fennels bulbs with a little fennel top oil and wrap in aluminium foil.

Buttermilk and dulse sauce
Reduce the reserved dulse broth to 25g. Combine with the buttermilk and buttermilk whey.

Serving
Chargrill (charbroil) the fennel bulbs in foil for approximately 10 minutes or until tender. Marinate in fennel top oil. Cut the leeks in half lengthways and place on the plates. Arrange the lettuce leaves, redcurrants and hazelnuts around them. Warm a little of the dulse butter emulsion and cook the salsify for 15 seconds. Place on the plates with the grilled baby fennel. Split the buttermilk sauce with dulse oil, season with salt and add to the plates along with the sorrel, oxalis and fennel fronds.

SAVOURY COOKIE

Cookies
100g butter
250g Västerbotten cheese, cut into 1-mm slices
250g type 00 flour
4g salt
60g water
—
Cheese discs
100g Prästost cheese
—
Rocket (arugula) emulsion
180g rocket (arugula) leaves
6g mustard
15g apple balsamic vinegar
110g grapeseed oil
salt
horseradish, peeled
15g spinach purée (see page 231)
—
Serving
salt
lovage stems, chopped
coriander (cilantro) stems, chopped
ground elder stems, chopped
lemon thyme leaves

Cookies
Mix the butter and cheese in a Thermomix. Gradually add the flour and salt. Add the water and blend for 2 minutes. Knead the dough and roll out to a thickness of 5mm. Firm in the refrigerator. Preheat the oven to 140°C (275°F). Cut into rounds with a 5-cm ring cutter and bake for 20 minutes or until golden. Cool on a rack.

Cheese discs
Cut the cheese into rounds with a 5-cm ring cutter. Avoid the holes in the cheese. Keep on greaseproof (wax) paper.

Rocket emulsion
Blend the rocket, mustard and apple balsamic vinegar. Emulsify the oil into the mix. Pass, then season with salt. Keep on ice. Juice the horseradish. Strain and keep on ice.

Serving
Mix 30g of the rocket emulsion with the spinach purée. Season with horseradish juice and salt and transfer to a piping (pastry) bag. Pipe a dot in the centre of each cookie. Place the cheese discs on top and melt them with a blowtorch. Season with salt and sprinkle over the lovage, coriander, elder and lemon thyme.

CRAYFISH AND ROASTED HEAD JUICES

Crayfish
2kg water
60g salt
40g sugar
8g crown dill
8 live Danish crayfish
salt
—
Crayfish 'sauce tartare'
grapeseed oil
5 crayfish heads
butter
thyme sprigs
watercress, chopped
salt
white wine vinegar
—
Old apple vinegar vinaigrette
10g 11-year-old apple balsamic vinegar
20g dill oil (see page 230)
salt
—
Serving
crown dill seeds

Crayfish
Boil the water, salt, sugar and crown dill. Twist and pull the middle tail flap on the crayfish to cleanly remove the intestines. Blanch the crayfish for 35 seconds. Peel the shells off the tails, leaving the tail meat still attached. Split the heads, remove the eyes and scorch the insides with a blowtorch. Season the crayfish with salt.

Crayfish 'sauce tartare'
Heat a little oil in a pan and sauté the crayfish heads for approximately 1 minute. Add a little butter and thyme and shake well. Take the pan off the heat and remove the heads. Split the heads and remove the brains. Return the pan to the heat, add the brains and sauté for 5 seconds. Crush the brains until the texture is like sauce tartare. Mix in the watercress. Season with salt and white wine vinegar. Keep at room temperature.

Old apple vinegar vinaigrette
Whisk the apple balsamic vinegar into the dill oil. Season with salt and keep at room temperature.

Serving
Smear each plate with the crayfish 'sauce tartare' and fill in the gaps with the vinaigrette. Sprinkle dill seeds on top. Serve with the crayfish.

NASTERTIUMS AND COOKED SNAILS

Snail remoulade
12 live snails
50g white wine
1 garlic clove
1 thyme sprig
2 woodruff sprigs
2g chopped parsley
30g mayonnaise (see page 231)
10g crème fraîche
0.5g salt, plus extra
0.5g white wine vinegar
2g apple balsamic vinegar
3g mustard
—
Serving
4 nasturtium flowers

Snail remoulade
Place the snails in a wide pan. Pour boiling water over them and infuse for 1 minute. Cool, then remove the snails from their shells. Place in a pan with the wine, garlic, thyme and woodruff and cover with water. Braise for 1 hour 30 minutes or until tender. Trim the tops of the snails. Reserve 2 and chop the rest. Combine the chopped snails, parsley, mayonnaise, crème fraîche, salt, white wine vinegar, apple balsamic vinegar and mustard. Season, transfer to a piping (pastry) bag and keep in refrigerator.

Serving
Cut the reserved snails in half. Pipe some snail remoulade into the middle of each nasturtium flower and place half a snail in each. Season with salt. Arrange the 2 reserved snails and bunch the flowers on a flat plate.

SWEET ONION SHELLS AND WARM JUICE OF GREEN GRAPES

Caramelized onion purée
grapeseed oil
5 spring onions (scallions), peeled and thinly sliced
salt
reduced white wine
—
Smoked butter emulsion
100g water
200g butter
hay
—
Grilled onions
750g white onions, peeled and cut in half lengthways
250g light chicken stock
750g water
egg whites, beaten
grapeseed oil
4 spring onions (scallions), trimmed and cut in half lengthways
salt
—
Tapioca and green grape juice
20g tapioca pearls
500g green grapes
stock syrup (50% sugar, 50% water)
salt
thyme oil (see page 231)
—
Garnish
thyme flowers
lemon thyme leaves

Caramelized onion purée
Heat a little oil and sauté the onions over a low heat for about 1 hour until lightly caramelized. Blend to a purée. Adjust the consistency with water if necessary. Season with salt and reduced white wine. Pass, transfer to a piping (pastry) bag and keep warm.

Smoked butter emulsion
Boil the water. Emulsify the butter into the water. Burn the hay with a smoke gun, or hand-held food smoker. Fill the pan with smoke and cover with a lid. Let the smoke infuse for a few minutes until it has disappeared. Repeat until a smoky aroma emanates from the emulsion.

Grilled onions
Place the white onions in a deep roasting pan with the light chicken stock and water to cover. Cover with clingfilm (plastic wrap) and steam at 80°C (175°F) for 36 hours. Strain the bouillon and reduce to 350g. Clarify the bouillon with the egg whites. Strain, then reduce to 200g.

Heat a little oil and sauté the spring onions until blackened. Cool, then vacuum-pack with the reduced onion bouillon. Cook in a water bath at 65°C (145°F) for approximately 20 minutes. Separate the spring onion layers and immerse them in the smoked butter emulsion for 30 seconds. Strain and keep on greaseproof (wax) paper. Season with salt.

Tapioca and green grape juice
Boil the tapioca for 14 minutes or until the pearls are transparent. Rinse in cold water. Juice the grapes, then pass the juice. Measure the sweetness with a refractometer and add stock syrup until it reaches 10°. Mix the grape juice and tapioca and keep in the refrigerator.

Serving
Warm 4 bowls. Pipe small dots of the caramelized onion purée into each bowl. Arrange the grilled spring onion layers on top. Sprinkle with thyme flowers and lemon thyme leaves. Warm the grape juice and tapioca. Season with salt and the thyme oil. Fill the grilled onion layers with the juice and serve immediately.

CARAMELIZED CAULIFLOWER SERVED WITH WHIPPED CREAM

Whipped horseradish cream
20g grated horseradish
200g cream
salt
—
Cauliflower
20g pine needles
20g salt
1 large cauliflower
50g butter
lemon thyme sprigs
pine sprigs
—
Cooked cauliflower leaves
200g water
250g butter
small cauliflower leaves
salt
—
Whey sauce
200g yogurt whey
salt
lemon juice
100g pine oil (see page 231)

Whipped horseradish cream
Stir the horseradish into the cream. Infuse in the refrigerator for 30 minutes. Strain, then whip the cream to a light foam. Season with salt and keep in the refrigerator.

Cauliflower
Blend the pine needles and salt and keep in an airtight container. Cut a slice off the top and the stem of the cauliflower. Heat the butter with the lemon thyme and pine twigs in a large pan. Cook the cauliflower, covered, stem side down, for 15–20 minutes or until evenly caramelized and tender. Keep the cauliflower on greaseproof (wax) paper. Remove any pine needles on the cauliflower. Season with the pine salt. Trim into florets.

Cooked cauliflower leaves
Boil the water. Emulsify the butter into the water. Cook the cauliflower leaves in the butter emulsion for 30 seconds. Keep the leaves on greaseproof paper and season with salt.

Whey sauce
Heat the yogurt whey gently. Season with salt and lemon juice.

Serving
Warm 4 plates. Place a caramelized cauliflower floret in the centre of each plate. Arrange a few cooked cauliflower leaves around the caramelized cauliflower. Split the whey sauce with the pine oil, and serve immediately with a quenelle of the whipped horseradish cream.

DRIED CARROTS WITH GRASS AND HAY FLAVOURS

Carrot sticks
4 biodynamic carrots
salt
grapeseed oil
juniper wood branches
—
Sorrel emulsion
50g chicken glace
20g apple balsamic vinegar
125g sorrel, roughly chopped
4g cold-swell starch
150g grapeseed oil
salt
—
Serving
hay ash (see page 230)

Carrot sticks

Cut the carrots into 12-cm lengths and peel to weigh 45g each. Vacuum-pack them with 0.1% of their total weight in salt. Cook in a water bath at 90°C (195°F) for 1 hour. Leave to cool, dry the carrots, then brush with a little oil. Chargrill (charbroil) over juniper wood for approximately 1 hour. Dehydrate the chargrilled carrots at 60°C (140°F) until leathery and chewy and 12g each. Keep warm.

Sorrel emulsion

Combine the chicken glace and apple balsamic vinegar over a low heat. Blend the sorrel and cold-swell starch with the glace mixture. Emulsify the oil into the mix. Pass, season with salt and transfer to a piping (pastry) bag.

Serving

Run a damp cloth over 4 plates. Sift the hay ash over the plates. Brush the carrot sticks with a little grapeseed oil. Pipe a line of sorrel emulsion along one side of each carrot and place them, emulsion-side down, on the plates. Season with salt. Brush 4 small side plates with a layer of the sorrel emulsion and serve.

BRISKET AND SEAWEEDS

Veal fibres
hay
500g veal neck
grapeseed oil
dulse (söl) oil (see page 230)
—
Dulse powder
70g one-year-aged dulse (söl)
—
Serving
hay
50g crème fraîche

Veal fibres
Preheat the oven to 200°C (400°F). Toast a handful of hay in the oven for 1 hour. Vacuum-pack the hay with the veal neck and cook in a water bath at 80°C (190°F) for 12 hours. Cool, then pull the veal neck apart into fibres. Freeze the fibres in a container to remove some liquid. Defrost, then weigh 3-g portions. Preheat the grapeseed oil to 190–200°C (375–400°F) and deep-fry the portions until crisp. Drain and shape into balls. Keep warm.

Dulse powder
Preheat the oven to 60°C (140°F). Spread the dulse on a tray and dry in the oven for 5 hours. Blend to a fine powder and keep in an airtight container.

Serving
Shape the hay into a nest and place on a plate. Pipe a little crème fraîche into the centre of the fried veal balls. Season with dulse powder and top with dots of dulse oil and position in the hay nest.

SOFT-BOILED EGG AND FERMENTED GARLIC

Soft-boiled egg
4 eggs
hay
—
Roasted kale purée
2g shallots, finely chopped
2g garlic, finely chopped
grapeseed oil
135g curly kale, trimmed
100g water
ground cumin
salt
white wine vinegar
—
Fermented garlic purée
7.4g fermented pea purée (see page 230)
50g mead
10g fermented garlic (see page 230)
—
Roasted kale sauce
15g garlic
80g parsley
20g lovage
300g water
20g parsley oil (see page 231)
20g rapeseed (canola) oil
—
Serving
nasturtium leaves

Soft-boiled egg
Boil the eggs for 4 minutes and 30 seconds. Cool in ice water for 2 minutes, then peel. Burn a handful of the hay with a smoke gun or hand-held food smoker, and fill a pan or container with smoke. Add the eggs and infuse for a few minutes until the smoke has disappeared.

Roasted kale purée
Sauté the shallots and garlic in a little oil over a low heat. Blanch the kale for 2 minutes. Cool in ice water, then dry well. Fry the kale in a little oil over a high heat. Blend the kale, water, shallots, garlic and a pinch of cumin. Freeze in a Paco container. Spin twice in a Pacojet. Pass, then season with salt and white wine vinegar. Keep on ice.

Fermented garlic purée
Heat the fermented pea purée. In a separate pan, boil the mead, then simmer for 4 minutes to evaporate the alcohol. Weigh 6g of the mead, blend with the fermented garlic and pea purée and pass.

Roasted kale sauce
Blanch the garlic. Blend the garlic, parsley, lovage and water and pass. Keep in the refrigerator.

Serving
Warm 4 bowls. Heat the eggs in the oven at 60°C (140°F) for 20 minutes. Slice the base off each egg so they stand up. Brush the eggs with the roasted kale purée and season with salt. Cover the eggs completely in nasturtium leaves. Brush the insides of the bowls with the fermented garlic purée and place the dressed eggs in the centre of the bowls. Finish the roasted kale sauce by folding through 40g of the roasted kale purée. Warm the sauce, split with the parsley and rapeseed oils and serve immediately.

AN APPLE FALLS INTO THE GRASS

Malt sticks
95g type 00 flour
5g malt
1.25g salt, plus extra
45g dark lager
grapeseed oil
—
Jerusalem artichoke and apple compote
350g peeled Jerusalem artichokes
150g peeled Elstar apples
grapeseed oil
salt
apple balsamic vinegar
25g shallots, minced
5g garlic, minced
20g butter
—
Sorrel and apple juice sauce
4 sorrel bunches
4g green coriander seeds
2 Elstar apples
ascorbic acid
honey
salt
coriander (cilantro) oil (see page 230)
—
Baked apples and red apple powder
2 Elstar apples
melted butter
1g chopped lemon thyme leaves
0.3g chopped coriander (cilantro)
salt
—
Serving
verbena leaves

Malt sticks
Mix the flour, malt and salt and add the lager. Knead the dough until well combined. Rest for 30 minutes, then roll through a pasta machine on setting number 6. Cut into 3-cm lengths with the spaghetti attachment. Flatten one end of each length of dough. Preheat the oil to 170°C (340°F). Deep-fry the malt sticks in the oil until crisp. Drain and season with salt.

Jerusalem artichoke and apple compote
Finely chop 200g Jerusalem artichoke and 100g Elstar apples. Sauté the Jerusalem artichokes in a little oil, then add the apples. Cover and steam until cooked but still retaining some bite. Season with salt and apple balsamic vinegar.

Sauté the shallots and garlic in the butter until tender. Deglaze with apple balsamic vinegar. Dice the remaining Jerusalem artichokes and add them to the pan. Add a little water, cover and steam until cooked but still retaining some bite. Season with salt and apple balsamic vinegar.

Peel the remaining Elstar apple and reserve the peel for the red apple powder. Cut out the core and discard. Vacuum-pack the apple and cook in a water bath at 80°C (175°F) for 40 minutes or until tender. Cool, then blend to a fine purée. Pass, then season with salt and apple balsamic vinegar.

Combine 60g of the chopped and 20g of the diced Jerusalem artichoke mixtures with 20g of the apple purée. Season with salt and apple balsamic vinegar. Keep in an airtight container at room temperature.

Sorrel and apple juice sauce
Juice the sorrel. Strain, weigh 250g of the juice and blend with the coriander seeds. Infuse for at least 30 minutes, then strain. Peel the apples and reserve the peel for the red apple powder. Core the apples and discard the core. Juice the apples, add a pinch of ascorbic acid and strain. Mix the sorrel and apple juice. Measure the sweetness with a refractometer and add honey until it reaches 10°. Season with salt and keep in the refrigerator.

Baked apples and red apple powder
Preheat the oven to 90°C (195°F). Peel the apples and reserve the peel for the red apple powder. Brush with a little melted butter rub with the chopped herbs and season with salt. Wrap in aluminium foil and bake for 1 hour, then leave to cool. Reduce the oven temperature to 60°C (140°F). Scrape all the flesh off the reserved apple peel. Dehydrate the peel in the oven for 8 hours or until completely dry. Blend to a fine powder and sift.

Serving
Slice the sides away from the baked apples. Discard the core. Cut into wedges. Assemble the apples by placing a little artichoke and apple compote on a square of clingfilm (plastic wrap). Place 4 wedges on top, back to back, to create a dome and wrap tightly. Leave to set for 5 minutes. Cut the clingfilm away. Season with salt and dust entirely with the red apple powder. Place a baked apple in the middle of each bowl. Insert a malt stick and a verbena leaf in the top of each apple. Split the sorrel and apple sauce with the coriander oil and pour a little into each bowl.

SEPTEMBER

FATTY FISH LIVER COOKED IN BUTTER

Onion and lichen bouillon
1.5kg onions, sliced in half
500g light chicken stock
1.5kg water
egg whites, beaten
13g grey reindeer lichen
salt
reduced white wine
2g angelica seeds, chopped
parsley oil (see page 231)
—
Monkfish liver
0.1g bay leaf
1g lemon thyme
2g coriander seeds
1.2kg water
72g salt
1 monkfish liver
hay
—
Dulse butter emulsion
70g dulse (söl)
3kg water
100g butter
—
Fried grey reindeer lichen
300g grapeseed oil
20g grey reindeer lichen
samphire (sea asparagus) powder (see page 231)
—
Sliced baby turnips
6 medium white baby turnips

Onion and lichen bouillon
Vacuum-pack the onions, light chicken stock and water and cook in a water bath at 80°C (175°F) for 36 hours. Strain the liquid and reduce to 650g. Clarify the bouillon with the egg whites. Weigh the bouillon then place in a pan. Bring to a simmer. Add 2g grey reindeer lichen for every 100g bouillon and simmer for approximately 5 minutes. Season with salt and reduced white wine.

Monkfish liver
Blend the bay leaf, lemon thyme and coriander seeds. Heat the water and salt to make a brine. Cool, then add the bay, lemon thyme and coriander seeds. Infuse for 30 minutes, strain and keep in the refrigerator.

Clean and trim the liver, then soak in ice water for 1 hour, changing the water regularly. Dry the liver, add to the brine and soak for 12 hours. Place the liver in a container. Burn a handful of hay with a smoke gun or hand-held food smoker. Fill the container with smoke and cover with a lid. Let the smoke infuse for a few minutes until it has disappeared. Slice the liver into 4.

Dulse butter emulsion
Vacuum-pack the dulse and water and rest for 30 minutes. Cook in a water bath at 60°C (140°F) for 1 hour. Strain and reduce to 250g. Emulsify the butter into the dulse broth. Keep at room temperature.

Fried grey reindeer lichen
Heat the oil to 160–170°C (325–340°F) and deep-fry the lichen until crisp. Keep on greaseproof (wax) paper and dust with samphire powder.

Sliced baby turnips
Remove the turnip tops, chop and keep for garnish. Cut the turnips into 2-mm slices.

Serving
Warm 4 bowls. Heat the dulse butter emulsion, add the monkfish liver and poach for 20 seconds. Season with salt and place a portion of liver in the centre of each bowl. Blanch the turnip slices for 10 seconds. Season with salt and arrange around the poached liver. Place the fried grey reindeer lichen around and on top of the liver and turnip. Heat the bouillon and add the chopped angelica seeds and turnip tops. Split with the parsley oil and serve immediately.

BELLE DE BOSKOOP APPLES AND CAVIAR

Rye dough
450g type 00 flour
100g rye flour
75g grapeseed oil
185g water
15g salt
25g sugar
—
Apples
4 Belle de Boskoop apples, cored
melted butter
salt
lemon thyme leaves
green pillow moss
reindeer moss
dried brown winter leaves
thyme sprigs
—
Serving
salt
apple balsamic vinegar
60g Finnish caviar
aged red dulse (söl) seaweed, shredded
horseradish, grated
crème fraîche

Rye dough
Put all ingredients in a stand mixer and knead to a smooth dough. Let the dough rest for 5 minutes and then roll out in an even, thin 5-mm layer. Cut 4 rounds with a 15-cm ring cutter. Roll out the rounds to fit small, cast iron serving dishes.

Apples
Preheat the oven to 175°C (345°F). Trim each apple to a weight of 50g. Brush with a little melted butter, season with salt and sprinkle with lemon thyme leaves. Brush the cast iron dishes with a little melted butter and place an apple in the centre of each. Lay a round of dough over each apple and press the edges down to seal. Decorate with the moss, leaves and thyme sprigs and bake in the oven for 30 minutes.

Serving
Slice the pastry top off the baked apples and discard. Season each apple with salt and a few drops of apple balsamic vinegar. Season the caviar with salt. Form 4 quenelles of caviar and place one on the side of each apple. Arrange the seaweed and horseradish on top and pipe a good amount of the crème fraîche into the hollow centres of the apples.

STEAMED DANDELION LEAVES AND GLAZED HARE

Walnut milk
200g walnuts
200g water
salt
—
Hare glace
500g hare bones
grapeseed oil
butter
100g plums, stoned and halved
100g shallots, chopped
4g lemon thyme leaves
1 bay leaf
25g reduced white wine
80g chicken glace
—
Hare ragoût
1g juniper berries
1g coriander seeds
0.5 bay leaf
7g salt, plus extra
2 hare legs, deboned
170g chicken glace
30g shallots, chopped
3g chopped lemon thyme
15g butter
4 large dandelion leaves
reduced white wine
—
Hare fillet
1 saddle of hare
10g butter, plus extra
3 thyme sprigs
—
Wilted greens
100g water
125g butter
0.5g black tea
1.25g dried verbena leaves
1.25g dried woodruff
large ground elder leaves
large sea spinach leaves
dandelion stems
dandelion leaves
romaine lettuce stems
watercress stems
—
Juniper vinaigrette
45g green juniper oil (see page 230)
5g apple balsamic vinegar
salt
—
Serving
small ground elder shoots
small goosefoot leaves

Walnut milk
Preheat the oven to 160°C (325°F). Blanch the walnuts and refresh in ice water. Repeat three times. Toast 20 walnuts in the oven until golden brown. Blend the toasted walnuts, the untoasted walnuts and water to a purée. Infuse for 8 hours in the refrigerator. Strain, season with salt and keep on ice.

Hare glace
Soak the hare bones in water for 1 hour. Change the water regularly. Dry the bones and sauté in a little oil and butter until golden brown. Sauté the plums in butter until golden and caramelized. Sweat the shallots, lemon thyme and bay leaf, then add the reduced white wine. Add the plums, roasted hare bones and the chicken glace to the sauté pan. Cover with water and simmer for 1 hour. Strain and reduce to a glace.

Hare ragoût
Grind the juniper berries, coriander seeds and bay leaf and mix with the salt. Sprinkle the salt and spices over the meat, cover and leave for 8 hours in the refrigerator. Vacuum-pack the meat with the chicken glace. Cook in a water bath at 100°C (200°F) for 30 minutes or until completely tender. Leave to cool, then shred the meat. Sauté the shallots and lemon thyme in the butter until soft. Add the shredded hare meat, the hare glace and a little butter to finish. Season with the reduced white wine and salt. Blanch the dandelion leaves for 2 seconds and dry. Place a spoonful of hare ragoût on each leaf and roll tightly to form a small parcel. Season with salt.

Hare fillet
Cut the fillets off the saddle of hare and trim. Roll the fillets tightly in clingfilm (plastic wrap). Poach in a water bath at 58°C (136.5°F) for 5 minutes. Dry the fillets, then sauté in butter and thyme until golden brown. Pour off the excess fat, then add a little hare glace and butter to glaze. Cut the glazed hare fillet lengthways and trim to the same length as the hare ragoût parcels.

Wilted greens
Boil the water. Emulsify the butter into the water. Add the tea and herbs, infuse for 10 minutes and strain.

Juniper vinaigrette
Whisk the oil with the apple balsamic vinegar until emulsified. Season with salt.

Serving
Warm 4 plates. Place a hare fillet and ragoût parcel on each plate. Heat a little tea butter emulsion in a pan and wilt the greens and stems. Dress the plates with the greens and stems. Arrange the elder shoots and goosefoot leaves around the hare. Drizzle with the walnut milk and dot with drops of juniper vinaigrette.

DESSERT OF GLOSTER APPLES AND WALNUTS

Apple granita and apple powder
1kg Gloster apples
4g coriander (cilantro)
2g lemon thyme leaves
stock syrup (50% water, 50% sugar)
—
Walnut milk
200g walnuts
200g water
salt
—
Serving
fresh walnuts, shelled and quartered
lemon thyme leaves

Apple granita and apple powder
Peel and core the Gloster apples. Reserve the peel. Juice the apples and strain. Weigh 500g of juice, blend with the coriander and lemon thyme and infuse for 1 hour. Strain the herb juice. Using a refractometer make sure the sugar content of the juice is 12°, adding extra stock syrup if necessary. Freeze the herb juice in a Paco container. Spin in a Pacojet and keep in the freezer.

Scrape off any white flesh from the reserved apple peel. Dehydrate the peel at 50°C (120°F) until crisp and dry. Blend to a fine powder, sift and keep in an airtight container.

Walnut milk
Preheat the oven to 160°C (325°F). Blanch the walnuts and refresh in ice water. Repeat three times. Toast 20 walnuts in the oven until golden brown. Blend the toasted walnuts, the untoasted walnuts and water to a purée. Infuse for 8 hours in the refrigerator. Strain, season with salt and keep on ice.

Serving
Put 4 plates in the freezer to get very cold. Spoon the apple granita into the centre of each plate. Place the fresh walnut quarters on each plate. Sprinkle with thyme leaves, add the walnut milk and dust with apple powder.

PORRIDGE OF GRAINS AND SMOKED EEL

Hot smoked eel
30g salt
500g water
1 live eel
hay
—
Watercress sauce
180g watercress leaves
6g mustard
15g apple balsamic vinegar
110g grapeseed oil
—
Porridge
20g barley
20g spelt
20g kamut
20g emmer
5g oats
5g buckwheat flakes
50g milk
10g sunflower seeds
5g brown mustard seeds
salt
—
Parsley broth
15g garlic
80g parsley
20g lovage
300g water
salt
apple balsamic vinegar
rapeseed (canola) oil
—
Cooked eggs
4 eggs
—
Serving
small cress

Hot smoked eel
Heat the salt and water to make a brine, then cool. Sedate the eel in ice-cold water. Cut the eel's throat and rinse the eel in cold water to drain the blood. Remove the intestines and rinse. Vacuum-pack the eel with 200g of the brine and soak for 24 hours. Smoke the eel in a smoker with coals and hay for 40 minutes, checking the eel and temperature (which should not exceed 80–90°C (175–190°F) regularly.

Watercress sauce
Blend the watercress leaves, mustard and apple balsamic vinegar. Emulsify the oil into the mix. Strain and keep on ice.

Porridge
Cook the barley, spelt, kamut and emmer in separate pans for 20–30 minutes. Rinse in cold water and dry. Cook the oats and buckwheat in the milk. Add the grains and seeds and season with salt. Warm it through and adjust with milk if needed.

Parsley broth
Blanch the garlic until tender. Blanch the parsley for approximately 4 minutes. Add the lovage for the last minute. Cool in ice water and squeeze dry. Blend the garlic, parsley, lovage and water and strain. Keep in the refrigerator.

Cooked eggs
Boil the eggs for 9 minutes and peel.

Serving
Warm 4 bowls. Heat the smoked eel in the oven at 80°C (175°F) for 10 minutes. Heat the porridge and season with the watercress sauce and salt. Put a quenelle of the porridge in each bowl. Push a cooked egg through a potato ricer into each bowl. Add the smoked eel. Finish with the cress. Heat the parsley broth. Season with salt and apple balsamic vinegar. Split with the rapeseed oil and serve immediately.

SMOKED EEL AND SEA SNAIL REMOULADE

Juniper water
25g dried Juniper berries
60g water
—
Sea snails
1kg big sea snails
5 dill sprigs
1 garlic clove
150g white wine
—
Smoked eel
30g salt
500g water
1 live eel
hay
—
Egg emulsion
5 large eggs, plus an extra yolk
30g caper water
30g water
20g white wine vinegar
50g boiled carrots
200g grapeseed oil
salt
—
Serving
sea snail shells
20g chopped parsley

Juniper water
Combine the juniper berries and water and infuse for 48 hours in the refrigerator. Drain.

Sea snails
Boil the snails, dill, garlic, white wine and enough water to cover for 50 minutes. Strain, remove the snails from the shells and finely chop.

Smoked eel
Heat the salt and water to make a brine, then cool. Sedate the eel in ice-cold water. Cut the eel's throat and rinse the eel in cold water to drain the blood. Remove the intestines and rinse. Vacuum-pack the eel with 200g of the brine and soak for 24 hours. Smoke the eel in a smoker with coals and hay for 40 minutes, checking the eel and temperature (which should not exceed 80–90°C / 175–190°F) regularly.

Egg emulsion
Boil the eggs for 9 minutes. Cool in ice water. Peel and discard the whites. Blend the cooked yolks, the extra fresh yolk, caper water, water, white wine vinegar and boiled carrots. Emulsify the oil into the mix. Pass, then season with salt. Keep at room temperature.

Serving
Mix the egg emulsion, juniper water and chopped sea snails and transfer to a piping (pastry) bag. Pipe the remoulade mixture into the empty sea snail shells and sprinkle with parsley. Serve with the smoked eel.

POTATO CHIP AND CHICKEN LIVER

Potato discs
1 baking potato, peeled
grapeseed oil
salt
—
Chicken liver mousse
450g chicken livers
grapeseed oil
5g lemon thyme leaves, plus extra
85g apple balsamic vinegar, plus extra
12 verbena leaves, plus extra
10 dried black trumpet mushrooms
175g butter
salt
20g crème fraîche
—
Black trumpet mushroom powder
100g dried black trumpet mushrooms

Potato discs
Cut the potato into thin long threads on a Japanese turning vegetable slicer. Soak the threads to remove the starch. Dry and weigh into 5-g portions. Put four 5.3-cm ring moulds into the base of large pan. Add oil and heat to 145°C (290°F). Place a portion of potato into each ring mould and deep-fry to create crispy discs. Repeat. Keep on greaseproof (wax) paper. Season with salt.

Chicken liver mousse
Wipe the chicken livers. Heat a little oil and sauté the chicken livers on both sides, until cooked but still pink inside. Sprinkle with lemon thyme leaves. Deglaze with a little apple balsamic vinegar and transfer the livers onto a tray to cool. Blend the livers with the verbena leaves, dried black trumpet mushrooms and butter until smooth. Pass, then season the mousse with salt and apple balsamic vinegar. Chop a few verbena and lemon thyme leaves and mix with the crème fraîche and 100g of the mousse. Season with salt and apple balsamic vinegar. Transfer to a piping (pastry) bag and keep at room temperature.

Black trumpet mushroom powder
Blend the dried mushrooms to a fine powder and strain. Keep in an airtight container.

Serving
Pipe a little chicken liver mousse along the edge of 4 crispy potato discs. Place a second disc on top. Sprinkle with black trumpet powder and serve.

OCTOBER

MUTSU APPLES AND REINDEER TONGUE

Reindeer glace
5kg reindeer bones
grapeseed oil
3 shallots, chopped
½ apple, chopped
500g red wine
100g chicken glace
5g lemon thyme leaves
10g juniper berries
—
Reindeer tongues
2 reindeer tongues
15g brown butter
4 lemon thyme sprigs
grapeseed oil
butter
—
Reindeer sauce
500g reindeer bones, chopped
grapeseed oil
butter
200g apples, chopped
100g shallots, peeled
1g coriander seeds
1 bay leaf
0.5 g black peppercorns
4g lemon thyme leaves, plus extra
40g 5-year-old apple balsamic vinegar, plus extra
80g chicken glace
800g light chicken stock
apple juice
salt
20g brown butter
—
Apple powder
12g apple peel
0.3g rose hip petals
—
Fake apple seeds
180g type 00 flour
20g malt flour
2.5g salt, plus extra
90g water
grapeseed oil
—
Apple wedges
100g water
250g butter
hay
2 Mutsu apples
salt
—
Apple rolls
4 Mutsu apples, cored
salt
—
Herb crumble
5g green coriander seeds
3g angelica seeds
5g parsley stems
5g lovage stems
5g lemon thyme leaves

Reindeer glace
Preheat the oven to 220°C (425°F). Place the bones in a roasting pan, drizzle with a little oil and roast until golden and caramelized. Sauté the shallots and apple until caramelized. Deglaze the pan with the red wine and pour the contents into a gastro. Add the chicken glace and the reindeer bones. Cover with water and add the lemon thyme and juniper berries. Cover with clingfilm (plastic wrap) and steam at 80°C (175°F) for 8 hours. Strain the stock. Reserve some stock for the reindeer tongues. Reduce the remaining stock to a glace.

Reindeer tongues
Vacuum-pack the reindeer tongues with the brown butter and lemon thyme and cook in a water bath at 58°C (136°F) for 12–24 hours, depending on their weight. Cool in ice water. Remove the skin from the tongues and cut off their tips. Keep the trimmed tongues with the reserved reindeer stock in a vacuum-pack.

Reindeer sauce
Sauté the reindeer bones in a little oil until golden. Add a little butter and sauté for another minute. Remove from the heat. Sauté the apples and shallots in a little oil until golden. Add the coriander seeds, bay leaf, peppercorns and lemon thyme and remove from the heat. Transfer to a gastro, then add the reindeer bones, apple balsamic vinegar, chicken glace and light chicken stock. Cover with clingfilm (plastic wrap) and steam at 80°C (175°F) for 8 hours. Strain, reduce by one-third and season with a little apple juice, apple balsamic vinegar and salt.

Apple powder
Scrape off any white flesh from the apple peel. Dehydrate the peel and rose hip petals at 50°C (120°F) until crisp and dry. Blend to a fine powder, sift and keep in an airtight container.

Fake apple seeds
Mix the flours and salt. Gradually add the water to make a dough. Knead until smooth, then roll through a pasta machine on setting number 7. Cut the dough using a small teardrop-shaped cutter. Preheat the oil to 180°C (350°F). Deep-fry the dough tears in the oil until puffed and golden. Drain on paper towels. Season with salt.

Apple wedges
Boil the water. Emulsify the butter into the water. Burn the hay with a smoke gun or hand-held food smoker, fill the pan with smoke and cover with a lid. Let it infuse for a few minutes until the smoke has disappeared. Repeat a few times until a smoky aroma emanates from the emulsion. Cut the apples into wedges. Cook the apples in the emulsion over a medium heat for 15 seconds, then strain. Season the apples with salt.

Apple rolls
Juice 2 apples and strain. Peel the remaining 2 apples and spin on a Japanese vegetable slicer. Cut the slices into four 5-cm strips and compress with some of the juice for 15 minutes. Warm the strips in the oven at 120°C (250°F) for 6 minutes. Roll the strips into loose tubes, spray with a little extra apple juice and season with salt.

Herb crumble
Chop the seeds and stems, mix with the thyme leaves and keep in an airtight container.

Serving
Warm 4 flat plates. Cut the tongues in half lengthways and sauté in a little oil until caramelized. Drain the oil and add a little butter and reindeer glace. Glaze the tongues, then remove from the pan and cover with the herb crumble. Place the reindeer tongues in the centre of the plates, place the apple wedges on top and arrange the apple rolls over and around them. Sprinkle with fake apple seeds. Place a 13-cm ring cutter on each plate and dust with the apple powder to create a red circle around the reindeer tongues. Warm the reindeer sauce and split it with the brown butter. Pour over the sauce and serve immediately.

FILLET OF MOOSE WITH RED FRUITS

Berry vinegar
62.5g raspberries
62.5g blackberries
125g blackcurrants
250g white wine vinegar
—
Aromatic crumble
5g coriander seeds
3g angelica seeds
5g lovage seeds
5g chopped parsley stems
20g lemon thyme leaves
—
Beetroot glace
3kg large beetroots (beets), peeled
5g dried woodruff
apple balsamic vinegar
juniper oil
—
Rye and salt-baked beetroots
700g type 00 flour
300g rye flour
400g salt
600g water
8 small beetroots (beets), peeled
15g hay ash (see page 230)
—
Beetroot crudités
2 baby beetroots (beets), peeled and thinly sliced
—
Berries
8 raspberries, halved
8 blackberries, halved
4 large blackcurrant sprigs
4 small blackcurrant sprigs
4 small redcurrant sprigs
salt
—
Moose fillet
300g moose fillet
grapeseed oil
2 thyme sprigs
15g butter
50g chicken glace
salt
—
Serving
30g chicken glace
lemon juice
apple balsamic vinegar
thyme oil (see page 231)

Berry vinegar
Blend all the ingredients and infuse for 8 hours, then strain.

Aromatic crumble
Grind the seeds, mix with the parsley and lemon thyme leaves and keep in an airtight container.

Beetroot glace
Juice the beetroots. Strain the juice, place in a pan with the dried woodruff and reduce to 100g. Strain and season with apple balsamic vinegar.

Rye and salt-baked beetroots
Preheat the oven to 160°(325°F). Mix the flours and salt. Gradually add the water to make a dough. Knead until smooth and roll out to a thickness of 5mm. Cover the beetroots in the hay ash. Wrap each beetroot in salt dough and bake in the oven for approximately 30 minutes. Rest for 5 minutes, remove the dough then leave to cool. Thinly slice the beetroots.

Beetroot crudités
Refresh the beetroot slices in ice water and dry.

Berries
Spray all the berries with the berry vinegar and season with salt.

Moose fillet
Vacuum-pack the moose fillet and cook in a water bath at 58°C (136°F) for 6–7 minutes. Dry the moose fillet, then sauté in a little oil over a high heat. Add the thyme and sauté until golden and caramelized. Pour off the fat, then add the butter and chicken glace and glaze the meat. Cut the fillet into 4 pieces and dip the top of each piece into the aromatic crumble. Season with salt and keep warm.

Serving
Warm 4 flat plates. Split the beetroot glace with juniper oil. Brush a little beetroot glace on the slices of baked beetroot. Warm the beetroot slices in the oven at 80°C (175°F) for 10 minutes. Place a piece of glazed moose fillet in the centre of each plate. Arrange the berries around the meat and cover with the slices of warm baked beetroot and the crudités. Make a beetroot sauce by warming the remaining glace and seasoning with chicken glace, lemon juice and apple balsamic vinegar. Split the sauce with thyme oil and serve immediately.

PORK RINDS AND BLACKCURRANT

Blackcurrant leather
500g blackcurrants
20g brun farin
—
Pine salt
100g pine needles
30g salt
—
Pork rinds
500g pork rind
20g brown butter
grapeseed oil
—
Serving
cep (porcini) oil (see page 230)
salt

Blackcurrant leather
Blend the blackcurrants for 2 minutes, then pass. Mix the blackcurrant purée with the brun farin and spread evenly on a silicone mat. Dehydrate at room temperature for 48 hours until all the moisture has evaporated and the texture is leathery and chewy. Cut into 3 x 10-cm rectangles. Keep on greaseproof (wax) paper in an airtight container.

Pine salt
Dehydrate the pine needles at 60°C (140°F) for 8 hours. Grind to a fine powder and sift. Mix the pine powder with salt and keep in an airtight container.

Pork rinds
Scrape the fat from the pork rind and cut the rind into 2 x 6-cm pieces. Vacuum pack the rinds with the brown butter and cook in a water bath at 80°C (175°F) for 10 hours. Preheat the oven 65°C (145°F). Lay the rinds on a greaseproof (wax) paper-lined tray and dry in the oven for 8–10 hours. Keep at room temperature for 8 hours to rehydrate. Preheat the oil to 190°C–200°C (375°F–400°F). Deep-fry the rinds until crisp and golden. Drain on paper towels. Season with pine salt.

Serving
Preheat the oven to 70°C (150°F). Warm the pork rinds in the oven. Spray the rinds with the cep oil. Place a sheet of blackcurrant leather on each piece of pork rind and return to the oven for 3 minutes to soften the blackcurrant leather. Season with salt.

BEETROOT COOKED WITH MALT AND SORREL

Salt-baked beetroot
500g type 00 flour
500g salt
300g water
1 large beetroot (beet), peeled
—
Sorrel juice
100g green apple juice
1 sorrel bunch
lemon juice
rapeseed (canola) oil
—
Onion ash paste
5 shallots, peeled and layers separated
dill oil (see page 230)
—
Beetroot glace
5 large beetroots (beets), peeled
1g dried woodruff
apple balsamic vinegar
—
Malt puffs
20g dark malt flour
380g type 00 flour
5g salt, plus extra
180g beer
grapeseed oil
salt

Salt-baked beetroot
Preheat the oven to 160°C (325°F). Mix the flour and salt. Gradually add the water to make a dough. Knead until smooth and roll out to a thickness of 5mm. Wrap the beetroot in the salt dough. Bake in the oven for 1 hour and 45 minutes. Rest for 10 minutes, remove the dough and then leave to cool. Thinly slice the beetroot. Cut 12 rounds from the beetroot with a 10-cm ring cutter. Keep on greaseproof (wax) paper.

Sorrel juice
Blend the apple juice with the sorrel. Strain, season with lemon juice and keep in the refrigerator.

Onion ash paste
Preheat the oven to 200°C (400°F). Place the shallots on a tray and cook for 45 minutes. Blend to a fine powder. Combine a spoon of the onion ash with a spoon of dill oil to make a paste. Keep at room temperature.

Beetroot glace
Juice the beetroots. Mix the juice with the woodruff and reduce to a syrup. Strain and keep in the refrigerator.

Malt puffs
Mix the flours with the salt. Add the beer and make a dough. Roll through a pasta machine on setting number 6. Cut rounds with a 3-cm ring cutter. Heat the oil to 170°C (340°F) and fry the rounds for 2 minutes until puffed and golden. Drain the puffs on paper towels and season with salt.

Serving
Season the beetroot glace with apple balsamic vinegar. Brush 8 rounds of baked beetroot with the beetroot glace. Brush the remaining rounds with the onion ash paste. Place the malt puffs on 4 plates and build in 2 rounds of glaced beetroot and 1 round of beetroot covered with onion ash paste. Balance a malt puff on top. Split the sorrel juice with the rapeseed oil and spoon on the plate.

ICE CREAM OF JERUSALEM ARTICHOKES

Jerusalem artichoke purée
250g peeled and thinly sliced Jerusalem artichoke
250g milk
4 thyme sprigs
7g gellan gum
100g brown sugar
75g brown butter
5g salt
—
Ice cream base
7.5g guar gum
585g milk
200g cream
75g dextrose
25g sugar
10g trimoline
40g milk powder
5g salt
—
Malt shortbread discs
325g flour
250g butter, softened
200g sugar
50g malt
7.5g salt
50g grapeseed oil
—
Apple sauce
7 Topaz apples
juice of ½ lemon
apple balsamic vinegar
reduced white wine
salt
—
Malt oil
40g dark malt flour
100g grapeseed oil
—
Compressed apples discs
2 Topaz apples
25g Topaz apple juice
apple balsamic vinegar
—
Serving
small marjoram leaves

Jerusalem artichoke purée
Vacuum-pack the artichoke slices with the milk and thyme and cook in a water bath at 90°C (195°F) for 30 minutes. Blend and pass the Jerusalem artichoke milk. Weigh 500g of the milk and blend with the gellan gum in a Thermomix. Transfer the mixture to a pan and bring to the boil. Add the brown sugar, brown butter and the salt. Boil for 1 minute. Pour the mixture into a tray to cool. Once cool, purée until completely smooth, then pass.

Ice cream base
Sprinkle the guar gum evenly over the milk and cream and blend until thick. Warm a third of the milk in a pan, add the dextrose, sugar and trimoline and blend. Add the warm milk mixture to the guar gum mixture, then blend with the milk powder and salt. Mix the ice cream base with the artichoke purée, transfer to a Paco container and freeze.

Malt shortbread discs
Mix the flour, butter, sugar, malt and salt until the mixture resembles a crumble. Bake the crumble at 160°C (325°F) for 20 minutes. Leave to cool, then transfer to a Thermomix and blend on high speed until puréed. Add the grapeseed oil and blend. Spread the mixture onto a silicone mat and freeze. Cut 24 rounds with a 3-cm ring cutter. Keep in the freezer.

Apple sauce
Chop the apples. Vacuum-pack with the lemon juice and cook in a water bath at 80°C (175°F) for 15 minutes. Strain, reserve the juice and purée the apples. Add enough juice to loosen the purée. Season with apple balsamic vinegar, reduced white wine and salt. Keep in the refrigerator.

Malt oil
Blend the flour and oil for 5 minutes.

Compressed apple discs
Thinly slice the apples. Cut rounds from the apple slices with a 3-cm ring cutter. Vacuum-pack the apple rounds with the apple juice and a little apple balsamic vinegar. Seal at 60 per cent vacuum and infuse for 5 minutes.

Serving
Place 4 bowls in the freezer to get very cold. Spin the Jerusalem artichoke ice cream in a Pacojet. Place a quenelle of ice cream in each bowl. Arrange the apple discs and malt shortbread discs around the ice cream. Top with marjoram leaves. Finish with apple sauce and dots of malt oil.

VINTAGE POTATOES AND MILK SKINS

Potato mash
200g floury (baking) potatoes, chopped
salt
200g big vintage potatoes, peeled and chopped
10g butter
—
Milk skins
1kg milk
50g cream
30g milk proteins
—
Whey sauce
200g yogurt whey
10g butter
lemon juice
salt
lovage oil (see page 230)
—
Potato crisps (chips)
4 big vintage potatoes
grapeseed oil
salt
—
Small vintage potatoes
100g water
200g butter
40 small vintage potatoes
salt
—
Serving
big watercress stems
big chervil stems
garden portulak
small yarrow

Potato mash
Boil the floury potatoes for 1 hour, strain and reserve the cooking water. Reduce the cooking water to 250g. Season with salt. Vacuum-pack the vintage potatoes and cook in a water bath at 70°C (158° F) for 40 minutes. Cool in ice water, then boil for 45 minutes until tender. Push the potatoes through a potato ricer and fold in the potato stock and butter. Pass the mash, season with salt and keep warm.

Milk skins
Mix all the ingredients and heat in a pan to around 60°C (140°F) degrees. Skim off the first few skins, which will be very fragile. When a firm skin is formed, pull it off the pan with both hands and store on baking (parchment) paper. Repeat.

Whey sauce
Warm the yogurt whey. Add the butter and season with lemon juice and salt

Potato crisps
Thinly slice the potatoes, rinse well and dry. Heat the oil to 160°C (325°F) and fry the sliced potato until crisp. Drain and season with salt.

Small vintage potatoes
Boil the water. Emulsify the butter into the water. Cook the potatoes in the butter emulsion until al dente. Season with salt.

Serving
Warm 4 plates. Put a spoon of the potato mash in the middle of the plates and spread with the back of a spoon. Lay the milk skins over the potato mash. Pour what remains of the butter emulsion over the watercress and chervil stems. Season with salt. Add the stems, the potatoes, portulak and yarrow to the plate. Finish with the potato crisps. Froth the whey sauce with a hand-held blender, split with the lovage oil and serve immediately.

SILKEN FRESH CHEESE AND CRISPY BEECH LEAVES

Caramelized beech leaves
16 beech leaves
20g apple balsamic vinegar
grapeseed oil
—
Fresh cheese
625g organic milk
30g cream
12.5g buttermilk
2.5g rennet
salt
—
Chamomile broth
1kg water
35g green chamomile pods
1g dried chamomile
7g dried morels
9g freeze-dried green gooseberries
60g juniper wood
salt
lemon juice
juniper oil
—
Burnt lovage leaves
8 large lovage leaves
—
Rye crumble
50g rye bread, crusts removed
20g butter
salt
—
Serving
ramson (wild garlic) capers (see page 231)
pickled elderflowers (see page 231)

Caramelized beech leaves
Vacuum-pack the beech leaves with the apple balsamic vinegar. Pickle for at least a month. Fry the leaves in a little oil until crispy. Keep in an airtight container.

Fresh cheese
Preheat the oven to 37°C (98.6°F). Heat the milk in a pan to 30°C (86°F). Add the cream and buttermilk. Slowly pour in the rennet. Do not stir the cheese because it will be starting to set. Pour the cheese into a covered silicone food container and cook for 1 hour 30 minutes or until set with the same consistency as fresh tofu. Cool in the refrigerator with the lid off.

Chamomile broth
Boil the water and add the chamomile pods, dried chamomile, dried morels, gooseberries and juniper wood. Remove from the heat and infuse or 8 hours. Strain, season with salt and a little lemon juice. Keep at room temperature.

Burnt lovage leaves
Heat a pan over a medium heat. Add the lovage and cover with a square of baking (parchment) paper. Weigh the paper down. Heat the leaves until blackened.

Rye crumble
Blend the rye bread to form crumbs and fry in the butter until golden and crisp. Drain and season with salt.

Serving
Warm 4 bowls. Place a quenelle of cheese in each bowl. Season with salt and top with ramson capers and a little rye crumble. Sprinkle over the pickled elderflowers and caramalized beech leaves. Add the burnt lovage leaves. Warm the chamomile broth, split with the juniper oil and serve immediately.

OYSTERS STEAMED IN SEAWATER WITH CONDIMENTS

Vinegar pearls
30g tapioca pearls
100g apple balsamic vinegar
—
Oysters
4 large Limfjords oysters
—
Sauce
50g milk
50g cream
—
Serving
beach stones
mixed seaweed
cockle and mussel shells, cleaned
fresh seawater
horseradish, grated
small parsley leaves
sorrel stems
watercress stems
sea purslane leaves
beach cabbage flowers
elderberry capers

Vinegar pearls
Boil the tapioca pearls for 15 minutes, then strain and rinse in cold water. Dry, mix with the apple balsamic vinegar and marinate for at least 3 hours.

Oysters
Gently open the shells and loosen the oyster. Keep the oysters on ice. Clean the oyster shells.

Sauce
Mix the milk and cream and warm to 60°C (140°F).

Serving
Fill 4 cast iron dishes with beach stones. Arrange the seaweed and cockle and mussel shells around the edges. Pour a little seawater into the base of each dish. Warm the cleaned oyster shells in the oven at 80°C (175°F). Blanch the oysters for 10 seconds and cut each oyster in three. Reassemble the sliced oysters and place in the warmed oyster shells. Pour a little milk and cream sauce over the oysters and sprinkle with the vinegar pearls. Finish with grated horseradish, plants, flowers and capers. Replace the top half of the shell. Heat the cast iron dishes over a high heat to create steam inside. Lift off the lids, place the oysters in the centre of each dish, cover and serve immediately.

POACHED KING CRAB AND TRUFFLE BROTH

King crab
8 king crab legs
salt
—
Truffle sauce
12g chicken glace
100g Gotland truffles
20g mushroom stock (see page 231)
24g truffle oil
60g grapeseed oil
salt
apple balsamic vinegar
dill oil (see page 230)
rapeseed (canola) oil

King crab
Carefully break the crab legs and pull out the meat. Dry well, then roll tightly in clingfilm (plastic wrap). Heat a pan of water to a temperature of 58°C (136°F) and poach the king crab rolls for 5–7 minutes. Leave to cool.

Truffle sauce
Warm the chicken glace, then blend with the truffles and mushroom stock. Emulsify the oils into the mix. Season with salt and apple balsamic vinegar and pass.

Serving
Place 4 plates in the refrigerator to get cold. Remove the poached crab rolls from the clingfilm and slice into 7-cm lengths. Split the truffle sauce with the dill and rapeseed oils and swirl it around the plates. Arrange the poached king crab leg meat on each plate and season with salt.

CHILLED OYSTERS AND SALTED GREEN GOOSEBERRIES

Pickled air onions
50g apple balsamic vinegar
24 air onion blossoms
—
Oysters
4 medium Danish oysters
dulse (söl) oil (see page 230)
—
Salted unripe gooseberries
6 salted unripe gooseberries, thinly sliced (see page 231)
30g lacto-fermented gooseberry juice (see page 230)
—
Buttermilk and dulse sauce
50g buttermilk
25g buttermilk whey
5g dulse (söl) broth (see page 230)
dulse (söl) oil (see page 230)
salt
—
Serving
small stones

Pickled air onions
Pour the apple balsamic vinegar over the air onion blossoms and pickle for at least 24 hours.

Oysters
Blanch the oysters for approximately 1 minute or until lightly cooked. Gently open the shells and loosen the oyster. Clean the oyster shells and keep in the refrigerator. Rinse the oysters in their own juice and trim. Keep the oysters on ice.

Salted unripe gooseberries
Marinate the gooseberries in the fermented gooseberry juice.

Buttermilk sauce
Mix the buttermilk, buttermilk whey and dulse broth.

Serving
Fill 4 bowls with stones. Part-fill the bowls with water and place in the freezer. Dribble a few drops of dulse oil into the chilled oyster shells. Slice the oysters crossways and place in the shells. Top with salted gooseberry slices and pickled air onion blossoms. Split the buttermilk sauce with dulse oil and season with salt. Pour a good amount of the buttermilk sauce over the oysters. Replace the top half of the shell and nestle the oysters among the stones. Finish with a spray of water.

SLOWLY SAUTÉED CELERIAC AND TRUFFLE SAUCE

Celeriac
grapeseed oil
2 baby celeriac
125g goat's butter
5 lemon thyme sprigs
5 sage leaves
2 rosemary sprigs
salt
—
Truffle sauce
100g Gotland truffles
5g squid ink
20g mushroom stock (see page 231)
12g chicken glace
24g truffle oil
60g grapeseed oil
salt
apple cider vinegar
—
Butter emulsion
100g water
200g butter
—
Serving
large sorrel stems
large watercress stems
1 Gotland truffle, 4–5cm in diameter
rapeseed (canola) oil

Celeriac
Heat a little oil over a medium to high heat and sauté the celeriac for a few minutes, until lightly golden. Reduce the heat, add the goat's butter and half the herbs and cook the celeriac for approximately 1 hour, turning and basting the celeriac regularly. Add the remaining herbs, then remove the celeriac from the pan. Let rest for 2 minutes, then brush with a little of the browned goat butter. Quarter the celeriac lengthways and season with salt.

Truffle sauce
Blend the truffle, squid ink, mushroom stock and chicken glace. Emulsify the oils into the mixture. Strain, then season with salt and apple cider vinegar.

Butter emulsion
Boil the water. Emulsify the butter into the water. Keep at room temperature.

Serving
Warm 4 plates. Warm the truffle sauce. Place the celeriac quarters on each plate and drizzle the truffle sauce around them. Pour the butter emulsion over the sorrel stems and place the stems on the plate. Top with a watercress stem. Peel the truffle, thinly slice and add to the plates. Finish with a few drops of rapeseed oil.

PEAR TREE

Pear sauce
500g Clara Friis pears, peeled and cored
10g pear aquavit
1g citric acid, plus extra
thyme oil (see page 231)
—
Grilled pears
2 Clara Friis pears
grapeseed oil
25g thyme oil
—
Juniper berry salt
10g dried juniper berries
30g salt
—
Aerated spruce parfait
4 gelatine leaves
270g egg yolks
180g water
40g spruce shoots
75g spruce needles
67g sugar
20g fondant
255g cream
20g spruce oil (see page 231)
—
Serving
1 Clara Friis pear
verbena leaves
lemon thyme sprigs
bronze fennel tops
heather flowers
unripe juniper berry skins

Pear sauce
Vacuum-pack the pears, aquavit and citric acid and cook in a water bath at 80°C (175°F) for 30 minutes. Cool, then blend to a smooth purée. Pass the purée, adjust the acidity with a pinch of citric acid and keep in the refrigerator.

Grilled pears
Peel the pears and cut off each side as close to the core as possible. Brush the cut side of each pear with grapeseed oil and chargrill (charbroil) until blackened. Drizzle thyme oil over the grilled sides and place in an airtight container to marinate. Peel away the charred surface of the pears and keep warm.

Juniper berry salt
Crush the dried juniper berries in a spice grinder. Sift, then return to the spice grinder, along with the salt. Gently pulse to mix and keep in an airtight container.

Aerated spruce parfait
Bloom the gelatine. Blend the egg yolks, water, spruce shoots and spruce needles in a Thermomix at 80°C (175°F) until warmed through. Strain, then combine 220g of this mixture with the sugar, fondant and bloomed gelatine and whisk at high speed in a stand mixer until it becomes stiff and frothy. Whip the cream, then fold in the frothy egg mixture. Combine 120g of this mixture with the spruce oil, then pour into a Food Saver container. Place in a vacuum machine and aerate. Freeze for 4 hours before opening the Food Saver container, then cut into portions.

Serving
Put the plates in the refrigerator to get cold. Split the pear sauce with thyme oil and swirl onto the cold plates. Thinly slice the Clara Friis pear and place 1 slice on top of each warm grilled pear. Decorate with the herbs, flowers and juniper berry skins and carefully lift onto the plate. Add the aerated spruce parfait and season with the juniper berry salt.

FRESH HAZELNUTS AND GRILLED GEM LETTUCE

Grilled gem lettuce juice
4 baby gem lettuces, halved lengthways
grapeseed oil
50g spinach purée (see page 231)
salt
apple balsamic vinegar
—
Hazelnut gel
500g dried and peeled hazelnut kernels
500g water
1.5 gelatine leaves
salt
—
Green juniper berry vinaigrette
40g green juniper oil (see page 230)
15g apple balsamic vinegar
salt
—
Serving
20 fresh hazelnuts, peeled and sliced lengthways
salt

Grilled gem lettuce juice
Brush the lettuces with a little oil and chargrill (charbroil). Juice the chargrilled lettuces and strain. Mix the spinach purée with 60g of the grilled lettuce juice. Season with salt and apple balsamic vinegar. Keep in the refrigerator.

Hazelnut gel
Preheat the oven to 160°C (325°F). Toast 50g of the hazelnuts in the oven for 12–15 minutes until golden brown. Blend the toasted hazelnuts, the untoasted hazelnuts and the water to a puree. Infuse the hazelnut milk for 8 hours in the refrigerator, strain, then weigh out 300g. Bloom the gelatine. Heat the bloomed gelatine in a little of the hazelnut milk. Combine with the remaining hazelnut milk. Season with salt and transfer to a rectangular container with a height of 2cm. Set in the refrigerator.

Green juniper berry vinaigrette
Whisk the green juniper oil into the apple balsamic vinegar until emulsified. Season with salt and keep in the refrigerator.

Serving
Place a spoon of the hazelnut gel in the centre of each bowl. Season with salt. Cover the gel with the sliced hazelnuts. Season wih salt. Surround the hazelnut gel with the grilled gem lettuce juice and finish with a drizzle of the green juniper berry vinaigrette.

NOVEMBER

BOUQUET OF GREENS AND BLACK ANT DIPPING

Deep-fried kale
4 curly kale branches
grapeseed oil
samphire (sea asparagus) powder (see page 231)
—
Bouquet
2 baby romaine leaves, halved lengthways
16 large chickweed stems
4 large watercress stems
4 nasturtium leaves with long stems
4 golden nettles stems
—
Serving
50g crème fraîche
24 black ants (or any other ant with a distinct citrus flavour)

Deep-fried kale
Remove the lower leaves from the kale branches. Blanch the stems of the branches for 5 seconds. Cool in ice water and dry thoroughly. Heat the oil to 170°C (340°F) and dip the kale leaves in, holding them by the stem, for about 2 minutes until almost crisp. Drain on paper towels. Preheat the oven to 55°C (130°F) and crisp the deep-fried kale in it for 30 minutes. Dust with the samphire powder.

Bouquet
Create a bouquet with half a baby romaine leaf, 4 long chickweed stems, a watercress stem, a nasturtium leaf, a golden nettle stem and a branch of crispy deep-fried kale. Tie the bouquets with butcher's twine. Repeat 3 more times.

Serving
Spoon some crème fraîche onto 4 small plates, make a divot in the middle and then add the ants. Dip the bouquet of greens into the crème fraîche and ants to serve.

PICKLED VEGETABLES

Celeriac
1 small celeriac, peeled and thinly sliced
salt
30g spruce vinegar
15g water
—
Carrots
2 carrots, thinly sliced
salt
50g apple balsamic vinegar
50g water
5g Spanish chervil capsules
—
Kohlrabi
1 kohlrabi, peeled
salt
30g white wine vinegar
30g sea lettuce
125g water
—
Yellow beetroot
1 yellow beetroot (beet), peeled and thinly sliced
salt
30g elderflower vinegar
30g water
—
Red beetroot
1 red beetroot (beet), peeled and thinly sliced
30g rose hip vinegar
30g water
—
Parsley roots
2 parsley roots
salt
40g white wine vinegar
125g water
15g parsley stems
10g parsley leaves
1g angelica seeds
—
Shallots
4 shallots, peeled and cut into 1.5cm-thick slices
100g beer
45g honey
55g apple balsamic vinegar
1 thyme sprig
1 bay leaf
white wine vinegar
—
Sauce
2.5kg pork ribs, chopped
grapeseed oil
1 onion, peeled
2 celery sticks
½ apple
5 thyme sprigs
apple balsamic vinegar
chopped parsley
chopped tarragon
brown butter
salt
—
Bone marrow
100g bone marrow
500g water
35g salt
—
Serving
red oxalis

Celeriac
Cut the celeriac slices into 1.5 x 7.5-cm strips. Weigh the strips and vacuum-pack with 1.3g of salt for every 100g of celeriac. Cook in a water bath at 90°C (194°F) for 10 minutes. Cool in ice water. Mix the spruce vinegar and water to make a brine. Vacuum-pack the celeriac with the brine and pickle for at least 2 hours.

Carrots
Cut the carrot slices into 1.5 x 7.5-cm strips. Weigh the strips and vacuum-pack with 1.3g of salt for every 100g of carrot. Cook in a water bath at 90°C (194°F) for 10 minutes. Cool in ice water. Mix the apple balsamic vinegar, water and chervil to make a brine. Vacuum-pack the carrots with the brine and pickle for at least 2 hours.

Kohlrabi
Peel and thinly slice the kohlrabi into 1.5 x 7.5cm strips. Weigh the strips and vacuum-pack with 1.3g of salt for every 100g of kohlrabi. Cook in a water bath at 90°C (194°F) for 10 minutes. Cool in ice water. Mix the white wine vinegar, sea lettuce and water to make a brine. Vacuum-pack the kohlrabi with the brine and pickle for at least 2 hours.

Yellow beetroot
Cut the beetroot slices into 1.5 x 7.5-cm strips. Weigh the strips and vacuum pack with 1.3g of salt for every 100g of beetroot. Cook in a water bath at 90°C (194°F) for 13 minutes. Cool in ice water. Mix the elderflower vinegar and water to make a brine. Vacuum-pack the beetroot with the brine and pickle for at least 2 hours.

Red beetroot
Cut the beetroot slices into 1.5 x 7.5-cm strips. Weigh the strips and vacuum-pack with 1.3g of salt for every 100g of beetroot. Cook in a water bath at 90°C (194°F) for 13 minutes. Cool in ice water. Mix the rose hip vinegar and water to make a brine. Vacuum-pack the beetroot with the brine and pickle for at least 2 hours.

Parsley roots
Cut the parsley roots into 1.5 x 7.5-cm strips. Weigh the strips and vacuum pack with 1.3g of salt for every 100g of roots. Cook in a water bath at 90°C (194°F) for 13 minutes. Cool in ice water. Mix the white wine vinegar and water to make a brine. Vacuum-pack the roots with the parsley stems and leaves, angelica seeds and brine and pickle for at least 2 ho≠urs.

Shallots
Blanch the shallot slices for 1 minute. Refresh in ice water. Heat the beer, honey, apple balsalmic vinegar and herbs to make a brine. Season with white wine vinegar. Vacuum-pack the shallots with the brine and pickle for at least 24 hours.

Sauce
Preheat the oven to 230°C (450°F). Brush the pork ribs with a little oil and roast in the oven for 30 minutes. Sauté the onion and celery, then add to a gastro, along with the ribs, apple, thyme and enough water to cover. Cover with clingfilm (plastic wrap) and steam at 80°C (175°F) for 10 hours. Strain the stock, then reduce by two-thirds. Weigh 100g of the stock and season with the apple balsamic vinegar and chopped herbs. Split with a little melted brown butter. Season with salt.

Bone marrow
Soak the bone marrow in ice water for 48 hours, changing the water at least twice a day. Heat the water and salt to make a brine. Soak the bone marrow in the brine for 48 hours. Cut the bone marrow into 1-cm slices.

Serving
Arrange the pickles on the left side of each plate. Heat the plates so the pickles reach 65°C (149°F). Arrange the red oxalis on top of the pickles. Heat the bone marrow and add to the plate. Heat the sauce and serve immediately.

AROMATIC BIRCH SYRUP WITH MILK AND BARLEY

Milk ice cream
234g milk
80g cream
16g milk powder
1.1g guar gum
30g dextrose
4g trimoline
10g sugar
1g salt
24g birch syrup
liquid nitrogen
—
Barley
75g pearl barley
275g water
—
Liquorice syrup
500g water
65g sugar
5g green anise
8g raw liquorice
4g reduced apple balsamic vinegar
salt
—
Frozen cream cloud
100g milk
100g cream
liquid nitrogen
—
Serving
raw liquorice
wood sorrel leaves
Spanish chervil leaves
thyme flowers

Milk ice cream
Blend the milk, cream, milk powder and guar gum in a Thermomix. Add the dextrose, trimoline, sugar and salt and blend on high speed for 5 minutes. Pass and freeze in Paco containers. When frozen, spin in a Pacojet and keep in a piping (pastry) bag in the freezer. Pour 6g portions of birch syrup into 2-cm hemispherical moulds. Freeze with liquid nitrogen. Make four 4 x 5cm acetate cylinders. Place the cylinders on a tray lined with a silicone mat and pipe the milk ice cream into the cylinders. Tuck a portion of frozen birch syrup into the cylinder and top with more ice cream. Keep in the freezer.

Barley
Preheat the oven to 160°C (325°C) and toast the barley for 35 minutes. Boil the water, add the barley and simmer until cooked. Rinse to cool, then dry in the refrigerator.

Liquorice syrup
Bring the water, sugar, anise and liquorice to the boil, turn off the heat and infuse for 1 hour. Strain and reduce by half. Cool, then season with reduced apple balsamic vinegar and salt. Add the barley and leave to marinate for one hour.

Frozen cream cloud
Mix the milk and cream and froth with a hand-held blender. Drop spoonfuls of the creamy foam into the liquid nitrogen to freeze. Keep the frozen cream clouds in a plastic container in the freezer.

Serving
Put 4 bowls into the refrigerator to get cold. Remove the acetate from the ice cream and place the cylinders in the centre of the bowls. Defrost for 4 minutes. Arrange a spoon of the marinated barley around each milk ice cream cylinder and place the cream clouds on top. Finish with a grating of raw liquorice and herbs.

AROMATIC BIRCH SYRUP WITH MILK AND BARLEY

Milk ice cream
234g milk
80g cream
16g milk powder
1.1g guar gum
30g dextrose
4g trimoline
10g sugar
1g salt
24g birch syrup
liquid nitrogen
—
Barley
75g pearl barley
275g water
—
Liquorice syrup
500g water
65g sugar
5g green anise
8g raw liquorice
4g reduced apple balsamic vinegar
salt
—
Frozen cream cloud
100g milk
100g cream
liquid nitrogen
—
Serving
raw liquorice
wood sorrel leaves
Spanish chervil leaves
thyme flowers

Milk ice cream
Blend the milk, cream, milk powder and guar gum in a Thermomix. Add the dextrose, trimoline, sugar and salt and blend on high speed for 5 minutes. Pass and freeze in Paco containers. When frozen, spin in a Pacojet and keep in a piping (pastry) bag in the freezer. Pour 6g portions of birch syrup into 2-cm hemispherical moulds. Freeze with liquid nitrogen. Make four 4 x 5cm acetate cylinders. Place the cylinders on a tray lined with a silicone mat and pipe the milk ice cream into the cylinders. Tuck a portion of frozen birch syrup into the cylinder and top with more ice cream. Keep in the freezer.

Barley
Preheat the oven to 160°C (325°C) and toast the barley for 35 minutes. Boil the water, add the barley and simmer until cooked. Rinse to cool, then dry in the refrigerator.

Liquorice syrup
Bring the water, sugar, anise and liquorice to the boil, turn off the heat and infuse for 1 hour. Strain and reduce by half. Cool, then season with reduced apple balsamic vinegar and salt. Add the barley and leave to marinate for one hour.

Frozen cream cloud
Mix the milk and cream and froth with a hand-held blender. Drop spoonfuls of the creamy foam into the liquid nitrogen to freeze. Keep the frozen cream clouds in a plastic container in the freezer.

Serving
Put 4 bowls into the refrigerator to get cold. Remove the acetate from the ice cream and place the cylinders in the centre of the bowls. Defrost for 4 minutes. Arrange a spoon of the marinated barley around each milk ice cream cylinder and place the cream clouds on top. Finish with a grating of raw liquorice and herbs.

A PLATE OF FRESHLY SHUCKED SHELLFISH

Raw shellfish
4 live mahogany clams
12 small live Venus clams
4 live razor clams
4 live soft shell clams
8 live red shrimp
—
Horseradish juice
horseradish root, peeled and sliced
—
Fresh cream
100g biodynamic cream
salt
—
Serving
mixed seaweed

Raw shellfish
Shuck the mahogany, Venus and razor clams and slice them lengthways. Blanch the soft shell clams to remove their membranes, then cut them lengthways. Peel the red shrimp, leaving the heads. Keep the shellfish in the refrigerator.

Horseradish juice
Juice the horseradish, pass and keep in the refrigerator.

Fresh cream
Season the cream with salt and keep in the refrigerator.

Serving
Part-fill 4 bowls with water and freeze. Arrange the sliced shellfish and seaweed on the frozen surface of each bowl. Add the cream and drops of horseradish juice to finish.

WILD DUCK AND AUTUMN OFFERINGS

Wild grey duck
2 wild grey duck breasts
hay
melted butter
5.5g lemon thyme leaves
salt
—
Cep oil
250g frozen ceps (porcini)
grapeseed oil
—
Mushroom sauce
1kg water
40g dried ceps (porcini)
3g freeze-dried lingonberries
7g freeze-dried blueberries
100g juniper wood
½ chicken breast, lightly salted
salt
reduced white wine
cep (porcini) oil
4 teaspoons pickled Scots pinecones
—
Malt puffs
95g type 00 flour
5g malt flour
1.25g salt
45g dark ale
grapeseed oil
salt
20g woodruff powder
—
Beetroot
350g type 00 flour
150g rye flour
100g salt, plus extra
300g water
8 beetroots (beets), peeled
500g beetroot (beet) juice, reduced
0.3g hay ash (see page 230)
2.5g cep (porcini) oil
apple balsamic vinegar
lemon juice
salt
butter
—
Beetroot crudités
4 small beetroots (beets), peeled and thinly sliced
20 pickled rose hip leaves
rose hip vinegar
—
Aromatic crumble
5g green juniper berries, pitted
5g green coriander seeds
5g dill seeds
—
Caramelized beech leaves
12 pickled beech leaves
grapeseed oil
—
Serving
red oxalis

Wild grey duck
Place the duck breasts in a container. Charge a smoke gun with hay and inject 1 shot into the container. Cut the duck breasts into thin slices. Lay the slices out on baking (parchment) paper, side-by-side to create an oval shape. Brush with a little melted butter and sprinkle with lemon thyme. Keep in the refrigerator.

Cep oil
Place the ceps in a sieve and defrost over a bowl. Reserve the cep water. Vacuum-pack the ceps with an equal weight of grapeseed oil and cook in a water bath at 80°C (175°F) for 2 hours. Cool, strain, then keep in the refrigerator.

Mushroom sauce
Boil the water, then add the dried ceps and berries and infuse for 8 hours at room temperature. Strain and vacuum-pack the broth with the juniper wood. Infuse for 1 hour. Strain the broth, then place in a pan and bring to the boil. Thinly slice the chicken breast and infuse in the broth for 2 minutes. Strain, discard the chicken breast and reduce the broth by one-third. Season with salt, reduced white wine and the reserved cep water.

Malt puffs
Mix the flours and salt. Add the ale and knead to a smooth dough. Rest the dough for 30 minutes, then roll through a pasta machine on setting number 6. Cut rounds with a 2-cm ring cutter. Heat some oil in a large pan to 180°C (350°F) and fry the rounds for 2 minutes until puffed. Drain, season with salt and dust with woodruff powder.

Beetroot
Mix the flours and salt. Add the water and knead to form a dough. Roll the dough out to a thickness of 5mm. Preheat the oven to 160°C (325°F). Wrap each beetroot in the dough and bake in the oven for approximately 1 hour and 30 minutes. Cool for 5 minutes, then remove the dough. Reserve 4 beetroots to create wedges and thinly slice the other 4. Mix 15g of the reduced beetroot juice with the hay ash and split with the cep oil. Season with apple balsamic vinegar, lemon juice and salt. Brush the beetroot and ash glace on the beetroot slices. Cut the reserved baked beetroot into wedges. Warm the remaining reduced beetroot juice and add enough butter to make it a glace.

Beetroot crudités
Refresh the beetroots in ice water and keep in the refrigerator.

Aromatic crumble
Roughly chop the juniper berries and grind the coriander and dill seeds and keep in an airtight container.

Caramelized beech leaves
Sauté the pickled beech leaves in a little oil until crisp and golden.

Serving
Warm 4 plates. Preheat the oven to 150°C (300°F). Season the slices of duck with salt and bake them for approximately 3 minutes. Warm the beetroot slices in the oven briefly and season with salt. Glaze the beetroot wedges with the beetroot and butter glace and sprinkle the aromatic crumble on top. Put a beetroot wedge in the centre of each plate and place an oval of baked duck on top. Arrange more of the glazed beetroot wedges around the edge of the baked duck. Arrange the glazed beetroot slices in between the beetroot wedges. Finish each beetroot crudité with a pickled rosehip leaf and a spray of rose hip vinegar and place among the beetroot slices and wedges. Divide the malt puffs between each plate. Add the caramelised beech leaves and sprinkle with the red oxalis. Split the mushroom sauce with cep oil and add the pickled cones. Add the sauce and serve immediately.

DECEMBER

DESSERT OF BINTJE POTATOES AND PLUMS

Plum kernel cream
7g plum kernels
10g sugar
10g milk
100g cream
—
Potato strips
5 large floury (baking) potatoes, diced
salt
400g Bintje potatoes, diced
60g egg yolks
60g milk
25g sugar
20g trimoline
170g butter
—
Plum compote
200g plums
80g plum aquavit
30g brown sugar
—
Plum sauce
500g frozen plums
85g water

Plum kernel cream
Blend the plum kernels with the sugar and milk until smooth. Vacuum-pack with the cream and infuse for 8 hours. Strain, then whip the plum kernel cream to a light peak. Keep in the refrigerator.

Potato strips
Boil the floury potatoes, then simmer for 1 hour. Strain, reserve the cooking liquid and reduce it by half. Season the liquid with salt. Vacuum-pack the Bintje potatoes and cook in a water bath at 72°C (160°F) for 45 minutes. Cool in ice water, then boil until tender. Push the potatoes through a ricer, then leave to cool. Combine the egg yolks, milk, sugar, trimoline and 130g of the potato cooking liquid and heat gently. Add the riced potato and the butter and stir to combine. Pass, then season with salt. Spread the riced potato mixture onto a 2-mm thick silicone mat and freeze. Cut into thin strips and keep in the freezer.

Plum compote
Halve the plums and scrape out the flesh. Cook the plum flesh with the aquavit and brown sugar until the alcohol has boiled off.

Plum sauce
Allow the plums to defrost in a sieve over a bowl. Weigh 200g of the collected plum juice and reduce to a syrup. Mix 70g of the remaining plum juice with 35g of the plum reduction and the water. Keep in the refrigerator.

Serving
Place 4 plates in the refrigerator to get cold. Spread a spoon of plum compote on each plate. Lay the frozen potato strips on top of the compote and leave to defrost for 1 minute. Drizzle the plum sauce in between the potato strips. Finish with a spoon of the plum kernel cream.

DOYENNE PEARS AND ENDIVES COOKED WITH BEEF CHEEKS

Beef cheeks
hay
2 large beef cheeks
25g butter, plus extra
thyme leaves
chicken glace
—
Redcurrant wine endives
350g redcurrant wine
120g butter
3.5g honey
salt
hay
4 large endives
—
Pear sheets
100g pear juice
15 large verbena leaves
4 Doyenne pears
lemon juice
salt
—
Verbena purée
10g verbena leaves
70g baby spinach
50g spinach purée (see page 231)
—
Brown butter sauce
50g chicken glace
4g apple balsamic vinegar
salt
25g brown butter
1.25g chopped parsley
3.3g chopped shallots
4g ramson (wild garlic) capers (see page 231)
—
Serving
mustard cress

Beef cheeks
Preheat the oven to 200°C (400°F). Toast a handful of the hay in the oven for 1 hour. Trim the beef cheeks and vacuum-pack with the hay and butter. Cook in a water bath at 72°C (160°F) for 24 hours. Cool in ice water. Dry the beef cheeks and cut into 80-g portions. Sauté the beef cheeks in a little butter until crisp. Add the thyme and a little chicken glace. Keep warm.

Redcurrant wine endives
Boil the redcurrant wine for 2 minutes to evaporate the alcohol. Add the butter and honey and cook for another 2 minutes. Blend, season with salt and leave to cool. Burn a handful of the hay with a smoke gun or hand-held food smoker, fill a pan or container with smoke, add the redcurrant wine sauce and cover with a lid. Leave to infuse for a few minutes until the smoke has disappeared. Repeat twice. Reserve half the smoked redcurrant wine sauce for the verbena purée. Vacuum-pack the endives with the remaining smoked redcurrant wine sauce and cook in a water bath at 70°C (150°F) for 20 minutes.

Pear sheets
Blend the pear juice and verbena leaves and infuse for 15 minutes. Strain and keep in the refrigerator. Peel the pears and turn them into long sheets on a Japanese turning vegetable slicer. Cut the sheets into 2.5 x 25-cm strips and vacuum-pack with the verbena and pear juice. Marinate for 10 minutes.

Verbena purée
Blend the reserved redcurrant wine sauce, verbena leaves and baby spinach and pass.

Brown butter sauce
Warm the chicken glace and season with apple balsamic vinegar and salt.

Serving
Warm 4 plates. Place a warm, glazed beef cheek on each plate and decorate with a few sprigs of mustard cress. Cut the tips off the endives and cut them in half. Place an endive and the tips on each plate and season with salt. Heat the pear strips, then roll. Season with a few drops of lemon juice and salt and arrange on the plates. Heat the verbena purée and thicken with the spinach purée. Place a spoon of the verbena purée next to the beef cheek. Split the brown butter sauce with the brown butter, add the parsley, shallots and capers and serve immediately.

OXTAIL AND BLUEBERRIES

Oxtail glace
2 oxtails, halved
grapeseed oil
½ apple
½ carrot
1 onion, halved
303g dark beer
100g red wine
1 bay leaf
4 lemon thyme sprigs
—
Braised oxtail
butter, plus extra
4 lemon thyme sprigs
10g pickled elderberry capers
10g pickled angelica seeds
10g small cress
10g croûtons
salt
—
Dried blueberry juice
200g dried blueberries
500g boiling water
—
Sloe berry juice
700g sloe berries
200g water
—
Blueberry sauce
20g water
4g apple balsamic vinegar
salt
smoked brown butter
—
Sorrel stems
75g water
35g butter
20 sorrel stems
salt
—
Serving
cress
buckler leaf sorrel

Oxtail glace
Preheat the oven to 225°C (437°F). Reserve the thicker ends of the oxtail for braising. Chop the thinner ends, drizzle with a little oil and roast for 30 minutes or until golden. Sauté the apple, carrot and onion in a little oil. Deglaze the pan with the beer and red wine. Transfer the vegetables to a gastro, add the roasted oxtail, bay and lemon thyme and cover with water. Cover with clingfilm (plastic wrap) and steam at 80°C (175°F) for 8 hours. Strain, then reduce to a glace consistency.

Braised oxtail
Cut the reserved oxtail in half. Sauté in a little butter and half the lemon thyme until caramelized. Vacuum-pack the oxtail with a little oxtail glace and cook in a water bath at 80°C (175°F) for 24 hours. Remove the bone, leave to cool and divide into 45-g portions. Sauté the portions in a little butter, skin-side down, on a low heat for 15 minutes. Add a little extra butter and the remaining lemon thyme, and cook for another 15 minutes. Pour off the fat and add a little oxtail glace. Dress with the pickles, cress and croûtons and season with salt.

Dried blueberry juice
Pour the boiling water over the dried blueberries and soak for 30 minutes. Blend in a Thermomix and strain.

Sloe berry juice
Vacuum-pack the sloe berries and cook in a water bath at 58°C (136°F) for 30 minutes. Pit the berries and blend with the water. Strain the sloe berry juice.

Blueberry sauce
Mix 50g dried blueberry juice, 50g sloe berry juice, water, apple balsamic vinegar and salt. Warm the sauce and split with a little smoked brown butter.

Sorrel stems
Boil the water. Emulsify the butter into the water. Pour the emulsion over the stems and season with salt.

Serving
Spoon a little blueberry sauce on each plate. Cut the oxtail in half lengthways and place on top of the sauce. Finish with the sorrel stems, cress and sorrel.

BONE MARROW FUDGE

Fudge
100g sugar
175g glucose
200g cream
6g salt
45g butter
60g smoked bone marrow fat
7g apple balsamic vinegar
—
Serving
4 marrow bones, cleaned and polished
grapeseed oil

Fudge
Mix the sugar, glucose, cream and salt and heat to 108°C (226°F). Gradually add the butter and smoked bone marrow fat. Season with apple balsamic vinegar and pour into a plastic container 7mm in height. Freeze, then cut into rounds with a 24-mm ring cutter. Keep in the freezer.

Serving
Press a fudge round into each marrow bone. Smooth the surface and wipe the top of the fudge with a little oil to shine. Wrap the bone marrow fudge in butcher's paper and secure with twine.

POT-ROASTED PEAR AND BLOOD SAUSAGE 'BOLOGNESE'

Icelandic moss
1kg water
100g white ash
Icelandic moss
grapeseed oil
salt
—
Liver ragoût
50g chicken livers
grapeseed oil
8.5g chopped shallots
1g chopped lemon thyme leaves
100g red wine
15g chicken glace
—
Reindeer blood sausage
200g rendered pork fat
30g type 00 flour
30g caramelized onion purée
30g butter
30g birch beer
62g cream
13g garlic purée
½ whole egg
265g reindeer blood
7g salt
0.5g chilli powder
6g ground dried black trumpet mushroom
3g ground dried cep (porcini)
50g minced pork fat
5 pork intestine casings
—
Blood sauce
20g reindeer blood sausage, chopped
10g liver ragoût
fresh reindeer blood
apple balsamic vinegar
reduced red wine
salt
thyme oil (see page 231)
—
Pot-roasted pears and endives
20g juniper berries
200g butter
reindeer moss
8 lemon thyme sprigs
4 endives (chicory)
2 Conference pears
pear vinegar
salt

Icelandic moss
Mix the water and ash to make lye water. Infuse for 10 minutes or until the pH measures 12. Strain, discard the ashes and soak the moss in the lye water for 8 hours. Rinse the moss, then dry. Heat the oil to 160°C (325°F)and fry the moss until crisp. Drain the moss, season with salt and place in a 55°C (130°F) oven until all the oil has been absorbed. Keep on paper towels.

Liver ragoût
Blend the chicken livers to a fine purée. Heat a little oil and sauté the shallots and lemon thyme until soft. Add the puréed chicken livers and increase the heat to cook. Deglaze the pan with red wine, then add the chicken glace.

Reindeer blood sausage
Mix the pork fat and flour, then add the rest of the ingredients and combine well. Warm the mixture to loosen, then weigh out into five 140-g portions. Stuff the casings with the portioned filling.

Blood sauce
Mix the blood sausage with the liver ragoût and a few drops of reindeer blood.

Pot-roasted pears and endives
Put the juniper berries and butter in a pan. Place a handful of reindeer moss on top, then the thyme and endives. Cover and steam for 30 minutes. Peel the pears and add to the pan. Cook for another 15–20 minutes.

Serving
Warm 4 plates. Swirl the liver ragoût onto the plates. Cut the base off the pot-roasted endives and remove the leaves. Season the leaves with salt and arrange on the plates. Top with the moss. Chargrill (charbroil) the pot-roasted pears for 1 minute all over. Cut the pears in wedges, spray with pear vinegar and season with salt. Place the pear wedges on the plates. Heat the blood sauce, then season with apple balsamic vinegar, reduced red wine and salt. Split the sauce with the thyme oil and serve immediately.

ICY SLOE BERRIES AND BROWN CHEESE GANACHE

Brown cheese ganache
1.5 gelatine leaves
100g cream
112g brown cheese
25g egg yolk
200g milk
25g brown sugar
1g iota
—
Sloe berry gel
1.25 gelatine leaves
250g sloe berry juice
30g reduced apple balsamic vinegar
4g agar agar
25g sugar
125g yogurt whey
—
Blackberry shortbread
90g type 00 flour
55g almond flour
45g icing (confectioners') sugar
55g melted butter
50g grapeseed oil
75g freeze-dried blackberries
—
Plum kernel cream
5g plum kernels
4g sugar
5g milk
45g cream
—
Sloe berry juice
200g frozen sloe berries
brown sugar

Brown cheese ganache
Bloom the gelatine. Blend the cream, brown cheese, egg yolk, milk and brown sugar in a Thermomix on medium speed. When the temperature reaches 84°C (183.2°F), add the iota. Blend for 1 minute, then add the bloomed gelatine. Strain, transfer the mixture to a sauce gun and pipe a 1-mm-deep layer on a silicone mat. Freeze, then cut the ganache into rounds with a 3-cm ring cutter. Keep in the freezer.

Sloe berry gel
Bloom the gelatine. Mix the sloe berry juice, apple balsamic vinegar, agar agar and sugar and boil for 1 minute. Remove from the heat and add the bloomed gelatine. Pour onto a metal tray to set. Blend the set gel with the whey. Pass, then spread a 1-mm-deep layer on a silicon mat. Freeze, then cut the gel into rounds with a 3-cm ring cutter. Keep in the freezer.

Blackberry shortbread
Preheat the oven to 160°C (325°F). Combine the flours, icing sugar and melted butter. Press into a sheet tray and bake for 20 minutes or until light golden brown. Cool, then blend until the mixture resembles a thick purée. Add the oil and freeze-dried blackberries. Spread a 1-mm-deep layer on a silicone mat. Freeze, then cut the shortbread into rounds with a 3-cm ring cutter. Keep in the freezer.

Plum kernel cream
Blend the plum kernels with the sugar and milk until smooth. Vacuum-pack with the cream and infuse for 8 hours. Strain, then whip the plum kernel cream to a light peak. Keep in the refrigerator.

Sloe berry juice
Blend the frozen sloe berries and pass. Add brown sugar to the juice until the sugar content reaches 15° on a refractometer.

Serving
Put 4 bowls in the refrigerator to get cold. Place a spoon of the plum kernel cream in each bowl. Arrange the rounds of brown cheese ganache, blackberry shortbread and sloe berry gel over the cream. Drizzle over the sloe berry juice to finish.

BASE RECIPES

CEP (PORCINI) OIL

100g ceps (porcini)
100g grapeseed oil

Vacuum-pack the ceps with the oil and cook in a water bath at 80°C (175°F) for 12 hours. Strain and keep in the refrigerator.

CORIANDER (CILANTRO) OIL

5 bunches coriander (cilantro)
grapeseed oil

Pick the coriander leaves, blanch, then cool in ice water. Strain and squeeze dry. Weigh the coriander and blend in a Thermomix at 60°C (140°) for 10 minutes with double its weight in oil. Cool, then macerate for 8 hours in the refrigerator. Strain and keep in a dark place.

DILL OIL

500g dill tops
grapeseed oil

Pick the leaves from the dill. Blanch for 5 minutes then cool in ice water. Strain and squeeze dry. Weigh the dill and blend in a Thermomix at 70°C (150°F) for 9 minutes with double its weight in oil. Cool, then macerate for 8 hours in the refrigerator. Strain and keep in a dark place.

DULSE (SÖL) BROTH

1kg water
23g dulse (söl), dried

Vacuum-pack the water and dulse and leave to rest for 30 minutes. Cook in a water bath at 60°C (140°F) for 1 hour, then strain.

DULSE (SÖL) OIL

35g dulse (söl)
100g grapeseed oil

Blend the dulse and oil for 8 minutes. Vacuum-pack and infuse for 8 hours. Strain, then keep in a dark place.

FENNEL TOP OIL

500g fennel tops
grapeseed oil

Pick the leaves from the fennel tops. Blanch for 5 minutes, then cool in ice water. Strain and squeeze dry. Blend the leaves in a Thermomix at 70°C (150°F) with double their weight in oil for 9 minutes. Cool, then macerate for 48 hours in the refrigerator. Strain and keep in a dark place.

FERMENTED GARLIC

4 large garlic bulbs

Dehydrate at 60°C (140°F) for 3 months.

FERMENTED PEA PURÉE

3kg pearl barley
3kg organic yellow peas
aspergillus orzyae
250g salt

Soak the pearl barley and yellow peas for 24 hours. Strain, then steam the pearl barley at 100°C (210°F) for 1.5 hours. When the pearl barley reaches 30°C (85°F) stir in the aspergillus orzyae. Cover with a damp cloth and ferment in a 30°C (85°F) environment for 18 hours. Stir, then ferment for a further 18 hours, stirring regularly. Steam the yellow peas at 100°C (210°F) for 2 hours, then leave to cool. Combine 1.9kg fermented pearl barley, 3kg steamed yellow peas and the salt, cover and place a weight on top. Ferment in a 20°C (70°F) environment for a minimum of 3 months. When fermented, strain the fermented pea liquid and reserve. Cook the fermented pea mix with a little water for 15 minutes, then blend and pass.

GREEN JUNIPER OIL

150g unripe green juniper berries
450g juniper rapeseed (canola) oil

Blend the green juniper berries and juniper oil for 10 seconds. Vacuum pack and infuse for 12 hours in the refrigerator.

HAY ASH

200g hay

Burn the hay to cinders. Cool, sift and store in an airtight container.

HAY CREAM

65g hay
650g cream

Preheat the oven to 160°C (325°F) and bake the hay for 1 hour. When cool, vacuum-pack with the cream for 12 hours. Strain and keep in the refrigerator.

HAY OIL

35g hay
300g grapeseed oil

Preheat the oven to 160°C (325°F) and toast the hay for 40 minutes. Blend the toasted hay with the oil for 5 minutes. Vacuum-pack and macerate for 8 hours. Strain and keep in a dark place.

LACTO-FERMENTED GOOSEBERRY JUICE

1kg green or red semi-unripe gooseberries
150g salt

Vacuum pack the gooseberries and salt and ferment at room temperature for 7 days. Transfer to the refrigerator and ferment for a further 14 days, then strain.

LOVAGE OIL

5 bunches of lovage
grapeseed oil

Pick the lovage leaves. Blanch for 1 minute then cool in ice water. Strain and squeeze dry. Blend the leaves in a Thermomix at 70°C (150°F) with double their weight in oil for 5 minutes. Strain and keep in a dark place.

MAYONNAISE

100g egg yolks
40g mustard
13g salt
30g white wine vinegar
860g grapeseed oil

Blend the egg yolks, mustard, salt and white wine vinegar in a Thermomix for a few seconds. Increase the speed and gradually pour in the oil and blend until emulsified.

MUSHROOM GLACE

2kg button mushrooms, finely chopped
½ onion, finely chopped
½ carrot, finely chopped
½ leek, finely chopped
grapeseed oil
4 large dried morels
500g light chicken stock
3kg water
egg whites, beaten
reduced white wine

Sauté the button mushrooms, leek, onion and carrot in a little oil, in batches, until golden and caramelized. Transfer to a pan with the dried mushrooms, chicken stock and water and simmer for 1 hour. Skim off any fat and strain. Clarify with the egg whites and strain. Reduce to 300g and season with the reduced white wine. Keep in the refrigerator.

MUSHROOM STOCK

500g button mushrooms
500g water

Place the button mushrooms and water in a gastro. Cover with clingfilm (plastic wrap), then aluminium foil. Steam at 80°C (175°F) for 6 hours. Strain the stock.

PARSLEY OIL

200g parsley leaves
200g grapeseed oil

Blend the oil and parsley in a Thermomix for 5 minutes. Strain, then keep in the refrigerator.

PARSLEY PURÉE

500g parsley
salt
apple balsamic vinegar

Blanch the parsley for 5 minutes or until soft and tender. Refresh in ice water and squeeze dry. Freeze in a Paco container. When frozen, spin 3 times in the Pacojet, re-freezing between spins. Season with salt and apple balsamic vinegar.

PICKLED ELDERFLOWERS

4 large elderflower branches
90g apple balsamic vinegar

Vacuum-pack the elderflower with the apple balsamic vinegar. Pickle for at least a month.

PINE OIL

50g pine needles
200g grapeseed oil
50g parsley leaves

Blanch the pine needles for 3 minutes. Refresh in cold water and dry. Blend the pine needles, grapeseed oil and parsley in a Thermomix at 60°C (140°F) for 8 minutes. Infuse for 8 hours, strain and keep in the refrigerator.

PINE VINEGAR

20g pine needles
100g white wine vinegar

Blend the pine needles and the white wine vinegar. Vacuum-pack and infuse for 8 hours. Strain and keep in the refrigerator.

RAMSON (WILD GARLIC) CAPERS

ramson (wild garlic) seeds
salt
apple balsamic vinegar

Weigh the seeds and vacuum pack with 10% of their weight in salt. Pickle for 21 days. Add apple balsamic vinegar to cover and pickle for a further 21 days. Use immediately.

SALTED UNRIPE GOOSEBERRIES

100g small unripe gooseberries
10g salt

Vacuum pack the gooseberries and salt and pickle for at least 3 months.

SAMPHIRE (SEA ASPARAGUS) POWDER

50g samphire (sea asparagus)

Dry the samphire at 50°C (122°F) for 12 hours. Blend to a powder, sift, then keep in an airtight container.

SPINACH PURÉE

500g baby spinach

Blanch the spinach and refresh in ice water. Strain, then transfer the spinach to a Paco container and freeze. When frozen spin 3 times in a Pacojet. Defrost at room temperature and pass.

SPRUCE OIL

50g spruce needles
50g parsley
100g grapeseed oil

Blanch the spruce needles for 4 minutes. Refresh in ice water and dry. Blend the spruce needles, parsley and oil for 8 minutes. Vacuum-pack and infuse for 8 hours. Strain, then keep in the refrigerator.

THYME OIL

10 bunches thyme
grapeseed oil

Pick the thyme leaves, blanch for 4 minutes, then cool in ice water. Strain and dry the leaves. Weigh the thyme and blend in a Thermomix with double its weight in oil. Cool, then vacuum-pack and macerate for 24 hours. Strain, then keep in a dark place.

GLOSSARY

AGAR AGAR
A gelling agent derived from seaweed that retains its gelling properties up to 80°C.

AIR ONION
A wild plant with a pronounced garlic odour. Also known as Crow garlic.

ASCORBIC ACID
A vitamin used to reduce or prevent enzymatic browning of foods, particularly fruits. Also known as Vitamin C.

BEACH CABBAGE
A coastal vegetable that tastes like white asparagus and samphire (sea asparagus). Also known as Sea kale.

BEACH MUSTARD
A coastal plant with lilac-coloured flowers and leaves that taste like mustard.

BINTJE POTATOES
A common variety of medium-sized potato that is grown extensively across Europe.

BIODYNAMIC
A method of farming that treats the farm as a separate, self-sustaining organism, with a natural, sustainable relationship between the soil, plants and animals, and the natural rhythms of the calendar.

BLACK TRUMPET MUSHROOMS
A relative of the chanterelle, with a strong apricot aroma.

BLOOM
To soften gelatine leaves by soaking them for a few minutes in cold water.

BROWN CHEESE
A caramelized brown whey cheese with a sweet taste.

BRUN FARIN
A type of Danish soft brown sugar.

CAPER WATER
A highly salty and acidic brine solution left from making capers.

COLD-SWELL STARCH
A thickener that can be added to cold or warm water. Also known as instant starch.

DEHYDRATE
A technique of preservation that removes the moisture content from food and decreases its volume.

DEXTROSE
A common form of glucose naturally found in fruit, honey, and in the blood and tissue of animals.

DULSE
A bright-red edible seaweed. Also known as söl.

ELSTAR APPLE
A relation of the Golden Delicious with an intensely sweet, honeyed flavour.

FINGERLING POTATO
A variety of potato with a stubby, elongated shape.

FOOD SAVER CONTAINER
A container used for vacuum-packing ingredients for preservation.

GAMMEL DANSK
A Danish bitters liquor matured with 29 types of herbs, spices and flowers.

GASTRO (TRAY)
Short for 'gastronorm', a type of deep metal tray used in professional kitchens for food storage and preparation, which is made in a range of standard sizes.

GELLAN
A gelling agent that creates a firm transparent gel which slices very cleanly.

GLACE
A strong-flavoured reduced brown stock used to give colour and body to sauces.

GLOSTER APPLE
A tart, red-coloured apple related to the Red Delicious.

GOLDEN NETTLE
A wildflower with soft yellow flowers. Also known as yellow archangel.

GOOSEFOOT
A family of plants characterized by their ability to grow in salty conditions. Common edible varieties include fat hen, Good-King-Henry and red goosefoot.

GREEN ANISE SEEDS
A spice with a sweet and fragrant aroma and a flavour similar to fennel.

GREEN PILLOW MOSS
A ground-covering lichen that grows in distinctive rounded clumps.

GROUND ELDER
A plant in the carrot family with edible leaves, which are usually harvested in the spring.

GUAR GUM
A natural vegetable gum extract from the endosperm of the seed of the legume Guar. Used as a thickener and to enhance the taste and consistency of foods.

ICE CREAM STABILIZER
A combination of glucose syrup, locust bean gum and carrageenan, designed to delay crystals forming as ice cream freezes.

IOTA
A substance extracted from red seaweed, which is used for its gelling, thickening and stabilizing properties.

JAPANESE VEGETABLE SLICER
A tool with adjustable blades for thinly slicing vegetables and other food.

KAMUT
A type of wheat, related to durum wheat, with a high level of protein and a nutty taste.

KOHLRABI
A member of the caggage family with a mild, sweet flavour and crunchy texture. Also known as glass cabbage.

LACTO-FERMENT
A process of fermentation that involves soaking the ingredient in a brine, resulting in the production of lactic acid.

LYE WATER
A caustic or corrosive liquid, used in baking and to soften food or add flavour.

MALIC ACID
An organic compound that is the active ingredient in many sour or tart foods.

MALTO DEXTRIN
A starch-derived sugar, which can be used to give foods body and texture.

MUTSU APPLE
A large variety of apple, closely related to the Golden Delicious, and with a similarly sweet taste.

PACO CONTAINERS
The receptacles used with a Pacojet.

PACOJET
A machine used to make sorbets with a very fine texture, as well as other creations such as frozen powders.

PARISIENNE CUTTER
A sharp-edged kitchen utensil used to cut out, or scoop, small balls of food. Also known as a melon baller.

POLKA STRAWBERRIES
An intense dark-red variety of strawberry with a pleasant sweet-sour strawberry aroma.

PRÄSTOST CHEESE
A type of Swedish semi-hard rich, strongly flavoured cheese made from cow's milk.

RAMSON CAPERS
The pickled seeds of the ramson plant.

RAMSONS
A wild garlic with a milder flavour than cultivated garlic.

REFRACTOMETER
An instrument for measuring the refractive index, or sugar content, of a liquid.

REINDEER MOSS
A fibrous, ash-grey lichen.

SCURVY GRASS
A bitter-tasting coastal plant. A close relative of horseradish.

SEA ARROWGRASS
A coastal plant with a chive-like appearance that tastes like coriander (cilantro). Also known as beach coriander.

SEA BUCKTHORN
A coastal shrub with bright orange edible berries.

SEA LETTUCE
A type of green seaweed that grows on rocks within intertidal areas of seashore.

SEA PURSLANE
A shrub that grows on salt marshes, with salty-tasting leaves.

SHEEP SORREL
A succulent with sour-tasting and reddish-brown flowers.

SIPHON
A utensil originally designed to whip cream and used in modern professional kitchens for the making of foams.

SMOKE GUN
A hand-held food smoker which can be used to add flavour to foods.

SPANISH CHERVIL
A herb with a strong anise flavour. Also known as cicely, sweet cicely and sweet chervil.

STONECROP
A berry-producing family of plants characterized by their ability to grow on rocks and stony ground.

THERMOMIX
A food processor that can blend food at different temperatures.

TOPAZ APPLE
A variety of apple, notable for its sharp taste.

TRIMOLINE
A type of sugar-based sweetener, used in baking and in sorbets.

ULTRA SPERSE
A natural cold water-swelling starch derived from tapioca.

VÄSTERBOTTEN CHEESE
A type of Swedish hard cheese with a salty, bitter taste.

WATER BATH
A vessel of water in which foods are cooked at low temperature to produce tender textures and intense flavours.

WOODRUFF
A white flowering plant that grows in large groups on woodland floors with leaves that taste similar to vanilla.

YARROW
A white-pink flowering plant with bitter-tasting leaves.

INDEX

—

page numbers in brackets refer to illustrations

A

a light stew of broad beans and flowers 120 (121)
a plate of freshly shucked shellfish 210 (211)
a plateful of flowers and some vinaigrette 110 (111)
a salad of blackberries and beetroot 122 (123)
a savoury mouthful of sea buckthorn and roses 52 (53)
an apple falls into the grass 156 (157)
ants
bouquet of greens and black ant dipping 204 (205)
apples
an apple falls into the grass 156 (157)
Belle de Boskoop apples and caviar 162 (163)
dessert of Gloster apples and walnuts 166 (167)
Mutsu apples and reindeer tongue 176 (177)
aromatic birch syrup with milk and barley 208 (209)
asparagus
grilled asparagus and tender spruce 86 (87)

B

base recipes
cep (porcini) oil 230
coriander (cilantro) oil 230
dill oil 230
dulse (söl) broth 230
dulse (söl) oil 230
fennel top oil 230
fermented garlic 230
fermented pea purée 230
green juniper oil 230
hay ash 230
hay cream 230
hay oil 230
lacto-fermented gooseberry juice 230
lovage oil 230
mayonnaise 231
mushroom glace 231
mushroom stock 231
parsley oil 231
parsley purée
pickled elderflowers 231
pine oil 231
pine vinegar 231
ramson (wild garlic) capers 231
salted unripe gooseberries 231
samphire (sea asparagus) powder 231
spinach purée 231
spruce oil 231
thyme oil 231
beef
Doyenne pears and endives cooked with beef cheeks 218 (219)
oxtail and blueberries 220 (221)
beetroot
a salad of blackberries and beetroot 122 (123)
beetroot with liquorice flavours 48 (49)
beetroot cooked with malt and sorrel 182 (183)
fillet of moose with red fruits 178 (179)
granita of beetroot with caramelized whey 46 (47)
Belle de Boskoop apples and caviar 162 (163)
birch syrup
aromatic birch syrup with milk and barley 208 (209)
bitters
sweet bitters 78 (79)
blackberries
a salad of blackberries and beetroot 122 (123)
fillet of moose with red fruits 178 (179)
blackcurrants
fillet of moose with red fruits 178 (179)
pork rinds and blackcurrant 180 (181)
blood sausage
pot-roasted pear and blood sausage 'bolognese' 224 (225)
blueberries
oxtail and blueberries 220 (221)
boiled leeks and aged seaweed 44 (45)
boiled stone crab and seaweeds 102 (103)
bone marrow fudge 222 (223)
bouquet of greens and black ant dipping 204 (205)
branches 74 (75)
brisket and seaweeds 152 (153)
broad beans
a light stew of broad beans and flowers 120 (121)
broth of ramson leaves 60 (61)
bullrushes
shoots of bullrush and yogurt 114 (115)

C

cabbage
milk curds and winter cabbages 36 (37)
sweet water pike grilled with summer cabbage 96 (97)
caramelized cauliflower served with whipped cream 148 (149)
carrots
carrots, watercress and speck 58 (59)
dessert of carrot and sea buckthorn 54 (55)
dried carrots with grass and hay flavours 150 (151)
vintage blue carrots and warm sorrel juice 116 (117)
cauliflower
caramelized cauliflower served with whipped cream 148 (149)
caviar
Belle de Boskoop apples and caviar 162 (163)
celeriac
slowly sautéed celeriac and truffle sauce 196 (197)
cep (porcini) oil 230
cheese
icy sloe berries and brown cheese ganache 226 (227)
silken fresh cheese and crispy beech leaves 188 (189)
chicken livers
potato chip and chicken liver 172 (173)
chilled oysters and salted green gooseberries 194 (195)
clams
slices of mahogany clam and leek 98 (99)
cleansing drink 32 (33)
cod
slivers of cod liver and crispy sweet milk 112 (113)
cooked green peas with shoot of garlic and sweetbreads 88 (89)
coriander oil 230
crab
boiled stone crab and seaweeds 102 (103)
poached king crab and truffle broth 192 (193)
steamed crab and cured egg yolks 100 (101)
crayfish and roasted head juices 142 (143)
crispy reindeer moss, cep powder and crème fraiche 50 (51)
cucumber
elderflower mousse and sweet cucumber 128 (129)
salted lamb breast and cucumber sauce 82 (83)
spicy and sweet cucumber and pickled elderflowers 118 (119)

D

dandelion leaves
steamed dandelion leaves and glazed hare 164 (165)
dessert of Bintje potatoes and plums 216 (217)
dessert of carrot and sea buckthorn 54 (55)
dessert of fresh and dried grasses 104 (105)
dessert of Gloster apples and walnuts 166 (167)
dessert of strawberries and chamomile 68 (69)
dill oil 230
Doyenne pears and endives cooked with beef cheeks 218 (219)
dried carrots with grass and hay flavours 150 (151)
dulse (söl) broth 230
dulse (söl) oil 230

E

eggs
eggs cooked tableside 62 (63)
soft-boiled egg and fermented garlic 154 (155)
steamed crab and cured egg yolks 100 (101)
elderflowers
elderflower mousse and sweet cucumber 128 (129)
pickled elderflowers 231
spicy and sweet cucumber and pickled elderflowers 118 (119)
endive
Doyenne pears and endives cooked with beef cheeks 218 (219)
grilled candied endive and wild snails 66 (67)
pot-roasted pear and blood sausage 'bolognese' 224 (225)

F

fatty fish liver cooked in butter 160 (161)
fava beans *see* broad beans
fennel top oil 230
fermented garlic 230
fermented pea purée 230
fillet of moose with red fruits 178 (179)
fish
  fatty fish liver cooked in butter 160 (161)
  trash cooking of fish scales and livers 56 (57)
flowers
  a plateful of flowers and some vinaigrette 110 (111)
fresh fjord shrimp and brown butter 72 (73)
fresh hazelnuts and grilled gem lettuce 200 (201)
fresh tender squid and whitecurrant broth 130 (131)

G

garlic
  fermented garlic 230
  soft-boiled egg and fermented garlic 154 (155)
glazed sweetbreads and wilted bitter greens 134 (135)
gooseberries
  chilled oysters and salted green gooseberries 194 (195)
  lacto-fermented gooseberry juice 230
  salted unripe gooseberries 231
granita of beetroot with caramelized whey 46 (47)
grapes
  sweet onion shells and warm juice of green grapes 146 (147)
green juniper oil 230
grilled asparagus and tender spruce 86 (87)
grilled candied endive and wild snails 66 (67)

H

hare
  steamed dandelion leaves and glazed hare 164 (165)
hay ash 230
hay cream 230
hay oil 230
hazelnuts
  fresh hazelnuts and grilled gem lettuce 200 (201)
  whole steamed lettuce and hazelnut milk 124 (125)

I

ice cream
  ice cream of Jerusalem artichokes 184 (185)
  ice cream of unripe juniper berries with rhubarb 92 (93)
  sweet bitters 78 (79)
icy sloe berries and brown cheese ganache 226 (227)

J

Jerusalem artichokes
  ice cream of Jerusalem artichokes 184 (185)
juniper berries
  ice cream of unripe juniper berries with rhubarb 92 (93)

L

lacto-fermented gooseberry juice 230
lamb
  salted lamb breast and cucumber sauce 82 (83)
leeks
  boiled leeks and aged seaweed 44 (45)
  slices of mahogany clam and leek 98 (99)
  trash cooking with leeks 64 (65)
lettuce
  fresh hazelnuts and grilled gem lettuce 200 (201)
  shaved unripe strawberries and salad roots 90 (91)
  whole steamed lettuce and hazelnut milk 124 (125)
lovage oil 230

M

mayonnaise 231
milk curds and winter cabbages 36 (37)
milk skins
  potatoes and snails 106 (107)
  vintage potatoes and milk skins 186 (187)
monkfish
  fatty fish liver cooked in butter 160 (161)
moose
  fillet of moose with red fruits 178 (179)
mushrooms
  glazed sweetbreads and wilted bitter greens 134 (135)
  mushroom glace 231
  mushroom stock 231
  stale bread and broth 34 (35)
  summer game and the forest floor 94 (95)
  wild duck and autumn offerings 212 (213)
mussels
  sautéed blue shell mussels 70 (71)
Mutsu apples and reindeer tongue 176 (177)

N

nasturtiums and cooked snails 144 (145)

O

onions
  sweet onion shells and warm juice of green grapes 146 (147)
oxtail and blueberries 220 (221)
oysters
  chilled oysters and salted green gooseberries 194 (195)
  oysters steamed in seawater with condiments 190 (191)

P

parsley oil 231
pears
  Doyenne pears and endives cooked with beef cheeks 218 (219)
  pot-roasted pear and blood sausage 'bolognese' 224 (225)
  pear tree 198 (199)
peas
  cooked green peas with shoot of garlic and sweetbreads 88 (89)
  fermented pea purée 230
pickled elderflowers 231
pickled rose hips
  savoury mouthful of sea buckthorn and roses 52 (53)
pickled vegetables 206 (207)
pike
  sweet water pike grilled with summer cabbage 96 (97)
pine oil 231
pine vinegar 231
plums
  dessert of Bintje potatoes and plums 216 (217)
poached king crab and truffle broth 192 (193)
pork rinds and blackcurrant 180 (181)
porridge
  porridge and condiments 38 (39)
  porridge of grains and smoked eel 168 (169)
potatoes
  dessert of Bintje potatoes and plums 216 (217)
  potato and snails 106 (107)
  potato chip and chicken liver 172 (173)
  vintage potatoes and milk skins 186 (187)
pot-roasted pear and blood sausage 'bolognese' 224 (225)

R

ramsons (wild garlic)
  broth of ramson leaves 60 (61)
  ramson (wild garlic) capers 231
raspberries
  fillet of moose with red fruits 178 (179)
reindeer
  Mutsu apples and reindeer tongue 176 (177)
  pot-roasted pear and blood sausage 'bolognese' 224 (225)
reindeer moss
  crispy reindeer moss, cep powder and crème fraîche 50 (51)
rhubarb
  ice cream of unripe juniper berries with rhubarb 92 (93)

S

salted lamb breast and cucumber sauce 82 (83)
salted unripe gooseberries 231
samphire (sea asparagus) powder 231
sautéed blue shell mussels 70 (71)
savoury cookie 140 (141)
scallop chips and spicy grains 40 (41)
sea buckthorn
dessert of carrot and sea buckthorn 54 (55)
savoury mouthful of sea buckthorn and roses 52 (53)
sea snails
smoked eel and sea snail remoulade 170 (171)
sea urchins
sweet shrimp, sea urchins and sea succulents 76 (77)
seaweed
boiled leeks and aged seaweed 44 (45)
boiled stone crab and seaweeds 102 (103)
brisket and seaweeds 152 (153)
summer vegetables and fruit cooked with seaweed 138 (139)
shaved unripe strawberries and salad roots 90 (91)
shellfish
shrimp
a plate of freshly shucked shellfish 210 (211)
fresh fjord shrimp and brown butter 72 (73)
sweet shrimp, sea urchins and sea succulents 76 (77)
shoots of bullrush and yogurt 114 (115)
silken fresh cheese and crispy beech leaves 188 (189)
slices of mahogany clam and leek 98 (99)
slivers of cod liver and crispy sweet milk 112 (113)
sloe berries
icy sloe berries and brown cheese ganache 226 (227)
slowly sautéed celeriac and truffle sauce 196 (197)
smoked eel
porridge of grains and smoked eel 168 (169)
smoked eel and sea snail remoulade 170 (171)
snails
grilled candied endive and wild snails 66 (67)
nasturtiums and cooked snails 144 (145)
potato and snails 106 (107)
summer game and the forest floor 94 (95)
soft-boiled egg and fermented garlic 154 (155)
sorrel
beetroot cooked with malt and sorrel 182 (183)
vintage blue carrots and warm sorrel juice 116 (117)
speck
carrots, watercress and speck 58 (59)
spicy and sweet cucumber and pickled elderflowers 118 (119)
spinach purèe 231
spruce needles
grilled asparagus and tender spruce 86 (87)
spruce oil 231
squid
fresh tender squid and whitecurrant broth 130 (131)
steamed slivers of squid in a light broth 136 (137)
stale bread and broth 34 (35)
steamed crab and cured egg yolks 100 (101)
steamed dandelion leaves and glazed hare 164 (165)
steamed slivers of squid in a light broth 136 (137)
strawberries
dessert of strawberries and chamomile 68 (69)
shaved unripe strawberries and salad roots 90 (91)
summer game and the forest floor 94 (95)
summer vegetables and fruit cooked with seaweed 138 (139)
sweet bitters 78 (79)
sweet onion shells and warm juice of green grapes 146 (147)
sweet shrimp, sea urchins and sea succulents 76 (77)
sweet water pike grilled with summer cabbage 96 (97)
sweetbreads
cooked green peas with shoot of garlic and sweetbreads 88 (89)
glazed sweetbreads and wilted bitter greens 134 (135)

T

thyme oil 231
trash cooking of fish scales and livers 56 (57)
trash cooking with leeks 64 (65)
truffles
poached king crab and truffle broth 192 (193)
slowly sautéed celeriac and truffle sauce 196 (197)

V

venison
summer game and the forest floor 94 (95)
vintage blue carrots and warm sorrel juice 116 (117)
vintage potatoes and milk skins 186 (187)

W

walnuts
dessert of Gloster apples and walnuts 166 (167)
watercress
carrots, watercress and speck 58 (59)
whitecurrants
fresh tender squid and whitecurrant broth 130 (131)
whole steamed lettuce and hazelnut milk 124 (125)
wild duck and autumn offerings 212 (213)
wild garlic *see* ramsons

PHOTOGRAPHS

Jays (1)
Gulls' eggs (2)
Rabbit (3)
Smoked eel (4)
Dandelion (5)
Onions and onion flowers (6)
Icelandic lichen (7)
Crayfish (8)
Salted green plums, sloe berries and gooseberries (9)
Juniper (10)
Shallots (11)
Quinces (12)
Blackbeard pig (13)
Wild chervil (14)
Fermented garlic (15)
Ramson (wild garlic) shoots (16)
Snails (17)
Wild duck (18)
Hazelnuts (19)
Moose (22)
Shaggy parasol mushroom (24)
Sea snails (228)

NOTES ON THE RECIPES

All recipes serve four people unless otherwise stated.

A number of the recipes require advanced techniques, specialist equipment and professional experience to achieve good results.

Cooking times are for guidance only. If using a fan (convection) oven, follow the manufacturer's instructions concerning the oven temperatures.

Eggs are medium (US large) size, unless specified. Some recipes include lightly cooked eggs, meat and fish. These should be avoided by the elderly, infants, pregnant women, convalescents and anyone with an impaired immune system.

Exercise a very high level of caution when following recipes involving any potentially hazardous activity, including the use of high temperatures, open flames and when deep-frying. In particular, when deep frying add food carefully to avoid splashing, wear long sleeves and never leave the pan unattended. Liquid nitrogen is a dangerous substance and should not be handled without training in how to use it safely.

All herbs, shoots, flowers, berries and seeds should be picked fresh. Herbs are fresh unless described as otherwise.

Exercise caution when foraging for ingredients. Any foraged ingredients should only be eaten if an expert has deemed them safe to eat.

All herbs, mosses and lichens should be thoroughly washed before use.

Mushrooms should be wiped clean.

When no quantity is specified, particularly in serving instructions, quantities, for example, of herbs, shoots, flowers, berries and seeds are discretionary and flexible, substituting more of one or the other if necessary. Unspecified amounts of oil are discretionary.

All spoon measurements are level. 1 teaspoon = 5ml. 1 tablespoon = 15ml. Australian standard tablespoons are 20ml; Australian readers are advised to use 3 teaspoons in place of 1 tablespoon.

Phaidon Press Limited
Regent's Wharf
All Saints Street
London N1 9AP

Phaidon Press Inc.
180 Varick Street
New York, NY 10014

www.phaidon.com

First published in 2013
© 2013 Phaidon Press Limited

ISBN 978 0 7148 6691 8 (A Work in Progress: 3-book set)
ISBN 978 0 7148 6698 7 (Journal)
ISBN 978 0 7148 6699 4 (Recipes)
ISBN 978 0 7148 6700 7 (Snapshots)

A CIP catalogue record for this book is available from the British Library.

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Commissioning Editor: Emilia Terragni
Project Editor: Emma Robertson
Junior Project Editor: Alice Ferns
Production Controller: Vanessa Todd-Holmes

Designed by Kobi Benezri
Photographs by Ditte Isager
Photographs styled by Christine Rudolph

Printed in Italy