

## **"Risotto" of Swedish oat rice with apple cider vinegar, mussels from Bohuslän, parsley and grated Svecia**

### Ingredients:

Onion (Sweden)

Fennel (Sweden)

Vegetable or mussel broth

Apple cider vinegar (Sweden)

Blue mussels (Sweden)

Oat rice (Sweden) Butter (Sweden)

Svecia ost (Sweden)

Salt

Pepper

Finely chop the onion and fennel. Rinse the mussels and remove the beard. Heat vegetable/mussel broth in a saucepan. Sauté the onion and fennel until it starts to soften in a large saucepan. Add mussels and apple cider vinegar, cook under the lid until the mussels open. Take out the mussels and set aside. In the same pan, go in with the oat rice and cook to desired consistency. If more liquid is needed, add warm broth. When the risotto has the desired consistency, remove it from the heat and stir in butter and Svecia cheese, finish with the freshly cooked blue mussels and some fresh grated Svecia cheese.

## **"Boeuf bourguignon" of natural pasture meat with pickled red onion, sautéed mushrooms and sea buckthorn boiled Gotland carrot**

### Ingredients:

High rib (natural pasture meat)  
Pork belly (Sweden)  
Yellow onions (Sweden)  
Carrots (Sweden)  
Red wine  
Meat broth  
Thyme  
Black pepper  
Garlic  
Red onion (Sweden)  
Vinegar (Sweden)  
Sugar (Sweden)  
Mushrooms (Sweden)  
Butter (Sweden)  
Sea buckthorn (Sweden)  
Potatoes (Sweden)  
Milk (Sweden)  
Nutmeg

Dice prime rib into large pieces and sauté in butter and oil in a large hot saucepan. Dice the belly pork, yellow onions, and carrots and add when the meat has browned. Once the meat and vegetables have started to brown, add red wine and meat broth so that everything is covered in liquid. Simmer on low heat for 3-4 hours until the meat is tender. Season with thyme, black pepper, garlic and cook for about 1 hour until the stew reaches the desired consistency. For serving: pickled red onion, pickled with a one part vinegar, two parts sugar, three parts water; butter fried autumn mushrooms; carrots boiled in lightly salted water and sea buckthorn juice; and a silky potato puree with milk seasoned with nutmeg.

## **Grey pea falafel, cauliflower rice with apple, butter bean cream, pickled red cabbage, roasted broccoli, egg-free siracha mayonnaise and garlic gurt, and roasted hazelnuts**

### Ingredients:

Gråärta (Sweden)

Garlic (Sweden)

Parsley (Sweden)

Salt

Rapeseed oil (Sweden)

Cauliflower (Sweden)

Red cabbage (Sweden)

Broccoli (Sweden)

Siracha

Egg (Sweden)

Dijon

Garlic

Hazelnuts

Soygurt

Soak dried grey peas overnight.

Drain the peas and mix together with garlic, parsley, salt and oil until smooth. Shape batter into small round balls and deep fry until hot and cooked through. Serve accompanied by a cauliflower rice; grate cauliflower on a grater and then lightly steam it. Fermented red cabbage - fermented for two weeks with 5% saline. Broccoli is roasted in the oven with salt and oil. Siracha mayonnaise and garlic gurt are served with roasted hazelnuts.

## **Oven-baked pointed cabbage topped with fried gray pea and Swedish autumn apple with ragu of autumn mushrooms, Swedish food wheat and Västerbottensost**

### Ingredients

Pointed cabbage (Sweden)

Gråärta (Sweden)

Apples (Sweden)

Mushrooms (Sweden)

Whole wheat grain (Sweden)

Västerbotten cheese (Burträsk)

Salt

Split the cabbage and bake in the oven with oil and salt until it acquires a lovely caramelized color. Fry parboiled gray peas, autumn apples and mushrooms until browned. Dry roast the whole grain so it becomes crispy and nutty in taste. Top the cabbage with fried grey peas, apples and mushrooms and finish by grating fresh Västerbotten cheese over.