



SENSATIONAL!

Cooking with great European products



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ABOUT WHY WE HAVE A EUROPEAN DESIGNATION OF ORIGIN LABEL

Europe has an immensely rich and diverse culinary history and heritage. The reason for this, of course, is not just because Europe is such a vast continent. It is also thanks to the traditions that are passed down from generation to generation. Europe also has an unprecedented geographical diversity; from the fells of Finnish Lapland to the desert lands in Murcia and from the Alpine highlands to the Irish Sea. All these different terroirs give rise to a large and diverse culinary culture. People from all over the world travel to Europe, not just to admire its many artistic and cultural treasures but also to savour the local cuisine.

From Danish cheese to French plums, from Bulgarian sausage to Portuguese vegetables, many of these products are registered as geographical indications (GIs). This European Union quality scheme protects the names of specific products due to their unique characteristics, linked to their geographical origin as well as traditional

know-how. It reflects the diversity of Europe and its rich and varied culinary heritage. Chefs appreciate these unique characteristics which reflect the place where the products are made and the age-old production techniques used. They are increasingly popular with consumers not only in Europe but also in other parts of the world.

By 1992, the European Union had already decided to protect several products names. This decision stemmed from the desire to better preserve culinary heritage and to offer farmers and producers a fairer income. European products that are awarded a quality label always feature unique characteristics. These are typical for the region in which they are grown or prepared and, most of all, they are of excellent quality. In 2012, the quality schemes were introduced that establish and safeguard this designation of origin or traditional method of production:

PDO (Protected Designation of Origin): products in this category have a clear and undisputed link with the location where they are produced. This means that all aspects of the production process, the preparation and processing, must take place in the specific region to which the protection applies.

products from their local regions, which exemplify craftsmanship and excellence. We absolutely need to make sure that these products continue to enjoy their protected designation of origin. It is the only way to preserve and guarantee their quality, both now and in the future.

PGI (Protected Geographical Indication): this label explains the connection between the region and the name of the product. Contrary to products with a PDO label, it requires one part of the entire process (at least one step) to take place within the area to which the geographical designation applies.

In this book, renowned European chefs have suggested how unique products with geographical indications from their country can be incorporated in a dish. They also share their love and passion for the products they grew up with and which have made them so successful. The







JAMBON D'ARDENNE

[ARDENNES HAM]

— BELGIUM —

Nothing is more closely associated with the unique Belgian culinary culture than quality Ardennes pork. The recipe for Ardennes ham supposedly dates from before the arrival of Julius Caesar, and this product is one of the oldest protected meat preparation processes in Europe (1974).

Jambon d'Ardenne, its official name, is prepared from pork thighs. Ardennes ham can mainly be found in the Belgian province of Luxembourg, which is not to be confused with the nearby Grand Duchy.

The pork thighs are dry-cured by rubbing them with salt or soaking them in brine. Smoking is not required; however, when the ham is smoked, carefully selected beech wood or beech wood chips are used. The beech wood is important, although oak and juniper are also allowed. This strict selection is essential because natural factors play a defining role. If the pork were to be salted and smoked somewhere else, the ham would have a different flavour. The Ardennes microclimate – with its seasonal temperatures, humidity and fresh-air circulation – is perfect for producing this ham. It allows an ideal and balanced maturing process.







PASCALE NAESSENS

BEST-SELLING FOOD AUTHOR

Pascale Naessens is the embodiment of pure and healthy food in Belgium, and a bestselling author. Her romantic cooking style has become popular because of the delicious, simple recipes that anyone can prepare. The consensus is that 'Pascale has taught her country how to eat healthily'. Her first book *My pure kitchen* caught on immediately. She has published nine books, and she also writes culinary reports and columns for several lifestyle magazines, for which she conducts interviews with scientists about food and health.

'I simply love Jambon d'Ardenne. The Belgian Ardennes remind me of long walks with my family through the magnificent landscape. Afterwards, we always went to a restaurant to enjoy a meal that included Ardennes ham. Pure Ardennes ham is a wonderful product to work with. I always choose a simple recipe, without any fuss, but with character. Just like the ham itself.'

The Brussels grondwitloof (chicory heads) used by Pascale in this recipe have been awarded protected geographical indication (PGI) status. Did you know that chicory heads have been exported from Belgium to Paris since 1862?

www.purepascale.com

CHICORY HEADS WRAPPED IN JAMBON D'ARDENNE WITH MASHED CELERIAC AND BUTTER SAUCE WITH NUTS AND PARSLEY

INGREDIENTS

3 large heads of
Brussels grondwitloof
300 g celeriac
6 slices of Jambon d'Ardenne
50 g toasted hazelnuts
1 large bunch of curly-leaf
parsley
2 knobs of butter
Salt and pepper

Peel the celeriac and cut it into big chunks.

Braise the chunks in some butter with a little water, and season with salt and pepper.

Mash the braised celeriac.

Cut the heads of the *Brussels grondwitloof* in half and wrap them in slices of Jambon d'Ardenne.

Put some butter in a pan and add the *Brussels grondwitloof* halves wrapped in the Jambon d'Ardenne. Braise them, covered, for about 20 minutes over a medium heat.

Meanwhile, mix the hazelnuts and the parsley. Melt some butter in a pan and cook the hazelnuts and the parsley in the butter.

Spoon the mashed celeriac onto a large plate and serve it with the braised *Brussels grondwitloof* and the hazelnut sauce.





ГОРНООРЯХОВСКИ СУДЖУК — GORNOORYAHOVSKI SUDZHUK

[BULGARIAN SAUSAGE]

— BULGARIA —

Gornooryahovski Sudzhuk is a traditional Bulgarian sausage produced in Gorna Oryahovitsa. In 1538 Suleiman the Magnificent, the 10th sultan of the Ottoman Empire, gave his grand vizier the right to collect a tax on the production of this delicacy. This is the first mention of this traditional Bulgarian sausage in the history books. After having been awarded a medal at an International fair in Italy, in 1861, it is still enjoying popularity nowadays.

The sausage is made from pure beef. The cows need to be at least 12 months old and have naturally high glycogen levels, which makes the beef juicy. The spicy flavour comes from the addition of black pepper, cumin and savory, which are added to the meat according to a traditional recipe.

Gornooryahovski Sudzhuk is bent into a horseshoe shape and then hung to dry in rooms where it becomes coated with a natural white mould. This is a delicate procedure, as the moulding process needs to stop at the exact right moment for the sausage to preserve its delicate taste and aroma.







VLADIMIR TODOROV

CHEF AT BISTRELLO

Vladimir Todorov is undoubtedly one of the most talented young chefs in his country. In 2016 he was named the best chef in Bulgaria, after having worked in the Netherlands, Belgium and the United States. Since May 2018 he has been the chef at Bistrello, an interesting adventure in fusion in the heart of Bulgaria's capital, Sofia.

'Our kitchen features a broad array of quality products, a balance between tradition and innovation, attention to detail, a hint of adventure and Bulgarian hospitality. In Bulgaria, we often eat a hearty stew of sausage and beans. This is a traditional dish which can be found everywhere, particularly in winter. I have added a few side dishes like those you would find on any Bulgarian family table: pickles, spicy peppers and bread. Not to forget rakiya, our local brandy, because a meal without rakiya is no meal at all! There is a Balkan shop in almost every European city where you can buy the ingredients and a bottle of rakiya. Enjoy!'

Bistrello – www.bistrello.bg

INGREDIENTS

For the stew

200 g runner beans (Smilyan beans)
pinch of baking soda
100 g semi-dry sausage (Gornooryahovski
Sudzhuk)
20 g butter
10 g garlic, finely chopped
30 g shallots, finely chopped
30 g carrots, chopped into brunoise
30 g celeriac, chopped into brunoise
600 g fresh beef sausage
250 g red wine
30 g mushrooms, finely chopped
500 g beef stock
5 g tarragon stems
salt and pepper
80 g red sweet pepper, roasted and
chopped into brunoise
30 g tomatoes, chopped
lemon juice

For the broth

700 g mushrooms, coarsely chopped
300 g dried sweet peppers, coarsely
chopped
1 litre water
80 g wild garlic
salt
lemon juice

For the chutney

50 g onions, finely chopped
30 g garlic, finely chopped
10 g sunflower oil
250 g carrots, finely chopped
20 g honey
80 g white wine vinegar
pinch of salt
5 g parsley, finely chopped
5 g dill, finely chopped
1 clove of garlic

For the pickled vegetables

200 g celeriac
200 g red onions
200 g green tomatoes
200 g rice wine vinegar
200 g sugar
200 g water
10 g salt
2 bay leaves
a few black peppercorns, mustard
seeds and a pinch of allspice

GORNOORYAHOVSKI SUDZHUK AND BEAN STEW

Soak the beans overnight in water and cook them the following day in fresh water with a pinch of baking soda.

Sauté the semi-dry sausage over a low heat in a large stewpot until the oils have seeped out of the sausage. Only then should you add the butter and the garlic, followed by the shallots, carrots and celeriac. Simmer until the vegetables are tender.

Remove the skin from the fresh sausage and cook the mince in a separate pan. Deglaze with the red wine and bring to a boil until the alcohol has evaporated. Add the mushrooms and stock. Season with salt, pepper and half of the tarragon. Allow the stew to reduce for an hour until all the flavours have combined.

Mash a quarter of the beans into a fine purée using a fork and add this to the stew. Add the rest of the beans, cook for a further 10-15 minutes and add the roasted sweet pepper and diced tomatoes. Cook for another 5-6 minutes and season with salt, pepper and lemon juice. Garnish with the remaining tarragon.

For the soup, put the mushrooms and dried sweet peppers in the water and cook until the vegetables are tender. Add the leaves from the wild garlic. Blend the soup and season with salt and lemon juice.

For the chutney, sauté the finely chopped onions and garlic in a pan together with some oil. Add the finely chopped carrots and cook for 5-10 minutes. Deglaze with the vinegar and add the honey and salt. Cook for another 10 minutes. Finally, add the finely chopped parsley and dill and garnish with a crushed clove of garlic. Cover the pan with cling film and allow to cool.

For the pickles, chop the vegetables into pieces and put them in separate preserving jars. Mix all the other ingredients in a saucepan and bring to a boil. Divide the boiling liquid over the vegetables in the three jars. Cover, allow to cool and store the pickles in a vacuum-sealed jar.

Serve the stew with the soup, pickles, chutney and some bread.





VŘESTARSKÁ CIBULE

[VŘESTARY ONIONS]

— CZECHIA —

Vřestary onions are high-quality vegetables produced and processed in the Central Bohemian region of Czechia, to the east of Prague, the capital city.

They are spherical or ovoid in shape, have a golden yellow skin and creamy white flesh with the occasional subtle greenish tint. The aroma is sweet and somewhat pungent, typical for onions, but the flavour is unique and surprisingly delicate, depending on the chosen variety. Vřestary onions are available in several varieties, from Radar and Armstrong to Wellington and Festival. The name 'Vřestarská cibule' is registered as Protected Designation of Origin in the EU for the uniqueness of their flavour and link to the territory. The soil in this area is exceptionally suitable for onion crops. This is due to the high concentrations of iron and vitamin B3 – also known as niacin or nicotinic acid. This makes the Vřestary onion a highly sought-after product.







OLDRICH SAHAJDAK

CHEF AT LA DEGUSTATION BOHÊME BOURGEOISE

The famous Prague restaurant with the unusually long name – La Degustation Bohême Bourgeoise – opened its doors on 26 July 2006, which also happened to be the day chef Oldrich Sahajdak's son was born. 'That's why I refer to it as my second son,' the chef laughs. 'My parents and grandparents were all chefs. I grew up around food. As a child, I was the one in the family who ended up licking the bowl. In my teenage years I wanted to be a professional footballer, but that unfortunately never happened, and so I was left with one other option: cooking.'

The idea for La Degustation Bohême Bourgeoise developed after a visit to chef Thomas Keller's famous Californian restaurant, French Laundry. 'I was very taken with everything they did there. The preparation, the cooking times, the service. I felt the time was ripe to try something similar in Czechia, here in Prague. To create a place where the customers are well looked after. That place became La Degustation Bohême Bourgeoise.'

Sahajdak feels indebted to the culinary tradition of the old Austro-Hungarian Empire. He takes traditional recipes from those countries and prepares them using modern techniques. Nearly all his products come from the area right around Prague. 'I especially love pork, apples, onions and honey. You will almost always find these ingredients on our menu. The Věstary onions are seriously underrated. They are not just onions. To me, they are full-fledged vegetables.'

La Degustation Bohême Bourgeoise – www.ladegustation.cz

VŠESTARSKÁ CIBULE IN VARIOUS TEXTURES

INGREDIENTS

Pickled onions

300 g onions, peeled
500 ml vinegar
3 bay leaves
3 pears, quartered

Prepare the pickles a few days in advance. Slice the onions into rings. Heat the vinegar to 80 °C, pour it over the onions and add the bay leaves and pears. Cover and allow to infuse for 48 hours.

Roasted onions

1 kg Všeřary onions, finely
chopped
180 g duck fat
3 bay leaves
350 ml fortified red wine

For the roasted onions, sauté the finely chopped onions in the duck fat over a very low heat, together with the bay leaves. Allow to caramelise, stirring occasionally. Add the wine one drop at a time and allow to evaporate. This takes a lot of time. The key is to work slowly.

In the restaurant, we cook the onions for the purée sous vide for a full 120 hours at 80 °C together with the onion juice. At home, you can cook the onions and juice until tender over a medium heat.

For the juice, mix the onion and pear juice, add the wine and reduce the mixture until it is inky dark and syrupy.

Onion purée

500 g onions, cut into wedges
juice of 1 kg onions
(using a juicer)

Heat the diced pear in some lard or butter and serve with the various onion preparations.

Onion and pear juice

juice of 300 g onions
juice of 300 g pears
300 ml fortified red wine

To garnish

1 pear, diced into 1 cm cubes
lard or butter





DANABLU

[DANISH BLUE CHEESE]

— DENMARK —

*Danablu or Danish Blue is a Danish blue cheese made from cow's milk. The cheese is injected with the *Penicillium roqueforti* fungus and then aged for 12 weeks. Its high fat content also makes Danish Blue suitable as a cheese spread.*

As far back as 1874 cheese pioneer Hanne Nielsen tried to emulate the Havartigaarden Roquefort cheese, but using cow's milk instead of sheep's milk. It was thanks to Marius Boel that the production of blue cheese took off from 1914 onwards. Towards the end of the 1920s he experimented with adding homogenised cream to the production process. Thus Danish blue cheese was created, a whiter cheese with a higher fat content and an exceptionally strong flavour. In 2003 Danablu was added to the list of products with PGI status in the European Union.







NICOLAI NØRREGAARD

CHEF AT KADEAU

Nicolai Nørregaard was one of the early adopters and protagonists of Nordic cuisine. He was born on the island of Bornholm, which is apparent in his cooking style. His menu includes dishes with smoked fish, fried lichen, juniper biscuits and flower blossoms, as well as cockles with fermented wheat and sea urchin, celeriac with caviar, red wood ants and woodruff. 'Necessity is the mother of invention,' Nicolai explains. 'The winters are long and tough on Bornholm, and the harvest season is very short. You learn to be creative with the products nature has to offer.'

Nicolai Nørregaard pickles and ferments his own flowers and vegetables, the signature products of his acclaimed restaurant Kadeau in Copenhagen and its sister restaurant in Bornholm. 'We plough, harvest and conserve Bornholm. We serve it and hold it dear.'

This holistic approach to food is also apparent in his preparation based on *palthe*, an authentic traditional pancake made from barley porridge. This is usually served as a savoury dish but also combines perfectly with sweet flavours. '*Palthe* is a cooked, day-old porridge which is "refermented" and cooked like a pancake. I prepare it with barley and flour from Öland and serve it with lovage and wild garlic, fresh and pickled flowers, and of course the famous Danablu, which is roasted and ground to a crumble in my version; an ideal and perhaps somewhat odd way to eat savoury pancakes.'

Kadeau, Copenhagen and Bornholm – www.kadeau.dk

PALTHESTA WITH GRILLED DANABLU AND FLOWERS

INGREDIENTS

For the *palthesta*

200 g barley porridge

50 g active sourdough starter

1 large egg

150 g milk

100 g flour

salt

knob of aged beef fat
or clarified butter

For the Danablu preparation

50 g Danablu

20 g dried yeast flakes

10 g clarified butter

For the flower preparation

100 g garden and field flowers
(e.g. bronze fennel, elderflower,
cornflower, rose, thyme,
apple blossom)

½ litre water + 50 g salt

20 g salt

100 g fresh herbs (e.g. parsley,
sage, lovage, wild garlic)

a few lovage and
wild garlic leaves

some aged cheese
(Comté or Gruyère)

First make the barley porridge with barley and water cooked to a creamy consistency. Season with salt.

Mix the barley porridge by hand with the sourdough starter, egg, milk, flour and salt.

Allow to rise for 3 hours at room temperature and then gently stir the batter.

Grease a cast-iron skillet with aged beef fat or clarified butter.

Cook the barley-porridge pancakes over a medium-high heat for 3 minutes on one side and 2 minutes on the other. The pancakes should be crunchy on the outside and soft in the middle.

Slice the Danablu cheese into thin slices and place them in a cast-iron skillet. Roast and char the cheese slices with a kitchen torch until they are almost black and melted. Allow to cool and then chop the cheese into a fine crumble.

Stir-fry the yeast flakes in a dry pan until they are golden brown, stirring constantly.

Mix the flakes into the cheese and add part of the clarified butter.

Ideally, you should make the flower preparation in late spring, when nature has plenty of flowers to offer.

Put the edible flowers (keep some flowers apart) in the brine solution and store this overnight in the fridge in a tightly sealed jar.

Mix the salt with the fresh herbs using a mortar and pestle and allow to dry overnight.

Finely chop a few fresh edible flowers.

Roast the lovage and wild garlic until crispy and season with the herbed salt.

Coat the warm *palthesta* pancake with hazelnut butter and grate some aged cheese over it. Cover the pancake with the Danablu and yeast crumble mixture.

Crush and add the grilled lovage and wild garlic.

Finish with the pickled flowers and the chopped fresh flowers. Season with herb salt.





NÜRNBERGER BRATWÜRSTE/ NÜRNBERGER ROSTBRATWÜRSTE

[GRILLING SAUSAGE FROM NUREMBERG]

— GERMANY —

Germany has a long tradition of sausage-making. One of the most popular varieties, which also has a long history and now has PGI status, is the Nürnberger Bratwürste.

These small sausages, packed into a tight sheep casing, measuring 7-9 centimetres in length and weighing no more than 25 grams, are nestled into a fresh roll with sauerkraut and spicy mustard and then eaten with one's fingers. Legend has it that medieval innkeepers made the sausages small enough to sell through keyholes after closing time. Even Goethe was apparently a fan of this delicacy, which is made from pork mince, salt, pepper and marjoram. In 2003 the Nürnberger Bratwürste/Nürnberger Rostbratwürste was officially designated as a protected name, ensuring that consumers will always receive a quality sausage.

The number of Michelin-starred restaurants in Germany has increased significantly in recent years, and the often young and innovative chefs know exactly how to integrate these traditional ingredients into a modern and creative cuisine with refreshing flavours. In his recipe, chef Tohru Nakamura combines the Nürnberger Bratwürste with Allgäuer Bergkäse, a semi-hard, mild, aromatic cheese made from raw cow's milk, which also boasts PDO status.







TOHRU NAKAMURA

CHEF AT WERNECKHOF BY GEISEL

Chef Tohru Nakamura is a Munich native with Japanese roots. He describes himself as a purist and an aroma virtuoso, a designation which he has more than deserved in recent years as chef of Werneckhof by Geisel, a two-Michelin-star restaurant in the heart of the Bavarian capital.

Nakamura won experience at the renowned Königshof restaurant, then worked for several years in gourmet restaurants around the world, and completed his education in the best Japanese dining establishments. Then he returned to Bavaria to turn Werneckhof by Geisel into an internationally renowned restaurant.

‘Nevertheless, my team is just as important as I am. I work with various young people who are not only technically skilled but also perfectly attuned to our customers’ desires,’ chef Nakamura explains. ‘In my recipe, I work with two typical Bavarian products which are recognised and protected by the EU, the Nürnberger Bratwürste and Allgäuer Bergkäse. It’s a wonderful challenge to add light, playful accents to the often-traditional Bavarian cuisine.’

NÜRNBERGER BRATWÜRSTE WITH BARBECUED ONIONS, TOMATO AND ALLGÄUER BERGKÄSE

INGREDIENTS

For the barbecued onions and tomato

2 onions
2 sweet peppers
3 garlic cloves
4 tomatoes
1 chilli pepper or green jalapeño
olive oil
salt and pepper
zest of 1 lemon
starch (optional)
100 g butter
50 g whipping cream
150 g chicken stock

Peel and quarter the onions. Remove the stem from the sweet peppers. Crush the garlic.

Bake the onions, sweet peppers, tomatoes (whole), garlic and chilli pepper with olive oil and salt in a casserole dish for 30 minutes at 200 °C.

Remove from the oven, cover with aluminium foil and allow to rest at room temperature for 45 minutes.

Remove the skin from the sweet peppers and the tomatoes. Deseed the sweet peppers. Press all the ingredients gently in a sieve and collect the juice.

Chop half the vegetables to make a chutney and season with salt, pepper and some lemon zest.

Put the other half of the vegetables together with the vegetable juice and chicken stock in a pot and bring the mixture to a boil, then simmer for 5 minutes. Blend and press through a fine sieve. Add some starch if necessary and mix with the butter and cream.

For the fried onions

1 onion
flour
salt

Slice the onion into 1 mm slices, toss them in the flour and deep-fry at 170 °C. Allow to rest briefly on a kitchen towel and season with salt.

Slice the bread into 2 mm-thick slices, drizzle olive oil over the slices and bake for 6 minutes in an oven heated to 180 °C. Remove from the oven, coat with mustard and sprinkle some grated Allgäuer Bergkäse (mountain cheese) on top. Bake in the oven for an additional 4 minutes until the cheese has melted. Garnish with some finely chopped parsley and fried onion. Reserve a portion of the fried onion to garnish the chutney.

For the croutons

500 g rye bread
olive oil
medium-hot mustard to taste
100 g Allgäuer Bergkäse
half bunch of parsley

Heat the vegetable chutney and warm the sausages in it.

Spoon some chutney into a deep plate, place the sausages on top and garnish with the rest of the fried onion. Froth the sauce up and spoon generously onto the dish. Serve the croutons with the Allgäuer Bergkäse separately.

12 Nürnberger Bratwürste, grilled





ESTONIAN VODKA

— ESTONIA —

Estonia has been producing vodka since the 16th century. In 1799 no fewer than 731 different distilleries were active throughout the country.

At the tsarina's request, most of the production was reserved for the noble families, and so it was sold in the Russian Empire. The quality of the vodka remained substandard for many years. One might even say that pure ethanol was produced until the end of the 19th century, when an Estonian pharmacist took over a local distillery and began to produce vodka of exceptional quality. The distillery's journey wasn't without a few setbacks. During the First World War, vodka production was forced to come to a halt and the distillery started producing nutritious starch instead. It wasn't until Estonia's subsequent integration into the European Union that Estonian vodka was reinvented, while still retaining the excellent quality that makes this product so unique today.

Chef Tõnis Siigur from the NOA restaurant in Tallinn uses Estonian vodka distilled using a base of winter rye from Estonia's Sangaste region, rye malt and the karst water so characteristic of the area. It is the result of a slow, traditional distillation process that uses methods dating back to the second half of the 18th century. This brings out the characteristic aroma and taste of the winter rye. Estonian vodka is the first national product to be awarded PGI status (2017).







TÕNIS SIIGUR

CHEF AT NOA

Estonia's geographical position is an interesting one. It has Russia to the east, central and western Europe to the west and the Scandinavian countries to the north. It was written in the stars that modern Estonian cuisine would draw heavily on Nordic influences. In the restaurant of chef Tõnis Siigur, NOA, which means both 'ship' and 'knife' in Estonian, this is no different.

'The influences are unmistakably Scandinavian, but the dishes are without a doubt Estonian. Everything on our menu has a local touch: herring, pikeperch, fermented cucumbers, smoked red beetroot, blackberries and other berries, local cheese ... We even prepare a stroganoff made from porcini mushrooms!'

Why does Tõnis always use Estonian vodka in his kitchen? 'It is one of the purest Estonian products you can find. The region of Sangaste is renowned for the quality of its winter rye, and its karst water ensures the necessary purity of this spirit.'

Restoran Noa – www.noaresto.ee

MARINATED WHITEFISH

INGREDIENTS

1 kg whitefish fillet
20 g Estonian vodka
9 g sugar
26 g salt
a small glass of Estonian vodka

Clean the fish and remove all the bones.

Rub the fish down with the vodka.

Mix the sugar and salt together.

Gently rub the salt and sugar mixture into the fish.

Wrap the fish with the marinade in plastic film and keep the fish sealed for at least 24 hours in the fridge.

Remove any excess marinade.

Slice thinly and serve with potato salad and a small glass of Estonian vodka.





CLARE ISLAND SALMON

— IRELAND —

Each spring, one of the largest planned migrations takes place along the coasts of Ireland. Thousands of salmon are transferred into cages off the coast of Clare Island, where they spend the next 2 years being cared for.

The fish receive a special diet featuring exclusively natural products and are protected against storms and predators. The production area around Clare Island has several specific hydrographic features that generate strong currents. This prevents the development of parasites, and therefore avoids the need for many chemical treatments. The harvesting of Clare Island salmon is very similar to organic farming in that respect. After 2 years the salmon are strong and large enough for consumption. This salmon has firm flesh with a low fat content, and slightly resembles wild salmon in terms of morphology. The salmon is preferably eaten warm, for example grilled with vinegar sauce and asparagus, but it is also possible to prepare a delicious cold marinated version, as in the recipe featured below. Clare Island salmon has enjoyed PGI status since 1999. In her recipe, Chef Grainne O'Keefe uses Oriel Sea Salt, a product with a PDO. This is the only non-oxidised mineral sea salt in the world.







GRAINNE O'KEEFE

CHEF AT CLANBRASSIL HOUSE

'Growing up, I was never exposed to fine dining. I had never tasted foie gras or truffles. But I did know from a young age that I wanted to work with food. I used to watch a lot of cooking shows and borrowed cookbooks from the library. I was fascinated by how chefs worked. There was no doubt in my mind that I would become a chef.'

The young Grainne O'Keefe is now chef at Clanbrassil House. She is hailed as one of Ireland's most promising chefs. In the restaurant, the charcoal grill is the centrepiece of the kitchen. All the main courses, some of the starters, and even desserts are prepared on the grill.

'I love cooking salmon on the grill,' Grainne says. 'There is something deeply satisfying about cutting into a perfectly cooked salmon. I spend a lot of time experimenting with the barbecue, slow-smoking products like sweet corn, preparing monkfish with miso and so on. The Oriel Sea Salt is an ideal finishing touch, the finale of a grilled dish. You can use it with both vegetables and meat or, as in this case, with fish.'

Clanbrassil House – www.clanbrassilhouse.com

CLARE ISLAND SALMON WITH BONITO VINEGAR, SORREL, APPLE, DILL AND BEE POLLEN

INGREDIENTS

1 spear green asparagus
250 g Clare Island salmon
50 ml bonito vinegar (or any type
of rice vinegar)
10 ml lemon juice
Oriel Sea Salt
black pepper
50 g sorrel (or spinach)
1 apple (Granny Smith)
50 g dill
10 ml buttermilk
2 g black sesame seeds
5 g bee pollen (optional)
1 cube horseradish, grated

Rub the asparagus with salt and let it sit overnight.

Remove the skin and bones from the Clare Island salmon.

Thinly slice the salmon and mix in a bowl with the vinegar, 5 ml lemon juice, sea salt and black pepper. Allow to rest for 10 minutes.

Mix the sorrel, apple, dill and 5 ml lemon juice in a blender and press the mixture through a fine sieve.

Dress the salmon on a plate and garnish with the apple-sorrel mixture, buttermilk, sesame seeds, asparagus and bee pollen.

Complete the dish with freshly grated horseradish.





ΦΑΒΑ ΣΑΝΤΟΡΙΝΗΣ – FAVA SANTORINIS

[YELLOW SPLIT PEAS]

– GREECE –

Together with its wine, tomatoes and capers, fava is one of the most important products from the Cyclades island of Santorini.

Archaeological finds from the Bronze Age show that fava cultivation on the island dates back more than 3 500 years. These yellow split peas belong to the same large family of legumes as the fava beans grown in continental Europe, more commonly known as broad beans.

The peas are processed according to traditional methods. They are ground in stone grinding mills, ripened in kanaves – underground storage rooms excavated from volcanic stone – and dried in the bright Aegean sun. Today there are still about 200 fava farmers active on the island. Santorini fava production is highly labour intensive: the threshing, processing and storing are all done by hand. There are numerous imitation products available on the Greek market, but the fava produced by the Union of Santorini Cooperatives (SantoWines) are the only ones that have been recognised by the European Union as a product worthy of PDO status.







ARGIRO BARBARIGOU

CHEF AT PAPADAKIS RESTAURANT

Argiro Barbarigou is the ‘first lady of Greek cuisine’. She has devoted her entire life to sharing the secrets of authentic Greek cooking – both modern and traditional – with her fans from around the world. Barbarigou opened her first restaurant, Papadakis, on her native island of Paros. With her unique farm- and sea-to-table approach she shows us the heart of Greek cuisine. ‘Nothing compares to the cooking talent of Greek mothers,’ she says, which is an ideal she likes to share with others in restaurants, books and TV shows – and most recently in her authentic Greek restaurant in Washington DC.

Argiro Barbarigou is a true ambassador of the gastronomy of the south Aegean Sea and a promoter of local Greek products and ingredients. ‘A dish can only taste the way it does on Santorini if you prepare it using the exact same ingredients. Only products with the correct designation of origin can guarantee that. The soft, velvety texture of Santorini fava forms an excellent basis for various tasty experiments. This dish is traditionally eaten hot with olive oil and lemon, or cold as a meze.’

Papadakis Restaurant – www.papadakisrestaurant.com
www.argiro.gr

FAVA SANTORINIS

INGREDIENTS

500 g fava from Santorini
2 medium red onions, coarsely
chopped
4 tbsp extra virgin olive oil from
Greece
1 sprig of fresh thyme
1.5 l water
salt
lemon juice
extra-virgin olive oil to serve

‘Married fava’

2 red onions
4 tbsp extra virgin olive oil
1 tbsp red wine vinegar
2 tbsp capers

Optional

marinated anchovies
pickled onions
confit cherry tomatoes
caper leaves and caper flower
buds
chive-infused oil

Place the split peas in a bowl and completely cover with water. Let them soak for 30 minutes and then drain thoroughly in a sieve. Warm the olive oil in a heavy-bottomed saucepan over a medium heat, and add the onions and the thyme. Cook for 7-8 minutes or until the onions are soft but not yet brown. Add the split peas and the water and bring to a boil while stirring. Then lower the heat, remove the thyme and let the split peas simmer over a low heat. Occasionally scoop the foam off the surface. Allow to simmer for 50 minutes – the exact cooking time depends on the quality of the fava – until the peas are soft. Do not stir during this time otherwise the fava will stick to the bottom of the pan. Season with salt. Once the fava are cooked, stir until the texture is thick and creamy. Finish with plenty of olive oil and several drops of lemon juice.

For ‘married fava’, dice the onions and cook them in the olive oil for approximately 10 minutes on a medium heat until golden. They should be slightly caramelised but not overly brown, as that will make them bitter. Deglaze with the red wine vinegar and add the capers. Stir the whole into the fava or use as a garnish.

Serve the fava with some marinated anchovies, pickled onions, confit cherry tomatoes, caper leaves, caper flower buds and chive infused oil.





TURRÓN DE ALICANTE

[NOUGAT FROM ALICANTE]

— SPAIN —

Turrón de Alicante is a treasured Spanish sweet, especially beloved during the Christmas season. The treat is one of the many culinary treasures inherited from the Moors.

The climate around Alicante is known for its mild winters and very dry, hot summers; essential conditions for the production of turrón, made from almonds, honey – occasionally also sweetened with additional sugar – and egg whites. True nougat from Alicante tastes slightly roasted with hints of rosemary and thyme from the honey. Turrón de Alicante is less well known for its culinary merits. Nonetheless, three Michelin star chef Quique Dacosta shows that sweet products such as turrón can combine perfectly with other, more savoury ingredients from the Mediterranean, such as the *gambas pato*, a shrimp species found exclusively in this region.







QUIQUE DACOSTA

CHEF AT QUIQUE DACOSTA

Few chefs have left their mark on Spanish cuisine quite like Quique Dacosta. He evolved from an ever-curious apprentice to a professor in his lab, searching for that perfect harmony and the story behind the products and ingredients. His dishes stem from emotion and surprise; time and time again they offer unique combinations of seemingly mismatched regional products.

‘With this dish, I wanted to bring a magical moment to the table, one that nature brings us every spring: the falling petals of almond blossoms. For me, that is the epitome of spring. The dish revolves around various almond preparations: almond milk, almond paper, Turrón de Alicante and the fruit itself. Yet it is not a dessert; the shrimp makes sure of that. Did you know that we eat turrón in Spain especially at Christmas time? It is a unique, hand-crafted product, full of tradition. A symbol for life’s sweet and tender moments.’

Restaurant Quique Dacosta – www.quiquedacosta.es

TURRÓN DE ALMENDRA

INGREDIENTS

For the 'almond paper'

1 litre mineral water
200 g almond shavings
120 g tapioca starch
30 g simple syrup (50 % water, 50 % sugar)

For the shrimp soup

100 g semi-dried tomatoes
500 g shrimp heads
100 g olive oil
3 garlic cloves, crushed
600 g onion, finely chopped
50 g muscovado sugar
80 g manzanilla sherry
1 700 g seafood stock
350 g mineral water

For the shrimp aspic

250 g of the shrimp soup
0.8 g agar-agar
1.5 gelatine sheets
50 g mirin (or dry sherry)

For the almond emulsion

150 g almond shavings
300 g mineral water
50 g white bread
20 g sherry vinegar
5 g dry sherry
12 g garlic (blanched)
60 g extra virgin olive oil

the white of 1 leek
12 shrimps
teriyaki sauce

250 g turrón de Alicante
a few almonds
a few almond blossoms

First, prepare the almond paper. Bring the water to the boil and then remove from the heat. Add the almonds and allow to cool. Mix for 3 minutes at high speed in a food processor and press through a fine sieve.

For every 600 g of almond milk, add 120 g tapioca and 30 g simple syrup. Bring to the boil, allowing it to thicken. Cool and mix in a blender. Pour the mixture onto a baking tray covered with a non-stick coating or silicone mat and bake for 1 hour in the oven at 100 °C. Allow to cool and then store in a sealed container to keep it dry.

To prepare the soup, allow the semi-dried tomatoes to steep in the oil for a few hours, then remove them from the oil.

Sauté the shrimp heads in the tomato oil. Remove them from the heat and from the pan, and sauté the garlic, onions and semi-dried tomatoes in the same oil. Add the sugar and allow to caramelize. Deglaze with the manzanilla, add the broth and mineral water and bring to a boil. Leave to simmer for 1 hour. Strain through a fine sieve and set aside. Remove the fat from the soup and clarify the soup as much as possible.

To make the aspic, mix 250 g of the cold soup with the agar-agar and return to the heat. Meanwhile, soak the gelatine in cold water. Remove the soup from the heat and add the gelatine and mirin. Set aside in a sealed plastic container and, once set, cut the aspic into cubes.

Now prepare the almond emulsion. Let the almonds soak in the water for 12 hours. Add pieces of the white bread. Soak for an hour and then mix in a food processor with all the other ingredients, except for the oil. Add the oil slowly while mixing to get an emulsion. Strain through a sieve and set aside.

Chop the leek into small pieces and cook them in water.

Marinate the pre-cooked shrimps for a few minutes in the teriyaki sauce. This will give the shrimps more texture.

Dress each plate with three aspic cubes, three pieces of leek and three marinated shrimps. Add a spoonful or two of almond emulsion to the middle of each plate. Place a few raw almonds on the shrimps, top with the almond paper.

Grind the turrón de Alicante in a food processor. Heat the turrón au bain marie and press it through a sieve to get a fine paste. Put the paste in a pastry bag and pipe the paste into small drops on the almond paper. Garnish with a few almond blossoms.







PRUNEAUX D'AGEN

[PLUMS FROM AGEN]

— FRANCE —

It is generally assumed that the plum made its way to Europe from China via the original Silk Road with the help of the Greeks and the Romans. Even back then, the fruit was known to keep its nutritional value after being dried in the sun or a bread oven. The Romans planted plum trees in the Gallia Narbonensis province (Narbonne) up to modern-day Quercy, bordering the Agen region.

In the twelfth century, Benedictine monks returning from the Third Crusade had the idea of grafting plants from Damascus onto existing local trees. This new fruit variety was given the name 'Prune d'Ente' after the old French word for 'to graft'. The fruit turned out to be highly suitable for the climate and the terrain of the Sud-Ouest (south-west) and had an exquisite taste. And so, what would become known as the Pruneau d'Agen was born.

Historically, a product was often named after the port where it was taxed. During that time, the fruit was transported from the city of Agen via the Garonne to Bordeaux, where they were loaded onto larger seafaring ships. Today, Pruneaux d'Agen bear the protected designation only if they are produced in the Lot-et-Garonne department, with the exception of the Houeillès district, and the neighbouring departments of Gironde, Dordogne, Lot, Tarn-et-Garonne and Gers.







DENIS GROISON

CHEF AT LE MAZENAY

Did you know that the city of lights has at least 16 000 restaurants? So, it's no small achievement when a relatively modest and small-scale restaurant, such as Le Mazenay, is listed among the top 150. For quite some time, chef Denis Groison has been a bright spot on the radar of culinary blogs and foodies alike. The Burgundian-born chef swears by the power and beauty of French products, which he prepares to perfection in the kitchen of Le Mazenay. This sometimes includes exotic influences, especially after his stay in Vietnam. But Le Mazenay's menu mostly features variations on classic dishes made with foie gras, fowl, beef, and sea bass. Preparations with fowl and organ meats sometimes require a hint of sweet and sour to finish the dish. In this recipe he achieves that with a chutney. The Pruneaux d'Agen are an excellent addition to this type of cuisine. They provide balance and counter the fats in the dish.

Le Mazenay – www.lemazenay.com

VEAL TARTARE WITH CUCUMBER-PEANUT SALAD AND PLUM CHUTNEY WITH JASMINE TEA

INGREDIENTS

plum chutney with jasmine tea

200 g pruneaux d'Agen, pitted and
diced
70 g honey
140 g cider vinegar
2 tsp jasmine tea in a tea bag

Combine the ingredients for the plum chutney in a covered baking dish and bake in the oven at 180 °C for 20 minutes. Remove the tea bag.

tartar sauce

1 egg yolk
20 g grapeseed oil
80 g olive oil
1 tbsp sherry vinegar
5 drops Tabasco sauce
10 drops Worcestershire sauce
salt and pepper

Prepare the tartar sauce as you would a mayonnaise: add the ingredients in the order shown above.

Dice the veal escalope into small cubes. Finely chop the coriander and add this together with 4 large tablespoons of tartar sauce and the lime juice to the meat. Season to taste with salt and pepper. Mix well and place the tartare inside a cooking ring in a deep plate to shape, then remove the ring.

Combine the marmalade, calamansi vinegar and olive oil to form a vinaigrette.

Peel and slice the cucumber.

veal tartare

400 g veal escalope
¼ bunch coriander
1 lime
salt and pepper

Roast the peanuts in the oven with the butter, salt and pepper.

Season the cucumber with the vinaigrette, salt and Ñora pepper.

Put the cucumber salad in a small ramekin with a plum chutney quenelle in the middle. Sprinkle the roasted peanuts and fresh coriander over the top.

cucumber and peanut salad

1 tsp lemon marmalade
1 tbsp calamansi vinegar
(or citrus vinegar)
3 tbsp olive oil
1 cucumber, Noa variety
(or 250 g of cornichons)
50 g fresh peanuts
1 knob of butter
salt and pepper
pinch sweet Ñora pepper
(or another sweet pepper with
a deep, smoked flavour)





SLAVONSKI MED

[SLAVONIAN HONEY]

— CROATIA —

In the easternmost region of Croatia lies Slavonia, known as the cradle of Croatian apiculture. It's rumoured that Slavonian beekeeping practices date as far back as Roman times, and the first beekeeping association was founded as early as 1879 in the region's county seat, Osijek. Thanks to this long-standing tradition, Slavonian honey is considered among the finest in Croatia.

'Slavonski med', or Slavonian honey, is honey produced by the native grey honeybee population which collects nectar and juices from melliferous plants and the flowering parts and sap of these plants. The bees concentrate these substances and store them in honeycombs, leaving them to mature. This honey variety owes its purity to the unique agricultural and environmental conditions in Slavonia. Once the frequent and icy winter winds have subsided, the plants, fruit trees and meadows flower early in the spring. The very warm summers which follow are ideal for the ripening of agricultural crops.

The honey is mainly produced on a small scale and serves as an additional source of income for family businesses, which have been passing down the art of apiculture from one generation to the next. The beekeepers work mostly with wooden beehives and use dried plant trimmings as a fuel to smoke the hives. More than 400 beekeepers annually produce over 200 tonnes of this exceptionally high-quality product, which includes varieties from black locust, linden, rapeseed or sunflower honey to chestnut blossom and Hungarian Oak honeydew honey. Whichever variety you choose, they all carry the flavour of the region's meadows and forests.







MATE JANKOVIĆ

WELL-KNOWN TELEVISION CHEF

Mate Janković is without a doubt one of the most famous – and favourite – television chefs in Croatia. For two seasons he was a jury member for *MasterChef Croatia* and the programme *3, 2, 1 — cook!* In 2015 he was privileged to guide the late Anthony Bourdain in the culinary travel programme *No reservations*, showing the viewer the riches and gastronomic highlights of the Croatian coast.

Previously, Mate worked at Bevanda in Opatija, Plavi Podrum in Volosko, Baltazar in Zagreb and in the restaurant of the Fairmont luxury hotel on the island of Bermuda. He also recently published the book *Croatia: The cookbook*, in which he takes the reader on an odyssey through famous Croatian products and dishes, bringing together some of Croatia's finest chefs for the first time. His fondness for traditional products is evident: 'We cannot forget our legacy and our land. Slavonski med is a unique local honey from Croatia's eastern Slavonia region. I am glad to pay homage to it.'

POTATO SALAD WITH SLAVONSKI MED HONEY

INGREDIENTS

200 g Baranjski kulen sausage,
sliced into 1-cm pieces
1 kg new potatoes, halved
100 ml olive oil + extra
2 shallots, finely chopped
2 tbsp finely chopped dill
2 tbsp finely chopped chives
2 tbsp mustard
1 tbsp Slavonski med honey
2 garlic cloves, finely chopped
salt and pepper

Preheat the oven to 180 °C. Line a baking tray with parchment and divide the sausage pieces over the parchment. Roast in the oven for 8 minutes, turn the slices over and roast for another 8 minutes. Remove the sausage from the oven, put in a bowl and set aside.

Now, preheat the oven to 220 °C. Place the potatoes on the baking tray with the leftover sausage drippings. Drizzle with some extra olive oil and season with salt and pepper. Roast the potatoes in the oven for 15 to 20 minutes until cooked through.

Remove the potatoes from the oven and combine with the kulen sausage. Mix in the finely chopped shallots, dill and chives.

Make a dressing by combining the mustard with the honey, garlic and 100 ml olive oil. Drizzle the dressing over the potato salad and toss, mixing well. Season to taste with salt and pepper and serve.





RISO NANO VIALONE VERONESE

[VERONESE MEDIUM-GRAIN RISOTTO RICE]

— ITALY —

When we talk about rice in Italy we are actually talking about risotto. The rice is cultivated primarily in the north of Italy, where soil conditions are optimal and the climate is almost ideal.

Several different varieties of rice are suitable for a risotto. These include Arborio, Carnaroli and Maratelli. Nano Vialone, probably the most prized rice variety, is cultivated exclusively in designated areas of the Verona region. Its full name is Riso Nano Vialone Veronese, a plant of the Japonica species. The grain needs to be average in size, round and semi-long, with a pronounced 'tooth', a somewhat thickset 'head' and a creamy-white colour. Nano Vialone is pre-eminently suitable for risotto because this variety gives off more starch during cooking.

In Verona's municipality of Isola della Scala, one of the most important areas in terms of rice production, an annual Fiera del Riso is held. This huge festival is completely devoted to rice and risotto.







FRANCO ALIBERTI

CHEF AT TRE CRISTI

Franco Aliberti's career started when he left his home town at 16 and moved to Salsomaggiore Terme. He completed his studies at the Istituto Alberghiero, and during the summer holidays he learned the fine art of pastry-making at Massimo Spigaroli's restaurant. It was during these years that he developed a true passion for pastry.

'I used to make the desserts at home when I was a child. I owe this in large part to my mother, as is the case in so many Italian families. Mamma gave me some dough and let me play with it. I made pizza and baba. My love for sweets started out as a fun and playful way to pass the time.'

However, it did not end with just cakes and pastries. The young Aliberti went to work in Paris with Alain Ducasse and the famous Italian chef, Gualtiero Marchesi. After spending 4 years in the kitchens of Massimiliano Le Calandre in Padua, in 2012 he was admitted to Massimo Bottura's kitchen brigade at the Osteria Francescana, where he started work in 2013 as a pastry chef. Experiences in other celebrated restaurants such as La Préf in Mantello followed. He recently took up a post as executive chef of the Tre Cristi restaurant in Milan, where they work almost exclusively with regional products.

'Rice – that is, by definition, risotto – is a northern Italian and Milanese product. I have this risotto on the menu because, with a small and original addition, you can take a classic recipe to the next level,' says chef Franco Aliberti.

RED CABBAGE RISOTTO WITH SMOKED FISH

INGREDIENTS

½ red cabbage Shred the red cabbage in a food processor and set the juice aside
0.5 g bicarbonate of soda (you can ferment the remaining cabbage to make a delicious
250 g Riso Nano Vialone sauerkraut).
Veronese

Extra virgin olive oil Add the bicarbonate of soda to the red cabbage juice. This will
be our broth.

salt and pepper Cook the Riso Nano Vialone Veronese for a short time in some olive
oil, add water until the rice is covered and cook further. After about
smoked fish, thinly sliced 7 minutes, add the red cabbage broth and continue to cook until
into a carpaccio (salmon, the rice is tender.
trout, mackerel)

For the sour cream

200 g cream Garnish with olive oil and season with salt and pepper. The result
is a bluish risotto.
1 tsp lemon juice Mix the cream with the lemon juice and season with salt.
salt Place the smoked fish on a plate, spoon the risotto over the fish
and garnish with a few dollops of sour cream.





ΛΟΥΚΟΥΜΙ ΓΕΡΟΣΚΗΠΟΥ – ΛΟΥΚΟΥΜΙ GEROSKIPOU

[LOUKOUMI FROM GEROSKIPOU]

– CYPRUS –

Loukoumi is one of the oldest delicacies made in Cyprus. It is known by a variety of names around the Mediterranean, but at present the only PGI granted for this sweet is under the name Λουκούμι Γεροσκήπου (Loukoumi Geroskipou). This special version originated in the town of Geroskipou, in the Paphos district of western Cyprus.

The finest quality is still found here, faithful to this confectionery's historical principles. The almonds and honey in the traditional recipe, for instance, must come from Geroskipou, where the entire production process should take place as well.

High-quality *loukoumi* should not be sticky or soggy. The tiny cubes have a gelatinous texture and a highly distinctive aroma. Traditional *loukoumi* is prepared with rose water, and red food colouring is added to give the sweet its beautiful colour. Cypriot confectioners may also add dried coconut instead of icing sugar or incorporate nuts and chocolate into the final product. Flavours vary from strawberry, tangerine and bergamot to pistachio, vanilla and banana.







WAJDI TALHOUK

PASTRY CHEF AT CHALET DOUX

Wajdi Talhouk left his native Lebanon when he was 21 years old to work. Eager to travel and explore opportunities, he lived and worked in Dubai, Moscow and Scotland, where he worked at prestigious locations such as Castle Terrace and The Caledonian, and later the well-known bakery The Bread Winners. Wajdi Talhouk developed his specialisation in fine pasty and finally moved to Cyprus to fulfil his dream: opening his own business under the name Chalet Doux. 'In the beginning, we wanted to take things easy. We made eclairs, fruit tarts, opera cake and chestnut cake in the winter. I didn't want to prepare 50 different pastries of which only a few were excellent and the rest mediocre. Loukoumi is often served in Cyprus at weddings as a dessert for the guests, but it can also be served with coffee or tea. Traditional loukoumi from Cyprus is prepared with rose water, but we make it in all sorts of flavours: lemon, vanilla, bergamot, orange, you name it.'

LOUKOUMI MACARONS

INGREDIENTS

28 pcs loukoumi
25 g ground almonds
175 g icing sugar
a pinch of red food-colouring
powder
90 g egg whites
75 g granulated sugar

For preparing the macarons, a food processor is ideal. Put the ground almonds, icing sugar and food colouring in the food processor and mix well.

Beat the egg whites with the granulated sugar in a mixer at medium-high speed until firm.

Fold the almond mixture into the egg whites until they are blended together nicely. The batter should have the consistency of lava.

Fill a piping bag with the batter and pipe circles measuring 3 cm in diameter onto a silicone mat on a baking tray.

Tap the baking tray twice on a flat surface to remove the air bubbles from the batter and set aside for 30 minutes.

Bake for 19 minutes in an oven preheated to 140 °C.

Cut circles measuring 4 cm in diameter from the loukoumi and press them between two macaron halves. This recipe makes approximately 28 macarons.







LATVIJAS LIELIE PELĒKIE ZIRŅI,

[DRIED GREY PEAS]

— LATVIA —

Latvia is located in north-eastern Europe and is one of the three Baltic states. Its geography, and the climate that goes with it, have largely determined its culinary heritage. The landscape is perfect for the cultivation of potatoes and a variety of cereal crops.

In the 1990s farmers started experimenting with organic cultivation methods. This is one of the many reasons why Latvia continues to be a growth market for quality products. In the year 2015 alone, the EU awarded several of these products an authenticity label. One of these is the Latvijas lielie pelēkie zirņi, the dried seeds of the local *retriņa* legume. These legumes, which are comparable to peas, have been cultivated in Latvia since the 18th century, but they've increased in popularity in recent years. The climate and geography are perfect for the cultivation of these peas, with their characteristic grey colour and marbled pattern. Their texture is floury and the flavour is quintessentially umami with slightly sweet tones. These grey peas are often eaten during the Christmas season, when they are accompanied by a bit of bacon.







JURIS DUKAĻSKIS

CHEF AT RESTAURANT 3

Young chefs had to start looking for a new identity in the early 1990s. There were restaurants in Latvia of course, but these focused on ‘feeding’ guests instead of providing pleasure or creating a gastronomic experience that adds value. Eating out was very cheap, and a visit to a restaurant was a matter of efficiency. Not only was the meal shared, but often the tables as well, until every chair was occupied.

As Juris Dukaļskis says, ‘It was time to start thinking about the ingredients that we could produce ourselves, and about organic agriculture. That’s the philosophy behind Restaurant 3. We’re constantly looking for new products untouched by industrialisation or human intervention. We choose our products and ingredients with care and pay special attention to their origins. We share these ideas so our children can live in a better world than we do.’

Juris Dukaļskis’s Restaurant 3 became the embodiment of those ideas. The chef cooks according to the precepts of what he calls New Latvian Cuisine: fresh, delicious, seasonal, healthy and always supporting local farmers and producers. ‘The legumes in this dish are an excellent example of this.’

Restaurant 3 – www.restaurant3.lv

LATVIJAS LIELIE PELĒKIE ZIRŅI POLPETTES

INGREDIENTS

300 g Latvijas lielle pelēkie zirņi

150 g boiled potatoes

30 g onion, finely chopped

100 g porcini mushrooms, diced

60 g salted bacon, diced

50 g hemp seed butter or
ordinary butter

100 g sour cream

5 g nettle powder (optional)

salt

Let the grey peas soak in water overnight.

Cook them until tender and mix with the cooked potatoes.

Grind the peas and the potatoes multiple times with a meat grinder, and put the mixture in a separate bowl.

Cook the finely chopped onion, the porcini mushrooms and the bacon in a casserole until browned.

Mix with the pea and potato mixture.

Add the hemp seed butter, season with salt and mix thoroughly.

Now, make balls with the mixture and serve with sour cream (*you don't have to bake them!*). Sprinkle the dish with some nettle powder to finish.

This dish is perfect in combination with a local Latvian beer.





DAUJĖNŲ NAMINĖ DUONA

[RYE BREAD FROM DAUJENAI]

— LITHUANIA —

Daujėnų naminė duona is traditional, homemade rye bread that has been produced since time immemorial in the north Lithuanian village of Daujėnai. The history of this bread dates back to the 17th century.

The rye is fermented in oak troughs and then baked in the oven on a bed of hot coals. Each trough gives the dough a distinctive taste and is passed down from generation to generation. This ensures a unique flavour and a homemade product that epitomises the traditions of beautiful and mystical Lithuania.

Bread from Daujėnai has a soft, dark and delicate texture and the appealing sweet and sour taste that is characteristic of rye bread. Caraway seeds are the only ingredient added to the mixture of flour, water, sugar and salt. The bread can weigh anywhere between 4 kg and 10 kg. In Lithuania this bread is served primarily on special occasions such as festivals, weddings and baptisms, during which the bread is often decorated with symbols of strength, loyalty and humility. In 2014 Daujėnai naminė duona was added to the list of PGIs of the European Union.







DEIVYDAS PRASPALIAUSKAS

CHEF AT RESTAURANT AMANDUS

Deivydas Praspaliauskas began his career washing dishes, but by the age of 23 he was already working in the kitchen of his own restaurant, Lauro Lapas. In 2014 he opened the ever more popular bistro Bistro 1 Dublis in Vilnius, and just a year later he opened the upscale restaurant Dublis, which was more ambitious, had a larger team and set higher standards. Praspaliauskas has repeatedly won the title of best chef in Lithuania, along with the Baltic Culinary Star Cup, in 2013 and again in 2015, as team captain.

‘I have always dreamt of a place where I can apply my culinary ideas and experiments over a longer period of time,’ says the chef. ‘I have various sources of inspiration: the four seasons, the works of art from the Grafo Gallery in Vilnius and, of course, the smiles of my clientele. I am happy to be able to improvise, even when the stage is all mine.’ This long-term experimentation continues in Deivydas’s restaurant Amandus, where you can enjoy an exquisite gourmet menu with a wide range of local products, including delicious Lithuanian bread. ‘Our menu features a preparation with red beetroot, buckwheat bread, hazelnut butter and hazelnuts. The dessert featured here is a sweeter version of that dish.’

Restaurant Amandus – www.amandus.lt

RED BEETROOT WITH RYE BREAD AND BLACKCURRANTS

INGREDIENTS

For the topping

50 g Daujėnų naminė duona,
toasted
50 g hazelnuts, roasted
20 g butter

For the yoghurt cream

50 g yoghurt
50 g blackcurrants
50 g maple syrup
a dash of salt
50 g cream

For the red beetroot

100 g red beetroot
20 g clarified butter
50 ml milk
50 ml condensed milk
30 g blackcurrants
30 g ricotta

For the meringue

120 g egg whites
180 g sugar
10 g corn starch
10 ml lemon juice
100 g hazelnuts, finely chopped

Chop the bread and hazelnuts into pieces. Melt the butter and cook the bread and nuts together until golden brown.

Mix the yoghurt with the blackcurrant and maple syrup and season with a dash of salt. Whip the cream until stiff and mix it into the yoghurt mixture.

Dice the red beetroot and cook in the clarified butter. Then bring the beetroot to a boil in the milk and cook on low heat for about 8-9 minutes. Add the condensed milk together with the blackcurrants and the ricotta and allow the mixture to reduce for 5-6 minutes. Set aside in the fridge and then add 30 g of the bread and hazelnut mixture.

Beat the eggs until firm peaks form. Mix the sugar with the corn starch and gently fold it into the egg whites. Add the lemon juice and hazelnuts. Bake the meringue in an oven at 120 °C for 2-2½ hours.

Serve this dish as follows: first a base of red beetroot then a dollop of yoghurt cream followed by the rest of the bread and hazelnut mixture and topped off with a piece of meringue.





BEURRE ROSE

— GD LUXEMBOURG —

Beurre rose – Marque Nationale du Grand-Duché de Luxembourg is a butter of superior quality with PDO status, exclusively produced under the national seal in Luxembourg.

The butter owes its fine quality largely to the specific flora and grasses found in the unique territory where the cows graze, but the way the butter is churned and the quality of the fresh cream also play an important role. Only fermented cream is used in the production process. No salt is added.







LÉA LINSTER

CHEF AT RESTAURANT LÉA LINSTER

It wasn't always easy for Léa Linster to hold her own as a woman in the 1980s in an industry almost exclusively reserved for and dominated by men. But it was written in the stars: Léa Linster was to become the *grande dame* of Luxembourg gastronomy. In 1987 she received her first Michelin star after she had converted her parents' former cafe-restaurant into a gastronomic temple. Two years later she won the world cooking championship, garnering the top prize, the Bocuse d'Or. To this day Léa Linster remains the only woman to have achieved this prestigious honour.

In 1991 she opened her second restaurant, Kaschthaus, to further promote gastronomy in Luxembourg. In 1996 she became the proud owner of a vineyard near Remich on the Mosel river. This was followed in 2010 by the modern brasserie, Pavillon Madelaine, and a year later Delicatessen was opened, a gourmet shop featuring a wide range of local culinary treasures. Léa Linster is an icon of Luxembourg gastronomy and she is proud of Beurre rose, one of the jewels in the crown of this small grand duchy. 'A unique agrarian product, the perfect expression of our rolling terrain bordering on different cultures in the heart of Europe.'

Restaurant Léa Linster – www.lealinster.lu

BISCUIT DE SAVOIE

INGREDIENTS

For the crème au beurre

150 g sugar
50 ml water
2 egg yolks
2 eggs
250 g Beurre rose (softened)
2 shots of espresso

For the cake

6 eggs, separated into whites
and yolks
175 g sugar
75 g flour
75 g cornflour
a pinch of salt
250 g flaked almonds
a knob of butter
50 g sugar

Let the sugar for the crème au beurre melt together with the water to a caramelisation temperature of 120 °C. Mix the egg yolks and the whole eggs together in a food processor. Slowly pour the caramel into the egg mixture, beating the eggs continuously as you do so. Keep beating the eggs until the mixture has completely cooled. Add the Beurre rose one spoonful at a time and continue to beat until you have a soft crème. Add the espresso to the crème.

For the cake, beat the egg yolks together with 75 g of sugar. Mix the flour and the cornflour and sieve the mixture. Beat the egg whites until firm with 100 g of sugar and a pinch of salt. Fold the egg yolks into the flour and cornflour mixture and add the beaten egg whites. Mix carefully. Grease and flour two cake tins, one measuring 25 cm and the other 18 cm in diameter.

Bake the batter for 20 minutes in an oven preheated to 175 °C. Set the cake to rest on a baking tray and allow it to cool. Slice each cake horizontally into three slices and spread the crème au beurre on the slices. Cook the flaked almonds in butter and sugar until they are caramelised. Cover the outside of the cake with the almonds.

Place the two cakes on top of each other and finish with the crème au beurre.





GYULAI KOLBÁSZ

[SAUSAGE FROM GYULA]

— HUNGARY —

Hungarian cuisine features a wide variety of different sausages. The most well-known is the Gyulai kolbász, which has a distinctive taste due to smoking and the maturation for several weeks in the special local climate.

The Gyulai kolbász, which has been awarded PGI protected status, was named after the Hungarian town of Gyula. The ingredients are: pork meat, pork fat, garlic, pepper, salt, caraway seeds, and sweet and hot ground paprika. The mince is stuffed into casings made from pig intestines, smoked over beech wood and finally hung to cure.

The European protection designation also indicates that the sausages should be 18 to 26 cm long and must be sold as a pair. No mould may form on the outside of the kolbász. The sausages are easily sliced and have a spicy, smoky flavour. Hungarians like to serve it on a slice of bread or add the sausage to *rakott krumpli*, a one-pot dish with potatoes and eggs. The sausage is also perfect for more innovative and original preparations, the way Eszter Palágyi has used it in her recipe.







ESZTER PALÁGYI

CHEF AT COSTES RESTAURANT

In 2010, Costes Restaurant was under the direction of Portuguese chef Miguel Rocha Vieira when it was awarded the first Hungarian Michelin star, an honour it still enjoys today. In 2015 he passed the baton to sous-chef Eszter Palágyi. Eszter had already worked in various European restaurants at the highest level, including Robuchon and Taubenknobel, before returning to Budapest to work at Costes.

‘I still remember my very first day in the kitchen,’ she recalls. ‘In the first hour I cut my finger. I didn’t even know how to hold a knife. Now I think I’m starting to know the ingredients well; I can work with them and bring out the best in them.’ In 2016 Eszter Palágyi was awarded chef of the year in Hungary, and that wouldn’t be the last time. She has won the title no fewer than three times, and she’s only in her early thirties. Journalists praise her because she works with local Hungarian products in an often creative and playful manner, something that is highly valued by the guests. ‘We used to have to bring everything in from France. Now we can finally buy duck from Kunsag and marinate it in Tokaji wine. Or catfish from lake Fertő. And the Gyulai kolbász is at least as good as similar, better-known meats from other countries. We’re quite proud of that.’

Costes Restaurant – www.costes.hu

GYULAI KOLBÁSZ SNACK

INGREDIENTS

1 package of brick pastry	Cut shapes from the brick pastry sheet. You need two shapes per serving.
220 g Gyulai kolbász, diced	
70 g whipping cream	At Costes, we use funny pig shapes, but a small, plain kitchen ring works fine as well.
4 eggs, hard boiled and finely chopped	Coat the shapes in butter and bake them for 15 minutes until golden brown in an oven preheated to 175 °C.
250 g soft, lightly salted butter	Carefully mix the remaining ingredients and season with salt and pepper.
10 g Dijon mustard seeds	
salt and pepper	Spread the mixture on one of the shapes and place a second shape on top.





GOZO CHARDONNAY WINE

[GOZITAN WINE]

— MALTA —

Did Ulysses drink Gozitan wine with the nymph Calypso? Could this wine have been the reason he deferred his return to Ithaca?

Regardless, the magical combination of the clay soil and Gozo's climate produces a mythical wine, a process in which not only the sun but also the wind plays a crucial role. The wind carries ample salt from the Mediterranean Sea; it is even found in the dew during the crucial summer months. Here you will find local grape varieties such as Girgentina and Gellewza, but international varieties – such as Chardonnay, Merlot and Shiraz – can also be planted here. The red, white and rosé wines of Gozo, Malta's smaller sister island, all have PDO status, which means that these wines may only be produced from grapes grown in that location.







RAMONA FARRUGIA PRECA

CHEF AT PALAZZO PRECA

The Preca sisters, Ramona and Roberta, used to work together in their family restaurant Tal-Familja, in Marsascala. By the time they were in their twenties they were already 'gastronomic veterans', having spent most of their childhood in their father Charles's kitchen at the mythical King's Own Band Club in Valletta. It was there that they minced their first sprigs of parsley and handfuls of capers and olives under his watchful eye. In Marsascala Ramona developed a longing to create a new culinary meeting point, which turned out to be Palazzo Preca, located in a 16th-century palace on Strait Street in the centre of the capital. This is also where you'll find the heart of the Preca sisters' culinary genius. It is just a stone's throw from the sea, which provides fish, shellfish and crustaceans. And Gozo lies just across the water, where their inspiration grows in the form of beautiful, firm bunches of grapes. 'My dish represents the soul of Maltese Mediterranean cuisine,' says Ramona. 'Shellfish, wine from Gozo, garlic and fresh herbs: a dish that brings a magical feast to the table.'

Restaurant Palazzo Preca – www.palazzoprecavalletta.com

SHELLFISH WITH GOZO CHARDONNAY WINE

INGREDIENTS

4 garlic cloves, crushed
or finely diced
48 large Palourde clams, cleaned
250 ml Gozo Chardonnay wine
250 g cherry tomatoes, chopped
salt and pepper
fresh herbs (mint, basil, etc.)
2 tbsp extra virgin olive oil
1 orange

Cook and cover the garlic in olive oil in a large casserole on a medium-high heat.

Add the wine and bring to the boil, then add the clams and the cherry tomatoes.

Cover the pan and cook for 5-6 minutes until the clams have opened, throwing away any unopened clams.

Season with salt and pepper and garnish with some fresh herbs and a slice of orange and serve with bread and white wine from Gozo.





NOORD-HOLLANDSE GOUDA

[NORTH HOLLAND GOUDA CHEESE]

— THE NETHERLANDS —

From the end of March through September, no one visiting the centre of the Dutch city of Alkmaar on a Friday morning will believe their eyes: cheese carriers wearing traditional clothing walk back and forth with special barrows carrying up to eight giant wheels of cheese.

On the Waagplein in the town centre, cheese has been traded since the Middle Ages. The carriers bring the cheeses to giant scales under the watchful eyes of the weighing masters. The merchants and samplers on the square decide on the quality of the cheese supplied and bargained by means of clapping hands.

The milk used to make this cheese comes from cows that spend 6 hours a day grazing in the meadow from spring to autumn, 120 days a year. Their milk is thickened in the cheese factory with starter cultures and rennet. This thick milk is then cut into curds. The curds are pressed into a wooden mould, giving the cheese its shape and allowing the moisture to seep out. The cheese is then soaked in brine and sent to the warehouse. Here the wheels of cheese are aged on wooden shelves at a temperature of 12-15 °C, and are regularly turned over so that they retain their shape. Then they are covered with a paraffin coating to prevent mould from forming. This is the craftsmanship behind the cheese from north Holland that bears the PDO label.







JONNIE BOER

CHEF AT DE LIBRIJE

Jonnie Boer became a chef at De Librije restaurant in Zwolle when he was just 24. A few years later he took over the restaurant together with his partner Thérèse. De Librije received its first Michelin star in 1993; the second star followed in 1999, making Jonnie the youngest two-star chef in the Netherlands. Five years later, De Librije was the second restaurant in the Netherlands to be awarded three Michelin stars.

Jonnie and Thérèse: 'We eat and drink every day, but we like to turn this daily need into a celebration, inviting you to share our love for good food and delicious wines. We both grew up in this area, a world where we would catch pikeperch, pick water mint, gather wild ceps and chanterelles and take the punt out to set duck decoys. A punt is a traditional flat-bottomed boat, which is primarily used in the province of Overijssel on ponds and lakes to hunt for waterfowl. This type of pond is also known as a *kooi* (decoy). How could you not fall in love with all these gorgeous products, like the fantastic cheeses, which we produce here? Many people believe that cooking with regional products is our speciality, but we believe we're special precisely because we don't have such a speciality. When you cook and serve with your heart and soul, with true feeling, everything becomes special.'

De Librije – www.librije.com

PASTA WITH EEL AND AGED CHEESE

INGREDIENTS

400 g pasta
(such as spaghetti or linguine)

2 shallots, finely chopped

3 garlic cloves, finely chopped

olive oil

salt

freshly ground white pepper

2 smoked eels, filleted and diced

½ a spring onion, sliced into rings

3 tomatoes, skin and
seeds removed, diced

75 g aged Noord-Hollandse Gouda

3 tbsp parsley, chopped

Cook the pasta al dente in plenty of salted water.

Briefly rinse the pasta under cold running water.

Sauté the shallots and the garlic in a generous splash of olive oil until translucent.

Add the pasta, heat everything through and season with salt and pepper.

Toss the eel, spring onions and tomatoes through the pasta and spoon into a bowl.

Grate some aged Noord-Hollandse Gouda over the top and garnish with the finely chopped parsley. The sweet, nutty taste of the cheese completes the palate of this dish.





STEIRISCHE KÄFERBOHNE

[STYRIAN RUNNER BEANS]

— AUSTRIA —

Beans are one of the oldest crops in the world. As early as the 16th century the conquistadores brought the runner bean with them from the American continent to Spain and England.

Over the century that followed, the plant spread across the entire European continent. This bean variety is notably more resistant to colder climates than other varieties, and therefore thrives in areas with harsh winters and humid summers. Since the 19th century the runner bean has also grown in the south-eastern part of the Austrian region of Styria. These beans have a characteristically fine, creamy texture and a subtle flavour. The high quality of the beans is a result of the fertile and highly suitable lands that extend across the geothermal and volcanic region, which includes the districts of Bad Radkersburg, Leibnitz, Feldbach, Fürstenfeld, Hartberg, Weiz and Graz. Steirische Käferbohne has enjoyed PDO status since 2016.







ANNA HAUMER AND VALENTIN GRUBER-KALTEIS

START UPS OF KOCHNOMADEN

Anna Haumer and Valentin Gruber-Kalteis are among Austria's finest chefs. The couple work together in perfect harmony both in and out of the kitchen, something that is apparent in their natural cuisine, which quickly earned them their first Michelin star. With their venture Kochnomaden they organise a 'momentum' on a monthly basis: a pop-up concept as a tribute to cooking, handcraft and nature.

Their culinary philosophy has everything to do with modern, seasonal and timeless creations with a focus on local produce. In this regard, Austria is a country with countless culinary possibilities. 'For us, cooking with ingredients such as Styrian runner beans or pumpkin seed oil from the same region is completely normal. We wouldn't have it any other way.' Working in the kitchen is their absolute dream job. They discuss, create and design all their recipes and dishes together. 'We met each other in the kitchen and have been working together ever since, so we're used to seeing each other 24 hours a day. Anna and Valentin usually come together in a handy 2-in-1 package.'

Kochnomaden – www.kochnomaden.com

PICKLED PORK CHEEKS WITH RUNNER BEANS, POINTED CABBAGE AND PUMPKIN SEED OIL

INGREDIENTS

1 kg or 8 small pork cheeks
2 l water
100 g salt
100 g curing salt
4 tbsp sugar
a few black peppercorns
a few bay leaves
a few mustard seeds
200 g onion
200 g carrot
200 g celery
40 g tomato paste
500 ml white wine
2 l veal stock
1 tbsp cornflour
40 g pumpkin seeds, roasted
1 not-too-sweet apple
(such as Gala)
240 g Steirische Käferbohne,
soaked overnight in cold water
20 g butter
50 ml Styrian pumpkin seed oil
4 large pointed cabbage leaves
1 tbsp pork crackling

Remove the sinews and membranes from the pork cheeks. Dissolve the salt, curing salt and sugar in cold water. Season with pepper, bay leaves and mustard seeds. Let the cheeks marinate in the briny liquid for 3-4 days and cover the mixture completely. Remove the cheeks from the liquid and rinse thoroughly. Dice the onion, carrot and celery into 2-cm cubes. Fry the carrot and celery in the butter until golden brown and then add the onion. Add the tomato paste and fry for several seconds. Add the white wine and reduce the liquid.

Spoon the mixture and pork cheeks into a Dutch Oven, pour the veal stock on top, cover and simmer for 90 minutes in an oven preheated to 180 °C. Cook the soaked runner beans in a pot containing fresh water. Roast the pumpkin seeds in a dry pan and chop them finely. Remove the pork cheeks from the Dutch Oven and strain the sauce through a fine sieve into a cooking pot. Thicken the sauce to the desired consistency with the cornflour. Salt does not need to be added at this stage; the brine contains enough salt already. Slice the apple into small cubes and sauté together with the runner beans in a pan with some butter. Season the apple with some salt, add the pumpkin seed oil and some water and gently reduce the liquid over a low heat. Fry the pointed cabbage leaves in hot oil, add a splash of water and gently simmer until tender. Season with salt.

Place the runner beans on a beautiful small plate. Add a couple of pork cheeks and the pointed cabbage. Garnish with the pumpkin seeds and the pork crackling and pour a few spoonfuls of sauce over the dish.





JABŁKA GRÓJECKIE

[APPLES FROM GROJEC]

— POLAND —

The apples from the Polish region of Grojec are fruits of royal origin, or so tradition says. They were a gift from Queen Bona Sforza of Aragon to her husband, King Sigismund the Old.

The Spanish-born queen was a fervent gardener. She had an awe-inspiring number of fruit orchards planted, forming the basis for the cultivation of apples in Poland.

The name Jabłka grójeckie is registered as a PGI in the EU. Twenty-seven varieties are cultivated, of which Gala, Gloster, Jonagold, Golden Delicious, Red Jonaprince and Ligol are the most common. The microclimate and the terrain ensure that temperatures remain cool at night during the period preceding the harvest. This gives the fruit its unique character. The apples' beautiful red blush not only gives them a pleasing appearance but also reflects the higher content of pigments in the peel.







BARTOSZ SZYMCZAK

CHEF AT ROZBRAT 20

Bartosz Szymczak was born in Gdynia near Gdansk, on the shores of the sometimes turbulent Baltic Sea. He gained experience in London in the kitchens of Bleeding Heart, Arbutus and The Cow. 'My finest moment was my first day with Tom Aitkens, the man behind successful concepts such as Tom's Kitchen. That was a lesson in gastronomy where I found myself and developed my love for products and ingredients.' Bartosz subsequently worked at Lee Westcott's Typing Room as a sous-chef and went on to open a pop-up restaurant in Hong Kong with James Sharman (Noma), resulting in the One Star House Party project. Since 2016 he has been working at Rozbrat 20, bringing modern, creative Polish cuisine to the table. 'Our motto is *courage, madness and unique taste*,' the chef laughs. 'We work with no fewer than eight different seasons, each with a corresponding menu. From hibernation in January and February, to Indian summer in October, and Christmas time in December. Each menu features regional products such as apples from Grojec and dishes such as pierogi with spicy sausage and kohlrabi.'

Rozbrat 20 – www.rozbrat20.com.pl

APPLE PIE WITH BUTTERMILK ICE CREAM

INGREDIENTS

1 kg jabłka grójeckie (for example Grojec Golden Delicious), diced
100 g raisins
100 g sugar
100 g butter
10 g ground cinnamon
seeds from 1 vanilla pod

For the crumble

125 g flour
125 g butter
100 g brown sugar
90 g granulated sugar
125 g ground almonds

For the buttermilk ice cream

60 g full-fat milk
280 g double cream
seeds from 1 vanilla pod
200 g sugar
120 g egg yolks
470 g buttermilk

For the pie base

250 g butter
400 g sugar
60 g peanut oil
10 g vanilla extract
4 eggs
560 g flour
24 g baking powder

For the almond butter

125 g soft butter
125 g sugar
125 g ground almonds
125 g eggs

Sauté the diced apple, raisins and sugar in butter and season with cinnamon and vanilla. Allow to cool. Strain the juice, reduce to a syrupy consistency and return to the apples.

Mix the crumble ingredients and bake in an oven preheated to 170 °C for 4-6 minutes or until light golden brown.

Mix the milk with the double cream and vanilla seeds. Bring the mixture to the boil, steep for 1 hour and strain through a sieve.

Make a crème anglaise with the sugar and egg yolks, cool to 40 °C and then very gradually add the buttermilk. Allow to cool and process in an ice-cream maker.

For the pie base, mix the butter, sugar, peanut oil and vanilla extract. Add the eggs, flour and baking powder and mix well to form a firm dough. Chill it in the freezer and then roll it out and lay it in a pie tin. Bake blind in an oven preheated to 165 °C for 10-15 minutes or until golden brown.

Finally, mix the soft butter with the sugar and gradually add the ground almonds and eggs.

Cover the pie base with one third of the almond butter and fill the rest of the pie with the apple mixture. Divide the crumble over the apples, coat the crumble with the remaining almond butter and bake the pie in an oven preheated to 170 °C for 15-25 minutes or until the almond butter is slightly coloured.

Allow to cool and serve with the buttermilk ice cream.





PÊRA ROCHA DO OESTE

[ROCHA DO OESTE PEAR]

— PORTUGAL —

In 1836 Pedro António Rocha accidentally discovered an unknown variety of pear tree on his property, the Fazenda Rocha, situated in the vicinity of Lisbon. Every year in September he invited a few of his friends over to enjoy the exceptional quality of the fruit. Little did he know that his discovery would one day become famous. This rare pear variety is named after its discoverer and owner, Pêra Rocha.

The Pêra Rocha do Oeste is generally harvested in August. Even today this is still done by hand and in the traditional way. The fruit is held and tilted slightly sideways to prevent damage to the stem. Harvesting is hard work and the harvest period is short but intensive.

This variety of pear is distinguishable by its yellow and/or light green colour, sometimes with a pink blush on the side that faces the sun. Its russetting is another important feature. The sugars accumulate in these reddish-brown spots. The sunnier the season, the more russetting the pear has. The flesh is creamy white, firm, crispy, sweet and slightly grainy.







JOSÉ AVILLEZ

CHEF AT BELCANTO

‘I could never have dreamt that I would reach the point where I am today. This could only happen with a dedicated and enthusiastic team, constantly striving to improve.’

José Avillez is unequivocally one of Portugal's most famous chefs and one of the main proponents of Portuguese cuisine. He grew up in Cascais, ‘between the ocean and the pine forest’. He learnt from the very best, including Maria de Lourdes Modesto, the most important author of books on traditional Portuguese cuisine, and the famous Ferran Adrià, at El Bulli. In 2008 he earned his first Michelin star at the Tavares restaurant in Lisbon. Three years later he decided to open his own restaurant. Today he has several: in Lisbon, Porto and Dubai. Each restaurant has a distinctive concept, but all of them share a passion for Portuguese gastronomy. Belcanto is without a doubt his most famous restaurant, crowned with two Michelin stars and a place in the top 50 of the World's Best Restaurants List.

José Avillez chose the Pêra Rocha do Oeste because it is a prime example of Portuguese agriculture: an accidentally discovered variety of pears that, two centuries later, is still grown using traditional methods and harvested by hand.

Belcanto – www.belcanto.pt



COLD PEAR SOUP WITH DRY-CURED HAM

INGREDIENTS

(serves eight)

1.5 kg ripe Rocha do Oeste pears
juice of one lemon
2 l water
200 g shallots, finely chopped
50 g butter
black pepper and sea salt
160 g dry-cured ham (such as
Presunto de Barrancos)
a few leaves of fresh mint

Choose the ripest pears. This cold soup will not work with unripe pears.

Peel the Pêra Rocha do Oeste, remove the seeds and cut each pear into four pieces. Keep some thin slices for the finishing touch.

Add the lemon juice to the water and soak the pears in the water to prevent them from oxidising.

Stir-fry the shallots over a medium heat in a knob of butter without browning them.

Strain the pears and add them to the shallots. Stir-fry them for a few more moments.

Add water until everything is submerged.

Season with sea salt and black pepper.

Cover the pears with baking parchment to prevent oxidation and stew them over a very low heat until cooked.

Blend the cooked pears to a creamy pulp. Season if needed and sieve the pulp using a fine conical sieve if required.

Set the soup aside and allow it to cool.

Serve the soup cold in deep plates and garnish with slivers of dry-cured ham, some slices of pear and a few mint leaves.





TELEMEA DE IBĂNEȘTI

[CHEESE FROM IBĂNEȘTI]

— ROMANIA —

Telemea de Ibănești is a Romanian cheese from the Mures region that has enjoyed protected status since 2015.

This cheese is based exclusively on cow's milk from cattle that have grazed for at least 6 months in the Gurghiului valley. In the winter months they eat hay from the same region. Telemea de Ibănești owes its characteristic taste to the water from the Orsova saltwater well. Young telemea contains comparatively more water, making it a soft or semi-soft cheese, whereas aged telemea has more texture and taste. Spices, such as cumin, give the cheese a nutty flavour. Telemea de Ibănești can be eaten by itself, in salads, in omelettes or even with savoury pancakes. The youngest generation of chefs, which includes Alex Petricean, use this exceptional regional product with a healthy dose of creativity.







ALEX PETRICEAN

CHEF AT NOUA

‘There is not a single chef in the world who doesn’t dream of owning their own restaurant, a reflection of themselves where they can expand on their gastronomic ideas.’ Chef Alex Petricean, crowned by Gault & Millau in Romania as Chef of the Year in 2018, saw his dream come true in the spring of 2019. He became chef of the NOUA restaurant, which focuses on modern Romanian gastronomy. ‘It was time to showcase the treasures from our country and how they are rooted in Romanian culture.’

NOUA is located in an aristocratic townhouse in the old heart of Bucharest. ‘This is a big step for us. We have been given the chance to focus on our local products and on quality and excellence rather than volume. Telemea de Ibănești is an excellent example of this.’

NOUA – www.nouarestaurant.ro

BAKED ROMANIAN BREAD WITH TELEMEA DE IBĂNEȘ- TI AND GOAT'S CHEESE SAUCE

INGREDIENTS

For the dough

300 g flour
130 g mashed potatoes (pre-
pared in advance)
7 g salt
15 g yeast
20 ml tepid water
200 g yoghurt

For the filling

100 g butter
50 g flour
50 g full-fat milk
100 g *Cașcavea de pe
Valea Doftanei* (Romanian
smoked cheese)
200 g boiled potatoes
(without skin)
300 g Telemea de Ibănești
5 g salt
2 g pepper
0.5 g nutmeg

For the sauce

200 g whipping cream
200 g butter
150 g goat's cheese
30 g pickled mustard seeds
(available at speciality shops)

4 soft-boiled eggs (4 minutes)

For the dough, mix the dry ingredients and the mashed potatoes together. Dissolve the yeast in the tepid water and mix with a fork. Add the yoghurt and knead the dough for at least 10 minutes until it feels soft and creamy. Cover with cling film and allow to rest for 20 minutes in the fridge. Remove from the fridge 10 minutes before use.

For the filling, melt the butter over a low heat and add the flour. Cook the flour for 3 minutes until it gives off a roasted, nutty smell, then add the milk. Stir until a béchamel sauce forms. Remove from heat and add the diced smoked cheese. Mash the boiled potatoes together with the Telemea de Ibănești. Mix the potato and cheese into the béchamel sauce. Season with salt, pepper and nutmeg and leave to cool in the fridge.

For the sauce, mix the whipping cream, butter and goat's cheese over a low heat until it forms a homogeneous mixture. Add the pickled mustard seeds in at the end.

Roll out the dough to a thickness of 5 mm. Cut out eight rounds measuring 20 cm in diameter. Form a nest from each slice of dough, place a soft-boiled egg in the centre together with the Telemea béchamel and cover with another slice of dough.

Bake for 7 minutes in an oven preheated to 170 °C. Pat the bread dry with a tea towel and pour the goat's cheese sauce over the top.





PIRANSKA SOL

[PIRAN SALT]

— SLOVENIA —

In the shadow of the culinary powers of the Alpine region of Italy and Austria, Slovenia has in recent years developed into an ideal culinary destination.

The country has everything to offer in terms of natural resources, from fish from the Adriatic Sea to dairy from the mountain regions and meat from the fertile hinterlands.

Using traditional methods, salt has been extracted from the Adriatic Sea for over 700 years. The salt crystallises naturally and rests on organic sediments containing all kinds of minerals and microorganisms. The harvest is a product of nature as well as the hard work of the workers on the salt pans. The Sečovelje Saltpans Natural Park, which is situated in the southern part of Piran province and spans 750 hectares, produces salt of excellent quality that is still actively extracted in the northern part of the park. In 2014 the salt from Piran, known as Piranska sol, became a PDO product under European Union legislation.







ANA ROŠ

CHEF AT RESTAURANT HIŠA FRANKO

Ana Roš' restaurant, Hiša Franko, owes its existence to the breathtaking but rugged Soča valley in the north of Slovenia. Her cuisine is a reflection of nature, as she works with what the mountains and the emerald-green river have to offer, which would traditionally be cheese, eggs, meat, freshwater river fish, game and fruit and herbs ready for picking. 'The diet in this part of Europe has always been based on dairy and meat,' Ana explains. 'Our cuisine respects nature in that it coincides with the prevailing regional traditions. This is why we do not offer any vegetarian menus, for example, as it would be an affront to the hard work carried out by our parents and grandparents. Piran salt is one of those products for which we have the greatest respect. It is something that has existed for over seven centuries and that is part of Slovenia's cultural heritage.'

The father of Valter Kramar, Ana Roš' partner, served English roast beef here 50 years ago. Hiša Franko now proudly holds a spot on the list of the world's 50 best restaurants.

Restaurant Hiša Franko – www.hisafranko.com

POTATOES IN HAY WITH LAMB GRAVY

INGREDIENTS

For the potatoes

80 g hay, dried and ground to a powder
1 kg Piran salt
100 g egg whites
4 big potatoes

For the lamb sauce

2 kg lamb's head and bones
300 g *mirepoix* (onion, celery and carrot, finely chopped)
5 g oregano
3 g rosemary
3 g thyme
10 g tomato paste (from concentrate)
200 ml dry white wine
500 g lamb fat

For the potato foam

1 kg potatoes
100 g reduced lamb fat (see preparation)
20 g marjoram
20 g rosemary
4 gelatine sheets
100 g cream

For the mushrooms

150 g horn of plenty mushrooms
20 g hazelnut butter
30 g Istrian summer truffle

Mix the dried and ground hay with the salt and the egg whites. Cover the potatoes with the mixture and bake them for 45 minutes in an oven preheated to 180 °C. Roast the lamb head and bones in an oven at 210 °C until the fat on the bones caramelises. Add the *mirepoix* and herbs and continue to roast the lamb for 30 minutes. Deglaze with the white wine and allow to reduce. Cover the lamb with cold water, add the tomato paste and cook for 4 hours. Strain and cook the sauce for an additional 2 hours. Now bring the lamb fat to a boil and allow to reduce for 2 hours over a very gentle heat.

Strain and allow the fat to cool in ice-cold water. Peel the potatoes for the foam and gently cook them in salted water. Strain and set the cooking liquid aside. Heat the lamb fat once more together with the rosemary and marjoram.

Cook the potatoes in the lamb fat until golden brown. In equal proportions, mix them together with the cooking liquid. Soak the gelatine sheets, wring out the moisture and add them to the mixture together with the cream. Mix everything in the canister of an espuma gun or blend with an electric whisk until a foam forms. Sauté the mushrooms for 7 seconds in the hazelnut butter then drain them on a kitchen towel.

Remove the potatoes from the hay and blend a small amount of the hay mixture for the garnish. Mash the potatoes with a fork and serve with the potato foam, mushrooms, freshly grated truffle and lamb gravy. Garnish with some of the powdered salted hay.





STUPAVSKÉ ZELÉ

[STUPAVA-STYLE FERMENTED CABBAGE]

— SLOVAKIA —

Stupavské zelé is a fermented cabbage made from white cabbage heads traditionally harvested around the town of Stupava in the Záhorie region. This is still done by way of a fully natural process, according to a traditional recipe, and without added preservatives.

Cabbage had been popular in Europe since the second half of the 19th century, when it began to be promoted as a source of vitamin C. There was widespread support for setting up factories to produce cabbage, including from the authorities of the Austro-Hungarian Empire, partly in response to the First World War and the associated poverty, hunger and epidemics. Written sources attesting to the cultivation, sale, and export of cabbages date from much earlier times. It is clear that the cultivation of white head cabbages, for several centuries known locally as 'zelé', played a key part in the history of Mást and Stupava in terms of both domestic and foreign trade.

Trading in this commodity has been, and still is, one of the main sources of income for many local inhabitants. Pickled cabbage from Stupava ('Stupavské zelé') has been a part of the local food culture for several centuries. It has even become a feature of *Dnizelá* (Cabbage Days), a major regional event that is held in early October every year. Stupavské zelé is a thread that runs through the history of Mást and Stupava, creating roots that have endured and should be safeguarded and strengthened. The cabbage is fermented in wooden vats at a maximum temperature of 25 °C and submerged in brine to keep it crisp and to prevent it from rotting. Slovaks usually eat it in the winter together with homemade sausage and a glass of Slovak beer.







SAVOY
RESTAURANT
Joel Roba
Executive Chef

MILTON
SAVOY
HOTEL

Radisson

JOZEF RISKÁ

CHEF AT SAVOY (RADISSON BLU CARLTON)

Many Eastern European capitals still exude grandeur thanks to their carefully restored historical buildings; this includes the Carlton building in the heart of Bratislava. The Savoy Café was once where the local professional elite met to do business over coffee and the Savoy Restaurant retains the atmosphere of those days. Jozef Riska has been executive chef here since 2015. Under his care, the restaurant received the Trend Tip Award a year later for its excellent value for money. As he puts it, he works to preserve ‘the essence of traditional recipes by combining them with the luxury of current culinary trends.’

Jozef Riska admires and cherishes the traditions of life in rural Slovakia. ‘Cabbage was always a part of those traditions. Anyone who had cabbage in their garden had access to a private apothecary. Cabbage is healthy and nourishing. Our traditional preparation method keeps the vegetable springy and crisp. We work with late-season winter cabbage, which is only found in a very specific area: around Stupava, from the western hills of Little Carpathia to the southern edge of the Záhorie lowlands.’

Savoy (Radisson Blu Carlton) – www.savoyrestaurant.sk

STUPAVSKÉ ZELÉ

FERMENTED CABBAGE WITH GLAZED TENDERLOIN

INGREDIENTS

1 tbsp golden syrup
2 tbsp mustard
1 tbsp apple cider vinegar
1 pork tenderloin, approx. 650 g
sea salt and black pepper
40 g butter
1 tsp grated horseradish
2 tbsp sour cream
1 tsp lemon juice
150 g sliced smoked bacon
50 g hazelnuts
1 kg 'stupavské zelé'
fermented cabbage
fresh herbs

Combine the golden syrup with the mustard and apple cider vinegar and rub the mixture liberally all over the tenderloin. Put the meat in a baking dish and season generously with salt and pepper. Cover with film and marinate overnight or longer in the refrigerator.

Preheat the oven to 180 °C. Melt some butter in a cast-iron, oven-proof pot. Once the pot is hot, sear the tenderloin in the butter for 2 to 3 minutes on each side. Place the pot in the oven and bake for another 10 to 15 minutes, depending on how thick the tenderloin is.

In the meantime, prepare the rest of the dish. For the horseradish cream, combine the grated horseradish with the sour cream. Season with lemon juice, salt and pepper. Put the mixture in a piping bag and refrigerate until ready to use.

To make the hazelnut-bacon crumble, preheat the oven to 180 °C. Line a baking dish with parchment paper and arrange the bacon slices on top. Dry them in the oven for 20 to 25 minutes. Spread the hazelnuts out on another baking sheet lined with parchment paper and roast them for 5 minutes in the oven. Let the bacon and nuts cool. Break off a couple of pieces of bacon and save these for the garnish. Put the remaining bacon in a food processor and blend to a crumble. Do the same with the hazelnuts and mix them into the bacon crumble.

Divide the crumble over the plates. Arrange a few spoonfuls of the fermented cabbage on top and pipe a few dots of horseradish cream in between. Finish with a piece of tenderloin, a few crispy bacon pieces and your favourite fresh garden herbs.







KITKAN VIISAS

[SMOKED VENDACE FROM LAKE KITKA]

— FINLAND —

Residents of the Koillismaa region on the north-easternmost tip of Finland are very proud of their local products.

Depending on the season, these include mushrooms, reindeer, freshwater fish, cloudberries and wild herbs. For centuries, fishing and hunting have been the foundation of survival in this inhospitable but breathtaking part of the country, featuring Lake Kitkajärvi as its crown jewel. This large lake is filled with aquatic wildlife and is the home of the Kitkan viisas, the small vendace with an unusual name.

Kitkan viisas literally means the 'wise of Lake Kitkajärvi'. There are two theories about where the name comes from. During the Russian Revolution, many people moved to the other side of the border. The vendace remained in the lake and were, therefore, 'wise' enough not to venture east into Russia. Another reason for the unusual name may stem from the fact that this small and quick fish is not always easy to catch.

The Kitkan viisas is considerably smaller than other freshwater fish. During the winter months one can eat this whitefish-like fish as is, bones and all. The valuable roe is also eaten in autumn. In 2013 the vendace received PDO status from the European Union. It is a treasured and highly sought-after delicacy.







KATI LASZKA

WELL-KNOWN PRIVATE CHEF

Nature tourism, exploring the wild, eating local and foraging are becoming increasingly popular. Nordic chefs are only too happy to cater to this new trend. 'Forests and lakes are one big natural treasury,' says Kati Laszka. 'They are – with a few exceptions – freely accessible to everyone and offer nutritious food year-round.' Storytelling plays a crucial role here. Residents and visitors need to hear where their meal comes from and how the ingredients on their plates fit into the Finnish culinary tradition. And that, in turn, provides previously untapped opportunities for local employment and local tourism. 'Kitkan viisas is unique in the world,' Kati emphasises. 'It comes from the clean and pure waters of northeast Finland. It is a fantastic ingredient that you can find in both the finest gourmet restaurants and home kitchens.'

Kati Laszka worked for several years at the Savoy restaurant and at G. W. Sundmans, both located in the centre of Helsinki, and between 2011 and 2014 was the executive chef of the Finnish National Opera. Today she mainly works as a private chef for companies and individuals and she also creates recipes for various magazines and brands.

www.kiehumispiste.fi

VENDACE MOUSSE WITH VENDACE ROE AND BUTTERMILK SAUCE

INGREDIENTS

(serves six)

For the béchamel sauce

10 g butter
10 g wheat flour
100 ml warm milk
1 gelatine sheet, soaked

For the mousse

250 g smoked Kitkan viisas
120 ml béchamel sauce (see basic recipe)
50 g sour cream
½ teaspoon of salt
150 g double cream

For the buttermilk sauce

25 g dill
150 ml neutral oil (e.g. canola oil)
½ teaspoon salt
100 ml buttermilk
½ teaspoon sugar
black pepper

For the pickle

50 ml white wine vinegar
85 g sugar
150 ml water
½ tablespoon mustard seeds
150 g cucumber
50 g red onion

To garnish

100 g vendace roe from Lake Kitka
rye bread chips
wood sorrel

First, make the béchamel sauce. Melt the butter and add the flour. Mix well and then pour in the milk. Keep stirring for 5 minutes and then add the gelatine sheet. Allow to cool.

Mix the fish in a food processor until smooth. Add the béchamel and the sour cream and season with salt. Keep mixing until you have a smooth mixture. Press the mixture through a sieve and allow to cool.

Lightly beat the double cream until firm and gently fold this into the vendace mixture. Fold in a third first, followed by the rest.

Blanch the dill briefly in boiling water. Dry and put in a blender with oil and salt. Blend until smooth.

Season the buttermilk with salt, sugar and black pepper. Drizzle a small amount of dill oil over the buttermilk and gently stir it in. The rest of the dill oil can be frozen for another time.

Finally, bring the vinegar, sugar, water and mustard seeds to the boil. Dice the cucumber into pieces. Pour some of the pickle over the cucumbers and allow to marinate for about an hour. Do the same with the red onion.

Serve the mousse with the buttermilk sauce and garnish with the Kitkan viisas roe, pickled cucumber and onion, some rye bread chips and wild herbs.





KALIX LÖJROM

[CAVIAR OF KALIX]

— SWEDEN —

Kalix Löjrom is the king of Swedish caviar. It is one of the Swedish products with PDO status and is considered a delicacy; it is often served on special occasions such as a Nobel Prize banquet or a royal wedding.

The eggs are produced by the vendace, a fish found in the slightly salty water near the coast of Kalix in the north of Sweden. The fish are no larger than 20 cm long and are, despite their many small bones, considered a culinary delicacy by the locals. They are usually breaded and then baked or fried. However, the eggs of the vendace that swim in the waters of Kalix have an unusual colour and flavour and are considered unique.

The fishing season is under strict supervision and lasts from 20 September until the end of October. The catch does not have a significant impact on the fish population in the Gulf of Bothnia, but the number of 'harvested' eggs varies from year to year, for reasons still relatively unknown to this day. After the catch, the females are separated from their male counterparts and the roe is extracted from the fish by hand. Each vendace produces approximately 2 teaspoons of eggs, which are subsequently rinsed, dried and lightly salted. Only the Kalix Löjrom from the municipalities of Haparanda, Luleå, Piteå and Kalix itself has received the European Union's PDO status.







TITTI QVARNSTRÖM

FIRST FEMALE MICHELIN-STARRED CHEF IN SWEDEN

Titti Qvarnström studied catering in Copenhagen and worked in the finest kitchens of Denmark and Germany before returning to Sweden and becoming the very first woman in Scandinavian history to earn a Michelin star. In 2015 her restaurant, Bloom in the Park, was hailed as the best restaurant in Sweden. She also took part in culinary television programmes such as *Chefs* and *Battle of the chefs*. In 2017 she wrote the book *Malmö cooking*. She is currently the creative leader of the Folk Mat & Möten conference centre.

‘Skåne’s nature has always been a major source of inspiration for me,’ Titti Qvarnström explains. ‘There’s always something happening in my world. I love the heat of a kitchen and the pace of a restaurant; that is what attracted me to the restaurant business. Every day you start with an empty slate. You create something from scratch. That’s why I also love the end of the day, when everything is cleared up and the pots and pans are ready to be used the next day.’

‘This product comes from the north of Sweden. The fish swim in the brackish water of the Baltic sea. Kalix Löjrom is much cheaper than caviar, but it is a true delicacy nonetheless, which is why it is a sought-after produce that deserves protecting.’

www.tittiqvarnstrom.se

KALIX LÖJROM ON CREAMY MASHED POTATOES SERVED WITH SOUR CREAM, RED ONION AND DILL

INGREDIENTS

200 g Kalix Löjrom
200 ml sour cream
2 medium-sized red onions
1 sprig dill
500 g potatoes
100 g butter
300 ml cream
salt
nutmeg

Spoon the sour cream into a coffee filter and drain it for 30 minutes to give it a firmer texture. Chop the red onions finely and pick the dill. Peel the potatoes and cook them in water. Drain them and mash them into a puree. Melt the butter and add to the potatoes. Beat the cream until firm and mix it in with the mash to give it a thick and fluffy texture. Season with salt and nutmeg.

Spoon a generous amount of mash onto a deep plate. Garnish with equal parts of the fish roe, red onion, sour cream and dill. Serve immediately.



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