



# DIET FOR A CLEAN BALTIC IN PRACTICE



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Europiska jordbruksfonden för  
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**BERAS** *implementation*  
Baltic Ecological Recycling  
Agriculture and Society



**Södertälje  
kommun**



**SALTÅ KVARN**  
*Av det naturen ger. Och inget annat.*



**LEADER  
Södertälje  
Landsbygd**

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# Preface

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## **-Resilience of our ecosystems is at stake**

Despite various measures, the eutrophication of the Baltic Sea is not decreasing and the resilience of multiple ecosystems is at stake. In this situation business as usual is not an option. New approaches are needed creating a safe operating space within the environmental boundaries. BERAS develops and implements practical examples where innovation and entrepreneurship from a multi sectorial engagement flows into realistic fully integrated ecological alternatives for the whole food chain from farmer to consumer.

## **-BERAS - background and main concepts**

The BERAS concepts have been developed through two transnational projects part - financed by the European Union and Norway (the Baltic Sea Region Programme), BERAS (2003 – 2006) and BERAS Implementation (2010 – 2013). It is a common effort from the partnership from nine countries around the Baltic Sea (Sweden, Denmark, Germany, Poland, Belarus, Lithuania, Latvia, Estonia and Finland), Russia and Norway and includes national and local authorities, universities and research institutes, advisory services, ecological and environmental NGOs, farmers' organizations, food chain actors and finance institutions.

The concept of **Ecological Recycling Agriculture (ERA)** is based on many years of research and studies on how organic farms can be organized to be truly sustainable and environment - friendly and has demonstrated its potential related to reduction of nutrient leakage from the farm, soil carbon sequestration/climate effect, biodiversity and increased soil fertility.



BERAS has also successfully started the implementation of fully integrated full scale examples of regional **Sustainable Food Societies (SFS)** in all countries in the Baltic Sea Region.

The consumer engagement concept **Diet for a Clean Baltic** offers a sustainable lifestyle with consumption of sufficient and good food without threatening the environment of the Baltic Sea or the planetary boundaries.

#### **-BERAS future**

Following the conclusion of EU project BERAS Implementation in 2013, a Network Agreement has been concluded to further develop BERAS and secure the continuation of the work in the Baltic Sea Region and to share our competence and building alliances with initiatives in other parts of the world.

Arthur Granstedt  
Agr.Dr  
Projekt Coordinator

Jostein Hertwig  
Attorney at Law  
Head of BERAS Secretariat

# Introduction

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We are 7 billion people living on the earth, and we have 1.4 billion hectares of arable land to share between us. That means 2000 square metres of cropping land for each of us, which should, by a good margin, suffice for us all to live well, even using Ecological Recycling Agriculture, the system which minimizes negative environmental impact on the Baltic Sea and other waters, whilst making agriculture a positive factor in terms of climate impact. In addition to our 2000 square meters of arable land, we have pasture land, fishing waters and forest at our disposal. The ecosystem produces a surplus. As long as we harvest only from this surplus, we will not harm nature. Through good farming, or good game management, good pasture management or good aquaculture, we enhance nature's ability to give a surplus. All of this means that we should be able to live both well, and in harmony with nature. This, unfortunately, is not what we do today. Out of ignorance and incomprehension, and force of habit, we overexploit nature. We squander food, partly through wastage, partly by feeding to animals food which could and should be food for people, and we frequently eat more than is good for us. This book gives tips and recipes for you who work with food, to enable you to be part of changing this situation. You have a key role to play and this book aims to give some practical hints as to how to get started! The recipes are based on ingredients which should be available both organically and locally grown, and they have been tested in a school environment. Focus on the right ingredients, and begin with one or two recipes that you feel comfortable with. The intention is not that you go over to only these recipes at once. It takes time and energy to change habits. Take small steps, keep to what is good and be persistent. But once you get going you'll soon be creating your own Baltic Friendly recipes! Welcome!

# Diet for a Clean Baltic

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## **-Good and healthy food**

For Diet for a Clean Baltic to be popular and make an impact, it must be well prepared and well balanced.

## **-Organically grown and ideally from Ecological Recycling Farms**

Recycling Farms In the absence of **Ecological Recycling Farms**, EU-organic or KRAV certified ingredients should be used.

## **-Less meat, more vegetables and wholegrain**

A benchmark is for a maximum 20% of the ingredients to be meat and fish. Animals should be raised under good conditions and fish should come from sustainable fishing. Choose wholegrain products in preference to refined equivalents, as they are more filling, have higher nutritional value and create less waste.

## **-Seasonal food**

A product which is produced locally in its natural season can be ecologically friendly, fresh and low cost at the same time.

## **-Locally produced**

The definition of "local" varies according to the particular product and market. But a maximum of 50km to 250km from the consumer is a rough measure. The origin of animal fodder and other inputs should also be taken into account.

## **-Reduced waste**

Wastage must be minimised; in production, in processing, in distribution, in catering, and from the plate itself.

# Save the Baltic!

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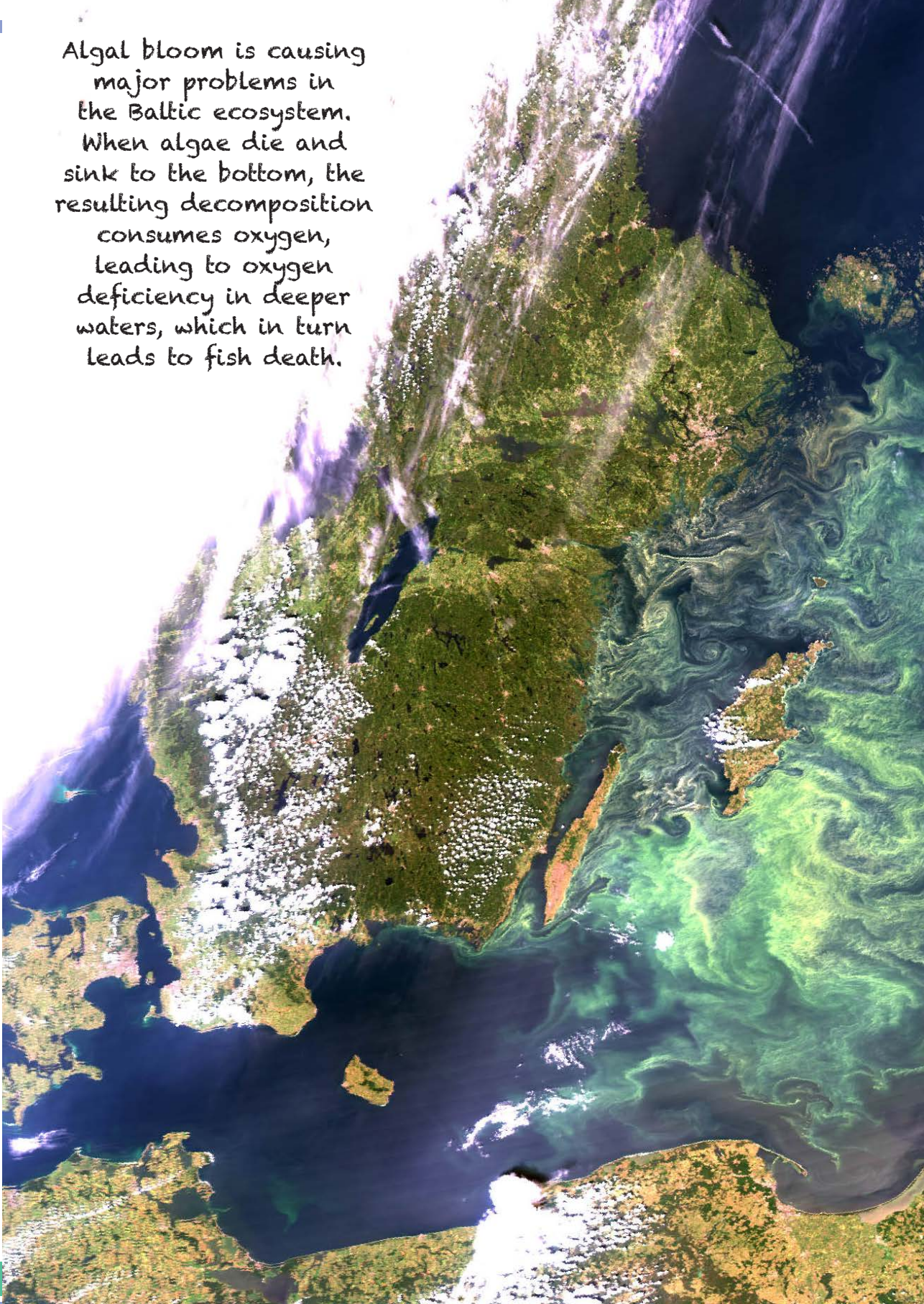
The food which is consumed around the Baltic affects the sea to a greater degree than we perhaps believe. Agricultural production and processing are of great significance for the environment of the Baltic. Agriculture is the single greatest source of today's over-fertilisation of the Baltic, accounting for 50%. The trend today is for agriculture to become ever more specialised and intensified, above all in the separation between animal rearing and fodder production is growing. Some farms have ever more animals, while others have none at all, which affect the farms' need for manure and fodder. This increasing specialisation is a threat to the Baltic. Agriculture's contribution to the overfertilisation of the Baltic is really very substantial. The BERAS Project has taken a holistic approach by examining the whole food chain and how it could be able to contribute to a cleaner sea. To see research papers and for more detailed information on the Baltic, visit: [www.beras.eu](http://www.beras.eu).

## Did you know?

- 3% of the Baltic sea's water is exchanged each year.
- The average depth of the Baltic sea is 50 metres, and 90 million people live within its catchment area.
- The Baltic sea is affected by water running in from 10 countries. Through the use of Ecological Recycling Agriculture, nitrogen losses from agriculture could be halved and phosphorus losses significantly reduced.



Algal bloom is causing major problems in the Baltic ecosystem. When algae die and sink to the bottom, the resulting decomposition consumes oxygen, leading to oxygen deficiency in deeper waters, which in turn leads to fish death.



# Ecological recycling agriculture

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When we eat according to the criterias for Diet for a Clean Baltic, our aim is to help farmers in the Baltic Sea region to convert to Ecological Recycling Agriculture (ERA), by which the leakage of excessive nutrients into watercourses can be reduced, without putting at risk the region's ability to feed its population.

To convert a farm to Ecological Recycling Agriculture involves matching the number of animals to the farm's own potential to produce fodder. With a balance between animals and acreage, the amount of manure will not be such that it pollutes watercourses. The manure from the animals together with legumes grown for fodder should ensure that artificial fertilisers are not needed, and the farm can be fully organic.

Being self-sufficient in fodder also gives security with regard to increasing fodder prices on the global market, but it also means ruling out the possibility to increase profits by increasing livestock densities. Some farms can perhaps increase their acreage to enable them to produce sufficient fodder without having to reduce their stock. This requires that neighbours have land which is available, or are interested in cooperation.

An ERA farm should be protected from economic pressure. In order to increase the number of ERA farms, cooperation is needed between those who prepare and eat food and those who grow it. Farmers have to make large investments which take a long time, maybe thirty years, to pay back for themselves. The key to success with this is a secure demand for products.

Do farmers and market gardeners dare to rely on their customers? A small farm can survive by quite a small circle of faithful customers plus a large circle of occasional customers. Many ERA farms find security in a market with many customers, so that it will not be catastrophic if a large customer disappears. Conventional farmers - and also many organic - build their security on selling to a monopoly business which seems stable. The problem with this is that such firms can solve their own problems by putting their suppliers under economic pressure. This, amongst other things, is what their stability is based on. To step out of this security - which increasing numbers realise to be a false security - can seem risk-filled. A strong movement for Diet for a Clean Baltic can help farmers to dare to take that risk - and find new security in their consumers' commitment to saving our common environment!





Wholesalers who work with the concept of organic produce with an emphasis on the environment, and who reward farmers with a better price if they do more than merely satisfy minimum requirements, play an important role. An example of this is Saltå Kvarn. Through rewarding farmers for extra environmental measures, Saltå Kvarn has fostered good partnerships and a long - term trust which makes conversion more attractive.

When you buy goods from such an enterprise, you make a special contribution by supporting not only organic farming in general, but also conversion itself.

# Conversion of Södertälje´s public catering to Diet for a Clean Baltic

Södertälje municipality's diet unit serves food to kindergartens, schools and care for the elderly. It produces 23000 portions daily during term time and approximately 4.5 million annually. For school lunches, several alternatives are usually offered: a meat or fish dish, a vegetarian dish, a soup and a salad buffet with between four and ten options. One day in the week is completely vegetarian. Sometimes soup is the main dish, and is served with home-baked bread and various spreads.

Criteria for Diet for a Clean Baltic are:

- Good and healthy food
- Organically grown
- Less meat, more vegetables and wholegrain
- Seasonally adapted
- Locally produced
- Reduced waste

It is not possible to be fanatical or extreme in the public sector. It is important to take things step by step. The aim is not to satisfy 100% of the criteria for Diet for a Clean Baltic immediately, but to ensure that the conversion process continually moves forwards.

## Converting without extra money

The budgets of local authorities are often tight and conversion may need to be made without extra financial resources. The best is to begin by reducing food wastage - a lot of money can be saved that way.

Wastage occurs at various points: before cooking because of insufficient storage or planning, after cooking if there is no system for using left overs or turning them into new dishes, and from the plate when diners take more food than they can eat. To reduce wastage, Södertälje´s diet unit has identified the following measures as being effective:

### **-Minimise the use of ready or partly-ready products.**

Most ready-made foods cannot be reheated a second time or transformed to a new dish, so left-overs have to be thrown away. Apart from which, ready-made food is expensive.

### **-Employ trained staff.**

A qualified cook may cost a little more in wages, but is more efficient, especially in logistics. The cook can for example plan the cooking to include re-using left-overs thus reducing waste. A competent catering manager can achieve more with fewer staff thanks to better planning. Therefore wage costs do not have to be higher.

### **-Provide continuous further training for all kitchen staff.**

In the past, kitchen staff were untrained in professional catering. Nowadays, all receive further training as a continuous process. One cook has a part time position as a meal developer, and has the task of sharing his/her experience with other kitchens.

### **-Develop full kitchen facilities at all units and avoid centralised menus.**

In receiving kitchens, a lot of food is thrown away. There, food can only be reheated, nothing new can be added. Even turning leftovers to new dishes is impossible. Full kitchen facilities, where food can be prepared from scratch, are therefore very important. That means a need for investments and facilities can be upgraded whenever new building or renovation takes place. By ending the transport of food between central kitchens and reception kitchens, costs are reduced significantly - apart from which wastage is reduced too - and the resulting savings can be invested in converting kitchens, and in better ingredients. Job satisfaction and creativity amongst kitchen personnel comes free into the bargain, especially when they can create their own weekly menus!

### **-Involve the lunch guests!**

It is important in Sweden to teach pupils not to take more than they can eat, as adolescents in particular throw away far too much from their plates. In order to change this behaviour, pupils take part in various activities where food wastage is made visible. Pupils help themselves from a buffet, and they are encouraged to have work experience in a school restaurant. Another activity can be that wasted food is weighed every day, and the results, both weight and cost, can be displayed for all to see. In this way, awareness of the value of food is increased. There can also be rewards, in the form of a dessert or other popular dishes, if for a number of days the amount of thrown away food remains below a certain threshold. This creates motivation and awareness between pupils so that food isn't thrown away.

# Further factors balance each other financially

## **-Less meat = smaller quantities of an expensive product.**

In today's Sweden we eat far too much meat, and the trend is towards ever-increasing amounts of meat in everyday food. With Diet for a Clean Baltic we try to break this trend. In our food there is no lack of protein, so we can eat much less meat without any danger of receiving too little. When the cook prepares a meat dish, mince or meat stew for example, he or she can mix it with vegetables or pulses, giving a cheaper and more environmentally friendly dish, which still very well satisfies nutritional requirements.

## **-Wholegrain and good vegetables = more filling food with lesser quantities.**

Nutrient packed, tasty vegetables and wholegrain products are more filling. When refined "white" ingredients and watery vegetables are avoided, hunger can be satisfied with smaller quantities.

## **-Seasonal = cheaper ingredients.**

This means not buying expensive, imported, out-of- season products. This saves money, but it also means that you must learn to use and vary domestically produced ingredients.

## **-Locally produced = active farming and food with an identity.**

Locally produced food is not necessarily cheaper, but it lends an identity to food which is very educational when one is introducing Diet for a Clean Baltic. In addition, it supports living agriculture and local jobs. Safeguarding and developing food production in every region is important for the sustainability of every community.

## **-More organic = more expensive, but is compensated for by other actions.**

Södertälje's goal is to reach 50% organic (of the total purchase amount, which to a large degree has already been achieved. This is obviously more expensive, but is compensated for by the money that is saved when wastage is reduced, food is prepared from scratch, ingredients are bought according to seasonal availability, meat quantities are reduced, good vegetables and wholegrain products are used, and the transportation of ready food is stopped.

## Practical hints:

- *Place the salad buffet first so that more vegetables are eaten!*
- *Make food wastage visible in order to increase awareness - use small, preferably transparent waste containers.*
- *It is very simple to make a soup from leftovers - a new dish created!*
- *Vegetarian dishes can be popular if pupils can have a hand in the preparation, especially if they can try their own seasoning. Then they will promote them to their friends!*



# Seasonal food

The recipes in this book are ordered according to season, as this helps us to think along the lines of Diet for a Clean Baltic.

When we match the buying of foodstuffs to the season, we get fresher, cheaper and better tasting food. Seasonal food is more healthy, is better for the environment, and is often locally produced. Seasonal products appear on the local market at the time of year when they are at their very best. They are produced in the region we live in, with as low energy consumption and as little pollution as possible. In eating seasonal food, we avoid products from heated greenhouses, energy consuming storage and environmentally damaging air transport. Buying in-season ingredients encourages farmers to move towards simpler and more environmentally friendly production.

With seasonal ingredients, there is naturally a surplus, which means prices fall. Making use of this means that wastage is reduced, and at the same time it becomes easier to prepare food according to Diet for a Clean Baltic on a limited budget.

## Seasonal ingredients

-The environmental impact of, for example, emissions from electricity generation or from traffic, are reduced if one chooses seasonal ingredients.

-Avoid chilled and frozen goods, along with produce from greenhouses heated during the winter, which are highly energy demanding.

-Products which are transported by air are ruled out altogether, on the grounds of the high energy consumption and emissions associated with the aviation industry.

-Vegetables and fruits that are consumed when they are in season often contain more nutrients and have a richer taste.

-Fresh produce seldom contains additives.

### Recipe description



Estimated time



Lactose free

(Lactose free dairy products are used in the recipes)



Gluten free



Strength (1-5)



Vegetarian

(May contain dairy and egg products)





## Spring and early summer

*april, may, june*

*The time for early spring greens and vegetables, but also the "hungry gap" when there is little left from last year's harvest. Root vegetables, onions and cabbage begin to be dull, and need to be pepped up with new green leaves such as spinach, the first lettuces and leafy herbs. Dry goods such as beans, peas and flour of various kinds are an important basis during this time. Preserves offer a complement. Then come new potatoes and early vegetables. Eggs belong to the spring, the season when birds naturally lay eggs, and this is also the season for mackerel, one of the better fish to eat.*



Foto: Ossian Tidblom



# Spring salad with asparagus, spring greens and Västerbotten cheese

Asparagus belongs to the spring! Here it finds its way into a salad together with spring greens and the wonderful mature Västerbotten cheese from Burträsk.



1. Chop the greens into large pieces, even leaving some whole leaves, then put them in a bowl of cold water.
2. Trim away the coarser lower 1cm or so of the asparagus stalks. Boil the asparagus in plenty of salted water, then remove and cool it rapidly in cold water.
3. Mince the garlic. Blend the dressing ingredients in a bowl, and allow to stand for an hour. Stir again just before serving.
4. Drain the salad greens in a colander, then arrange them in a large salad bowl together with the watercress, grated cheese and asparagus. Pour over the dressing, and add a little freshly ground black pepper.

## 4 portions:

### Salad:

50 g asparagus  
2 types of spring greens, such as swiss chard or pea shoots  
250 g västerbotten cheese  
1 spring onion  
Salt for the asparagus water

### Citrusdressing:

100 ml orange juice  
1 clove garlic  
1 tbsp lemon juice  
2 tbsp honey  
50 ml rapeseed oil  
0,5 dl rapsolja  
salt and black pepper

## 50 portions:

### Salad:

6 kg asparagus  
2 types of spring greens, such as swiss chard or pea shoots  
3 kg västerbotten cheese  
12 spring onions  
Salt for the asparagus water

### Citrusdressing:

1.2 litres orange juice  
10-12 cloves garlic  
200 ml lemon juice  
400 ml honey  
600 ml rapeseed oil  
Salt and blackpepper

Wild asparagus occurs in many places in Sweden. In cultivation there are many varieties of both white and green asparagus. White asparagus has a hard skin and is kept covered with earth, being harvested before the green shoots reach the surface. Green asparagus is soft skinned, grows above the surface, and has a stronger flavour.



# Pearl barley salad, with spinach, cream cheese and sundried tomatoes

Pearl barley should always be cooked over low heat for 35-40 minutes then drained in a colander or strainer, and cooled quickly by rinsing in cold water.



1. While the pearl barley is cooking, prepare the vegetables. Peel and finely chop the onion. Peel and coarsely grate the carrot and celeriac.
2. Drain the tomatoes, saving the oil, then slice thinly. Scrub then dry the lemon, and then finely shred the peel.
3. Drain the barley then rinse in cold water. Mix the barley with the vegetables, lemon peel and parsley.
4. Mix the dressing ingredients, then pour over the salad and mix well.

## 4 portions:

### Salad:

200 ml pearl barley  
1 litre water  
1 tsp salt  
1 red onion  
1 carrot  
1 handful fresh spinach  
50 g celeriac  
200 g sundried tomatoes  
1 lemon  
1 bunch chopped parsley

### Dressing:

50 ml oil from the sundried tomatoes  
1 tbsp freshly pressed lemon juice  
Salt and pepper

## 50 portions:

### Salad:

2.4 liters pearl barley  
12 litres water  
4 tbsp  
12 red onions  
12 carrots  
100 g fresh spinach  
600 g celeriac  
2.4 kg sundried tomatoes  
12 lemons  
300 ml chopped parsley

### Dressing:

600 ml oil from the sundried tomatoes  
180 ml freshly pressed lemon juice  
Salt and pepper

Pearl barley used to be used extensively in everyday cooking. Porridge, gruel, sausage cake, soup and puddings all commonly contained it. Pearl barley is hulled and cut barley, which qualifies as locally produced food as it can be grown in Sweden.



# Fresh herb paste

Nice with freshly baked bread, or as a marinade for chicken or fish.



1. Blend the ingredients, except for the balsamic vinegar, with a blender.
2. Carefully fold the balsamic vinegar into the herb paste, and season with salt and pepper.

## 4 portions:

1 bunch parsley  
1 bunch basil  
1 bunch dill  
1 garlic clove  
4 tbs rapeseed oil  
1 tsp lemon juice  
1 tsp Dijon mustard  
1 tsp balsamic vinegar  
Salt and pepper

## 50 portions:

40 g parsley  
40 g basil  
40 g dill  
10-12 garlic cloves  
700 ml rapeseed oil  
4 tbs lemon juice  
4 tbs Dijon mustard  
4 tbs balsamic vinegar  
Salt and pepper



# Yoghurt sauce with rocket and freshly grated parmesan

Perfect with meat, chicken or shellfish, or as a dressing with vegetables.



1. Begin by grating the parmesan, and chopping the rocket and garlic.
2. Mix all the ingredients in a bowl, adding a little water if the sauce seems too thick. Season with salt and pepper.

## 4 portions:

100 ml green lentils  
50 ml sour cream  
1 tbsp Dijon mustard  
1 bunch fresh parsley  
100 g shredded leek  
4 radishes  
Salt and pepper

## 50 portions:

1.2 litres green lentils  
600 ml sour cream  
200 ml Dijon mustard  
40 g fresh parsley  
2 shredded leeks  
50 radishes  
Salt and pepper

## 4 portions:

200 ml turkish yoghurt  
1 garlic clove  
50 ml grated parmesan  
100 ml shredded rocket  
1 tbsp lemon juice  
Salt and pepper

## 50 portions:

2.4 litres turkish yoghurt  
10-12 garlic cloves  
600 ml grated parmesan  
1.2 litres shredded rocket  
200 ml lemon juice  
Salt and pepper

# Creamy lentil and radish dip

Lentils are very rich in protein, and also contain minerals, trace elements, B-vitamins and masses of fibre. They belong to the so-called slow carbohydrates.



1. Soak the lentils overnight, then cook for approximately 10 minutes over medium heat. Leave to cool.
2. Blend the sour cream, Dijon mustard, leek, and some of the parsley. Mix in the lentils, and season to taste.
3. Garnish with a little finely sliced radish and chopped parsley.

# French onion soup

Onions contain many beneficial substances such as antioxidants, proteins, flavonoids and the important quercetin.



- 1.** Boil the stock. Peel and chop the onions. Mince the garlic.
- 2.** Mix all the ingredients in a pan and cook over low heat until the onion is soft.
- 3.** Season with salt and pepper and add a few drops of rapeseed oil before serving.

## 4 portions:

2 onions  
1 red onion  
1 garlic clove  
600 ml vegetable stock  
1 tsp dried thyme  
1 tsp dried rosemary  
1 tbsp rapeseed oil  
Salt and pepper

## 50 portions:

25 onions  
12 red onions  
10-12 garlic cloves  
7.5 litres vegetable stock  
3 tbsp dried thyme  
3 tbsp dried rosemary  
200 ml rapeseed oil  
Salt and pepper

## 4 portions:

100 g nettle leaves  
600 ml vegetable stock  
100 ml whipping cream  
3 tbsp finely chopped chives  
1 tsp chopped chilli  
Salt and pepper

## 50 portions:

1.2 kg nettle leaves  
7.5 litres vegetable stock  
1.2 litres whipping cream  
300 ml finely chopped chives  
2 chopped chillies  
Salt and pepper

# Fiery nettle soup

In this recipe we use only the tenderest nettle shoots of spring. A classic accompaniment to this soup would be boiled or poached eggs.



- 1.** Boil the stock together with the nettles. Finely chop the chilli.
- 2.** Blend with a stick blender, adding the cream, fennel seeds and chilli. Garnish with shredded chives.

# Quinoa burgers with fresh basil and salad cheese

When cooking quinoa it is best to rinse it first under running water before cooking it in twice as much water as grain. This is because quinoa seeds have a coating of bitter substances, saponins, which though not harmful, is best removed. When cooking quinoa, the seeds appear to develop tails; this is normal and is due to the germ in the seed coming loose.

## 4 portions:

100 ml quinoa  
1 egg  
1 tablespoon crème fraiche  
50 ml salad cheese  
1 tbsp breadcrumbs  
1/2 onion  
1 bunch basil  
1 garlic clove  
1 tsp fresh chilli  
Rapeseed oil for frying  
Salt and pepper

## 50 portions:

1.2 litres quinoa  
12 eggs  
200 ml crème fraiche  
600 ml salad cheese  
200 ml breadcrumbs  
6 onions  
40 g basil  
10-12 garlic cloves  
2 fresh chillis  
Rapeseed oil for frying  
Salt and pepper



1. Boil the quinoa for approximately 15 minutes over low heat, then allow to stand for 5 minutes before cooling with cold water.
2. Mix together the egg, crème fraiche and bread crumbs and allow to stand for a few minutes.
3. In the meantime chop the onion, basil, garlic and chilli.
4. Crumble the salad cheese then mix together all the ingredients. Season with salt and pepper and allow to swell for about 5 minutes.
5. Form the mixture into burgers and fry on both sides. Serve with a good salad.

Quinoa was first cultivated by indigenous people in the Andes of South America. The fact that quinoa is exceptionally nutritious, containing almost everything a human being needs, is seen as one of the reasons that the Inca Empire became so great. Quinoa can be used exactly like rice or couscous in all sorts of dishes, and has a neutral flavour.





# Farmer's omelette with new potatoes & oyster mushrooms

Omelette is a dish which contains mostly egg, whisked together with a little water, cream or milk, then cooked either in a frying pan or in the oven. A farmer's omelette is a good way to make use of leftovers.

## 4 portions:

4 eggs  
400 ml milk  
500 g cooked potatoes  
50 g oyster mushrooms  
1 onion  
1 handful of babyleaf spinach  
2 tomatoes  
1 bunch parsley  
1 tbsp rapeseed oil  
Salt and pepper

## 50 portions:

50 eggs  
5 litre milk  
7 kg cooked potatoes  
600 g oyster mushrooms  
12 onions  
300 g babyleaf spinach  
4 kg tomatoes  
40 g parsley  
100 ml rapeseed oil  
Salt and pepper



1. Preheat the oven to 175c. Peel and slice the onion. Chop the remaining vegetables, mushrooms and potato into uniform pieces. Coarsely chop the parsley.
2. Whisk the egg and milk together thoroughly. Season to taste.
3. Fry the potatoes, mushrooms and vegetables lightly. Place in a greased oven dish, and pour over the egg mixture and parsley.
4. Bake in the oven for around 20 minutes until golden brown.

The potato, one of the world's staple foods, has its origin in South America, where it has been grown since 8000BC. In 1530 it was "discovered" in Peru by the Spaniard Gonzalo Jimenez de Quesada, and taken to Spain in 1539. How the potato found its way to Sweden is unknown, but many plant historians believe it was brought home by soldiers returning from the Thirty Year's War.





## Summer and early autumn

*july, august, september.*

*The time of riches. Now there is everything - tomatoes, cucumbers and squash, fresh peas and beans, broccoli and cauliflower, tender roots and all sorts of greens. In the forest are berries and mushrooms. We can feast on all the fresh things, and now is the time for us to make preserves from the surplus of field and forest.*



# Green salad with daikon and rocket dressing

Green salad of mixed leaves is a simple and tasty accompaniment to barbecued food and virtually anything else. Green salad can be made in many ways. Here is just one suggestion. It is important to add the dressing at the last minute, to avoid the salad becoming soggy.



1. Rinse the lettuce and spinach thoroughly in cold water. Break off the lettuce leaves and slice the cucumber.
2. Mix together the dressing ingredients. Season with salt, pepper and lemon juice.
3. Mix the lettuce and spinach leaves with the cucumber and pea shoots. Just before serving add the rocket dressing. Garnish with finely sliced daikon.

## 4 portions:

1/4 green lettuce  
1/4 cos lettuce  
20 g spinach  
1/2 cucumber  
10 g pea shoots  
1/6 daikon

## Rocketdressing:

20 g rocket  
20 g fresh thyme  
20 g fresh basil  
1 tbsp lemon juice  
50 ml olive oil  
Salt and pepper

## 50 portions:

5 green lettuce  
5 cos lettuce  
250 g spinach  
6 cucumbers  
120 g pea shoots  
2 daikon

## Rocketdressing:

250 g rocket  
250 g fresh thyme  
250 g fresh basil  
200 ml lemon juice  
600 ml olive oil  
Salt and pepper

Rocket is a small leafed plant which in Sweden is also known by the old name "mustard spinach". A wild relative can be found in Sweden. Rocket used to be cultivated in Sweden in the past, was then forgotten, but returned with new food trends from Italy, and is once again in cultivation.





# Tabbouleh with mint and parsley

Tabbouleh is a standard dish in Lebanese meze, but is also common in other parts of the Middle East and Turkey. It is also popular in France (as taboulé), where due to its low price and its wholesomeness it is often offered as a starter in university restaurants.

## **4 portions:**

200 ml couscous  
1/2 yellow pepper  
1/2 red pepper  
4 tomatoes  
1 red onion  
1 garlic clove  
4 tbsp chopped parsley  
4 tbsp olive oil  
2 tbsp lemon juice  
Salt and pepper



- 1.** Cook the couscous 'al dente', around 10 minutes over low heat. Cool rapidly.
- 2.** Chop the peppers, onion and parsley finely then mix together with the couscous.
- 3.** Fold in the oil and lemon juice, season with salt and pepper.

## **50 portions:**

2.5 litres couscous  
6 yellow pepper  
6 red pepper  
50 tomatoes  
12 red onions  
10-12 garlic cloves  
700 ml chopped parsley  
700 ml olive oil  
350 ml lemon juice  
Salt and pepper



# Herb Pesto

Pesto, which means pounded or crushed, is a sauce with origins in Northern Italy. Pesto should be, as its name suggests, pounded in a mortar, but it works equally well in a food processor. If you reduce the amount of olive oil you have a perfect alternative to butter for spreading on bread.



1. Put the basil, parsley and garlic into a food processor and blend.
2. Add the parmesan, olive oil and sunflower seeds, and continue blending until the seeds are evenly distributed.

## 4 portions:

1 bunch fresh basil  
1 bunch fresh parsley  
2 tbsp sunflower seeds  
1 garlic clove  
50 ml olive oil  
2 tbsp grated parmesan  
Salt and pepper

## 50 portions:

100 g fresh basil  
100 g fresh parsley  
400 ml sunflower seeds  
10-12 garlic cloves  
600 ml olive oil  
400 ml grated parmesan  
Salt and pepper

# Fresh tomato salsa

Salsa is the Spanish word for any sauce whatsoever, and even in Swedish refers sometimes to other sauces, particularly exotic ones.



1. Cut the tomatoes into small pieces, finely chop the garlic and chilli, and mix together.
2. Whisk together the lime peel, juice and olive oil. Pour the mixture over the tomatoes, fold in the coriander and season with salt and pepper.

## 4 portions:

4 tomatoes  
1 garlic clove  
1/2 red chilli  
3 tbsp olive oil  
1 tsp lime peel  
1 tbsp chopped coriander  
Salt and pepper

## 50 portions:

50 tomatoes  
10-12 garlic cloves  
5 red chillis  
500 ml olive oil  
4 tbsp lime peel  
100 ml chopped coriander  
Salt and pepper



# Courgette salad with ajvar

## 4 portions:

1 courgette  
50 ml olive oil  
1/2 garlic clove  
2 tbsp lemon juice  
2 tbsp ajvar  
Salt and pepper

## 50 portions:

12 courgettes  
600 ml olive oil  
6 garlic cloves  
350 ml lemon juice  
350 ml ajvar  
Salt and pepper



1. Thinly slice the courgette, season with salt and pepper then drain.
2. Press the garlic, mix with the remaining ingredients and pour over the courgette.

## 4 portions:

2 tomatoes  
1 cucumber  
1 onion  
1/4 stick celery  
1 garlic clove  
2 tbsp chilli sauce  
1 tsp tabasco  
Salt and pepper

## 50 portions:

25 tomatoes  
12 cucumbers  
12 onions  
3 sticks celery  
10-12 garlic cloves  
300 ml chilli sauce  
2 tbsp tabasco  
Salt and pepper

# Gazpacho bloody mary

Gazpacho is a cold soup which originates from Andalusia in Spain. It is made from raw vegetables. In this case we use seasonally available vegetables together with some spices.



1. Finely chop half of each type of vegetable.
2. Blend the remaining vegetables to a soup. Mix in the chilli sauce and the tabasco. Season with salt and black pepper. Mix in the finely chopped vegetables.

# Broccoli and cauliflower soup

Broccoli is a close relative of cauliflower. It is harvested just before the flowers begin to open.



1. Rinse the broccoli and cauliflower then divide into florets. Peel and chop the onion.
2. Place the vegetables in a pan, pour over the stock and wine and simmer for 10 minutes.
3. Blend the soup until smooth and stir in the sour cream. Season with salt and pepper. Garnish with freshly chopped parsley.

## 4 portions:

1 head broccoli  
1/2 head cauliflower  
1/2 onion  
500 ml vegetable stock  
100 ml sour cream  
1 bunch parsley  
50 ml white wine  
Salt and pepper

## 50 portions:

12 heads broccoli  
6 heads cauliflower  
6 onions  
6 litres vegetable stock  
1.2 litres sour cream  
100 ml chopped parsley  
600 ml white wine  
Salt and pepper

## 4 portions:

1 cucumber  
1/2 onion  
1 tbsp cornflour  
500 ml vegetable stock  
200 ml cream  
1 tbsp lemon juice  
1 tsp curry powder  
Salt and pepper

# Curried cucumber soup

Cucumber soup is equally good hot or cold, garnished with a little crème fraiche and served with freshly baked bread.



## 50 portions:

12 cucumbers  
6 onions  
200 ml cornflour  
6 litres vegetable stock  
2.5 litres cream  
100 ml lemon juice  
2 tbsp curry powder  
Salt and pepper

1. Blend all the ingredients apart from the balsamic vinegar in a food processor or with a stick blender.
2. Carefully fold in the balsamic vinegar, season with salt and pepper.

# Stuffed peppers with wheat berries and mature cheese

Peppers are at their best in the late summer, a good time to stuff them with something tasty. In this recipe we use wheat berries instead of rice.



1. Cook the wheat berries over low heat for about 10 minutes, then cool immediately.
2. Clean the peppers thoroughly. Remove the core and cut in half lengthwise.
3. Slice the onions, then fry in oil until brown. Mix together the onion, tomatoes and wheat berries and season with salt and pepper.
4. Divide the stuffing between the peppers, then sprinkle with the grated Västerbotten cheese. (well-matured cheese)
5. Bake in the oven for about 20 minutes at 175c.

## 4 portions:

4 red peppers  
200 ml pre-cooked wheat berries  
200 g apetina cheese  
1 onion  
400 ml crushed tomatoes  
100 g västerbotten cheese  
Salt and pepper

## 50 portions:

50 red peppers  
2.5 litres pre-cooked wheat berries  
2.5 kg apetina cheese  
12 onions  
5 litres crushed tomatoes  
1.2 kg västerbotten cheese  
Salt and pepper

In comparison with green peppers, red peppers contain more vitamins and nutrients, and also the antioxidant lycopene. Quantities of carotene, another antioxidant, are nine times higher in red peppers, which also contain twice as much vitamin C as green peppers.

# Bean ratatouille

Ratatouille is a classic French vegetable dish. It commonly contains tomato, aubergine, courgette, pepper and onion. The ingredients are chopped then fried in olive oil. The name comes from the French 'touiller', to stir.



- 1.** Cut the vegetables into evenly sized pieces. Fry them in olive oil until they soften.
- 2.** Add the tomato puree and rice and simmer for a few minutes.
- 3.** Press the garlic, and add it and the herbs. Season with salt, sugar and pepper.

## **4 portions:**

100 ml cooked kidney beans  
1 onion  
1/2 courgette  
1/2 red pepper  
1 tomato  
1 garlic clove  
1 tbsp tomato puree  
3 tbsp white wine  
1 pinch dried thyme  
1 pinch dried rosemary  
1 bunch parsley  
Salt, sugar and pepper

## **50 portions:**

1.2 litres cooked kidney beans  
12 onions  
6 courgettes  
6 red peppers  
12 tomatoes  
10-12 garlic cloves  
200 ml tomato puree  
600 ml white wine  
2 tbsp dried thyme  
2 tbsp dried rosemary  
40 g parsley  
Salt, sugar and pepper

Foto: Natalia Czermak



## Autumn

*october, november, december.*

*The time for hearty stews. Salad vegetables come to an end, but we have an abundance of roots, cabbages, leeks and pumpkins. Local fruit can be available till Christmas. And this is the time for hunting and for slaughter. Game and lamb is plentiful, so casseroles with meat and vegetables are in season.*







# Red cabbage salad with apple and garlic

Red cabbage is a biennial plant which is harvested in the first year. It is grown to some extent in Southern Sweden.



1. Shred the cabbage finely and dice the apple. Put the apple pieces into lemon water to preserve their colour.
2. Work the salt, garlic and vinegar into the cabbage, and leave to stand for about 15 minutes. Then mix in the mustard and the diced apple.

## 4 portions:

400 ml dried brown beans

### Dressing:

2 tbsp white wine vinegar  
2 tbsp rapeseed oil  
1 red onion  
1 pinch parsley  
1 garlic clove  
Salt and pepper

## 50 portions:

5 litres dried brown beans

### Dressing:

350 ml white wine vinegar  
350 ml rapeseed oil  
12 red onions  
40 g parsley  
10-12 garlic cloves  
Salt and pepper

## 4 portions:

1/2 head red cabbage  
1 garlic clove  
2 apples  
2 tbsp distilled vinegar  
1 tbsp sweet/hot mustard  
2 tbsp rapeseed oil  
Salt and pepper

## 50 portions:

6 heads red cabbage  
10-12 garlic cloves  
25 apples  
350 ml distilled vinegar  
150 ml sweet/hot mustard  
350 ml rapeseed oil  
Salt and pepper

# Brown bean salad

Brown beans are one of the foodstuffs which give the most value in terms of protein for the money, and are suited to cold dishes as well as to hot food. In today's Sweden, brown beans are mostly grown on the island of Öland.



1. Soak the beans overnight. Cook for around an hour in slightly salted water, then cool in cold water.
2. Mix together all the vinaigrette ingredients and pour over the beans. Let stand for at least an hour before serving.



Foto: Natalia Czermak



# Beetroot tzatziki

20 min



1. Peel and finely grate the beetroot.
2. Stir the yoghurt into the beetroot and add the pressed garlic and lemon. Then add the honey and season with salt and pepper according to taste.

## 4 portions:

2 fresh beetroot  
300 ml Greek style yoghurt  
2 garlic cloves  
2 tbsp honey  
1 tbsp lemon juice  
Salt and pepper

## 50 portions:

25 fresh beetroot  
3.5 litres Greek style yoghurt  
25 garlic cloves  
350 ml honey  
200 ml lemon juice  
Salt and pepper

# Red pesto

## 4 portions:

50 g tomat puree  
50 g sunflower seeds  
1 garlic clove  
2 tbsp lemon juice  
50 ml olive oil  
50 ml water  
Salt and pepper

## 50 portions:

600 g tomat puree  
600 g sunflower seeds  
10-12 garlic cloves  
350 ml lemon juice  
600 ml olive oil  
600 ml water  
Salt and pepper

20 min



1. Blend all the ingredients in a food processor. Season to taste with salt and pepper.

# Home made ketchup

60 min



1. Chop the vegetables into large pieces.
2. Mix everything together in a large pan and cook over low heat for about 30 minutes.
3. Blend until smooth. Strain, cool, then serve.

## 1 litre ketchup

1kg crushed tomatoes  
2 sticks celery  
1 onion  
2 garlic cloves  
1 red chilli  
½ bulb fennel  
100 ml distilled vinegar  
500 ml water  
20 g fresh basil  
20 g fresh thyme  
2 tbsp white wine vinegar  
1 tbsp Worcestershire Sauce  
Salt and pepper

# Pumpkin soup with chilli



- 1.** Peel and dice the pumpkin. Peel and chop the onion. Saute the onion in butter in a large pan.
- 2.** Add the pumpkin and vegetable stock, cook over low heat for about 10 minutes.
- 3.** Blend the soup then fold in the sour cream. Flavour with the lemon juice and peel, and season with salt and pepper.

## **4 portions:**

200 g potatoes  
200 g carrots  
200 g celeriac  
1 onion  
800 ml vegetable stock  
1 garlic clove  
200 ml sour cream  
1 bunch fresh thyme  
Salt and pepper

## **50 portions:**

2.5 kg potatoes  
2.5 kg carrots  
2.5 kg celeriac  
12 onions  
10 litres vegetable stock  
10-12 garlic cloves  
2.5 litres sour cream  
40 g bunch fresh thyme  
Salt and pepper

## **4 portions:**

1 kg pumpkin  
2 onions  
1 garlic clove  
1 tsp finely minced red chilli  
1 litre vegetable stock  
200 ml sour cream  
1 lemon (juice and peel)  
Salt and pepper

## **50 portions:**

12.5 kg pumpkin  
25 onions  
10-12 garlic cloves  
4 tbsp finely minced red chilli  
12.5 litres vegetable stock  
2.5 litres sour cream  
12 lemon (juice and peel)  
Salt and pepper

# Autumn soup



- 1.** Peel the root vegetables and chop into similarly sized pieces.
- 2.** Boil the vegetable stock and add the root vegetables and the onion. Cook until the vegetables are soft.
- 3.** Blend the soup and fold in the sour cream. Season with salt and pepper. Garnish with fresh thyme.



# Root vegetable goulash with caraway

This stew is easy to prepare and takes only 30 minutes as there are no tough bits of meat to cook until tender! You can choose how hot the stew is by varying the amount of garlic and chilli you use. Don't forget the cooling sour cream which balances the heat of the chilli.

40 min

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V

1. Peel and cut all the root vegetables into evenly sized pieces. Finely chop the onion and garlic. Then roast the roots, onion and garlic lightly in the oven.
2. Place the roasted roots, onion and garlic in a pan and add tomato puree, vegetable stock and all the spices. Simmer over medium heat until the root vegetables are soft.
3. Chop the fresh parsley and add a dash of sour cream to the top. The rich stew is now ready to be enjoyed.

## 4 portions:

100 g potatoes  
100 g beetroot  
100 g carrots  
100 g celeriac  
1/2 onion  
1 garlic clove  
2 tsp paprika  
50 ml tomato puree  
1 tsp caraway  
1 tsp chilli powder  
1 litre vegetable stock  
1 bunch chopped parsley  
Salt and pepper  
Sour cream as a topping

## 50 portions

1.2 kg potatoes  
1.2 kg beetroot  
1.2 kg carrots  
1.2 kg celeriac  
6 onions  
10-12 garlic cloves  
100 ml paprika  
1 kg tomato puree  
50 ml caraway  
50 ml chilli powder  
12 litres vegetable stock  
100 ml chopped parsley  
Salt and pepper  
Sour cream as a topping

Hungarian goulash, often simply called goulash, from the Hungarian gulyás, is a meat and potato casserole which nowadays is often served as a soup. In Hungary it is the national dish and is served as both a casserole and a soup. Wherever it is served, what defines it is that it contains the spices paprika and caraway. In Sweden the dish pórkólt is sometimes mistakenly called goulash, even in recipe books.



# Yellow pea falafel

It is commonly thought that falafel has its origin in Egypt, as the dish tameya which is made from broad beans. As the recipe spread throughout the middle-east the main ingredient became chickpeas. In this version, yellow peas are used instead.



- 1.** Soak the peas overnight. Do not cook them. Chop the onion finely. Peel the garlic.
- 2.** Blend the peas together with salt and spices. Add the onion and parsley, and continue to blend to a smooth paste.
- 3.** Refrigerate for an hour. Form into small balls. Bake in the oven for about 15 minutes at 225c.

## **4 portions:**

300 ml yellow peas  
1 onion  
2 garlic cloves  
1 tsp cumin  
1 pinch cinnamon  
1 pinch cayenne pepper  
1 tsp coriander  
1 bunch parsley  
Salt and pepper

## **50 portions:**

3.75 litres yellow peas  
12 onions  
25 garlic cloves  
4 tbsp cumin  
1 tsp cinnamon  
1 tsp cayenne pepper  
4 tbsp coriander  
40 g parsley  
Salt and pepper



## Winter

*january, february, march*

*The time for root vegetables. Now the fresh vegetables are at an end. Roots, cabbage and onions, along with flour and pulses form the basis of nourishment. For something fresh, sprouts and shoots of legumes and sunflowers are a good option. Preserves and conserves are a welcome addition.*



# Pizza Pro's cabbage salad

Pizza salad benefits from some hours or longer in the fridge before serving. Many use too much vinegar in their salad. The trick is to substitute distilled vinegar, just as the professionals do.



1. Shred the cabbage finely. Knead the cabbage in the hands to soften it and help it to absorb the remaining ingredients.
2. Blend the pineapple, rape seed oil, garlic, spices and vinegar to a thick dressing.
3. Mix the dressing in with the cabbage. Season with salt and black pepper.

## 4 portions:

2 fresh beetroots  
75 g salad cheese  
2 tbsp sunflower seeds  
1 tbsp rapeseed oil  
1 bunch rocket  
Salt and pepper

## 50 portions:

25 fresh beetroots  
1 kg salad cheese  
400 ml sunflower seeds  
200 ml rapeseed oil  
40 g rocket  
Salt and pepper

## 4 portions:

1/2 head white cabbage  
4 tbsp distilled vinegar 12%  
6 tbsp rapeseed oil  
1 pinch chopped chilli  
1 garlic clove  
1 tsp dried oregano  
Salt, sugar and blackpepper

## 50 portions:

6 heads white cabbage  
800 ml distilled vinegar 12%  
600 ml rapeseed oil  
2 tbsp chopped chilli  
10-12 garlic cloves  
100 ml dried oregano  
Salt, sugar and blackpepper

# Beetroot salad with salad cheese and sunflower seeds



1. Cook the beetroot until soft, either in the oven or in a pan. Peel whilst still warm. Cool.
2. Cut the beetroot into pieces, mix with the oil, salt and pepper. Spread the cheese and rocket over the top.



# Chickpea salad with curry and apple



**1.** Soak the chickpeas overnight. Boil for about 60 minutes in lightly salted water, then cool in cold water.

**2.** Mix together all the remaining ingredients with the chickpeas. Season to taste with salt and pepper.

## **4 portions:**

200 ml dried chickpeas  
1 apple  
2 tbsp chopped parsley  
2 tbsp rapeseed oil  
2 tbsp cider vinegar  
1 tsp chilli powder  
1 tsp curry powder  
1 tsp caraway seed  
Salt and pepper

## **50 portion:**

2.5 litres dried chickpeas  
12 apples  
400 ml chopped parsley  
400 ml rapeseed oil  
400 ml cider vinegar  
2 tbsp chilli powder  
2 tbsp curry powder  
2 tbsp caraway seed  
Salt and pepper

Foto: Natalia Czermak



# Yellow pea hummus



## 4 portions:

200 dried yellow peas  
1 garlic clove  
2 tbsp olive oil  
1 tbsp lemon juice  
1 tsp dried thyme  
1 tsp dried cumin  
Salt and pepper

## 50 portions:

2.5 litres dried yellow peas  
10-12 garlic cloves  
400 ml olive oil  
200 ml lemon juice  
2 tbsp dried thyme  
2 tbsp dried cumin  
Salt and pepper

1. Soak the peas overnight. Cook them in fresh water, lightly salted, for about an hour over low heat.
2. Allow the peas to cool, then blend them in a food processor. Mix together with the remaining ingredients, then season to taste with salt and pepper.

# Ajvar and cottage cheese dip



## 4 portions:

250 g cottage cheese  
2 tbsp olive oil  
1 garlic clove  
50 ml ajvar relish  
Salt and pepper

## 50 portions:

3 kg cottage cheese  
350 ml olive oil  
10-12 garlic cloves  
600 ml ajvar relish  
Salt and pepper

1. Mix together all the ingredients and allow to stand for about an hour in a cold place.



# Pea soup with root vegetables and Swedish mustard

Pea soup, also known in Sweden as pea with pork, is a classic dish in the farm kitchen style, versions of which are found in many countries. The ingredients include yellow split peas, broth from cooked pork, onions, herbs and spices (commonly pepper, mustard, thyme and marjoram). Pea soup is typical of dishes in the traditional farm kitchen where food was prepared in a single pot over a fire on the open hearth, in which one regularly combined vegetables and meat. In vegetarian versions of this dish, pork and pork broth are left out.

## 4 portions:

500 ml yellow split peas  
1 onion  
1 carrot  
1 parsnip  
2 cloves of garlic  
1 tsp dried thyme  
1 tsp dried marjoram  
3-4 cloves  
3-4 peppercorns  
1 bay leaf  
5 tbsp mustard (Swedish)  
Salt, pepper and water



1. Soak the split peas overnight in plenty of water
2. Drain, then cook the split peas in fresh water, skimming off any skins which float to the surface.
3. Add the finely diced vegetables, onions, herbs and spices and continue to cook for at least 2 hours. Season with mustard, salt and white pepper. Serve with mustard, and garnish with a sprig of thyme or another herb.

## 50 portions:

6 litres yellow split peas  
12 onions  
12 carrots  
12 parsnips  
10 cloves of garlic  
4 tbsp dried thyme  
4 tbsp marjoram  
Approx. 50 cloves  
Approx. 20 peppercorns  
10 bay leaves  
900 ml mustard (Swedish)  
Salt, pepper and water

The spice mustard is known to have been in use in India around 3000 BC, but it was above all the Romans who learned to appreciate its culinary possibilities. From Rome it spread quickly to France. The Swedish armies of the past relied on pea soup and surströmming (fermented herring) as staple foods, as both dried peas and surströmming have very good keeping qualities.

# Red lentil soup



1. Peel and finely chop the onion and garlic.
2. Cook the vegetable stock and add the lentils, potatoes, onions and garlic. Cover and cook over low heat for about 20 minutes.
3. Blend the soup if desired. Add the spices and season with salt and pepper.

## 4 portions:

5 potatoes  
1/2 leek  
1 onion  
800 ml vegetable stock  
100 ml cream  
1 tsp caraway seed  
Salt and pepper

## 50 portions:

4.5 kg potatoes  
6 leeks  
12 onions  
10 litres vegetable stock  
1.2 litre cream  
4 tbsp caraway seed  
Salt and pepper

## 4 portions:

200 ml red lentils  
2 onions  
2 potatoes  
2 garlic cloves  
1 litre vegetable stock  
1 lemon (peel and juice)  
1 tsp cumin  
1 pinch cayenne pepper  
Salt and pepper

## 50 portions:

2.5 litres red lentils  
12 onions  
12 potatoes  
10-12 garlic cloves  
12 litres vegetable stock  
12 lemons (peel and juice)  
2 tbsp cumin  
1 tsp cayenne pepper  
Salt and pepper

# Potato and leek soup



1. Peel and chop the potato, onion and leek. Brown gently, saving a little leek as a garnish.
2. Add the vegetable stock and cook until the potato is soft.
3. Add the cream and blend until smooth. Season with salt and pepper.



# Chili sin carne with brown beans



1. Soak the beans overnight. Pre-cook them for about 50 minutes in fresh water, lightly salted.
2. Chop the onion, garlic and pepper. Fry the vegetables together with the spices in the rape seed oil.
3. Add the pre-cooked beans together with the tomatoes and simmer until the beans are soft. Season with white wine vinegar and salt and pepper.

# Breaded celeriac fritters



1. Cut the celeriac into 1 cm thick slices
2. Beat the eggs in a bowl. Mix the breadcrumbs and parsley with a little salt and pepper.
3. Dip the celeriac slices first in the beaten egg and then in the breadcrumb mixture. Heat the oil, then fry the celeriac over medium heat until golden brown. Finish in the oven for about 10 minutes at 160c.

## 4 portions:

100 ml dried brown beans  
1 onion  
1 red pepper  
200 ml crushed tomatoes  
500 ml vegetable stock  
1 garlic clove  
1 tsp cumin  
1 tsp chilli powder  
1 tsp dried thyme  
1 tbsp rapeseed oil  
2 tsp white wine vinegar  
Salt and pepper

## 50 portions:

1.2 litres dried brown beans  
12 onions  
12 red peppers  
2.5 litres crushed tomatoes  
6 litres vegetable stock  
10-12 garlic cloves  
4 tbsp cumin  
4 tbsp chilli powder  
4 tbsp dried thyme  
200 ml rapeseed oil  
100 ml white wine vinegar  
Salt and pepper

## 4 portions:

1 celeriac  
2 eggs  
100 ml breadcrumbs  
1 bunch parsley  
Salt and pepper

## 50 portions:

12 celeriac  
25 eggs  
1 litre breadcrumbs  
40 g parsley  
Salt and pepper

# Meat and resource management

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Meat is expensive and energy-consuming to produce. Large areas of land are required to grow fodder for animals, and many times more energy is required to produce meat than to produce crops. But animals are needed in farming, and when the number of animals is compatible with the acreage there is potential for environment and climate friendly farming to be carried out.

What types of meat are best? That depends on the rearing method, and first and foremost is the question of fodder. If the animal has eaten anything which a human being could also have eaten, it is in most cases a serious waste of resources to allow that food to go to an animal. Several kg of vegetable protein can be produced using the same resources as it takes to produce a single kg of animal protein. Ruminants, i.e. bovines, sheep and goats can sustain themselves on roughage such as grass and clover, which humans cannot eat. Pigs, chickens and other fowl are animals which can be fed with residues from food production.

In today's conventional animal rearing, the norm is that large quantities of grain and protein feed are given to both ruminants and other animals. This is negative in several ways. Ruminants do not thrive on this, and the land, which is used to produce fodder which is sent away, instead of being eaten by the animals present, is impoverished. The land which, on the other hand, is overmanured as a result of excessive stocking density leaches nutrients into the ground water, lakes and sea, causing pollution and over fertilisation.

Our food ought to be balanced, so that meat and fish together do not exceed 20% on average, by weight before cooking. For people in the wealthy Nordic countries this means a significant reduction compared to today, as we have greatly increased our meat consumption in recent decades. In poorer countries, such as the Baltic states for example, meat consumption for a large part of the population remains at a more balanced level.



## Beef and lamb

*Cows and sheep are essential in our agriculture to keep pasture land open, and in that they can eat the roughage from the leys which are a necessary part of crop rotation. Clover leys build up soil fertility by fixing nitrogen from the air. When leys are allowed to grow for several years, large amounts of organic material build up in the soil. This constitutes a so called carbon sink; through carbon being bound in the soil, climate-changing atmospheric carbon dioxide is reduced. Ruminants which are fed on grain are less healthy, as their digestion is not adapted to such food. In addition, large quantities of such fodder are transported long distances, and are grown on land which could instead produce food for human beings. So, choose beef and lamb which has been raised on as much roughage as possible!*





# Climate-conscious mince with red lentils

By substituting red lentils or pearl barley for a proportion of the meat, we save money and contribute to a better environment. The mince takes on a slightly different character, but retains the flavour of the meat. Some school kitchens in Södertälje have begun to replace 50% of the meat with red lentils.



1. Begin by chopping the onion, garlic and carrots
2. Brown the mince in oil together with the chopped vegetables.
3. Add the crushed tomatoes and red lentils. Cook gently for 20 minutes until the lentils are soft, then thicken with tomato puree to achieve a perfect consistency.
4. Add the spices and bay leaf. Season with salt and pepper.

## 4 portions:

100 ml red lentils  
1 onion  
1 carrot  
1 garlic cloves  
200 g minced beef  
200 g crushed tomatoes  
500 ml vegetable stock  
3 tbsp tomato puree  
1 tsp dried thyme  
1 tsp dried oregano  
1 tsp dried basil  
1 bay leaf  
Salt and pepper  
Rapeseed oil for frying

## 50 portions:

1 kg red lentils  
12 onions  
12 carrots  
10-12 garlic cloves  
2.5 kg minced beef  
2.5 kg crushed tomatoes  
6 litres vegetable stock  
350 g tomato puree  
4 tbsp dried thyme  
4 tbsp dried oregano  
4 tbsp dried basil  
12 bay leaves  
Salt and pepper  
Rapeseed oil for frying

To cook pasta isn't always as easy as it sounds. The art is to achieve a good "al dente" consistency. A good way to avoid over-cooked, sticky pasta is to cook it for two minutes less than is stated on the packet, and then to quickly cool it in cold water with a little oil added. This way you have perfect pasta to quickly warm up either in boiling water or steamed in the oven.



# Lamb burgers with feta cheese



1. Begin by mixing together all the ingredients. Allow to stand in a cold place after mixing.
2. Shape into burgers and fry until well coloured.
3. Roast in the oven at 175c, if possible using 50% steam, until the burgers have an internal temperature of 72c.

In roasting a whole animal we are taking anatomical responsibility. When we choose to talk of anatomical responsibility, we mean not only that the whole animal will be put to use, but also that all parts will be used in the best possible way.

## 4 portions:

- 400 g minced lamb
- 200 g cooked potato
- 80 g feta cheese
- 1 onion
- 1 egg
- 1 garlic clove
- 1 tsp dried rosemary
- 1 tsp cumin
- 1 pinch cayenne pepper
- Salt and pepper

## 50 portions:

- 5 kg minced lamb
- 2.5 kg cooked potato
- 1 kg feta cheese
- 12 onions
- 12 eggs
- 10-12 garlic cloves
- 2 tbsp dried rosemary
- 2 tbsp cumin
- 2 tsp cayenne pepper
- Salt and pepper



## Poultry and pork

*Pork and chicken is produced in large "animal factories", where feed consists of grain, beans, fishmeal etc, often transported long distances. The cereals could have been food for people, and there is a risk that fish comes from waters which are being fished-out. Sustainable pig and poultry rearing should instead be based on residues from the food industry, retail, catering, households, farming and gardens. That requires a small scale approach which is on the way to disappearing in our society. Laying hens only exceptionally find their way into food for humans when they are culled, despite the fact that they are barely a year old and offer very good meat. Eat hen if you find it! Be aware where pork and chicken come from. Choose organic if you can get hold of it, otherwise locally produced, so you can know what the animal has eaten.*





# Caribbean Chicken Stew

## Cooking the chicken

Place the chicken in a good sized pan, cover with cold water and boil. Drain the water, then rinse the chicken and the pan thoroughly. Chop the onion, and peel and dice the carrot. Boil the chicken in fresh water, skim well and add the onion, celeriac and carrot. Add the garlic, parsley, thyme, white pepper and bay leaf. Simmer gently over low heat until the meat loosens from the bones, which takes one to two hours. Cool, then divide the meat into equal sized pieces. Save the stock!

### 4 portions:

400 g diced chicken  
1 onion  
1 red pepper  
1 carrot  
1/2 celeriac  
1/2 leek  
1 garlic clove  
200 ml chicken stock  
100 ml coconut cream  
100 ml pineapple juice  
1 tsp sambal oelek  
1 bunch parsley  
1 sprig thyme  
1 tbsp lime juice  
1 tbsp tomato puree  
1 sprig coriander  
Salt and pepper



1. Chop the vegetables into even pieces, then brown them in a large pan.
2. Add the chicken stock, coconut cream, lime juice and spices and cook together.
3. Add the chicken and heat thoroughly. Season with salt and pepper.

### 50 portions:

5 kg diced chicken  
12 onions  
12 red peppers  
12 carrots  
6 celeriac  
6 leeks  
10-12 garlic cloves  
2.5 litres chicken stock  
1.2 litres coconut cream  
1.2 litres pineapple juice  
4 tbsp sambal oelek  
30 g parsley  
30 g thyme  
200 ml lime juice  
200 ml tomato puree  
30 g coriander  
Salt and pepper

A hen starts to lay eggs at around twenty weeks of age, and then continues to lay, sometimes as much as an egg a day. After around a year egg production begins to decline. A hen must sit on an egg for three weeks before it hatches.

# Cauliflower and broccoli gratin with kassler and Västerbotten cheese



**1.** Split the cauliflower and broccoli into florets and cook gently in salted water for about 5 minutes. Cool so that the broccoli retains its colour. Arrange the florets in a greased oven dish.

**2.** Cut the kassler into strips, chop the onion and parsley. Grate the cheese, then mix everything together with the crème fraiche.

**Kassler is a cured and slightly smoked cut of pork.**

**3.** Spread the mixture over the cauliflower and broccoli, and bake in the oven for around 15 minutes until the cheese has a good colour.

## **4 portions:**

400 g kassler  
200 g cauliflower  
200 g broccoli  
1 onion  
100 ml finely chopped parsley  
300 ml crème fraiche  
200 ml grated Västerbotten cheese  
Salt and pepper

## **50 portions:**

5 kg kassler  
2.5 kg cauliflower  
2.5 kg broccoli  
12 onions  
1.2 litre finely chopped parsley  
4 litres crème fraiche  
2.5 litres grated Västerbotten cheese  
Salt and pepper





## Game

*Elk, red deer, roe deer and wild boar are plentiful in our forests. In Sweden hunting is regulated in order to maintain a healthy stock of game, neither too many nor too few. As long as hunting is conducted in a fair and regulated way game is a good source of meat.*





# Game stew Bourguignon

120  
min

G

L

12

**1.** Peel the root vegetables, onions and garlic, chop into even sized pieces. Cut the meat into even sized pieces. Seal the meat by browning it quickly.

**2.** Mix everything together in a good sized pan, pour on the stock and red wine and add the spices and tomato puree.

**3.** Simmer for about an hour. Serve with boiled potatoes and a sprig of thyme.

## **4 portions:**

300 g shoulder of venison  
1 onion  
100 g pearl onions  
1 carrot  
1 parsnip  
50 g funnel chanterelles  
2 garlic cloves  
500 ml vegetable stock  
3 tbsp tomato puree  
100 ml red wine  
1 tsp dried thyme  
1 bay leaf  
Salt and pepper

## **50 portions:**

3.7 kg shoulder of venison  
12 onions  
1.2 kg pearl onions  
12 carrots  
12 parsnips  
600 g funnel chanterelles  
25 garlic cloves  
6 litres vegetable stock  
500 g tomato puree  
1 litre red wine  
4 tbsp dried thyme  
12 bay leaves  
Salt and pepper



This classic dish originates from Burgundy in France. It began as a simple dish in the country kitchen, but has become a regular classic in high class restaurants around the world. By slowly simmering the meat in wine, it becomes wonderfully tasty and tender.





# Fish

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Fish can have different origins and procuring them can affect the environment in very different ways:

1. Overexploitation of wild stocks. 80% of global fish stocks are threatened by overfishing.
2. Wild fish from stocks which are not threatened, or from the catching of which the ecosystem may even benefit.
3. Farmed fish in cages, which are fed with special food. Involves a great risk of contributing to over-fertilisation of the sea, hypoxia (oxygen depletion) at the sea bed beneath the cages, and contagion to wild fish. The feed is often produced from wild fish, involving depletion of fish stocks elsewhere, and vegetable protein, which has the same potential drawbacks as intensive protein-feeding of land animals: see the chapter on "Meat".
4. Farmed herbivorous fish and shellfish which contribute to purer waters.
5. Farmed fish in closed tanks. A method under development, which if properly designed could avoid many of the environmental problems currently associated with fish farming.

Bottom trawling is a method which involves significant by-catch and damage to the seabed. Herbivorous fish such as carp, common in countries south of the Baltic, are generally better than predators such as cod and salmon. Baltic fish should be eaten in moderation because of its pollutant content. Children and pregnant women should eat it only a few times a year. Consumers are recommended to pay attention as thoroughly as possible to the origin of the fish they buy. Choose fish with the eco-labels KRAV, MSC (wild fish) and ASC (farmed fish), in order to contribute to sustainable fish consumption. WWF have produced a fish guide which is constantly updated, giving guidance as to which fish it is acceptable to eat, which should be avoided, and which may be eaten from time to time.

For the public large scale kitchen, organically labelled saithe is a good and affordable fish, when white fish is required. Oily fish is recommended from a health point of view in which case mackerel can be a good alternative in season. Farmed mussels contribute to purifying the sea, and we have dared to use them sometimes. Herring is often recommended from an environmental point of view, and more could be caught, though Baltic herring should not be eaten too often.





# Creamy and spicy mussel soup



**1.** Begin by discarding any dead mussels. Living mussels are completely closed; any that are open or damaged should be disposed of.

**2.** Chop the onion, garlic, carrot and chilli finely. Strip the thyme leaves.

**3.** Heat up a little rape seed oil in a suitable pan. Quickly fry the onion, garlic, carrot and thyme. Pour on the wine and bring to the boil.

**4.** Now it is time to add the mussels. Cover and boil for 6 or 7 minutes until the mussels have opened. Add the cream, stir and season to taste.

## **4 portions:**

1 kg mussels  
1 onion  
1 carrot  
1 garlic clove  
100 ml white wine  
100 ml cream  
2 tbsp rapeseed oil  
1 tsp chopped red chilli  
1 sprig thyme

## **50 portions:**

12 kg mussels  
12 onions  
12 carrots  
10-12 garlic cloves  
1.2 litre white wine  
1.2 litre cream  
350 ml rapeseed oil  
4 tbsp chopped red chilli  
30 g thyme

Mussels live by filtering nutrient rich particles and plankton from the waters they inhabit. Large scale mussel farming is under consideration as a new, sustainable method of "ecocyclic" food production with the potential to return valuable nutrients from sea to land.



# Pan fried mackerel with a sun-dried tomato and fresh herb vinaigrette.



1. Lightly score the skin side of the mackerel to allow the vinaigrette to penetrate the fish.
2. Blend the ingredients for the vinaigrette, then brush onto the mackerel fillets.
3. Fry the fillets in butter over medium heat until golden brown, always beginning with the skin side down. Brush again with vinaigrette before serving. Don't forget salt and pepper.

## **4 portions:**

4 mackerel fillets

## **Vinegrette**

100 ml sun-dried tomatoes

100 ml olive oil

1 garlic clove

1 sprig thyme

1 sprig basil

1 sprig oregano

1 lemon (peel and juice)

Salt and pepper

## **50 portions:**

50 mackerel fillets

## **Vinegrette**

1.2 litres sun-dried tomatoes

1.2 litres olive oil

10-12 garlic cloves

20 g thyme

20 g basil

20 g oregano

12 lemon (peel and juice)

Salt and pepper



Foto: Natalia Czermak



# Fish gratin Bombay style



1. Arrange the fillets in a greased oven dish. Season with salt and pepper.
2. Finely chop the vegetables. Brown in oil in a sufficiently large saucepan. Add the coconut cream and spices. Cook until thick.
3. Pour the thick sauce over the fish and sprinkle with grated cheese and chopped dill.
4. Heat in the oven for about 15 minutes at 175c, until the cheese is brown.



## **4 portions:**

400 g fresh saithe fillets  
1 onion  
1 red pepper  
1/2 leek  
200 ml coconut cream  
100 ml white wine  
100 ml gratin cheese  
1 tsp madras curry powder  
1 pinch cayenne pepper  
1 pinch cinnamon  
1 sprig dill  
2 tbsp rapeseed oil  
Salt and pepper

## **50 portions:**

5 kg fresh saithe fillets  
12 onions  
12 red peppers  
6 leeks  
2.5 litres coconut cream  
1.2 litres white wine  
1.2 litres gratin cheese  
4 tbsp madras curry powder  
3 tsp cayenne pepper  
3 tsp cinnamon  
40 g dill  
400 ml rapeseed oil  
Salt and pepper

# Where do we get hold of products from Ecological Recycling Agriculture?

To get hold of the products we really want, i.e. from local Ecological Recycling Agriculture (ERA), still means breaking new ground. ERA is uncommon. Some organic farms probably satisfy the criteria for ERA without being aware of it. But how can we obtain products from those that are consciously ERA?

The project "Beras Implementation" has set up information and learning centres into teaching centres for ERA, at least one in each country, and these are a starting point. The intention is that through the information and learning centres, more ERA farms will develop.

## **POLAND**

1. Karlowski Foundation, Juchowo

[www.juchowo.org](http://www.juchowo.org)

2. Danuta & Jacek Plotta Farm, Trzcinsk sekretariat@podr.pl

3. Bio-Babalscy, Aleksandra & Mieczyslaw Babalscy Farm, Pokrzydowo

[www.biobabalscy.pl](http://www.biobabalscy.pl)

4. Zdziarski Organic Farm, Labiszyn

[www.beras.kpodr.pl](http://www.beras.kpodr.pl)

5. Ekostyl, Iwona & Janusz Sliczni Farm, Biadacz

[www.ekostylsliczni.pl](http://www.ekostylsliczni.pl)

6. Barwy Zdrowia, Tomasz Obszanski Farm, Tarnograd

[www.barwyzdrowia.pl](http://www.barwyzdrowia.pl)

## **BELARUS**

7. DAK, Lizavetino

[www.dak.by](http://www.dak.by)

## **LITHUANIA**

8. Virginija & Feliksas Vaiteliai Farm, Kedainiai

[www.asu.lt/pradzia](http://www.asu.lt/pradzia)

## **LATVIA**

9. Latvian Rural Advisory and Training Centre Ltd, Ozolnieki

[www.llkc.lv](http://www.llkc.lv)

## **ESTONIA**

10. Research Centre of Organic Farming of Estonian University of Life Sciences, Tartu

[www.mahekeskus.emu.ee](http://www.mahekeskus.emu.ee)

## **FINLAND**

11. Luomu-Heikkilä, Loimaa

[www.luomu-heikkila.fi](http://www.luomu-heikkila.fi)

## **SWEDEN**

12. Järna/Södertälje Sustainable Food Society

[www.foodsociety.se](http://www.foodsociety.se)

13. Lövsta Rural Centre, Roma, Gotland

[www.hush.se/i](http://www.hush.se/i)

14. Ingelstorp & Gamleby Agricultural Colleges, Kalmar

[www.hush.se/h](http://www.hush.se/h)

## **DENMARK**

15. Stengården, Birkerød

[www.stengaardenoko.dk](http://www.stengaardenoko.dk)

16. Krogagergård, Fjenneslev

[www.krogagergard.dk](http://www.krogagergard.dk)

17. Skovlygård, Jystrup

[skovlygaarden@jystrup-net.dk](mailto:skovlygaarden@jystrup-net.dk)

## **GERMANY**

18. Domäne Fredeburg, Fredeburg

[www.domaene-fredeburg.de](http://www.domaene-fredeburg.de)

19. LandWert Hof, Stralsund

[www.landwert.de](http://www.landwert.de)

20. Ökodorf Brodowin, Chorin

[www.brodowin.de](http://www.brodowin.de)

BERAS MOBILE INFORMATION UNIT

# Drainage basin of the Baltic, Kattegat and Skagerrak

## Cities



In the south of the Baltic drainage basin there is more farmland and a higher density of population than in the north. As well as many towns and cities, these areas also have a large rural population.







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# DIET FOR A CLEAN BALTIC



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Europeiska jordbruksfonden för  
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investerar i landsbygdsområden



**BERAS** implementation  
Baltic Ecological Recycling  
Agriculture and Society



**Södertälje  
kommun**



**SALTÅ KVARN**  
*Av det naturen ger. Och inget annat.*



**LEADER  
Södertälje  
Landsbygd**