

Restaurant MULL, Jannelunds Gård

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Photo credit: Agnes Maltesdotter



Glazed broccoli stem with broccoli cream and tomatoes

This is a simple, delicious dish that utilizes the whole head of the broccoli in a variety of ways.

Tip: Use organic vegetables and eat with your hands!

If you cannot find broccoli with leaves, you can also use Swiss chard or tender leaves from fresh kale or cabbage.

Serves 4 (as a starter)

Preparation time: approx. 25 minutes

Oven temperature: 180 °C (350 °F)

Ingredients

1 broccoli + 4 large broccoli leaves (or other tender leaves, e.g. cabbage)
5 aromatic tomatoes (at room temperature)
2 tbsp olive oil (preferably cold-pressed, e.g. from Ladolea)
250 g (8.8 oz) + 2 tbsp butter
100 g (1 dl or 0.4 cup) crème fraîche
3-5 drops of hot sauce (e.g. Tabasco or spicy lemon sauce from Tistelvindens)
150 ml (1.5 dl or 0.6 cup) water
2 tbsp hot kimchi
1 tbsp light miso paste (e.g. from Liura, made from broad beans)
2 tbsp rapeseed oil
Salt and freshly ground black pepper

For the garnish

100 g (3.5 oz) pecorino (e.g. from Bredsjö)
Broccoli blossoms

Instructions

Cut the leaves and the outermost buds from the broccoli and set them aside separately. Then cut the florets from the stem and put them aside as well. Peel the outermost hard shell from the stem and put the stem aside. (The tender leaves can be saved and later boiled with the florets.)

Cut the tomatoes into slices, place in a bowl, drizzle with olive oil and salt lightly.

Cut off the stalks from the leaves, but save them (for the cream). Brown 50 g (1.8 oz) butter in a saucepan and set aside until serving.

Broccoli cream: Boil the florets, leaf stalks and, if applicable, the tender leaves from the stem in lightly salted water until they are completely soft. Purée to a cream with crème fraîche and 50 g (1.8 oz) butter. Season to taste with hot sauce and salt.

Broccoli buds in butter: Cut 150 g (5.3 oz) butter into cubes. Bring the water and butter to a boil and use a stick blender to make a butter emulsion. Boil the broccoli buds in butter water for 20-25 seconds, strain and season with salt and pepper. (Tip: You can save the butter water and use it to prepare other vegetables.)

Glazed broccoli stem: Heat the oven to 180 °C (350 °F). Mix the kimchi, miso paste and rapeseed oil to a smooth cream. Place the broccoli stem on a baking sheet and coat it with the kimchi mixture. Bake for 8-10 minutes, coat again and bake for another 2 minutes until the stem is soft but still has a slight crunch. Take out from the oven, cut into slices and keep warm until serving.

Serving

Spread out the leaves on four plates and brush with the brown butter. Spread the broccoli cream on the leaves, then arrange the tomato and broccoli stem slices on top. Sprinkle with the broccoli buds. Garnish with flowers and grated pecorino cheese.

Anders' favourite spices:

Kimchi from Kimchifabriken
Cold pressed olive oil from Ladolea
Pea soy from Liura
Broad bean miso paste from Liura
Pecorino from Bredsjö Mjölkfår

Vegan version:

Drizzle the leaves with cold-pressed olive oil (instead of butter) before topping them with the remaining ingredients.

You can also use olive oil instead of butter when cooking the broccoli buds.

For the broccoli cream, you can replace the crème fraîche with a plant-based or high fat plant-based yogurt. And instead of cheese, you can use yeast flakes. Mix them with a few drops of olive oil and a pinch of salt to make flavourful sprinkles to garnish.

Blueberry sorbet with sponge cake, fresh berries and spruce sugar

A fresh sorbet that owes its creamy consistency to cream cheese and is served with a warm piece of freshly baked sponge cake. The topping consists of fresh gooseberries and raspberries as well as sugared blueberries and a refined blueberry crust. Easy to prepare and yet something special to enjoy!

Serves 10-12

Preparation time: approx. 1 hour and 20 minutes

(The preparation of spruce sugar, elderflower syrup and blueberry crust is not included and should be done in advance.)

Prepare in advance:

Oven temperature: 60 °C (140 °F)

Spruce sugar

400 ml (4 dl or 1.7 cup) spruce shoots
180 g (2 dl or 0.8 cup) sugar

For the elderflower syrup

150 ml (1.5 dl or 0.6 cup) water
270 g (3 dl or 1.3 cup) sugar
200 ml (2 dl or 0.8 cup) elderflower blossoms without branches

For the blueberry crust

200 g (7.1 oz) blueberries

Instructions

Spruce sugar: Mix the spruce shoots and sugar in a jar. Seal airtight and let stand for two weeks at room temperature. Stir occasionally. Finally, blend with a stick blender to finely chop the spruce shoots.

Elderflower syrup: Bring the water to a boil and dissolve the sugar in it. Place the elderflower in a sealable glass jar and pour the liquid over it. Seal airtight and let steep for one week at room temperature. Finally, drain through a sieve.

Blueberry crust: Mix the blueberries with a hand blender. Spread thinly on a baking tray. Dry in the oven overnight at 60 °C (140 °F).

On the day of serving:

Oven temperature: 170 °C (340 °F)

For the blueberry sorbet

600 g (1 l or 4.2 cups) blueberries

600 g (21 oz) cream cheese

360 g (3 dl or 12.7 oz) honey

For the sponge cake

200 g (7.1 oz) butter (plus a little more to grease the baking pan)

Breadcrumbs (to line the baking pan)

250 ml (2.5 dl or 1.1 cup) milk

5 eggs

450 g (5 dl or 2.1 cups) raw sugar

Grated zest of a lemon

450 g (7.5 dl or 3.2 cups) flour

1 tbsp baking powder

For the sugared blueberries

125 g (2 dl or 0.8 cup) blueberries

2 tbsp spruce sugar

For the garnish

20 red gooseberries

20 green gooseberries

20 yellow or red raspberries

Elderflower syrup

Blueberry crust

Instructions

Blueberry sorbet: Bring the blueberries to a boil, purée them and pass them through a fine-mesh strainer. Mix with the remaining ingredients and process in an ice cream maker until the consistency is creamy.

Sponge cake: Heat the oven to 170 °C (340 °F). Brown the butter. Butter a large cake tin (or several smaller ones) and line with breadcrumbs. Mix the brown butter with the milk. Whisk eggs and sugar together until you reach a stiff peak, then fold in lemon zest, flour and baking powder. Then quickly fold the butter mixture into the egg mixture and stir into a smooth dough. Pour the batter into the mould(s) and bake until golden brown. The baking time is approx. 30 minutes for a large form and approx. 10-14 minutes for small forms. Before removing the cake, use a wooden stick to make sure that the cake is thoroughly baked: If no dough sticks to the wooden stick, it's done.

Sweet blueberries: Mix the blueberries and spruce sugar.

Serving

Put a generous dollop of blueberry sorbet in each bowl. Sprinkle sugared blueberries and fresh berries on top. Finally, place a slice of the dried blueberry crust on top. Serve with a slice of cake. At the table, drizzle elderflower syrup over the dessert.

Vegan version:

Instead of cream cheese, use half the amount of honey.

The recipes were created for the initiative "Plant based by Sweden" - a collaboration between Visit Sweden and blogger Therese "Thess" Elgquist (plantbasedbythess.com).

The accompanying video can be found at:

<https://youtu.be/02SwjQWbHsw>

