

Kolåsens Fjällhotell

Recipes: Michael Blyckert

Ingredients: Kolåsens Fjällhotell

Photo credit: Agnes Maltesdotter



Hearty pancakes with chanterelles and lingonberries

The hearty pancake called "Kolbulle" is a Swedish classic that is often prepared in nature over an open fire. In autumn and winter, the dish warms you up, but of course it also tastes good all year round. The secret to a perfect "Kolbulle" is the balance between sweet and salty. The tradition calls for salty pork, but with this vegan version, chanterelles and cranberries come into the mix. If you want, you can make tomato chutney and carrot jam in advance.

Serves 5

(The pan should have a diameter of 20 cm since flipping over the pancakes is easier with this smaller sized pan.)

Preparation time: approx. 2 hours (including proofing time for the dough)

Ingredients

For the pancakes

600 ml (6 dl or 2.5 cups) water
300 g (5 dl or 2.1 cups) wheat flour
1 tsp salt
Rapeseed oil for frying

For the cranberries

250 g (8.8 oz) cranberries (frozen)
45-90 g (0.5-1 dl or 0.2-0.4 cup) sugar
3 tbsp brandy

For the chanterelles

5 dl (2.1 cups) chanterelles (pre-cooked)
Rapeseed oil
Salt

Instructions

Pancakes (kolbulle): Mix the water, wheat flour and salt into a smooth dough and let proof for a few hours. Then heat a cast iron pan over an open flame. Pour plenty of rapeseed oil into the pan, then add a 0.5 cm (0.2 in) layer of pancake batter. Fry on both sides until the pancake is golden brown.

Cranberries: Mix the cranberries, sugar and brandy. Stir occasionally until the sugar dissolves.

Chanterelles: Fry the chanterelles in rapeseed oil and season with salt.

Serving

Top the pancakes with sugared lingonberries and fried chanterelles.

Additional dips that can be prepared in advance:

For the carrot jam

½ kg (17.6 oz) carrots

2-3 cm (0.8-1.2 in) ginger (fresh)

½ or 1 lemon

500 ml (5 dl or 2.1 cups) water

760 g (8 dl or 3.4 cups) gelling sugar

For the green tomato chutney

1 kg (35 oz) green tomatoes

1 yellow onion

3-4 cloves of garlic

1 chilli pepper

3-4 cm (1.2-1.6 in) ginger (fresh)

180 g (2 dl or 0.8 cup) brown sugar

150 ml (1.5 dl or 0.63 cup) apple cider vinegar

1 tbsp honey

1 cinnamon stick

½ -1 tsp cardamom (crushed)

1-2 lemons or limes (zest and/or juice, as preferred)

Carrot jam:

Peel and roughly grate the carrots.

Peel the ginger and grate it into the carrots.

Put the carrots and ginger in a saucepan.

Wash the lemon, grate off some of the zest and add it to the mix.

Add the water and sugar, stir and let simmer for about 45 minutes. Skim off foam if necessary.

Remove the saucepan from the heat and purée the mixture with a stick blender. Depending on your preference, blend for longer so that the jam becomes smooth, or a little shorter if you want to leave a few pieces.

Season to taste with a little bit of lemon juice (orange juice works as well).

Pour the jam into clean jars and seal them airtight.

Green tomato chutney:

Wash the tomatoes and cut them into pieces.

Chop the onion, garlic cloves and chilli pepper. Grate half of the ginger and chop the other half. Put everything into a saucepan and mix with the sugar, apple cider vinegar and honey.

Then add the cinnamon stick and the crushed cardamom. Wash off the citrus fruits, grate off the zest and add it to the mix. Let everything simmer for about an hour.

Season to taste with lemon and/or lime juice and, if necessary, a pinch of salt.

Pour the jam into clean jars and seal them airtight.

Baked root vegetables with Jerusalem artichoke purée

When creating their recipes, the chefs at the mountain resort Kolåsens Fjällhotell follow the seasons. Whatever is

ripe in their own garden is given the spotlight on the plate. Plus, every dish should have a crispy component. In this recipe it is the kale chips. The cranberries also ensure the perfect balance between sweet and sour.

Serves 2

Preparation time: approx. 45 minutes

Oven temperature: 150 or 200 °C or 300 or 400 °F

For the kale chips

200 g (7.1 oz) fresh kale

3 tbsp rapeseed oil

½ tsp lemon juice

Coarse salt

1 pinch Cayenne pepper

For the root vegetables

200 g (7.1 oz) carrots

200 g (7.1 oz) potatoes

200 g (7.1 oz) beetroots

Rapeseed oil

Coarse salt

Black pepper

Thyme (dried)

For the purée

600 g (21 oz) Jerusalem artichoke

4 tbsp olive oil

½ tsp lemon juice

Salt and pepper

For the chanterelles

1 shallot (preferably banana shallot)

200 g (7.1 oz) chanterelles (precooked)

Rapeseed oil

Salt

Black pepper

For the garnish

Pea sprouts

Cranberries

Instructions

Kale chips: Tear the kale leaves off the stalk, place in a bowl and add some oil, lemon juice, coarse salt and cayenne pepper. Mix properly. Cover a baking tray with baking paper and bake the cabbage leaves in several rounds at 150 °C (300 °F) for approx. 15 minutes each. After about half the time, check that all the leaves are baking evenly. When the cabbage leaves are ready, raise the oven temperature to 200 °C (400 °F) for the root vegetables).

Root vegetables: Wash off the carrots, potatoes and beetroots. (Hint: First rinse the potatoes and carrots, then clean the beetroots separately, otherwise everything will turn pink!) Cut the root vegetables into 0.5x5 cm (0.2x2 in) long strips, pat dry and place in a 5 cm (2 in) deep baking pan with rapeseed oil. Sprinkle with coarse salt, pepper and dried thyme. Bake at 200 °C (400 °F) until soft (15-20 minutes, depending on the type and size).

Jerusalem artichoke purée: Peel the Jerusalem artichokes and cook until soft (preferably in a pressure cooker). Afterwards, let them steam for a while. Add the olive oil and purée with a stick blender. Season with lemon juice, salt and pepper.

Chanterelles: Cut the shallot lengthways into approx. 0.5 cm (0.2 in) thick slices and carefully fry them in a little bit of rapeseed oil until they soften. Add the chanterelles and a little more oil and fry until the water has evaporated from the mushrooms. The chanterelles will make a squeaky sound when they are done. Set aside and cover to keep them warm.

Serving

Place the root vegetables at the centre of the plate. Surround them with a few dabs of the purée and some chanterelles. Finally, top with the kale chips and garnish with pea sprouts and cranberries.

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/9SJLmqnLK-A>

