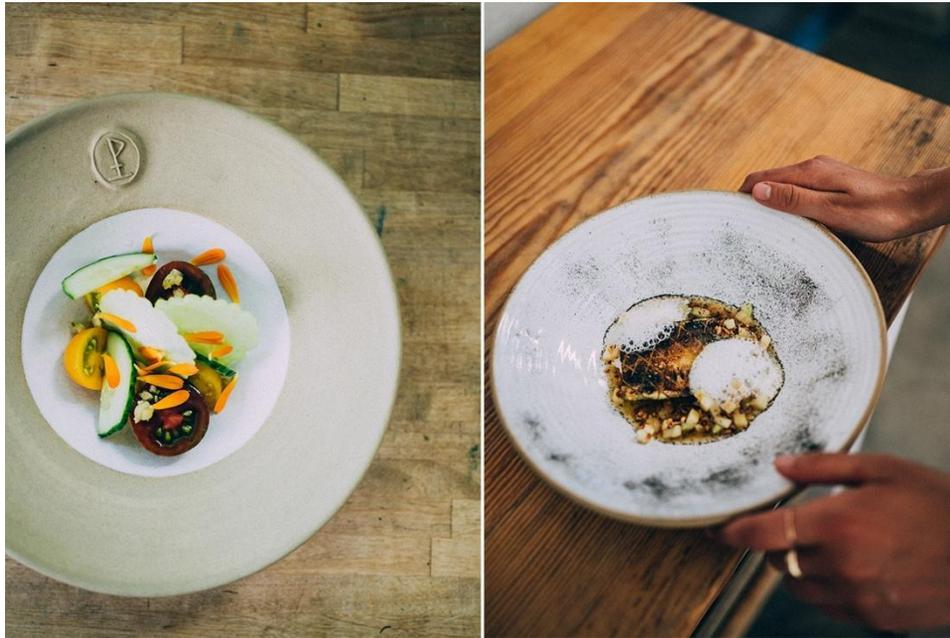


Lilla Bjers

Recipes: Alex Wugk

Photo credit: Agnes Maltesdotter



Starter featuring tomatoes, cucumber and cream cheese

In this simple dish, the flavours of tomatoes and cucumbers really unfold. That's why we recommend using the highest quality ingredients possible. Because low temperatures destroy the taste, neither the tomatoes nor the cucumbers should be kept in the fridge! You can either use cream cheese from the supermarket, or you start two days in advance and make your own.

Serves 4 (as a starter)

Preparation time: 30 min (48 hours if you make the cream cheese yourself)

For the cream cheese

(alternatively buy 200 g or 7 oz natural cream cheese)

600 ml (6 dl or 2.5 cups) buttermilk* (see below)

1 pinch of salt

Optional: spices of your choice (e.g. chilli, herbs or basil)

For the vinaigrette

150 ml (1.5 dl or 0.6 cup) of cold-pressed olive oil

50 ml (0.5 dl or 0.2 cups) brine from capers (preferably with wild garlic)

Salt

Vegetables

400 g (14 oz) cherry tomatoes (preferably in different colours)

1 green cucumber

For the garnish

Capers (preferably with wild garlic)

Wild garlic flowers (or other edible flowers)

Tender leaves of the common sorrel

Watercress or garden cress

Instructions

Homemade cream cheese: Heat the buttermilk to 50 °C (120 °F). (You can make the buttermilk yourself, too. See recipe below.) Strain the liquid through a cloth or coffee filter (takes about 2 hours). Purée the rest until smooth.

Vinaigrette: Mix together the oil and brine and season with salt as desired.

Vegetables: Cut the tomatoes in halves. Cut the cucumber into thin slices. Put both in a bowl and season with a little vinaigrette.

Serving

Put a dollop of cream cheese in each bowl. Arrange the tomatoes and cucumber slices on top. Drizzle with vinaigrette. Garnish with capers, edible flowers, sorrel and cress.

***Recipe for homemade buttermilk (and butter!)**

Ingredients

1 l (4.2 cups) cream

150 g (1.5 dl or 0.6 cup) sour cream

Instructions

Day 1: Mix the cream and sour cream and let sit at room temperature for at least 24 hours.

Day 2: Blend the mixture in the food processor until the butter separates from the liquid. Strain the liquid - this is the buttermilk that you can use to make cream cheese. Wash the butter twice in ice water, then weigh it. Add salt, equal to 2.5 % of the total weight.

Vegan version:

Use plant-based cream cheese or high fat yogurt instead of traditional cream cheese.

Zucchini with summer savoury and almonds

The soft zucchini goes well with a crispy companion, in this recipe we use almonds. The recipe calls for focus on one ingredient to be processed in a variety of ways. This dish tastes best when cooked with charcoal from the grill.

Serves 4 (medium size course)

Preparation time: approx. 3 hours

(You can prepare the foamy savoury sauce the day before.)

Oven temperature: 50, 150 or 200 °C (120/300/400 °F)

Ingredients

For the butter vinaigrette

200 g (7.1 oz) butter

1 piece of glowing charcoal

2 tbsp apple cider vinegar

For the zucchini cream

6 zucchinis

Rapeseed oil

Salt

For the fried zucchini

1 zucchini

For the summer savoury foam

200 ml (2 dl or 0.8 cup) milk

500 ml (5 dl or 2.1 cups) cream

1 piece of glowing charcoal

1 handful/pot of summer savoury

For the topping

1 zucchini
35 g (0.5 dl or 1.2 oz) almonds
2 tbsp butter vinaigrette (see above)

For the garnish

Horseradish
Zucchini ashes (optional)

Instructions

Butter vinaigrette: Melt the butter in a large saucepan and place the piece of glowing charcoal in it. Put the lid on immediately. Let it infuse for about 30 minutes. Remove the coal and whisk the butter in the saucepan over an ice bath. When serving, the almonds and zucchini cubes are tossed in the butter. Season to taste with apple cider vinegar and salt.

Zucchini cream: Grill three (out of six) zucchinis on the embers until they are black on the outside and completely soft on the inside. Heat the oven to 200 °C (400 °F). Cut off the black areas, and, if necessary, dry in the oven at 50 °C (120 °F) and then grind them into ashes.

Halve the remaining three zucchinis lengthways, place them with the peel down on a baking tray, brush the cut side with oil and sprinkle with salt. Bake for about 45 minutes, until they are browned and soft. Now purée the three grilled and the three baked zucchinis to a smooth cream and season with the coal butter and salt. To thicken the cream, you can gently heat it up while stirring.

Foamy sauce with summer savoury: Bring the milk and cream to the boil. Add in the glowing charcoal, put the lid on and let it infuse for 30 minutes. Remove the coal and add the savoury. Bring to the boil again and then let sit for at least 4 hours (preferably overnight). Strain and mix with a stick blender just before serving, to create some foam.

Topping made from almonds and zucchini cubes: Heat the oven to 150 °C (300 °F). Place the almonds on a baking tray and bake on the middle rack for 20 minutes. Let cool and chop finely. Cut a zucchini into 2 mm small cubes (a cooking technique known as "brunoise"). Mix with 2 tbsp of butter vinaigrette.

Fried zucchini: Cut the zucchini into 2 cm (0.8 in) thick slices. Pierce the surface of the zucchini slices, across and lengthways. Fry in a dry pan on both sides until the slices have a nice colour all around.

Serving

Put a dollop of zucchini cream on the bottom of each plate. Spread the zucchini slices on top. Round off with the almond and zucchini topping and finally, just before serving, pour over the foamy sauce. Sprinkle with grated horseradish and zucchini ashes.

Vegan version:

Instead of the butter vinaigrette, you can use cold-pressed rapeseed or olive oil with a flavour of your choice, such as spring onions, garlic or herbs.

The savoury sauce can also be made with plant-based cream and milk.

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/tEpay7Gxdrs>

