

# Restaurant Naturaj

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Photo credit: Agnes Maltesdotter



## Baked celeriac with 'messmör' sauce as well as buckwheat, chervil and sour cream

This dish is based on one type of vegetable, and we give it a variety of textures to bring out the flavour nuances in different ways. The humble celeriac plays the main role, and in combination with the Scandinavian brown cheese ('messmör'), it unfolds its wonderful aroma.

Serves 4

Preparation time: 30 minutes

Cooking time: approx. 1.5 hours

(Soak the buckwheat the day before!)

### For the baked celeriac

½ celeriac

2 tbsp salt

1 l (4.2 cups) water

### For the sauce

50 g (1.8 oz) brown cheese (messmör)

150 g (5.3 oz) butter

Optional: 50 ml (0.2 cups) milk

### For the crispy buckwheat

25 g (0.9 oz) buckwheat (whole)

Oil for deep-frying

Salt

**For the pickled celeriac**

300 ml (3 dl or 1.3 cup) water  
180 g (2 dl or 0.8 cup) sugar  
100 ml (1 dl or 0.4 cup) vinegar  
1/4 celeriac

**Additional ingredients**

5 sprigs of chervil  
50 g (1.8 oz) sour cream or smetana

**Instructions**

**Baked celeriac:** Clean half the tuber and remove any dirt that may have gotten stuck on the roots (but leave the skin on the celeriac!). Rub with salt, place on a wire rack and bake at 100 °C (210 °F) until the internal temperature reaches 87 °C (190 °F). Place a tray with a little water underneath to catch any liquid that may leak out of the celeriac. Then cut into bite-sized pieces and pour all of the liquid from the collecting tray into a saucepan.

To serve, grill the celeriac pieces on the skin and brush with butter sauce.

**Brown cheese (messmör) sauce:** Take the pot with the celeriac liquid, add the brown cheese (messmör) and bring everything to a boil. Let cool slightly and then stir in the butter to reach a thicker consistency. If necessary, add more salt to taste. Additional tip: If you want to make the sauce foamy, pour 50 ml (0.2 cups) of milk into it and mix everything with the stick blender until bubbles form.

**Crispy buckwheat:** Soak the buckwheat the day before. Pour out the liquid and let the buckwheat dry a little before frying it until crispy at 160 °C (320 °F). Then spread the grains on a large piece of kitchen paper and salt lightly.

**Pickled celeriac:** Bring water, sugar and vinegar to a boil, then allow to cool. Add the chervil stalks. Peel the celeriac, cut into thin slices and add to the brine.

**Seasoning:** Pluck the chervil leaves from the stalks and place in cold water. Save the stalks for the brine.

**Serving**

Put a dollop of sour cream (or smetana) on each plate. Sprinkle buckwheat and chervil on top. Place pieces of the pickled and baked celeriac on the side and pour the sauce over the dish.

**Vegan version:**

Replace cream cheese, sour cream or smetana with plant-based Greek-style yogurt (e.g. O'gurt Greek Style produced by Friendly Vikings).

Instead of the messmör sauce, you can prepare a miso sauce. Mix the following ingredients together to make a smooth sauce:

**Miso sauce**

2 tbsp light tahini  
1.5 tbsp tamari  
1 tbsp maple syrup  
1 tbsp yeast flakes  
2 tsp light miso paste  
4 tbsp water

## **Tortellini with baked potatoes, hard cheese, mushroom confit and wood sorrel**

We believe that an interesting dish consists of ingredients with different consistencies and flavours that complement each other on the plate. Here, soft pasta meets crispy hard cheese, and a balance is created between sweet, sour, salty and umami.

Serves 4

Preparation time: 1.5 hours

(plus 4 hours for the mushroom confit, which you can prepare in advance)

Oven temperature: 75, 100 or 200 °C (170/210/400 °F)

### **For the pasta dough**

250 g (4 dl or 1.7 cup) durum wheat

2 eggs

1 egg yolk

2 pinches of salt

1 tbsp olive oil

### **For the filling**

400 g (14 oz) potatoes

100 g (3.5 oz) of aged hard cheese

1 egg yolk

### **For the broth**

Peels from the baked potatoes (see pasta filling)

500 ml (5 dl or 2.1 cups) water

1 tbsp vinegar (preferably champagne vinegar)

2 pinches of salt

### **For the mushroom confit**

500 g (approx. 1 l or 18 oz) of seasonal mushrooms

1 tsp salt

4 black peppercorns

1 clove of garlic

4 sprigs of thyme

### **Additional ingredients**

20 wood sorrel leaves

50 g (1.8 oz) of aged hard cheese

### **Instructions**

**Pasta dough:** Put all ingredients in the food processor and knead into a smooth dough. Place in the refrigerator for at least 30 minutes. Roll out the dough with the pasta machine (on level 6 out of 9). Punch out circles, fill, fold and close by pressing the edges together. Boil for about 3 minutes.

**Pasta filling:** Bake the potatoes at 200 °C (400 °F), until they are golden and completely soft on the inside. Then cut in halves and scrape out the filling (save the peel). Mix the potatoes with the grated cheese, egg yolks, salt and pepper.

**Baked potato broth:** Vacuum the peel of the baked potatoes together with water, vinegar and salt. Cook in the oven at 75 °C (170 °F) for about 30 minutes. If you don't have a vacuum machine, let the peel simmer in water, vinegar, and salt for about 10 minutes. Then let it steep for 20 minutes, strain, taste and, if necessary, season with a little more salt and vinegar.

Mushroom confit: Thoroughly clean the mushrooms and place them in a clean jar with the salt and other spices. Pour in the rapeseed oil (to just below the rim) and close the jar. Place the jar on a tray and heat it in the oven at 100 °C (210 °F) for about 4 hours. Before serving, the mushrooms are sautéed in the same "mushroom oil".

Seasoning: Pluck the sorrel leaves from the stems and place in cold water until serving.

### **Serving**

Place the pasta on preheated plates and top with the mushrooms. Pour over hot broth and garnish with sorrel. Grate the cheese once you have served the meal and sprinkle over the plates.

### **Vegan version:**

The pasta dough also works without eggs: Knead 300 g (1.3 cup) flour, ½ tsp salt, 150 ml (0.6 cup) water and 2 tsp oil; then follow the rest of the instructions.

You can replace the cheese with 1 tbsp of extra virgin olive oil, 1-2 tsp of yeast flakes and a pinch of salt. Add this mixture to the potatoes, then follow the rest of the instructions.

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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/OMw4luPiXaw>

