

Summer dish to be cooked in northern Sweden

Warm berries with smoked butter and meadowsweet with cordial.

4 servings

2-3 dl berries; wild blueberries, wild raspberries, lingonberries (rinsed)

1 handful of meadowsweet (water mint, wild mint)

100 g butter*

3 tbsp. sugar

Salt

*Vegan butter can be used.

How to do it

1. Light a fire.
2. Add the butter to a small saucepan and melt it over the fire.
3. Pick a stick or piece of coal from the fire and put in the melted butter in the saucepan. Leave it for 5 minutes.
4. Heat up the butter ones again and pour through sieve in a bowl.
5. Boil up 2 dl of water with 2 tbsp. sugar, meadowsweet and a pinch of salt. Allow to stand for 20 minutes and let it cool (it should be drunken cold).
6. Pour through sieve.
7. Melt 1 tbsp. sugar in the saucepan until golden brown.
8. Add the berries and allow to cook.
9. Add the smoked butter to the berries.

About the ingredients

Blueberries (Blåbär)

Blueberries are one of Sweden's most common plants, most commonly found in forests, but can also be found growing up on the mountain ranges. They are usually found in coniferous forests, deciduous forest and in heath. The branches are evergreen and angular, which makes the blueberry easy to recognise even in winter. The mature berries are usually blue or purple on the surface.

Raspberry (Hallon)

Raspberry grows all over Sweden. It is usually found on a newly laid clearcutting, but also on steep slopes, roadsides and thickets. The bush can grow up to two meters high. The trunk is upright and round.

Lingonberries (Lingon)

Lingonberries grow all over Sweden. They are usually found in pine forests, heath, mire or pavement. The flowers are bell-shaped, white to pale pink. The fruit is a red berry 6–10 mm, with an acidic taste, ripening in late summer to autumn.

Meadowsweet (Älggräs)

Meadowsweet grows all over Sweden. It is a type of weed that grows at watercourses, wet meadows, dikes and other cultural landscape. The stems are 1–2 m tall, erect and furrowed, reddish to sometimes purple. The leaves are dark-green on the upper side and whitish and downy underneath, much divided, interruptedly pinnate, having a few large serrate leaflets and small intermediate ones. The flowers are small and numerous, they show 5 sepals and 5 petals with 7 to 20 stamens.

As with everything in nature, we are unable to guarantee that specific ingredients will be available on the day of your visit.

Summer dish to be cooked in central Sweden

Golden chanterelles with ramsons' berries and herb salad

4 servings

1 litre chanterelles or sheep polypore, sulphur polypore, or red pine mushroom
1 small handful of ramsons' berries or flowers
1 handful of garlic mustard
2 handfuls of young ground elder
2 handfuls of sorrel, red sorrel, or wood sorrel
1 large twig of sweet cicely or freshly picked heath pea
1 chunk of butter*
Salt

*Vegan butter can be used.

How to do it

1. Rinse the chanterelles and sauté them in butter
2. When they look ready, add the ramsons' berries or flower
3. Salt to taste
4. Make a 'salad' using the wild herbs and add the sautéed mushrooms and ramsons
5. Let the butter be the dressing

TIP: If you find any berries late in the summer, such as cloudbberries, raspberries or wild blueberries, they are a great addition to the salad.

About the ingredients

Chanterelles (Kantareller)

Chanterelles grow in the southern part of Sweden. They are hard to find, but can be located in coniferous forests or a mixed forest (broadleaf trees and coniferous trees). They often grow underneath moss. The mushroom is convex in shape with a wavy cap connecting to a dense stem. The cap is smooth, delicate, and gold-orange with irregular, uneven edges that are thick, blunt, and taper down. Underneath the cap, the gills have forked ridges with blunt edges and these ridges run down the matching gold-orange, firm, thick, and solid stem.

Ramsons' berries or flowers (Ramslöksbär eller blommor)

Ramsons mainly grow in the most southern regions of Sweden but can be found up until the region of Uppland. They are rare and found in shady, moist deciduous forests on nutritious moorland, often on slight slopes at the foot of a height. The narrow bulbs are formed from a single leaf base and produce bright green entire, elliptical leaves up to 25 cm long and 7 cm wide with a petiole up to 20 cm long. The flowers are star-like with six white tepals. Make sure to reach out to a local guide before picking ramsons, since the leaves can be confused with the appearance of the poisonous lily of the valley. The noticeable bulb makes it pretty easy to distinguish the ramsons.

Garlic mustard/*Alliaria petiolata* (Löktrav)

Garlic mustard grows in the south of Sweden, from Skåne to Uppland. It is usually found in cultural landscapes such as groves, hedges, parks and flowerbeds. The plant is recognised on its large heart-like leaves, as well as the weak garlic dough.

Ground elder (*Kirskål*)

Ground elder grows in the southern parts of Sweden. It's usually found in flowerbeds or on slopes inside the forest. Ground elder is distinguished by its three-fingered, paired appearance and toothed leaves – not to be confused with the poisonous cowbane, fool's parsley and hemlock from the same family.

Heath pea (*Gökärt*)

Heath pea is a pea that has dark-coloured tubers attached to the roots. It is approximately 20 cm long and the leaves are alternate with short winged stalks and large stipules. It usually grows in grassy places or forest margins.

Sorrel, wood sorrel and red sorrel (*Ängssyra, harsyra och bergsyra*)

Sorrels grow all over Sweden. They can be found in many places, some of which are meadows and pastures, fields and roadsides. The stem and leaves are soft. A common type of sorrel is wood sorrel. It grows five to ten centimeters high and grows with narrow, creeping, scaly and branchy strains. Its leaves and flowers go straight from the strain. The leaves are sparsely hairy and often have a reddish underside. Another common sorrel is red sorrel. The stems are branchy and can be up to three decimeters high but are usually significantly lower. The leaves are bare and have a spicy base with narrow, usually bent bends.

Sweet cicely (*Spansk Körvel*)

Sweet cicely grows in the southern parts of Sweden and can be found from the region of Skåne to the region of Stockholm – mainly along the east coast. It is usually located in rural settlements, roadsides and parks. The leaves of sweet cicely are large, triangular and repeatedly fluffy. Make sure to reach out to a local guide before picking Sweet cicely since it belongs to the flock-flowered family with the following poisonous plants; cowbane, fool's parsley and hemlock.

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Summer dish to be cooked in southern Sweden

Wild summer berries with herbs

200 g blueberries
200 g raspberries
1 bunch of meadowsweet
A handful of sorrel
A handful of chickweed

How to do it

1. Carefully heat up raspberries together with meadowsweet until they become soft.
2. Let it cool down for a bit.
3. Clean the sorrel and pluck the chickweed into fine pieces.
4. Serve with raspberry compote together with fresh blueberries and herbs.

About the ingredients

Blueberries (Blåbär)

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Common chickweed (Våtarv)

Common chickweed grows all over Sweden with the exception of high mountains. Its flowers are small with five white petals that are cleaved to the base. Common chickweed is very similar to the relatives of pale trot and greater chickweed, but a sure sign is the one-sided hairy stalk.

Meadowsweet (Älggräs)

Meadowsweet grows all over Sweden. It is a type of weed that grows at watercourses, wet meadows, dikes and other cultural landscape. The stems are 1–2 m tall, erect and furrowed, reddish to sometimes purple. The leaves are dark-green on the upper side and whitish and downy underneath, much divided, interruptedly pinnate, having a few large serrate leaflets and small intermediate ones. The flowers are small and numerous, they show 5 sepals and 5 petals with 7 to 20 stamens.

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