

Dish no. one – First course or Main course

“The High Coast Toast”

This dish is from northern Sweden. The person who first created the dish is **Simon Börjesson**, working as a chef in a restaurant called Docksta hostel and camping. The name of the dish - “*The High Coast Toast*,” comes from the use of local ingredients – salmon, bread and cheese. The dish can be eaten as a lunch or a first course. It is made out of a local raw, spiced salmon and for the area a typical soft “flatbread”. The cheese is made in Västerbotten in northern Sweden.



First course

Serves 4 persons



2 peaces of flatbread 20x20cm
6 large slices of raw spiced salmon
(*recipe in the main course*)
2 deciliter of crème fraiche
200 grams of grated Västerbotten-cheese
1 teaspoon of basil



Mix grated cheese, crème fraise and basil.
Put one of the breads on a cutting board and put half the cheese mix over it.
Take a knife and spread it out. It should cover the area of the whole breads.
Put the slices of salmon over it. It should cover the same area.
Put the rest of the mix on top of the salmon.
Put the last bread on top of it all.
Cut the toast in peaces and fry them golden brown in butter.

Serve the dish on a bed of lettuce, red onions in slices, tomatoes and cucumber. Decorate with a slice of lemon and dill on the top.

Not for persons with lactose intolerance, allergy to fish or to gluten.

Dish no. 2
Main course dish

Raw spiced salmon

Serves four persons

500g of bone free fillet of salmon (*must be frozen at least 48 hours before or after the dish is made*)

½ tsp crushed white pepper
45 ml salt (not mineral salt)
60 ml sugar
100 ml fresh dill

Mix the salt, sugar, and white pepper. Put it on both sides of the salmon. Sprinkle the dill over the fish and put the fish in a plastic bag.

Put the salmon package in a tin and cover it

with a plate. Keep it in the refrigerator for about two days. Turn the package twice a day.



Salmon sauce

45 ml mustard
45 ml sugar
15 ml vinegar
100 ml vegetable oil
30 ml dill
salt and white pepper

Mix mustard, sugar, vinegar in a bowl and carefully add the oil while stirring strongly. Add dill and some salt and pepper, taste.

Cut the salmon in thin slices from the “head” side towards the tail and serve with boiled potatoes and a salmon sauce. A fresh salad and some bread is very nice with this.

Dish no. 3 is made out of moose.

Tjälknöl (froastroast)

Serves at least four persons

Ingredients

1 kg bone free thick flank of moose

Liquor (pickle)

1 litre of water

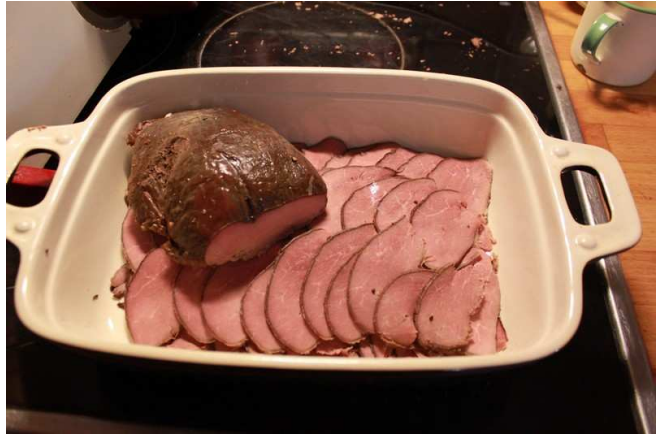
1 dl salt

2 tablespoons of sugar

1 pc of bay leaf

1 teaspoon of crushed blackpepper

2 tablespoons juniper berries



Frost roast (Tjälknöl)

The frost roast is the result of a clever method of cooking – take the frozen meat from the freezer and cook it in the oven in a low temperature. Pickle it in a liquor.

Put the frozen meat on a rack in a roasting pan, place it in a cold oven on the bottom shelf and set the oven to 100 C°. Slowly fry for 9-10 hours, preferably overnight. Insert a thermometer after about two hours when the meat is defrosted, remove the meat from the oven when the thermometer shows 65 degrees Celsius.

Liquor (pickle)

Mix the ingredients for the liquor in a saucepan and boil it shortly. Place the meat in a bowl. Pour the hot liquor over the meat and cover it. Place the meat in the liquor in a cool place for 4-5 hours.

Remove the meat and wipe it. Cut it in thin slices.

Serve the meat chilled, with boiled potatoes or potato-salad and a fresh salad.