

## Swedish Recipes from Grand Veranda and Swedish Institute

This month we have exciting recipes from **Chef Marcus Pettersson** of the **Grand Veranda** at the **Grand HÅtel Stockholm** in **Sweden** and also from **Carl Jan Granqvist** and **Lena Katarina Swanberg** of the **Swedish Institute**.

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The [Grand HÅtel Stockholm](#) is a legendary grand dame hotel that was built in 1874 with views of the Royal Palace and the Stockholm archipelago. Their restaurant, the Grand Veranda, features Swedish and international cuisine.

Smaklig mÅttid! (Bon appetit!)

### Fried Pike Perch with Asparagus, Morels and Mussel Sauce

4 servings

#### Ingredients:

600Å Å grams (21 ounces) pike perch  
12Å Å Å Å fine green asparagus  
120Å Å grams (4.23 ounces) morels  
300Å Å grams (10.58 ounces) potatoes  
4Å Å Å Å Å crayfish  
50Å Å Å Å grams (3 tablespoons + 1 teaspoon) dill  
Å Å Å Å Å Å Å salt, gourmet salt

#### Sauce Ingredients:

20Å Å Å Å grams (1 tablespoon + 1 teaspoon) shallot  
5Å Å Å Å Å Å grams (1 teaspoon) garlic  
0.5Å Å Å liter (2 cups) white wine  
0.5Å Å Å liter (2 cups) mussel stock with blue mussels  
Å Å Å Å Å Å Å thyme  
0.5Å Å Å liter (2 cups) cream  
Å Å Å Å Å Å Å salt, white pepper, sugar

Preparation: Begin with the sauce. Finely chop the shallot and garlic and sautÅ© with a bit of butter, taking care not to brown the onion. Add the wine, mussel stock and thyme. Boil for approximately 20 minutes, and then add the salt, white pepper and sugar to taste.

Next prepare the morels. If using dry morels, soak for 1 hour before using them. Boil the morels three times in new fresh water each time, so that no sand remains. Cut the morels in half. Peel the asparagus, cut approximately 5 cm off the top part, which is the finest part of the asparagus. Boil the asparagus rapidly for approximately 2 minutes in water with a little salt and sugar.

Boil the potatoes for 20-25 minutes in salted water. Serve with sprinkled dill on top. Put salt in a frying pan and heat the pan to a high temperature. Add the pike perch with the skin facing down. Fry for 3-5 minutes. SautÅ© the asparagus and morels in butter. Add salt and pepper to taste.

Last of all, fry the crayfish in a very hot frying pan with some gourmet salt. Fry in a bit of butter approximately 1 minute on each side. Stir and lift out.

### Wagyu Beef with Soya Bouillon and Cashew Nut Sauce

4 servings

Created by: Debra C. Argen

Ingredients:

240 g grams (9 ounces) Wagyu beef  
salt and black pepper

Cut the beef into 4 portions, grill them for just 1 minute, add salt and pepper and slice them twice.

Soya Bouillon

Ingredients:

0.5 liter (2 cups) water  
0.2 g grams (pinch) diced ginger  
0.2 g grams (pinch) garlic  
0.75 dl (1/3 cup) Kikkoman soy sauce  
0.5 dl (1/4 cup) sugar  
0.5 dl (1/4 cup) rice vinegar  
1 dl (1/2 cup) Sake (Japanese rice wine)  
5 g grams (1 teaspoon) bouillon paste or 1 bouillon cube  
a few drops of sesame oil  
Sauté ginger, garlic and add the water and chicken bouillon, sugar, rice vinegar, sesame oil and soy sauce. Let it simmer for approximately 20 minutes, possibly with slightly more Kikkoman and sake. The sake should not boil for more than 2-3 minutes.

Cashew Dip

Ingredients:

100 g grams (3.7 ounces) roasted cashew nuts  
0.25 dl (1/8 cup) sugar  
a few drops of Tabasco  
30 g grams (2 tablespoons) rice vinegar  
5 g grams (1 teaspoon) grated ginger  
5 g grams (1 teaspoon) Worcestershire sauce  
3 g grams (3/4 teaspoon) salt  
1.5 dl (3/4 cup) water (water is approximate)  
0.5 dl (1/4 cup) chili sauce (like Heinz)  
Juice from an orange  
Bring water, sugar, rice vinegar, Worcestershire sauce, chili sauce and ginger to a boil. Mix in the nuts and add the sauce, orange juice and salt.

**Marinated Asian Bean Sprouts**

Ingredients:

100 g grams (3.7 ounces) fresh Asian bean sprouts  
0.25 dl (1/8 cup) rice vinegar  
0.25 dl (1/8 cup) Mirin (Japanese sugar base)  
15 g grams (1 tablespoon) roasted sesame seeds  
Steam or blanch the bean sprouts rapidly, put them in ice water (the bean sprouts should be crisp.) Mix Mirin and rice vinegar, then mix the bean sprouts with the Mirin and the roasted sesame seeds and refrigerate for 24 hours.

Serve the beef with the soya bouillon, cashew dip and marinated Asian bean sprouts.

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Carl Jan Granqvist and Lena Katarina Swanberg of the [Swedish Institute](#) share a few of their recipes from their cookbook, *Swedish Culinary Classics* – Recipes with History and Originality.

Toast Skagen is a popular Swedish appetizer, Laxpudding (Salmon pudding) “is based on the traditional Swedish housewife’s firm conviction that a good dinner provides an excellent basis for the next day’s lunch”, and Kanelbullar are delicious classic Swedish cinnamon buns.



### **Toast Skagen**

4 servings

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#### Ingredients:

4 • • • • slices white bread

320 • • grams (11 ounces) peeled shrimps (prawns)

60 • • • grams (4 tablespoons) mayonnaise

15 • • • grams (1 tablespoon) Dijon mustard

150 • • grams (5 ounces) whitefish roe

50 • • • grams (2 ounces) fresh dill

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• • • • • • butter

Preparation: Cut the crusts off the bread. Sauté the bread until golden brown on both sides in a little butter. Place on paper towels. If the shrimps are large, cut them into smaller pieces. Save 4 dill sprigs for garnishes. Finely chop the rest of the dill and mix with the shrimps, mayonnaise and mustard. Apportion the mixture on the slices of sautéed bread. Shape the whitefish roe like eggs, and place on top of each toast. Garnish each with a sprig of dill and serve with a slice of lemon.



### **Laxpudding (Salmon Pudding)**

4-6 servings

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Created by: Debra C. Argen

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Ingredients:

400Â Â grams (14 ounces) salt-cured salmon  
1.5Â Â kg (3 Â¼ pounds) unpeeled potatoes  
4Â Â Â Â Â eggs  
300Â Â ml (1 Â½ cups) heavy whipping cream  
300Â Â ml (1 Â½ cups) milk  
2Â Â Â Â Â onions  
1Â Â Â Â Â large bunch fresh dill  
Â Â Â Â Â salt, white pepper

Preparation: Boil the potatoes, and peel them once they have cooled. If desired, pre-soak the slices of salmon in milk or water for a few hours to draw out the salt. Peel and slice the onion. SautÃ© it in a little butter until it softens, without browning. Grease an ovenproof baking dish, cover the bottom with the potato slices, spreading half of the onions on top and then half the salmon and chopped dill. Cover with a new layer of potato slices, then the rest of the onion, salmon and dill. Finish with a layer of potato slices. Beat together milk, cream and eggs plus salt and pepper. Pour this mixture on top of the salmon pudding and finish with a few pats of butter. Bake in the oven (200Â° C or 400Â° F) for 45-60 minutes, or until the pudding feels firm. Serve with melted butter.



**Kanelbullar**

25 buns

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Ingredients:

35Â Â Â grams (1 Â¼ ounce) yeast  
100Â Â grams (3 Â½ ounces) sugar  
300Â Â ml (1 Â½ cups) milk  
1Â Â Â Â Â egg  
120Â Â grams (4 ounces) butter  
5Â Â Â Â Â grams (1 teaspoon) salt  
15Â Â Â Â grams (1 tablespoon) ground cardamom  
750Â Â grams (26 ounces) wheat flour

Filling

Ingredients:

100Â Â grams (4 ounces) butter  
50Â Â Â Â grams (2 ounces) sugar  
30Â Â Â Â grams (2 tablespoons) cinnamon

Glaze

Ingredients:

1Â Â Â Â Â egg  
30Â Â Â Â grams (2 tablespoons) water

