

Created by: Debra C. Argen

## 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 Hôtel Stockholm** in **Sweden** and also from **Carl Jan Granqvist** and **Lena Katarina Swanberg** of the **Swedish Institute**.

The **Grand Hôtel 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 måltid! (Bon appetit!)

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

4 servings

#### Ingredients:

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

#### Sauce Ingredients:

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

Preparation: Begin with the sauce. Finely chop the shallot and garlic and sauté 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. Sauté 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

#### Ingredients:

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240 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 grams (pinch) diced ginger  
0.2 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 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 grams (3.7 ounces) roasted cashew nuts  
0.25 dl (1/8 cup) sugar  
a few drops of Tabasco  
30 grams (2 tablespoons) rice vinegar  
5 grams (1 teaspoon) grated ginger  
5 grams (1 teaspoon) Worcestershire sauce  
3 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 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 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 &dash; 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

#### 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  
1 lemon  
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

#### Ingredients:

400 grams (14 ounces) salt-cured salmon  
1.5 kg (3 ¼ pounds) unpeeled potatoes  
4 eggs  
300 ml (1 ½ cups) heavy whipping cream  
300 ml (1 ½ cups) milk  
2 onions  
1 large bunch fresh dill  
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. Sauté it in a little butter until it softens, without browning. Grease an ovenproof baking dish, cover the bottom with the potato

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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 (200° C or 400° F) for 45-60 minutes, or until the pudding feels firm. Serve with melted butter.



### **Kanelbullar**

25 buns

#### Ingredients:

35 grams (1 ¼ ounce) yeast  
100 grams (3 ½ ounces) sugar  
300 ml (1 ½ cups) milk  
1 egg  
120 grams (4 ounces) butter  
5 grams (1 teaspoon) salt  
15 grams (1 tablespoon) ground cardamom  
750 grams (26 ounces) wheat flour

#### Filling

#### Ingredients:

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

#### Glaze

#### Ingredients:

1 egg  
30 grams (2 tablespoons) water  
pearl sugar

Preparation: Crumble the yeast in a bowl and stir in a few tablespoons of milk. Melt the butter and pour the milk on it. Add the rest of the ingredients and knead the dough in a dough mixer for 10-15 minutes. Let the dough rise while covered at room temperature for 30 minutes.

Roll out the dough so it is about 3mm (1/8 inch) thick and 30 cm (12 inch) wide. Spread the room temperature butter on top. Make a mixture of sugar and cinnamon and sprinkle it over the dough. Roll the dough the long way and cut the roll into about 25 slices. Place them with the cut edge upward in paper molds. Place on a baking sheet and let rise under a towel for about 60 minutes or until the buns have doubled in size.

Beat together the egg and water, and brush the mixture carefully and sprinkle the pearl sugar on top. Bake in the oven (220° C or 425° F) for 5-6 minutes. Allow to cool on a rack.

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