



INHALT

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scones med västerbotten

MINI-SCONES MIT VÄSTERBOTTEN-KÄSE

I often serve these as a filling canapé. You can also make these as regular-sized cheese scones by simply choosing a larger cutter and amending the baking time accordingly. Serve as they are, or split them open and fill with a chive crème fraîche, or even top with a dollop of thick-set crème fraîche and red lumpfish roe. They also work well with a sliver of salmon.

250g/2 cups plain/all-purpose flour

1 tablespoon baking powder
a pinch of paprika

1/2 teaspoon salt

freshly ground black pepper

75 g/1/3 cup cold butter, cut into cubes

150 g/5 1/2 oz. Västerbotten cheese (or other hard cheese, such as pecorino), finely grated (divide into one pile of 100 g/3 1/2 oz., and another of 50 g/2 oz.)

125 ml/1/2 cup cold milk

50 g/1/2 cup finely chopped, toasted walnuts (optional)
beaten egg, for brushing

**MAKES ABOUT
40 MINI SCONES**

Preheat the oven to 200°C (400°F) Gas 6.

Put the flour, baking powder, paprika, salt and pepper into a bowl, then add the cold, cubed butter. Rub until the mixture resembles a crumble. Add the larger quantity of cheese and mix, then gradually add the milk to form a dough. Try not to overwork it – less is more, it simply needs to be evenly together. The more you work the dough, the denser your scones will be. Mix in the chopped walnuts, if using.

Very gently roll out the dough to a thickness of around 1.5 cm/5/8 in. Gently brush with a little beaten egg or milk, then scatter over the remaining cheese and press down slightly. Using a 3-cm/1 1/4 -in. cookie cutter, punch out your scones (don't twist them out). You can gently re-roll the remaining dough to use it all up.

Place on a baking sheet and bake in the preheated oven for around 8–9 minutes until browned, risen and baked through.



hjorteknoke / hjortlägg

REHKEULE MIT PREISELBEEREN

In northern Scandinavia, reindeer is a very popular and plentiful meat, and is one of the leanest meats. A reindeer shank almost cooks itself – there's no need to do much other than set aside the time to cook it. Venison is much easier to get hold of outside the Nordic countries, but if you do find reindeer, this recipe is superb.

4 medium shanks of venison or reindeer

**a large knob of butter
olive oil**

3 slices of streaky bacon, or similar, chopped

10–12 juniper berries, crushed

2 carrots, cut into chunks

2 small onions, roughly chopped

1 parsnip, cut into chunks

1 stick of celery, roughly chopped

**100 g/3½ oz. (approx.)
celeriac, peeled and roughly chopped**

plain/all-purpose flour

300 ml/1¼ cups red wine

1 bay leaf

4–5 sprigs of fresh thyme

**600–700 ml/2½–3 cups
beef or game stock**

**salt and freshly ground
black pepper**

Preheat the oven to 160°C (325°F) Gas 3.

Season the shanks all over with salt and pepper. Heat a large ovenproof casserole dish on the stovetop, and melt the butter with a glug of olive oil. Add the shanks, brown them all over and set aside. Fry the bacon and crushed juniper berries in the same fat and leave them in the dish.

Add the vegetables to the dish and cook until they start to go soft. Return the meat to the dish, then scatter over a tablespoon of flour. Add the red wine and cook for a few minutes. Add more seasoning, along with the bay leaf, thyme and stock, then cover with the lid. Pop the dish in the oven for 4 hours, checking it every once in a while, but not too often. You just need to let it cook slowly.

After the cooking time is up, carefully remove the shanks from the dish and cover with foil. Strain the cooking sauce to remove the vegetables and thicken it with flour to make a sauce. Season the sauce as needed.

Serve one shank per person with mashed potato (good with a dollop of grainy mustard stirred in) and raw stirred lingonberries (see page 85) on the side. If you want an additional side dish, I recommend hearty warm kale (see page 96) or red cabbage (see page 74).

SERVES 4

serinakaker

NORWEGISCHE BUTTERKEKSE

These are traditional butter cookies served at Christmas in Norway. They are quick to make and taste delicious. If you can't get hold of pearl sugar (also known as nibbed sugar), use flaked/slivered or chopped almonds instead.

300 g/2¹/₄ cups plain/
all-purpose flour
1 tablespoon baking powder
a pinch of salt
200 g/³/₄ cup plus
2 tablespoons cold butter,
cut into cubes
125g/³/₄ cup plus
2 tablespoons icing/
confectioner's sugar
2 teaspoons vanilla sugar
1 egg
1 egg white, for brushing
pearl sugar, for sprinkling

MAKES AROUND 40

Mix the flour with the baking powder and a pinch of salt, and place in the bowl with the cubed butter. Mix with your fingers until it forms crumbs, then add the icing/confectioner's sugar and vanilla sugar and mix again. Add the whole egg and mix until the dough is even (but don't over-mix).

Pop the dough into a bag and leave to settle in the fridge for about an hour.

Preheat the oven to 180°C (350°F) gas 4. Line your baking sheets with non-stick baking parchment.

Cut the dough into around 40 equal pieces (around 15 g/¹/₂ oz. each), roll them into small balls, and place on the baking sheets. Make sure to leave space around each piece of dough, as they spread out while baking. Using the back of a fork, press each one down gently in the middle to a diameter of around 3 cm/¹/₄ in. (they will spread more when baking). If you prefer a flat surface, use the bottom of a glass or similar.

Brush the biscuits with the egg white and sprinkle the pearl sugar over the top.

Bake in the preheated oven for around 10 minutes or until just baked through (don't let them go brown – you want only a slight tinge of colour at the edges). Baking times can vary depending on your oven, so keep an eye on them.

Remove from the oven and leave to cool before transferring to an airtight container.



pepperkakor cookies

LEBKUCHENKEKSE

There's something comforting about a gooey cookie. These are not native to the Nordics, but we make these in the café at Christmas time because they taste like Scandi ginger biscuits. They're moreish and perfect with a cup of hot glögg or hot chocolate. They probably taste a bit like eating gingerbread dough, which is something we secretly love to do.

150 g/2/3 cup butter
300 g/2 1/4 cups plain/
all-purpose flour
1 teaspoon bicarbonate of/
baking soda
1/2 teaspoon sea-salt flakes
150 g/3/4 cup brown sugar
100 g/1/2 cup caster/
superfine sugar
1 egg and 1 egg yolk
3 tablespoons milk

NORDIC GINGER BISCUIT SPICE MIX

2 teaspoons ground
cinnamon
1 teaspoon ground ginger
1/2 teaspoon ground cloves
1/2 teaspoon ground
cardamom
1/2 teaspoon vanilla sugar
50 g/2 oz. roughly chopped
macadamia nuts

**MAKES 15 (DEPENDING
ON HOW MUCH DOUGH
YOU EAT)**

Melt the butter and set aside to cool.

Combine the flour, bicarbonate of/baking soda, spice mix and salt in a bowl, then set aside.

Combine the brown and caster/superfine sugars with the cooled, melted butter, and stir until no lumps remain. Combine the egg, egg yolk and milk, then mix with the sugars and butter until thoroughly combined. Add the flour mixture bit by bit until everything is incorporated, then chill the dough for a few hours.

Preheat oven to 175°C (350°F) gas 4. Line several baking sheets with non-stick paper.

Form the dough into rough balls about the size of a golf ball. Place the balls about 5 cm/2 in. apart on the baking sheets (they will spread during baking).

Bake in the preheated oven for 8 1/2-10 minutes or until just golden, then remove from the oven immediately and transfer to a cooling rack. The middle should still be slightly soft when you take them out of the oven, and they will harden up after a while. The cookies will be best after about half an hour of cooling – slightly warm, but chewy in the middle.

