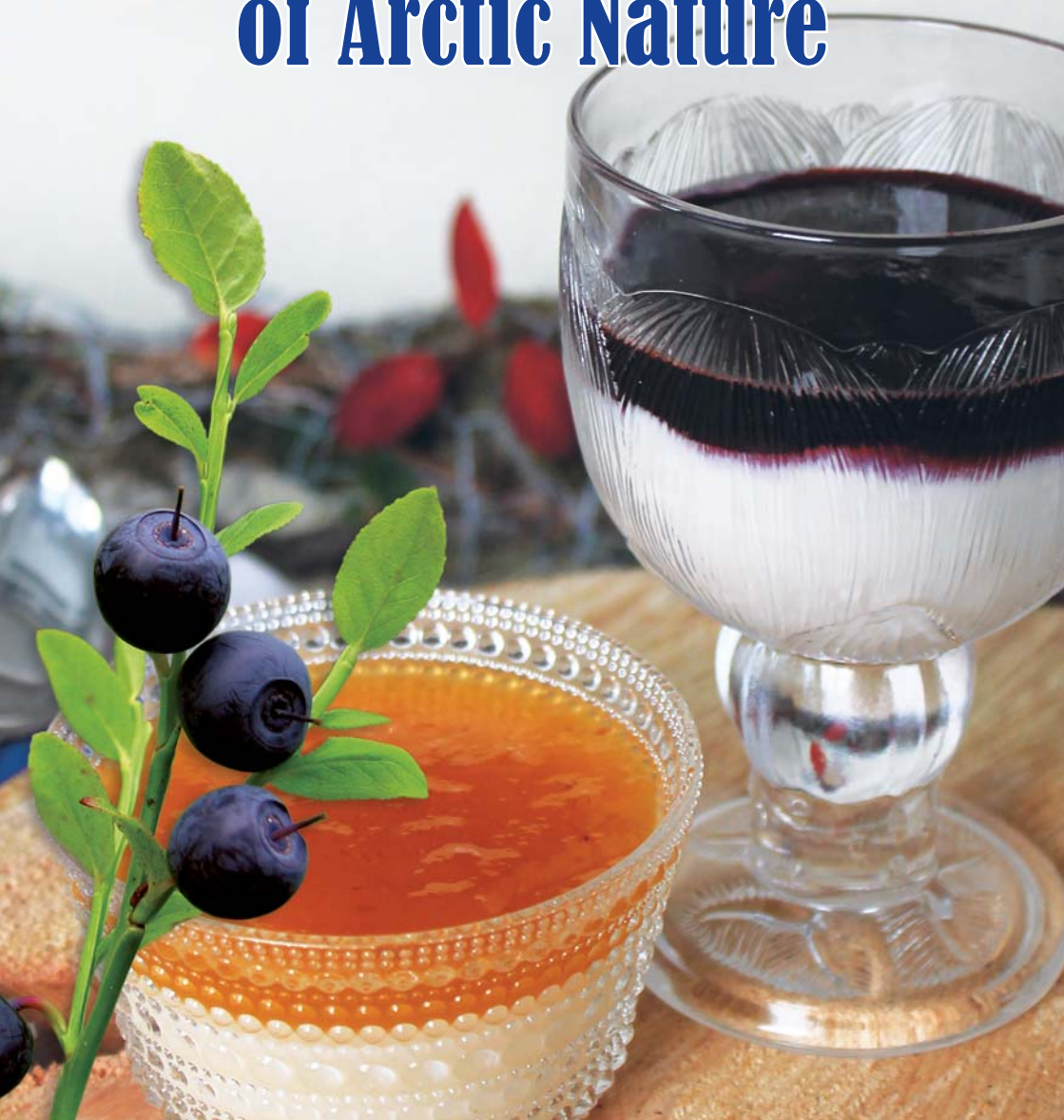


Taste the Flavours of Arctic Nature





Fillet of pork with lingonberry and chanterelle stuffing

(4 servings)

Ingredients

For the stuffing:

- 3 shallots (55 g)
- 100 g chanterelles or other mushroom
- 15 g freeze-dried lingonberries (or 60 g frozen lingonberries)
- 5 g fresh rosemary
- 1 tbsp honey
- salt and white pepper, to taste

For the pork:

- 550 g fillet of pork
- oil for frying
- butcher string

For serving:

- Lingonberry or cranberry sauce



Method

- Dice the shallots and cut the chanterelles into small pieces. Sauté the chanterelles in a dry pan to release their moisture. Add a little bit of oil and sauté the shallots. Add the lingonberries and then the honey, salt, white pepper and freshly chopped rosemary to taste. Cook for about 5 minutes, until the lingonberries are cooked through.*
- Trim the pork fillet and slice down the middle to make a pocket for the stuffing. Season with salt and pepper, add the chanterelle stuffing and tie up with butcher string. Brown the fillet in a pan and then transfer to an oiled baking dish. Stick a meat thermometer into the thickest part of the fillet and roast in a 175 °C oven until the internal temperature reaches 70 °C. Allow the meat to rest for a moment and then slice for serving. Serve with, for example, a salad, oven-roasted root vegetables and a berry sauce.*

Berry and feta salad

(4 servings)

Ingredients

For the salad:

- 70 g red onion
- 60 g sunflower seeds
- 200 g mixed lettuce
- 200 g cantaloupe
- 200 g feta
- 60 g dried bilberries

For the dressing:

- 30 ml oil
- 10 ml vinegar
- 1 tbsp honey
- ½ tsp salt
- ½ tsp crushed dandelion

Method

1. *Make the dressing.*
2. *Slice the onion into thin rings and let marinate in the dressing for about 30 minutes.*
3. *Toast the sunflower seeds.*
4. *Chop the salad ingredients and combine.*
5. *Add the onions and sunflower seeds.*
6. *Pour the dressing over the salad and garnish with dried bilberries.*





Baked dandelion omelettes with marinated onion rings

(Makes 2 omelettes)

Preparation time: 25 minutes

Ingredients

For the omelettes:

- 110 g potatoes, peeled and grated
- 4 eggs
- 15 g pine nuts
- 20 g sun-dried tomatoes
- 2 tbsp dandelion powder
- ½ tsp coarse salt
- other seasonings of your choice

Marinated onion ring garnish:

- 1 onion (50 g)
- 2 tbsp olive oil
- 1 tbsp white wine vinegar or balsamic vinegar
- 1 tsp sugar

Method

1. Preheat the oven to 175 °C. Grease two oven-proof dishes with 1 tbsp of margarine (approximately 12 cm in diameter).
2. Peel the onion and cut into rings. Mix the marinade ingredients together, add the onion rings and let sit for about 10 minutes.
3. Mix the potatoes, eggs, pine nuts and sun-dried tomatoes together in a bowl.
4. Add the dandelion powder, salt and other seasonings to the mixture and divide into the oven dishes.
5. Bake in the oven on the middle rack for about 7 to 10 minutes.
6. Slice the omelettes into wedges. Serve warm or cold.
7. Garnish with the marinated onion rings.





Nettle rolls

(Makes 10 rolls)

Ingredients

7 g dry yeast
300 g plain flour
250 ml water
5 g nettle powder
1 tsp salt
25 ml dark molasses
25 ml oil

Method

1. Mix the yeast into a small amount of flour.
2. Heat the water to 42 °C and then add to the yeast and flour.
3. Add the nettle powder, salt and molasses. Gradually add the rest of flour.
4. Add the oil and continue kneading until the dough no longer sticks to the sides of the bowl.
5. Let the dough rise.
6. Divide and make roughly 10 rolls.
7. Let the rolls rise before baking.
8. Bake in a 200 °C oven for about 10 minutes.





Lingonberry pizza

(4 servings)

Ingredients

For the crust:

25 g fresh yeast (or 7 g dry yeast)
200 ml lukewarm water
1 tsp salt
300 g whole wheat flour
20 ml olive oil

Toppings:

70 g tomato sauce
200 g mozzarella
250 g chorizo/dry-cured ham
200 g frozen lingonberries (or 30 g freeze-dried lingonberries)
300 g emmental

Method

1. Dissolve the yeast in the water.
2. Add the salt, flour and oil. Mix thoroughly.
3. Knead the dough for a few minutes.
4. Let the dough rise under a cloth in a warm, draft-free place until double in size.
5. Roll out the dough into a thin crust. Spread on the tomato sauce and add the rest of the toppings.
6. Bake in a 250 °C oven for 10 to 15 minutes.





Two-cheese nettle quiche

(8 servings)

Ingredients

For the pastry case:

100 g margarine, softened
180 g whole wheat flour
1 egg

For the filling:

2 to 3 eggs
200 ml cream
50 g grated parmesan
1 tbsp nettle powder
1 tsp crushed black pepper
100 g grated emmental

Method

1. *Mix the margarine and the flour together. Add the egg and mix thoroughly into a dough. Press the dough into the bottom and sides of a springform cake tin (approx. 24 cm) lined with parchment paper. Prick with a fork and put into the refrigerator while the filling is being prepared.*
2. *Mix the eggs, cream, parmesan, nettle powder and black pepper in a bowl. Sprinkle the emmental on the bottom of the pastry case and then pour the filling on top.*
3. *Bake in a 200 °C oven for about 30 minutes or until the centre of the quiche has fully set. Let the quiche rest in the pan for a moment before removing.*





Raw bilberry and millet porridge

(2 servings)

Ingredients

20 g freeze-dried bilberries
4 tbsp cashews
300 ml water
80 g millet flakes
3 fresh, soft dates
3 tbsp coconut flakes
salt



Method

1. Soak the bilberries and cashews in the water for about 30 minutes.
2. Place the millet flakes, dates, coconut flakes, bilberries and cashews (including the soaking water) in a blender. Blend into a smooth porridge. Season with a pinch of salt.

If you like, you can also garnish with fresh or freeze-dried bilberries, cashews and coconut flakes.

Lingonberry and apple quark

(6 servings)

Ingredients

200 ml heavy cream
250 g quark
45 g white sugar
2 tsp vanilla sugar
170 g apple
30 g freeze-dried lingonberries (or 180 g frozen lingonberries)

Method

1. Whip the cream and mix in the quark and the sugars.
2. Finely grate the apple and stir thoroughly into the cream mixture.
3. Purée the lingonberries and add to the mixture. Stir thoroughly.
4. Chill the quark for at least 30 minutes before serving. Divide into individual serving bowls.



Rye bilberry smoothie

(6 servings)

Ingredients

1 slice dark rye bread (10 g)
30 ml milk
170 ml plain yogurt
2 tsp bilberry powder (or 80 g frozen bilberries)
3 tsp raw or white sugar

Method

1. Soak the bread in the milk until soft, then with all the other ingredients, prepare the smoothie in a blender or with a stick blender.
2. Pour into tall glasses.
3. For a garnish, you can add a heart-shaped piece of rye bread made with a cookie cutter. Serve cold.





Bilberry smoothie cake

Ingredients

For the base:

175 g digestive biscuits
60 g margarine

For the filling:

10 gelatine leaves
100 ml milk
400 ml plain yogurt
250 g quark
20 g freeze-dried bilberries (or 100 g frozen bilberries)
100 ml bilberry soup
50 g banana
90 g sugar
50 ml water

Method

1. Line a 22 cm springform cake tin with parchment paper.
2. Crush the digestive biscuits into crumbs and melt the margarine. Mix together and press into the bottom of the tin.
3. Soak the gelatine leaves in a good amount of cold water for about 5 minutes.
4. Mix the milk, yogurt, quark, bilberries, bilberry soup, banana and sugar together in a blender.
5. Bring 50 ml of water to the boil and add the gelatine leaves until dissolved. Let cool for a moment.
6. In a steady stream, pour the gelatine liquid into the bilberry mixture, blending the whole time.
7. Pour the whole mixture onto the biscuit base. Let the cake set in the refrigerator for at least 4 hours. Garnish with, for example, bilberries.



Sea buckthorn and white chocolate panna cotta

(2 servings)

Ingredients

200 ml whipping cream
1 tbsp sugar
100 g white baking chocolate
75 ml sea buckthorn juice

To garnish:

Whipped cream
Sea buckthorn powder or pomegranate seeds

Method

1. *Bring the cream and sugar to a boil in a saucepan. Remove from heat.*
2. *Break the white chocolate into the saucepan and mix well.*
3. *Let the mixture cool a bit, then stir in the sea buckthorn juice. Divide the mixture into individual serving glasses. Let set in the refrigerator overnight.*
4. *Garnish with whipped cream and sea buckthorn powder or pomegranate seeds.*



Vanilla pudding with berries

(4 servings)

Ingredients

400 ml coconut milk
100 ml coconut cream
1 egg
30 g sugar
25 g cornstarch
½ vanilla bean

For serving:

Berry sauce or jam of your choice, for example cloudberry jam, cloudberry sauce, bilberry sauce, lingonberry sauce etc.

Method

1. *Place all the ingredients in a non-stick saucepan. Bring to the bubble, stirring all the time until the mixture has become thickened, about 2 to 3 minutes. Whisk well so that the mixture does not curdle. You can use soy milk instead of the coconut milk and cream, but then you must add a little more cornstarch.*
2. *Remove the vanilla bean. Pour into four glasses or dessert cups.*
3. *Spoon the berry jam or sauce of your choice on top of the puddings. Let cool.*



Sea buckthorn granola

Ingredients

160 g porridge oats
100 g sunflower seeds
100 g walnuts
50 ml rapeseed oil
50 ml sea buckthorn juice
100 ml honey
130 g dried berries
60 g raisins

Method

1. Preheat the oven to 175 °C.
2. Mix the oats, sunflower seeds and walnuts together in a bowl.
3. Place the rapeseed oil, sea buckthorn juice and honey in a saucepan and heat until the honey has dissolved.
4. Take the saucepan off the heat and pour into the oat, seed and nut mix. Stir well.
5. Tip the mixture out onto a baking tray lined with parchment paper.
6. Toast the granola on the middle rack in the oven until crunchy, for about 20 minutes.
7. After the granola has cooled, mix in the dried berries and raisins until evenly distributed.



Cold-brewed herb and tea drink

Ingredients

Concentrate:

1 l cold water
20 g dried dandelion or nettle
17 g green tea

Beverages used with the concentrate:

Sparkling water
Lemon soda
Lingonberry juice concentrate
Mineral water

Method

1. Stir the dandelion or nettle and tea into the water and let infuse in the refrigerator overnight.
2. Filter the concentrate through a fine sieve.
3. Make drinks for the proper occasion by adding the cold-brewed concentrate to, for example, the beverages above. Serve over ice.



Taste the Flavours of Arctic Nature

The recipes in this brochure use berries that have grown in the untouched forests of Northern nature. The ingredients include berries in a variety of different forms: dried and frozen, juices and juice concentrates as well as berry soups and sauces.

The bright and long summer days along with the midnight sun develop an exceptionally high concentration of polyphenols in berries. Numerous studies have shown that polyphenols are beneficial to health, and since they are so healthy, the Arctic Flavours Association recommends eating at least 100 grams of berries a day, either as such or in their various other available forms.

In addition to being healthy, wild berries are ecological. There is an annual yield of over 500 million kilograms of berries growing in Finnish forests without fossil fuels, machinery or equipment. Due to Finland's unique everyman's rights, berries are free for anyone roaming around in nature to pick. Nevertheless, there are enough berries to go around for processing companies as well.

For their ingredients, the recipes in this brochure use berry products offered by many different companies. Some of them also use herbs found in the wild. Try out these recipes and experiment with the unique flavours of Northern nature.

Arctic Flavours Association



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