



Recipe Booklet

For Heartwarming Gatherings



A wooden cutting board with a large knife, surrounded by fresh ingredients like lemons, onions, and herbs, with the text "For Tasty Gatherings" overlaid.



Chilli-tossed Shrimp with Garlic

SERVES: 4

TIME: 10 MINUTES

500 g SJÖRAPPORT
shrimps with shell

2 red chillies

2-3 cloves garlic

100-200 ml oil

Salt and black pepper

50 g chopped flat-leaf
parsley

Juice of 1/2 a lemon

Grilled or toasted
bread to serve

Defrost and peel the shrimp. Slice the chilli and garlic thinly.

Heat up plenty of oil in a pan. Fry the shrimp, chilli and garlic over high heat for a minute or so until they start to colour. Add salt and pepper to taste.

Remove the pan from the heat and fold in the parsley. Squeeze over a little lemon juice and serve with grilled or toasted bread.





Mini Wrap Rolls

with Cured Salmon and Mustard Sauce

SERVES: 4-6

TIME: 15 MINUTES

2 slices of BRÖD
TUNNBRÖD soft thin
bread

200 g SJÖRAPPORT
cured salmon

50 g butter, room
temperature

1 jar of SÅS SENAP &
DILL sauce for salmon

35 g salad mix

50 g picked herbs for
garnish

Butter the bread and add slices of salmon on top.

Cover the salmon with sauce and salad. Roll up
and cut into 2 cm pieces. Place it on a nice tray
with the cut side up.

Decorate with salad leaves and herbs. Drizzle
some sauce on top and serve.





Salmon

with Summer Vegetables and Lemon Sauce

SERVES: 4

TIME: 15 MINUTES

4 LAX FILÉ salmon
fillets

4 carrots

300 g sugar snap peas

1 shallot

Olive oil for frying

Salt and black pepper

Fresh thyme

Lemon sauce:
1 SÅS CITRON & DILL
lemon and dill sauce

Black pepper

Pre-heat oven to 150°C.

Salt and pepper the salmon on both sides. Fry one side in a hot oiled frying pan for about 10 seconds, or until it changes color. Place in a baking dish with fried side up. Finish off in the oven for about 7 minutes or until the core temperature is 48-56°C.

Cut the vegetables thinly. Fry quickly in olive oil, and season it with salt.

Heat the lemon sauce carefully in a saucepan.

Place the salmon and vegetables on plates. Garnish with fresh thyme.

Serve with the lemon sauce and fresh ground black pepper.





Cold-smoked Salmon Tartar in Scorched Onions

The onions are an edible case for the tartar. Use white onions if you prefer a milder onion flavour. Ideal to put out as snacks while getting dinner ready.

SERVES: 4

TIME: 30 MINUTES

300 g SJÖRAPPORT cold-smoked salmon loin

3-4 small white or yellow onions

1 tbsp white vinegar

3 tbsp butter

1 small bunch of lemon balm or other optional herb

Salt and pepper

Croutons heated in butter

Pickled mustard seeds.

4 tbsp mustard seeds

150 ml water

50 ml white vinegar

100 g sugar

Cut the salmon into cubes, approx. 3-4 mm. Wrap in plastic and put aside.

Leaving the peel on, cut the onions length-wise. Brush the cut pieces with oil and sauté the onions, in a dry frying pan.

Put the onions in a baking dish, with brushed surfaces facing the bottom. Add vinegar and butter in small knobs.

Bake in the oven for approx. 10 minutes (175 °C) until soft but not mushy.

Peel the onions, remove root and top. Separate the onion layers gently. Place the largest onion "cups" on a serving dish.

Mix the salmon cubes with chopped lemon balm, add salt and pepper to taste. Spoon the salmon tartar into the onion cups, sprinkle croutons and pickled mustard seeds on top.

Pickled mustard seeds:

Boil all the ingredients and stir until the sugar dissolves.

Transfer to a jar and leave to cool. Keep the jar in the fridge and the seeds will last for several weeks.



Gravlax Sandwich

1 lengthwise slice of
BRÖDMIX FLERKORN
bread

3 slices of SJÖRAPPORT
cured salmon

1 tbsp cream cheese

½ red apple, diced

1 tsp capers

1 tsp sliced shallot

1 tsp chopped dill

Spread the cream cheese on the bread and top
it with the salmon.

Mix the remaining ingredients and sprinkle
them on top.

Slice the sandwich crosswise into about 5
pieces to make it easier to eat.





Confit Salmon

Salmon gently cooked on low heat with a crispy salad and aioli.

SERVES: 4

TIME: 45 MINUTES

500 g SJÖRAPPORT
salmon fillet, cut into
cubes of 1.5 cm

2 tbsp salt + some for
seasoning

1 tbsp sugar

4 bay leaves

4 sprigs of thyme

1 tbsp fennel seeds

4 garlic cloves

100 g black olives

1 tbsp coriander seeds

1/2 lemon, grated zest
and juice

500 ml extra virgin
olive oil

2 fennels

12 Brussels sprouts

1 bunch of radishes
with leaves, rinsed

4 sprigs of dill, roughly
chopped

4 tbsp capers

1/2 lemon, juice

Aioli

Lightly crush salt, sugar, thyme, fennel seeds, garlic
and lemon zest in a mortar.

Add capers, radishes, bay leaves and olives to the
mixture. Put the salmon fillet in a baking tray and pour
the mixture onto it. Mix it gently together. Let it rest
for 20 minutes in room temperature.

Preheat the oven to 120°C, forced air function, and
heat up the olive oil to 40°C.

Pour the oil onto the salmon and mix it gently
together so that every piece gets covered.

Cook in the oven for about 10 minutes until the
salmon almost falls apart when you put a fork into it.
Take out the tray and let the Salmon rest in the oil.

Divide the fennel and cut out the root. Slice it thinly.

Rip the leaves of the Brussels sprouts and slice the
core thinly.

Sling the greens with capers, lemon juice and zest,
salt and pepper. Put in a nice bowl. Drain off the oil
from the salmon and serve all together with aioli as a
starter or a light main course.





Salmon

with Red Cabbage Salad

SERVES: 4

TIME: 15 MINUTES

4 LAX FILÉ salmon fillets

Salt and black pepper

Frying oil

RED CABBAGE SALAD:

200 g red cabbage

2 tbsp vinegar

2 tbsp DRYCK LINGON
lingonberry syrup

2 tbsp olive oil

50 g pumpkin seeds

Salt and black pepper

**MUSTARD-TOSSSED
POTATOES:**

500 g potatoes

1 tbsp olive oil

1 tbsp vinegar

1 tbsp SENAP GROV whole-
grain mustard

1 tbsp SÅS PEPPARROT
horseradish sauce

2 tbsp mayonnaise

1 clove garlic

1 ½ tbsp chopped chives

Salt and black pepper

Pre-heat the oven to 200°C.

Mustard-tossed potatoes: Cut the potatoes in halves or quarters, depending on size. Mix with olive oil and place in a baking dish. Cook in the oven for about 30 minutes or until the potatoes are soft. Remove the potatoes from the oven and reduce the heat to 150°C.

Mix the vinegar, mustard, horseradish sauce and mayo in a bowl. Stir in finely chopped garlic. Season with salt and pepper. Mix with the hot potatoes.

Red cabbage salad: Mix the vinegar, lingonberry syrup and olive oil in a bowl. Shred the red cabbage and fold into the dressing with the pumpkin seeds. Mix well. Season with salt and pepper.

Salt and pepper the salmon on both sides. Fry one side in a hot oiled frying pan for about 10 seconds, or until it changes color. Place in a baking dish with fried side up. Finish off in the oven for about 7 minutes or until the core temperature is 48-56°C.

Serve the salmon with the mustard-tossed potatoes and red cabbage salad. Garnish with chopped chives and fresh ground black pepper.

Mustard and horseradish are great flavours alongside salmon. Red cabbage makes this a colourful dish, but any other kind is fine such as ordinary cabbage, spring greens or kale.





Whole-grains

with Oven-roasted Root Vegetables

SERVES: 4

TIME: 40 MINUTES

250 g IKEA PS whole-grain mix with spices

800 g carrots of different kinds

2 tbsp butter

5 twigs thyme

10 sage leaves

2 tbsp spring onions, thinly sliced

1 lemon

4 tbsp sour cream

Salt and pepper

Heat the oven to 200 °C.

Clean and peel the carrots and rub them with butter, sage, thyme twigs, salt and pepper.

Spread it all in a baking tray. Roast in the oven until soft and nicely browned.

Prepare the whole-grains according to instructions on the package.

Serve the whole-grains and roasted carrots with a dollop of sour cream and spring onions. Drizzle some lemon juice on top.





Whole-grains-otto

SERVES: 4

250 g IKEA PS whole-grain mix with mushrooms

1 yellow onion

3 tbsp rapeseed oil

100 ml white grape juice

500 ml vegetable bouillon (unsalted)

200 ml water

100 g chopped kale

200 g grated cheese
Salt and pepper

150 g mushrooms of your choice (optional ingredient)

Peel and chop the onion, then fry the pieces in a roasting pan with oil. Add the whole grains and stir.

Add grape juice and bouillon, and let simmer for approximately 10 minutes while stirring. Taste the grains regularly.

When soft on the outside yet still with some crunch in the middle, add the kale and cheese, and remove the pan from the stove. Give it a good stir, then let it rest for a couple of minutes.

Season with salt and pepper to your taste and serve. Optionally with fried mushrooms.



For Sweet
Gatherings



Fresh Coconut Cookies

MAKES 13 COOKIES

125 g butter

50 g honey

1 tsp baking powder

100 g plain flour

100 g desiccated coconut

100 g fresh finely grated coconut

100 g light muscovado cane sugar or light cane sugar

Melt the butter in a small pan, stir in the honey and turn the heat off.

Sieve the baking powder and flour into a bowl.

Finely grate the fresh coconut with a grater and add it to the bowl.

Add the rest of the ingredients to the bowl.

Mix everything together with the warm butter mixture. It will have a slightly loose and greasy texture.

Divide the dough into 13 balls of 40 g each. Put baking paper on a tray and place the balls on it, but not too close together.

Press the balls to 6 cm diameter and bake at 160°C for 10-12 minutes.

The cookies should have a golden dark color around the edges and be golden brown in the middle.

They should be chewy and not bone dry. When the cookies are done, they will appear soft – no need to worry though, they should harden.

Keep the cookies in an airtight container in a cool, dark, dry place where they'll last nicely for four days.





Muesli Porridge with Lingonberry Jam

SERVES: 1

150 ml muesli (e.g. MÜSLI MED TORKADE BÄR)

300 g water

1 g ground cinnamon

1/2 g ground ginger

1/2 g salt

To serve:
Lingonberry jam
(e.g. SYLT LINGON)

Milk

Heat the muesli, water, spices and salt in a saucepan until it thickens into a porridge.

Pour into a breakfast bowl. Serve with lingonberry jam and milk.

Tip!

Lingonberry smoothie with muesli is another tasty snack or breakfast. Blend lingonberry jam, yoghurt and banana, and top it with a little muesli.

Using frozen banana makes the smoothie more like frozen yoghurt.





Chocolate Panforte

MAKES 1 CAKE

½ a Ceylon cinnamon stick or 1 tsp ground cinnamon

½ tsp freshly ground cloves

1 tsp fresh ground coriander

1 tsp fresh ground mace or nutmeg

1 tsp fresh ground black pepper

100 g Brazil nuts

100 g almonds

100 g walnuts

75 g hazelnuts

125 g honey

100 g dark chocolate (min. 85%)

125 g icing sugar

175 g candied fruit e.g. angelica, lemon, citron and Seville orange

75 g plain flour

Icing sugar to decorate if desired

Toast the nuts in the oven at 180°C or in a dry pan, until they smell great and have a little colour. Chop the nuts coarsely and put them in a bowl.

Melt the honey and chocolate over hot water until fully liquid. Add the icing sugar and melt to become liquid again.

In a large bowl, thoroughly mix the nuts with the candied fruits, flour and spices. Add the warm chocolate mixture – it's vital that it is still warm – and thoroughly knead the cake mix. This is best done with your hands, even if it's a bit hot.

Put the mix into a baking tin (20 cm diameter) that has baking paper and press level (to about 3 cm).

Bake at 180°C for 25-30 minutes. The cake should have a bit of colour on top but must not go hard and dark brown. It will set when it gets cold.

Cool the cake on a wire rack.

Keep in a cold, dry, dark place in aluminium foil or baking paper, in an airtight cake tin.





Passion Fruit Drink

MAKES 1 LITRE

4 Mint leaves

1 tsp grated fresh ginger

2 ml Lime juice

80 g fresh passion fruit

40 ml Orange juice

Sparkling soda or sparkling grape juice

Instructions:

Crush the mint leaves with the lime and ginger.

Add passion fruit and orange juice.

Top it with sparkling soda and add honey to taste.

