



# *Mamaq*

- A NEW TASTE OF GREENLAND

*mamaq = it tastes good in my mouth*

A CULTURE COOKERY BOOK FROM KVANN KOMPAGNIET

## **A TASTE OF THE ARCTIC**

I still clearly remember the sunny day in August 2008, when the first seeds to writing Mamaq were sown. Mamaq – that wonderful Greenlandic word for good taste, which also includes primitive concepts like "mama" and most of all "meal".

For meals and food are what this Cultural Cookery Book are about, and food was also on the agenda that day in August when I had an appointment with Marianne to take photographs at Rolandsgaarden, a co-housing project near Knardrup, north-west of Copenhagen.

Close to the back door abundant crops of potatoes, carrots and beetroot grew in the rich soil alongside a multitude of other plants and herbs, and all helped by horse manure. It was, as usual, quick and easy to take the pictures we needed, leaving us plenty of time for the customary lunch and a talk about this, that and the other. There was homemade pate with pickled arctic angelica stems, cherry tomatoes with arctic thyme and cod with naturally-dried leaves of arctic angelica.

I was speechless, and that doesn't often happen.

I had never in my life tasted anything like it. Then Marianne began to tell us about her latest trip to Greenland and the riches to be found there. When she told us the history of angelica, which was the most important cultivated Danish plant 300 years ago, the pioneer and entrepreneur in me was stirred.

My meeting some months later with Annso, and with her unique knowledge of the Greenlandic countryside gathered all the loose ends and the KVANN kompagniet was born.

This book marks more than anything else, the work we have done in recent years, and is thus a milestone in the kompagniet's short history. I wish to thank everybody who has contributed to the book and its contents, and I am happy to see how well it fits the growing awareness of the New Nordic Food movement and the appropriateness that lies in the movement.

This is pioneer work at its best, and we welcome everybody to join us!

*On behalf of the KVANN kompagniet*

*Lars Forsberg, partner*



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*Instead of pepper,  
try a piece of angelica  
and enjoy the taste  
of Greenland.*



### **A SCENT OF GREENLAND /// Preface**

Greenland is most often described by people like myself, who live outside the island. In books, photos, paintings and descriptions explorers, scientists, journalists and pioneers have described what faced them in the Greenlandic part of the Arctic. Greenland has been inhabited for more than 4,500 years. However, the true pioneers are, I believe, the Inuit peoples who learned to live and survive here. The Inuit have been able to live from the surrounding countryside, where as hunter-gatherers they were self-sufficient until recently. They caught fish, shellfish and sea mammals, which together with wild berries supplied them with essential vitamins. A traditional dish that still is served, is boiled cod liver mixed with newly gathered crowberries which add a bitter-sweet taste to this vitamin-packed dish.

There is hardly anything better than freshly caught Greenland halibut, but a plainer dish like boiled cod is fantastic when served on a stone in a Greenlandic fiord and eaten with your fingers in the red light of the summer sunset. My personal favourite is the arctic char which is widely found in Greenland. I prefer it hot-smoked with heather, which is easily found near most fiords. Musk oxen and reindeer have relatively recently been introduced to Greenland. A stew made of reindeer meat and onions in cream, or a juicy, grilled musk ox steak with a sweeter taste than beef, is for the palate what the northern lights are for the eyes, when you see them dance across the starry Greenlandic sky for the first time.

Today most goods, including food, are imported. This poses many challenges for Greenland and naturally, all possibilities of earning income for the country are carefully examined, including exploitation of some of the country's enormous natural resources. The Greenlandic mountains are the oldest in the world and below their surface lies every conceivable metal, element or mineral in either solid or liquid form, including the earth's largest freshwater resource, the icecap. >

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- > A lot has happened since Greenland was granted home rule in 1979 and gained further autonomy in 2009. New laws and safeguards have been introduced to make sure that future extraction of resources are carried out with due respect for nature, and with the participation of the Greenlandic population. Greenland is still part of the Kingdom of Denmark, but self-government has meant local administration of most of the public sector, and the Greenlandic population can decide when they want to take on full independence.

Hydro electricity meets today about 70 % of Greenland's power demand with clean energy, which is also a cheap potential power supply for new industries. Even though industries like fishing and tourism bring income to the country, Greenland needs new sources of income. Infrastructure in Greenland has improved with more airports along the coast, but there is still a need for further development. Connecting settlements by road and rail is impossible due to mountains and the huge distances. Travel by boat or plane is often the only option. One must remember that Greenland is approximately the size of Western Europe with a population of only 55,000, widely spread along the ice-free coast.

Temperature levels have swung from high to low at intervals of 500 years. It is possible that the current temperature rise is a process leading to a new peak. Temperatures have fluctuated here for millions of years, even though climate scientists postulate that the current rise in temperature is happening faster than ever before. The answers lie within Greenland's ice-cap as ice-core drillings precisely inform scientists about the globe's historical temperatures through hundreds of years of volcanoes and world wars. Climate change means that glaciers melt faster now. Ice floes the size of Manhattan break away and over the last 20 years glaciers have shrunk, so that they now calve on shore instead of on the ice-edge in the fiords, resulting in new and different sizes and shapes of icebergs. Along the edge of the inland ice cap melting ice has laid bare land, which has not been visible since the dinosaurs were here. Only imagination sets limits for what stories the new land can tell with its potential for footprints, fossils and seeds that are millions of years old.

Greenlanders see possibilities in climate change, because they are among the most adaptable people on the planet. While politicians and others debate solutions to the disappearing hunter culture, many former hunters already sail with tourists in the summer, and especially in Southern

Greenland they are busy cultivating everything from cabbage to strawberries. In fields where sheep farmers 30 years ago were forced to give up potato farming due to frost, their sons now cultivate tons of potatoes every year. It will make a substantial difference if Greenland in the future can become partially self-sufficient with a range of vegetables.

Greenlandic vegetables taste fabulous, due to the slow growth, which gives a unique taste and quality. A garden with flowers is no longer a rarity in the towns, and the old joke that you just need to stand up if you get lost in a Greenlandic wood no longer holds good. Today trees and bushes reach towards the sky, and mountain tops which previously were covered by snow, now provide growing conditions for heather, herbs, crowberries and arctic angelica. Juicy turnips are a delicacy comparable to European apples, and the rhubarb pie is from home-grown rhubarbs. Even Greenlandic honey is now available because the climate has made it possible to keep bees at the shore end of the warmest fiords. If you need something sweet an extract of harebell can also be used. It tastes like vanilla.

I was asked to write the preface to this exciting cookery book, but how can I do this without describing the beauty of Greenland. Amazing and breathtaking mountains and fiords catch the eye, whether you are on the east coast, in Northern Greenland or trekking in Southern Greenland, where the contrasts are quite unique. On the fiords the summer's ice dances a gliding ballet in the tidal currents, while on shore you walk among the scent of flower gardens, fields with recently turned hay, and wild thyme and heather. "Tipigi" – it smells good. "Kalaallit Nunaata tipaa" – the scent of Greenland.

Enjoy the reading and the smells and tastes of the best of Greenland.

*Mads Nordlund*

*Mads Nordlund is the editor of the magazine "Greenland Today" and has for many years held different jobs related to PR, marketing and tourism in Greenland. Through his work he has visited most towns and settlements in Greenland and has lived in Nuuk and Thule for 10 years.*









## MY TRAVELS IN GREENLAND

Travelling in Greenland is more than physically moving from one place to another. It is also a mental journey that stirs the heart.

I get this feeling of presence and intense expectancy, which puts even the smell of burned petrol from the plane on the runway in a nostalgic light. I leave my normal everyday self and prepare for a total different universe – a place with its own unpredictable agenda. It is difficult to describe what triggers this condition of euphoric childish joy. But the feeling of freedom grows steadily as the plane approaches its Arctic destination. The scenery emerges. A deep-frozen island comes closer under the plane. Azure pack-ice drifts beneath the machine and draws a beautifully modelled picture of time and nature's enormous muscles. I breathe fresh cold air into my lungs and am astonished by the view that meets me when I leave the plane.

The Greenlandic countryside is surprisingly beautiful, big and very rough. Like a cold dip after a night's fever in a laced down sleeping bag. I feel small and light and the feeling of freedom steadily grows. The sense of time becomes diffuse and unimportant. The smell of ice hits my nostrils and clears my brain for maximum perception. No matter what the time of year or where I am in Greenland, the scenery's enormous and uncompromising character is like a slap in my face.

The Greenlandic nature is completely uncompromising. There are immediate consequences from changes in weather or plans. Strictly speaking, it feels like a relief. Here is something you cannot change. If the weather is bad, you are "grounded" and this phrase is self-explanatory. Stay where you are! This is rule number one in Arctic regions and you must learn to respect it and to live and plan in accordance with it, without irritation or frustration. These are the conditions which everybody has to live by, and this is why travelling in Greenland is so different compared to milder regions. This may explain why one's senses are so intensified up here. These are the >

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> living conditions which set their mark on people living here. You take things as they come; you cannot in any case change them, and may as well get the best out of every situation. You meet a catchy, unstressed open-mindedness and a genuine interest in others, which might sometimes be interpreted as over-curiosity by some standards. But it is positively meant. The distance here between laughter and tears is short. Feelings are expressed spontaneously and laughter takes up much space.

Transportation in Greenland from one place to another is often difficult and time consuming. Infrastructure, as we know it from most places in the world, is poor with no roads allowing cars to rush through the landscape at high speed. Few have cars, but many have boats. Here the busiest road is the sea, which in the southern part of Greenland brings people from one point to another. If you are travelling further than your town or settlement you use the waterway. All settlements are situated by the sea, which for centuries has supplied food and a livelihood to people living here.

Alternatively your legs can transport you far and wide. I have had the most intense and marvellous experiences trekking in the southern part of Greenland. There are wonderful paths, which bring you from settlement to settlement or to a shepherd's cottage. There might be an easy path, but these may only be passable for a short period of the year. Transport must always be arranged in advance, but it is nevertheless possible. A regular public coastal traffic service existed, but it has been reduced or partially abolished and replaced by free enterprise or other necessary initiative. Helicopter transport is becoming cheaper, but is still primarily for the rich.

It can look dangerous when a whole family sets out in a small dinghy between the ice flows and indeed it is fatal sometimes. Living up here is harsh, and these conditions mark and shape the Greenlanders' character.

Meeting life's basic necessities is the major daily driving force at this latitude. Everyday annoyances evaporate when you have stayed here for only a short period of time. Material values which restrict us at home, evaporate like dew before the sun.

Travelling in Greenland is far more than the experience of huge natural forces running the agenda. It is also a fantastic journey into a gastronomic world: the taste buds are stimulated and make a leg of lamb taste like the scent of the mountain that comes from the finest herbs. Or

the freshly caught fish whose twitching meat tastes like sea and salt in a manner you will never forget. The musk ox meat which is wild, dark and intense, well-spiced with the mountains' variety of herbs. Greenland is a little-known pantry holding the most fantastic produce that is crowned by the wild herbs and berries, which add a fantastic taste to food and life itself.

Beauty, light, drama, fast changing weather, and scents and tastes of unique produce fill my soul with new and sensual encounters, which once experienced will always be remembered. Greenland is in my heart.

*Marianne Bjerre*

*Photographer and Partner in the KVANN kompagniet*





### **SOUTHERN GREENLAND –A GASTRONOMIC HERB GARDEN**

A wide range of wild herbs and berries are found in Southern Greenland. For centuries these have been central to the peoples' survival, health and food culture. The herb arctic angelica has played a particularly important role in the past

Unfortunately, use of the herbs of Southern Greenland has been almost completely forgotten. They no longer have the same importance for people's health and for the taste of local food. Along with increasing outside influence and importation from the rest of the world, the use of local herbs has gradually been forgotten and replaced by shop-bought imported herbs and spices.

The re-discovery of arctic angelica as a herb can help to bring us closer to the original food culture. Arctic angelica can, for instance, help to reverse cultural prejudices about Greenlandic food being nothing other than stale blubber and whale oil. Together with many other Greenlandic herbs, arctic angelica can function as a catalyst to bring the past into the present and to open our eyes to the most important aspects of the Greenlandic culinary tradition. It is actually a rare gift here in the 21st century, to experience a completely new taste which both introduces something new and at the same time returns us to our roots.

Arctic angelica and other forgotten herbs from Greenland will help create respect for the Greenlandic cuisine. The Manifest for the New Nordic Kitchen has pointed the way to unexpected quantities of forgotten, yet wonderful raw materials from the North, which attract new attention and contribute to cultural meaning. Arctic angelica is no exception. >





> **History**

Tradition says that angelica was given to humans by the archangel Gabriel. Folklore says that Gabriel appeared with the plant in his hand and brought it as a remedy against sickness. It was given the name angelica, as this means the archangel's herb or angel's herb.

When the Vikings set out across the Atlantic, more than 1,000 years ago, to find new land up north, angelica was an essential and staple food. The Vikings brought the plant to Denmark. During their long sea voyages angelica, with its high vitamin C content, functioned as a remedy against scurvy. Angelica has furthermore a healing effect on most commonly known illnesses and stimulates both body and soul.

The first vegetable gardens in Denmark – before the cabbage gardens – were called "kvan gårde" (= angelica gardens). Several Danish towns were named after angelica, for instance Kvanløse which later became Vanløse. In Northern Sweden angelica was an important part of the winter food store gathered by the Laplanders. As early as the 9th century the plant was cultivated as a vegetable in Sweden, as well as for medicinal purposes. The plant was surrounded by mystique and was reputed to be able to keep the plague at bay if you washed yourself with its extract, or if you kept a piece of the root in your mouth.

**Usage**

All parts of the plant are edible. The root can be chewed raw or cooked like every other root crop. The stalks can be eaten like celery, or they can be chopped in mixed salads, or pickled in chutney. The seeds can be used as a spice or to flavour aquavit. In spring when cooking rhubarb a couple of angelica stalks can be used to reduce the acidic taste.

In olden times dried angelica root was used to make the flour stretch. The leaves were used to make tea and the flowers were either eaten raw or cooked. Liqueurs, medicines and oils were made from the plant. The stalks have a high sugar content and were used as sweetener, and the young stalks were enjoyed as an equivalent to today's sweets. Nowadays the plant is primarily used to flavour aquavits and Benedictine liqueur.



## **EXPECTATIONS OF MILDER CLIMATE ACCELERATE IDEAS**

Every society develops its own distinctive culinary character. All of our senses – including taste – must be brought to bear if we are to grasp the uniqueness of a place, the local culture and the way of life.

This is also the case in Greenland. Many new tastes and scents await the newcomer. Knowledge of the origin of raw materials and local production processes help to complete the picture. In addition to these aspects is the realisation that all fishing, hunting and farming in Greenland is carried out exclusively on nature's terms.

The original Inuit peoples who settled in Greenland brought with them a lifestyle, which was based on fishing, sealing, whaling and hunting terrestrial animals. When the Norsemen settled in 1000 AD sheep and cattle breeding were introduced to Southern Greenland. Growing cereals and grass for the animals was a natural part of livestock farming.

Climate changes in about the 14th century removed the basis for the Norsemen's way of life and farming had to be abandoned for a period.

In more recent times farming and plant cultivation were re-introduced. By the end of the 18th century agricultural practices were again similar to the period of the Norsemen. Approximately 100 years later, a progressively milder climate allowed people to develop a more extended agriculture. Besides grass and cereal production for fodder, they also cultivated vegetables, and later even potatoes.

Today the old fields from the period of the Norsemen are once again in use, and with the prospect of a milder climate due to global climate change, it is easy to understand the optimistic expectations of increased agricultural production for the home market as well as a gradual northward expansion of growing areas.



Local produce from Greenland will also mean savings in transport costs and maybe even nutritionally better products than the imported ones, and not least, food products with a local taste and smell that are influenced by constant exposure to the wild and imposing nature.

When you arrive at a new place, how do you taste it? Or more precisely, how does Greenland taste? It appears to you that the culinary experience of Greenland's cuisine inevitably is a mixture of the scent of the mountain sides' crowberries and bog bilberris. This is also an experience of the cold clear air and the colours of ice and water when combined with the local gastronomic potential provide a range of sensory impressions to immerse yourself in.

Greenland is vast and includes many different nature types. Southern Greenland has a distinc-

tive character because it is greener. The first impression of fields with potatoes, cabbage, lettuce and turnips is so different to the Greenland you experience further north or along the east coast. Turnips, which in other places are ordinary, are a very special experience here. Why? Is this due to the soil's character or content of minerals? Are they special cultivars? Or is it the climate? No matter what, turnips are definitely a delicacy which you want to include, either raw or lightly cooked, in your daily meals.

At the Agricultural Research and Training Station in Upernaviasuk at the very south in Greenland, they systematically search for new agricultural crops. Different cultivars of vegetables, potatoes and ornamental plants are compared and evaluated. The range is constantly expanded.

Expectations of a milder climate in the future accelerate ideas; more vegetables and herbs for the home market and for export to Denmark emerge in the trial plantings. It is an inspiring job for the head gardener, who lets new ideas flow. It is easy to understand the enthusiasm for the exciting challenge of developing agriculture under these conditions. Perspectives are promising and expectations are great.

Climate change in Greenland, as projected for the next decades, will definitely lead to positive developments in agriculture. The culinary quality of local produce is already sublime. However it must be understood that this latitude is close to the absolute northern limit for plant growing, a fact that gives the produce its unique character and at the same time means that agriculture is extremely vulnerable. Supplying the Greenlandic population all year round with locally-produced fruit and vegetables is both a Utopian and fascinating challenge.

*Eigil de Neergaard*

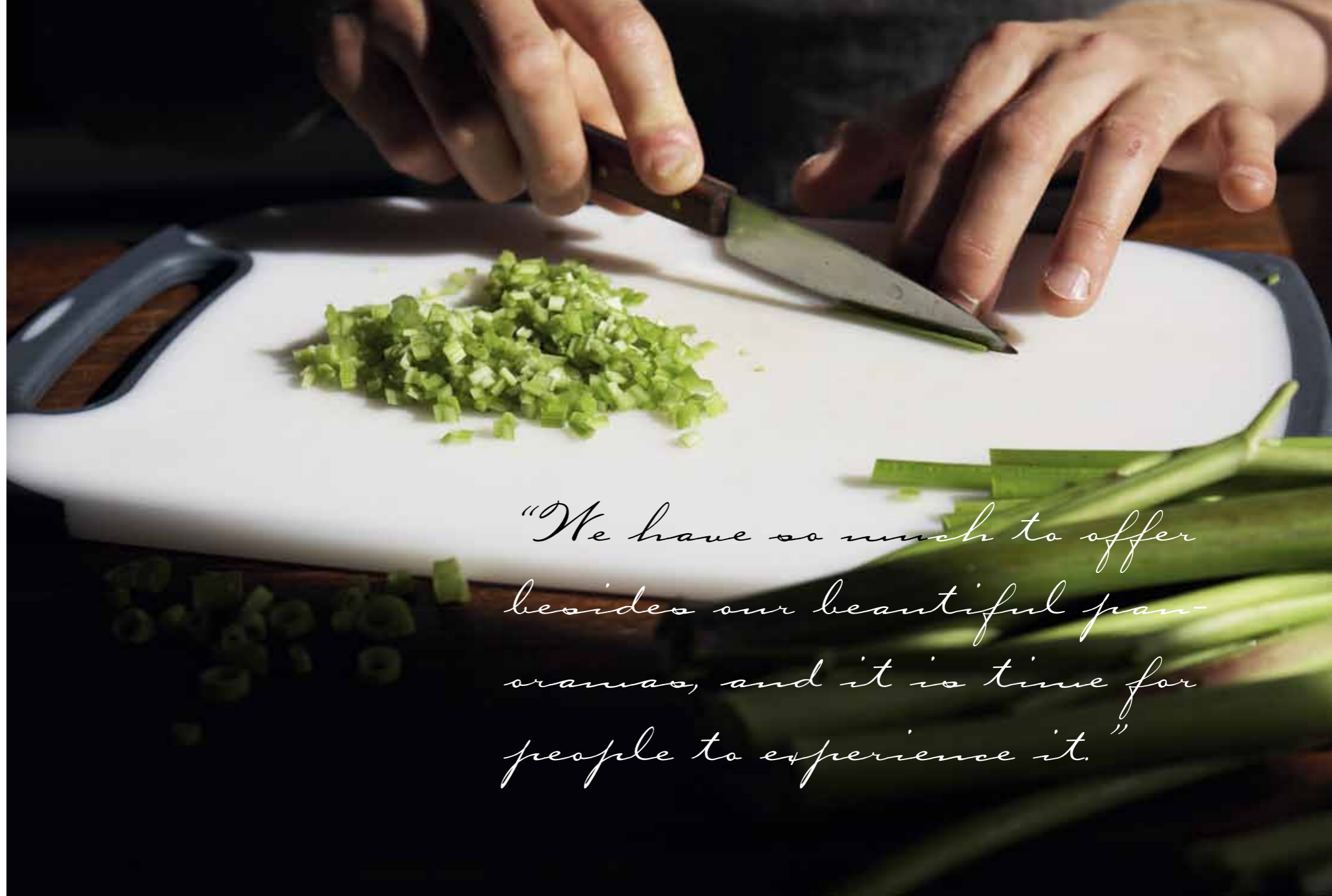
*Eigil de Neergaard, M.Sc. in botany and Ph.D. in plant pathology, is employed by the Danish AgriFish Agency with responsibility for plant health. He has been senior lecturer at the University of Copenhagen, Faculty of Life Sciences (KU-LIFE) until 2007. Following this, in close co-operation with KU-LIFE, he joined the on-going project on the development of agriculture in Southern Greenland in the light of climate change, which is carried out in close cooperation with The National Agricultural Consulting Services and the Cooperative Sheep Farmers' Association of Southern Greenland.*





#### **ANNSÓ – GREENLANDIC FOOD AMBASSADOR**

Anne Sofie Hardenberg or Annsó is one of the most well-known people in Greenland. She has collected local knowledge and folklore surrounding the raw materials of the Greenlandic countryside for more than a generation and to a greater extent than anyone else we know of. Her enthusiasm, both in using local food resources in her cooking, and in disseminating this information to her countrymen is unparalleled. She points out and tells stories about little-known edible plants that are found right outside one's own door. She continually challenges herself to create alternatives to well-known dishes, lasagne with seaweed or dried turnips being just one example. Her work has been a major inspiration to writing this book. Annsó is a storyteller, an author, a food pioneer and an enthusiast in everything she does. "We have so much to offer besides our beautiful panoramas," she says, "and it is time for people to experience it".



*"We have so much to offer besides our beautiful panoramas, and it is time for people to experience it."*







### **THE FORGOTTEN HERB – ANGELICA**

Gathering plants and berries in the countryside has always been a feature of life in Greenland and was historically a significant factor in the survival and health of isolated settlements.

Arctic angelica has been picked and used in either fresh or dried form, dependent on use and need. It has been a culture-bearing element for generations, helping to keep the culture alive by skills in its usage and knowledge of its value being passed from generation to generation. It more or less lost its significance towards the end of the 20th century, in line with the marked increase in cultural exchange and imports from Europe.

If we delve into history we find that this almost forgotten plant has an incredibly exciting cultural story that today can lead us to new taste experiences.

Nowadays the foods we eat should not only fill our stomachs, but also give an experience, and preferably a unique one, and here the Greenlandic herbs offer a treasury of new tastes.

The vision for a New Nordic Kitchen which was formulated in 2004 has focused attention on making use of the very best of Nordic products and a new interpretation of hitherto neglected foods. In this context angelica is an extremely interesting herb. The exclusive and award-winning restaurant Noma in Copenhagen uses it in its sublime menus for the chosen few. We now offer arctic angelica to everyone who is curious or has an interest in new and unique food experiences.

At the KVANN kompagniet our vision is to "open the world". To allow isolated communities and places to advertise their unique identity and character through products that are vital to them on a daily basis, and that we consider can achieve mainstream popularity in the right context.

KVANN has therefore built up connections to a number of local sheep farmers, who live along the fiords and mountains where arctic angelica is found in large quantities. On our initiative,



these farmers have for the last few seasons harvested the new shoots, when they sprout on the cold cliffs, as one of the very earliest spring plants.

Only the fresh, outermost shoots are picked and collected. Later in the season the immature green seed heads are also harvested. Leaves and seeds have each their own distinctive taste.

After harvest the leaves are dried in a shadowy place with plenty of the fresh, clean and very dry arctic air. Humidity in Greenland is unusually low and therefore mechanical drying is unnecessary. Nature does the work.

When the moisture content reaches a stable level, below 6-7 %, the leaves and seeds are gently packed and stored in a dry place until they are dispatched for further quality control and processing in Denmark.

The season for gathering arctic angelica or other herbs in Greenland is short, and is typically less than two months, even in the warmest summer periods.







### ARCTIC THYME FOR EVERYBODY

Arctic thyme tastes and smells like heaven. When it blossoms, it brightens up the mountains as the small purple patches spread across the slopes. It often grows in the stoniest and poorest soil. People have gathered it for centuries and leaves as well as flowers have been used to flavour food. Arctic thyme (*Thymus praecox* spp. *arcticus*) has an intense, soft and aromatic taste and a scent which is unique compared to other thyme varieties. It is possible that the incredibly harsh growing conditions are an explanation for the big taste from this little plant.

The KVANN kompagniet has harvested arctic thyme for several years. We have carried out taste tests and are all agreed that it is unique in both taste and scent. We experimented with harvesting arctic thyme in the same way as we do with arctic angelica, but since arctic thyme is a small, creeping plant, it is very difficult to pick. It was therefore an obvious step to try to develop a "cultivated wild plant", which can be grown in larger fields and harvested once or twice during the short Greenlandic growing season. It has been demonstrated in Southern Greenland that there is a basis for the production of several new types of vegetables, and it is thus interesting to also evaluate the potential for herb growing.

After formulating a proposal for a demonstration project for cultivating arctic thyme, arrangements were made with The Agricultural Research and Training Centre at Upernaviasuk and a co-operating partnership was established with the KVANN kompagniet.

Seeds from arctic thyme plants were collected from around Narsassuaq in the autumn.

A Danish market gardener, who is a specialist in herb growing, sowed and transplanted 2,200 plants in the early spring.

When the frost released its hold on the Greenlandic soil the new bedding plants were flown back to their starting point in Southern Greenland. >





> They are now planted out at The Agricultural Research and Training Centre in Upernaviasuk and in the coming years their development, growth rates and taste will be further examined.

There are many questions that need answers:

- Can the plants survive the warm Föhn wind, and the dry summers?
- Will the arctic hares and mice leave the plants alone during winter, or have they been given a gigantic larder?
- Does the harvested yield match up with the costs and labour involved?
- Can arctic thyme be grown without loss of taste and flavour?

Over the next 3-4 years, we will see whether arctic thyme can become a new source of income for the endangered outlying districts in Southern Greenland.







## **NEW NORDIC FOOD MANIFESTO**

"As Nordic chefs we find that the time has now come for us to create a New Nordic Kitchen, which in virtue of its good taste and special character compares favourable with the standard of the greatest kitchens of the world."

*- objectives for a future gastronomy and food production in Scandinavia signed by leading chefs in the autumn 2004 on Claus Meyer's initiative.*

### **The aims of New Nordic Cuisine are:**

1. To express the purity, freshness, simplicity and ethics we wish to associate with our region.
2. To reflect the changing of the seasons in the meals we make.
3. To base our cooking on ingredients and produce whose characteristics are particularly excellent in our climates, landscapes and waters.
4. To combine the demand for good taste with modern knowledge of health and well-being.
5. To promote Nordic products and the variety of Nordic producers – and to spread the word about their underlying cultures.
6. To promote animal welfare and a sound production process in our seas, on our farmland and in the wild.
7. To develop potentially new applications of traditional Nordic food products.
8. To combine the best in Nordic cookery and culinary traditions with impulses from abroad.
9. To combine local self-sufficiency with regional sharing of high-quality products.
10. To join forces with consumer representatives, other cooking craftsmen, agriculture, the fishing, food, retail and wholesale industries, researchers, teachers, politicians and authorities on this project for the benefit and advantage of everyone in the Nordic countries.





RECIPES WITH  
ANGELICA & ARCTIC THYME

*cookery  
book*





*Thanks to his international background, Henri Gordon Lee is familiar with the Caribbean, Asian and American cuisine. Henri has been working with many famous chefs. Now he has settled in Denmark to show the world how to use the unique Greenlandic herbs and food products in the modern cuisine.*

### **THE "NEW" GREENLANDIC CUISINE**

Greenland's traditional cuisine is based on the limited resources found in Greenland. It is a cuisine based on necessity rather than culinary fantasy. Greenland's cuisine is becoming more of a modern flair where the influences of mainly Scandinavia and Europe are blended with traditional dishes. The soil and climate in Greenland is exceptionally well suited for growing certain vegetables and herbs. Potatoes, for example, have been very well received. Greenland is one of the only known places that have never had a virus of any kind affecting their crops.

Other products such as fish (cod, halibut and even shark) and meat (notably lamb and musk oxen) are known to be of superior quality due to the living conditions of these animals and fish. The meat is tender, tasteful and lean due to their freedom of movement and their diet.

A novelty from Greenland is its natural herbs. The varieties are almost endless! The local communities have been using these herbs for generations; all organic and natural, and together with the local food products it becomes a very flavourful taste experience beyond comparison.

Give it a try – instead of pepper, try a bit of angelica and have a taste of Greenland!

*Henri Gordon Lee*



# starters

## STARTERS

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# angelica ice cubes



## ANGELICA ICE CUBES

Bring water to boil. Remove from heat and add the angelica seeds for at least 15 min. Pour water into desired forms, only half full. Freeze them for at least 1 hour. Add small pieces of angelica leaves to the tops of the ice cubes and fill up with water. Freeze for at least of 2 hours.

1 tbs. angelica seeds  
1 tbs. angelica leaves  
½ l. water, bottled  
and non-sparkling

# angelica nuts

## MIXED NUTS WITH ANGELICA

Pre-heat the oven to 125 C. Place water and 1 tbs. salt in a pot. Bring to a boil over high heat. Once the water starts boiling, add the nuts and angelica. Boil for 10 minutes.

Strain nuts and dry with a paper towel. Place nuts in a bowl and pour soya sauce over them. Place nuts in an oven-proof dish or on a baking sheet, and dry them in the oven until crispy – about 1 to 1½ hours. Sprinkle with 1 tsp. salt as soon as they come out of the oven. Let cool.

150 gr. mixed nuts  
(walnuts, almonds, hazel-  
nuts and cashew nuts)  
2 dl. water  
1 tbs. salt  
1 tbs. soy sauce  
2 tbs. angelica seeds





# sweet potato chips

## **SWEET POTATO CHIPS**

Cut the sweet potatoes into thin slices. Set aside. Fill a pot with enough oil to cover the chips, on a stove on medium high heat (190 C). Once the oil is close to 190 C, add the sweet potato chips to the oil little by little (otherwise, the oil temperature may fall too much for frying). Fry the chips for about 15 minutes or until golden brown. Once done, dry the chips on paper towels. Put the chips on baking paper and sprinkle with angelica powder, leaves and salt.

If the chips are soft, place them in an oven at 120 C for 15 minutes, to crisp them up.

2 sweet potatoes  
1 tbs. angelica seed powder  
1 tbs. angelica leaves, crushed  
1 tsp. salt  
Groundnut oil or vegetable oil



25. gr. fresh yeast  
7 dl. cold water  
12 dl. all purpose flour  
½ tbs. salt  
1 tbs. angelica leaves, crushed  
rosemary oil (see below)  
coarse salt

**Rosemary oil**  
2 dl. olive oil  
25 gr. fresh rosemary sprigs

#### **ANGELICA FOCACCIA BREAD**

Add the angelica, salt and the flour, 1 dl. at a time, stir carefully. Once all the flour is incorporated, form it into a ball. If the dough is too wet, then add a ½ dl. flour more until it can be formed into a ball. Place it in a bowl and cover it with a cloth. Let it rise to double size.

Take a baking tray and line it with baking paper. Brush baking paper with rosemary oil then place the dough onto the paper. Stretch the dough to fit the tray completely and evenly. Let the dough rise again to double size. When done, poke a bunch of holes in the dough with your fingers. Brush the dough liberally with the rosemary oil. Sprinkle with coarse salt. Pre-heat oven to 200 C.

Set dough into the oven and bake for ½ an hour. Take it out and brush again with the rosemary oil. Turn the oven down to 180 C, then bake for an further ½ an hour. At this point the bread should be golden brown. Check if done, if not, bake for another 10 min. Remove from the oven and again, brush with rosemary oil and sprinkle with a little more salt.

*Rosemary oil:* Heat the oil in a saucepan on low – medium heat. Fry the fresh rosemary in the oil, for about 30 to 40 seconds, just enough to get the rosemary leaves crispy. Drain on a paper towel. Remove the rosemary leaves and discard the stems. Chop the leaves roughly. When the oil has cooled down completely, the chopped rosemary can again be added to the oil.

*angelica  
focaccia*

# cream cheese



## CREAM CHEESE

Mix all ingredients well. Place in refrigerator for at least ½ an hour.

250 gr. soft cream cheese  
2 tbs. angelica seed powder  
1 tbs. angelica leaves, crushed  
1 tsp. salt  
1 tsp. white pepper  
½ a lemon, juiced  
1 clove garlic, crushed

## ANGELICA SCHNAPPS

2 cardamom seeds  
1 tbs. dried juniper berries  
1 pod of star anise  
1 cinnamon stick  
1 tbs. angelica seeds  
2 tbs. angelica leaves  
½ l. vodka (non-flavored)  
125 gr. sugar  
50 ml. water  
½ tsp. citric acid

Put the angelica seeds in a glass jar, add 2 dl vodka, seal tightly and leave for 2 weeks.

Crush all the spices, except the angelica leaves, in a mortar. Put the crushed spices in a glass jar. Add 2 dl. vodka, seal tightly and leave for a week.

Boil a syrup from sugar, water, and citric acid. Stir until all the sugar is dissolved. Take the spiced vodka and strain with a coffee filter. Combine with another 2 dl. of vodka and half of the sugar syrup. Add the angelica vodka in small portions until you find the required flavour. Leave the mix for 2 months and then test the flavour again. Add more syrup, or angelica vodka as required.

# schmappes









# *Baked tomatoes with arctic thyme*

## **BAKED TOMATOES WITH ARCTIC THYME**

Place the tomatoes side by side on a baking sheet covered with baking paper. Sprinkle with sugar, thyme, oil and salt & pepper. Bake in oven for around 1 hour at 150 C. Serve on top of salad or as side dish to any meat or fish.

500 gr. cocktail tomatoes,  
halved  
1½ tbs. arctic thyme  
½ tbs. sugar  
3 tbs. olive oil  
salt & pepper



# chutney

## CHUTNEY MADE FROM PLUMS & PEACHES

Boil the plums with 1 dl. water and simmer for about 5 min. or until soft. Mash them using a whisk, so the stones are released. The easiest way to remove the stones is to take the mashed plums and spread them out on a flat surface on baking paper, and use a fork to pick out the stones. It is best done by repeating several times. Place the mass back into the saucepan, add the vinegar, angelica stems, peaches and star anise. Cook on low heat for 10-15 min.

Cut the vanilla pod in half and scrape out the seeds. Add them plus the pod into the pot. Mix the sugar into the chutney and cook for an additional 50-60 min. with the lid off at a low simmer. Stir regularly. Add in the skinned almonds for the final 10 min. The chutney should now be reduced by about 1/3 and is considerably thicker.

The chutney can now be filled into glass jars (after the jars have been treated or sterilized). If in an open container, cover with film. Do not use foil since the acid in the chutney will eat the metal and taint the chutney.

1 kg yellow plums  
1 dl. water  
500 g peaches or nectarines, diced  
100 g fresh angelica stalk in 1 cm pieces  
1 vanilla pod  
2 pod star anise  
1 dl. apple vinegar  
100 g blanched and skinned almonds  
800 g sugar

Fresh angelica stems can be found in many places. It grows wild not just in Greenland, but all over Scandinavia and Northern Europe.

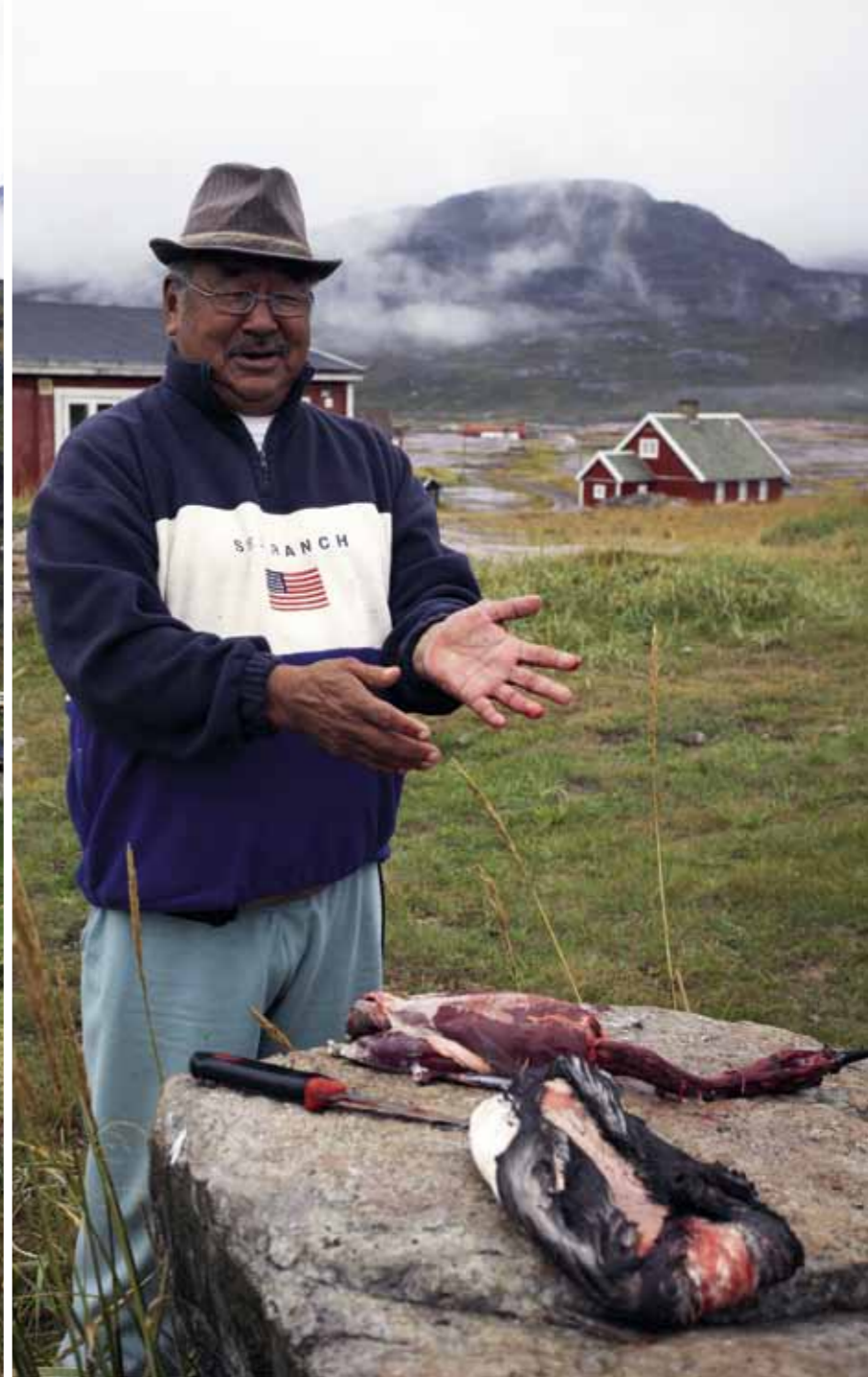


## PICKLED GREEN TOMATOES

Wash the tomatoes and then prick them all over with a fork. Cut onion and angelica stems into pieces about 4-5 cm long. Place the water and vinegar in a saucepan and bring to a boil. Blanch the onion and angelica stems for about 6 min. Then add the tomatoes in 2-3 batches for 4 to 5 min. Place tomatoes, onion and angelica stems in a sterilized container. Take a saucepan and add all the ingredients of the pickling liquid together, including the vanilla pod and seeds. Bring to a boil and pour the liquid over the tomatoes, onion and angelica stems and cover until the next day. Pour the liquid off the tomatoes the next day and bring to a boil again. Add a little of the sodium benzoate to the pickling liquid. Place the tomatoes into sterilized glasses or other container. Pour the liquid over. Seal containers well and leave the tomatoes for at least 14 days before eating.

1 kg small green tomatoes  
400 g shallots or other small onions  
150 g fresh angelica stalks  
3 dl water  
3 dl malt vinegar  
  
Pickling liquid  
1/2 l. malt vinegar  
700 g sugar  
30 g fresh ginger, thinly sliced  
1 vanilla pod  
1 tsp. conserving liquid, such as sodium benzoate

# pickled tomatoes



# butter



## ANGELICA BUTTER

- 250 gr. softened butter
- 1 tbs. angelica leaves, crushed
- 1 tsp. salt
- 1 tsp. white pepper

Mix all ingredients well. Form into desired shape and place in a refrigerator to chill for at least ½ an hour.

## SEASONED BREAD

- 25 g yeast
- 1 tbs. sugar
- 1 tbs. salt
- 8 dl cold water
- 1 tbs. fennel seed, crushed
- 1 tbs. anise powder
- 1 tbs. angelica seed, crushed
- 1½ l. flour, (⅓ rye flour, rest wheat)

Mix the water, yeast, sugar, salt and the 3 spices thoroughly. Add flour a little at a time and mix it in very gently. Use a mixer if possible. The dough has to be soft. Cover the dish with cling-film and leave overnight in the refrigerator or for at least 8 hours.

Pre-heat the oven to 180 C. Line two baking sheets with baking paper. Use two spoons for taking the dough directly from the dish. There can be 9-12 buns on each baking sheet). Sprinkle a mix of fennel and angelica seeds on top of the buns and place immediately in the oven. (Two trays of buns can be baked at one time in a convection oven). Bake for about 15-20 minutes.

# seasoned bread





# angelica sparkler

## ANGELICA SPARKLER

*Makes one drink*

- 3 tbs. light rum
- 2½ tbs. honey or simple syrup
- 6 angelica leaves
- 2 tbs fresh lime juice
- a splash of soda water
- 1 piece of liquorice stick
- piece of a lime wedge

Shake rum, honey, leaves and lime juice in a small tumbler. Add crushed ice and stir. Top up with a splash of soda water. Garnish with the lime wedge stuck on the liquorice stick and place in the drink. Swirl around to get a faint taste of the liquorice.

# angelica popcorn

## ANGELICA POPCORN

- 225 gr. popping corn
- 2 tbs. vegetable oil
- 1 tsp. angelica seed, crushed
- 2 tbs. angelica leaves, crushed
- 2 tbs. melted butter
- 1 tsp. salt

Heat a saucepan with the vegetable oil on medium-high. Add the popcorn and angelica seeds. Place a lid on top and shake the saucepan constantly. After the popcorn has all popped, add the angelica leaves, melted butter and salt. Shake well.





## LUNCH

- 94 **Angelica Coated Prawns  
with Cocktail Sauce**
- 96 **Tuna Tartar on Crowberry Cracker**
- 101 **Graved Venison Carpaccio  
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- 104 **Coconut Curry Soup  
with Scallops & Parma Ham**
- 107 **Beetroot Soup  
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with Angelica Seeds & Thyme**
- 112 **Cold Tomato Soup with Scallops**
- 115 **Graved Halibut  
with Cherry Tomato Salsa**

# angelica coated prawns

2 wooden skewers,  
about 20 cm long  
8 prawns, jumbo size

## Barbeque mix

2 tbs. angelica powder  
1 tbs. dried angelica leaves,  
crushed  
2 tsp. salt  
2 tsp. black pepper, ground  
2 tsp. paprika, ground  
1 tsp. chili powder

## Cocktail Sauce

100 gr. tomato ketchup  
Juice of ½ a lemon  
1 tsp. chili powder  
1 tsp. grated horseradish  
tabasco as needed  
salt & pepper

*Recipe for 2 people*

## ANGELICA COATED PRAWNS WITH COCKTAIL SAUCE

Mix all ingredients for the cocktail sauce and refrigerate for at least 1 hour.

Soak skewers in cold water for about 5 minutes. This will prevent them from splintering and burning during grilling. Peel the prawns to the last tail joint, leaving the large piece of shell that is attached to the tail. Make an incision with a sharp knife all the way from the head to the tail. Remove the black cord and rinse, then pat dry with paper towel.

Heat the grill (or grill pan) until hot. Rub oil on the pan with a paper towel. Take the prawns and roll them in the Barbeque mix. Coat well. Put 4 prawns onto a skewer. Place the skewer onto the hot grill and grill for about 1-½ minutes on each side.

Serve with the cocktail sauce.





# tuna tartar on crowberry cracker

250 gr. tuna (raw), grade  
"A" sushi  
1 tbs. angelica leaves, crushed  
½ a shallot  
1 tsp. ginger, grated  
1 tsp. chives  
2 tsp. soy sauce  
1 tsp. Chinese sesame oil  
1 tsp. lemon juice  
salt & pepper

## **Crowberry Cracker**

1 dl. sun-dried crowberries  
(or other berries)  
125 gr. all purpose flour  
225 gr. wheat flour  
1½ dl. cream or a mild yoghurt  
2 tbs. melted butter  
1 tsp. sugar  
1 tsp. salt

*Recipe for 2 people*

## **TUNA TARTAR ON CROWBERRY CRACKER**

Using a sharp knife, dice the tuna into small cubes. Finely chop the chives. Lightly mix all the ingredients together. Season well, then refrigerate for minimum 1 hour.

*Bread:* Heat oven to 225 C. Coarsely chop the crowberries. Place in a bowl and then add the rest of the ingredients. Mix together to form a dough. Roll the dough out to a thickness of 2-3 mm. Cut to required shape. Dust with a little flour to prevent sticking. Prick all over with a fork. Place on a baking tray, lined with baking paper. Bake for about 10 min. or until the crackers are light brown and crispy. Remove from oven to cool. Serve with the tuna.







# venison carpaccio

250 gr. loin of deer or beef,  
free of tendons  
100 gr. mixed baby salad,  
washed and dried  
25 gr. toasted cashew nuts  
25 gr. Parmesan cheese

## **GRAVED VENISON CARPACCIO WITH CRANBERRY RELISH**

Put the thyme in a strainer and dip in boiling water for 20 sec. Mix together all the graving ingredients. Take a deep dish and place the meat in it. Pour the grave mix all over the meat and place the dish in the refrigerator for minimum 24 hours ( preferably 48 hours). During the marinating period, the meat should be turned once. When time is up, remove from the liquid, dry it off and slice thinly.

*Cranberry relish:* Put sugar and the orange juice in a small saucepan. Bring to a boil and then simmer until the sugar melts. Add ginger and then the cranberries. Let it simmer until the liquid begins to thicken slightly (about 10 min.). Stir occasionally, being gentle so as not to crush the cranberries. After the sauce thickens, stir in the grated orange peel and set aside to cool.

*Carpaccio dressing:* Mix ingredients well and season with salt and pepper.

*Serving:* Serve the meat with salad and cranberry relish. Pour dressing lightly over the meat and salad. Sprinkle with cashew nuts and Parmesan just before serving.

## **Grave mix**

100 gr. salt  
90 gr. cane sugar  
3 tbs. dried arctic thyme  
(or normal dried thyme)  
1 tbs. powdered ginger  
1 tbs. milled black pepper

## **Cranberry relish**

75 gr. fresh cranberries  
100 gr. sugar  
1 orange, the peel and juice  
kept separate  
20 gr. fresh ginger

## **Carpaccio dressing**

1 tbs. white balsamic vinegar  
2 tbs. olive oil  
1 tbs. dried crushed angelica  
salt and white pepper

*Recipe for 2 people*



500 gr. chef potatoes,  
washed and peeled  
– cut into rough pieces  
½ l. vegetable stock  
50 gr. leeks, white part only,  
roughly chopped  
1 tbs. angelica seeds  
1 clove of garlic  
2 dl. buttermilk or cream  
2 tbs. crème fraiche 38%  
salt & pepper

**Garnish**

4 pieces turkey bacon,  
cut into 1½ cm pieces  
25 g leeks, sliced  
– green part only  
10 gr. butter

*Recipe for 2 people*

**POTATO SOUP WITH BACON**

Take a large saucepan and add potatoes, vegetable stock, leeks, angelica and garlic. Bring to a boil on high heat then turn down to medium – low and simmer until potatoes are tender – about 20 min. Add the buttermilk and crème fraiche and blend in a blender or food processor. Season well and keep warm.

*Garnish:* Heat a frying pan on high heat. Add the turkey bacon and sauté for 2 min. Add butter then leeks. Sauté for an additional min. Remove from heat and use the mixture as a topping when serving the soup.

*potato soup  
with bacon*

# coconut curry soup

6 sea scallops  
1 tbs. arctic thyme, crushed  
1 organic lime, juice from  
the whole lime and grated  
peel from ½ the lime  
2 tbs. olive oil  
4 slices of Parma ham

**Coconut curry soup**  
1 tin coconut milk (400 ml)  
1 clove garlic, crushed  
10 gr. fresh ginger, peeled  
and grated  
50 gr. carrots, small cubes  
½ a red chili, finely  
chopped  
1 tbs. olive oil  
2 tbs. madras curry  
1 tbs. angelica, crushed  
salt & pepper

*Recipe for 2 people*

## **COCONUT CURRY SOUP WITH SCALLOPS & PARMA HAM**

Mix the scallops with all ingredients except the ham, and leave in a refrigerator for minimum ½ an hour. Heat a grill or grill pan to high heat. Brush grill with a little oil. When it is hot, grill the scallops 1 min. per side. Remove from grill and put back in the marinade. Heat a frying pan on medium and fry Parma ham for about ½ a min. per side or until crispy. Remove from heat and place on a paper towel to drain excess oil.

*Soup:* Heat a saucepan with the oil. Add the garlic, ginger and carrots. Sauté for 1 min. Add the curry and sauté for an additional 2 min. Add the coconut milk and the angelica. Bring to a boil, then reduce the heat to a simmer. Cook for about 15-20 min. Season with salt and pepper. Place soup in bowls and garnish with 3 large scallops and a couple of pieces of Parma ham.





500 gr. beetroot  
½ l. vegetable stock  
½ a white onion, finely diced  
10 gr. fresh ginger, grated  
1 tbs. arctic thyme  
1 organic lemon, peel and juice  
salt & pepper

**Croutons**

2 loaves day old bread  
1 tsp. angelica seeds, crushed  
1 tsp. angelica leaves, crushed  
1 tsp. salt  
½ tsp. black pepper, crushed  
2 tbs. olive oil

**Garnish**

2 tbs. crème fraiche 38%  
1 tbs. chives, finely chopped  
1 tbs. tarragon, finely chopped  
1 tbs. cilantro, finely chopped  
1 tbs. basil, finely chopped

*Recipe for 2 people*

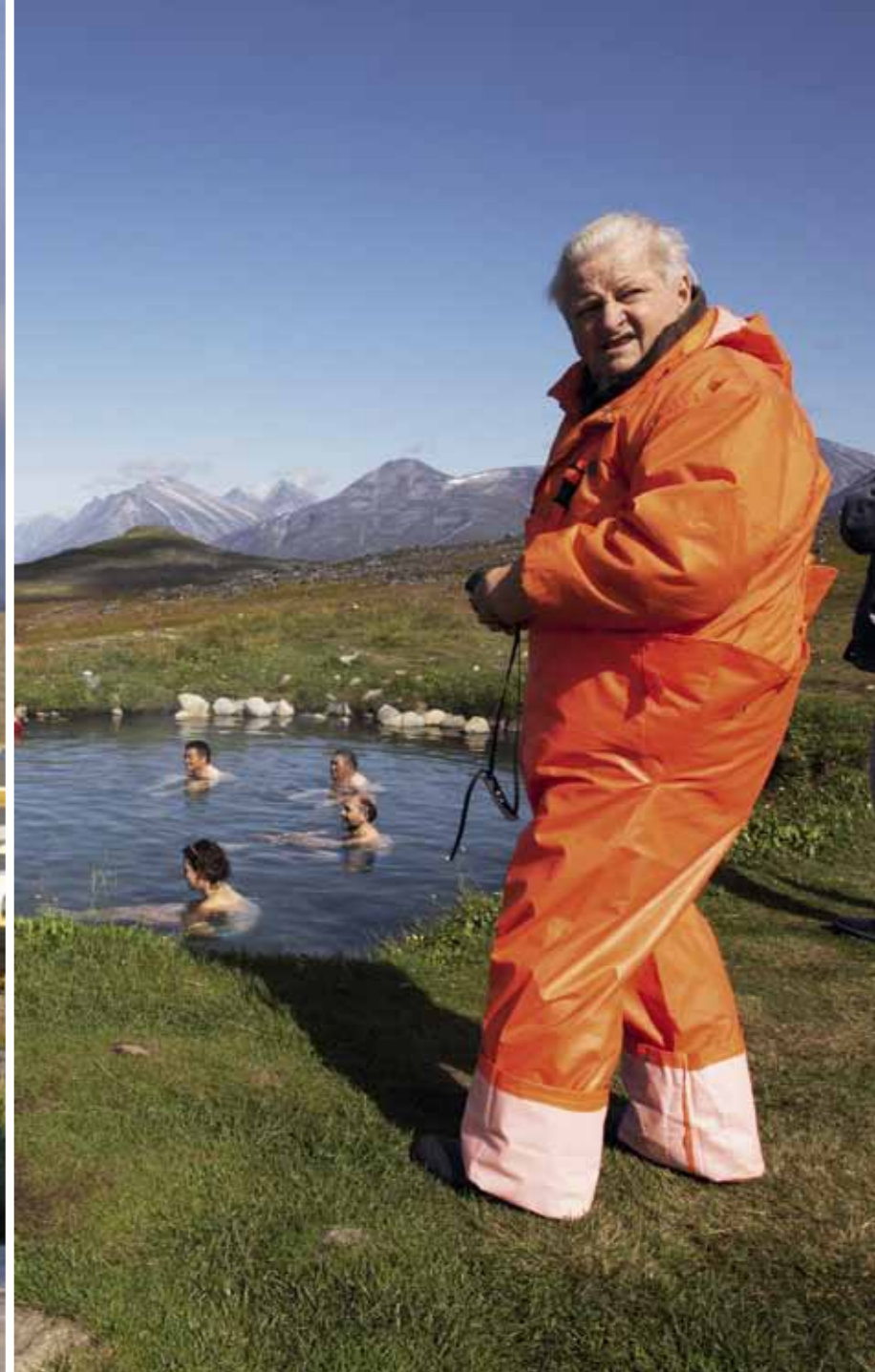
**BETROOT SOUP WITH ANGELICA CROUTONS**

Boil the beetroot in water for about 40 minutes or until they are fork tender. Discard water and run beetroot under cold water until cool enough to handle. Remove the skin. Then cut beetroot into small cubes. In another saucepan, add vegetable stock, onion, ginger, thyme, grated lemon peel and juice. Bring to a boil and simmer for 5 min. Add beetroot cubes and remove from stove. Serve at once.

*Croutons:* Remove the crust from the bread and cut into large cubes. Mix all dry ingredients with the bread. Heat a frying pan on medium heat and add the oil. Add the bread mix and fry until light golden brown and crispy. Remove and set aside.

*Garnish:* Mix all the herbs together. Top off each bowl of soup with a spoonful of crème fraiche 38 % or sour cream. Sprinkle with the herb mix and then generously with croutons.

*beetroot  
soup*





Make your own  
ice plate in a bowl of  
suitable size

#### **MARINATED HALIBUT WITH ANGELICA SEEDS & THYME**

Cut the halibut into large cubes (about 1 x 1 cm). Set them into a deep dish or bowl and sprinkle salt over them. Cover them with cling-film and let them rest overnight in the refrigerator.

Place vinegar, water and sugar into a saucepan and simmer over medium heat until the sugar melts. Then add the angelica and thyme. Remove from the heat and let cool until the marinade is lukewarm.

Remove fish from refrigerator and drain off any excess liquid. Pour the vinegar marinade over the fish and place fish again in the refrigerator overnight. The next day, the halibut is ready for serving. Try serving this dish on a bed of rocket or baby salad!

- 300 gr. halibut fillet
- 15 gr. salt
- 1½ dl. white wine vinegar
- ½ dl. water
- 125 gr. sugar
- 15 angelica seeds
- 1 tsp. arctic thyme

*Recipe for 2 people*

## *marinated halibut*



# cold tomato soup

5 vine-ripe tomatoes  
(about 500 gr.)  
½ a shallot, peeled  
30 gr. fresh ginger  
2 tbs. pearl sugar  
1 tbs. salt  
1 tsp. white pepper  
1 tsp. chili powder  
1 tbs. angelica seeds

## Scallops

6 large sea scallops  
1 tsp. angelica, crushed  
1 tbs. olive oil  
salt & pepper

## Herb salad

1 tbs. fresh dill  
1 tbs. fresh tarragon  
1 tbs. chives, coarsely  
chopped  
1 tsp. olive oil

*Recipe for 2 people*

## COLD TOMATO SOUP WITH SCALLOPS

Chop tomatoes shallot and ginger coarsely and then blend it. Mix with the rest of the ingredients. Line a strainer with cheese-cloth or a tea towel. Place the strainer over a deep bowl. Pour the mixture into the strainer and let it drain through overnight in the refrigerator. Next day, gently squeeze the cloth to remove any excess liquid. Store in the refrigerator until use. This can be made up to 2 days before use. Just stir lightly prior to use.

Heat a frying pan on medium – high heat. Dry the scallops with a paper towel and season with angelica, salt and pepper. Add oil and wait until the pan is hot. Place scallops on the pan and fry for about 45 seconds on each side. Once done, remove and leave at room temp.

Mix all salad ingredients together.

*Serving:* Use about a 1½ dl. of soup to a bowl. Place 3 scallops in the centre in a circle, and sprinkle with herb salad. Sprinkle some olive oil and crushed angelica in the soup for an added taste.





# graved halibut with salsa

200 gr. halibut fillets  
cleaned and skinned

#### Grave mix

30 gr. salt

20 gr. sugar

2 tbs. dried angelica leaves,  
crushed

1 pinch saffron threads or ¼  
tsp. saffron powder

1 tsp. white pepper, ground

1 tsp. cardamom powder

#### Cherry tomato salsa

125 gr. cherry tomatoes,  
cut into quarters

½ a banana shallot, very  
finely chopped

1 tbs. arctic thyme, ground

2 tbs. red wine vinegar

2 tsp. raw sugar

1 tbs. ketchup

1 tbs. chives, finely chopped  
salt & pepper

2 thick slices of either grilled  
or toasted bread

1 handful lettuce

*Recipe for 2 people*

#### GRAVED HALIBUT WITH CHERRY TOMATO SALSA

Mix all graving ingredients well. Take a deep casserole and place a handful of grave mix in the bottom. Place the halibut fillet on top of the grave mix. Then spread the rest of the mix on top of the halibut. Place the dish in the refrigerator for a minimum of 12 hours. After marinating remove the halibut from the casserole and wipe off any excess grave mix. Pat dry with paper towel. Slice halibut thinly.

*Cherry tomato salsa:* Carefully mix all ingredients for the salsa together and season with salt and pepper. Set to one side.

*Serving:* Place the toast on a plate, topped with a layer of lettuce. Add slices of halibut on top of the lettuce. Finish with a large spoonful of tomato relish on top of the halibut. Garnish with a sprig of dill.



# main course

## MAIN COURSES

- 119 **Chicken Meatballs with Grapefruit Salad**
- 120 **Roast Duck Breast with Pearl Barley Salad**
- 123 **Turbot on Cabbage & Pomegranate Salsa**
- 127 **Baked Fillet of Cod**
- 128 **Japanese Angelica Cod with Remoulade**
- 132 **BBQ Monk Fish with Curry Onion Rings**
- 135 **Grilled Pork Chops with Apricot Chutney**
- 136 **Veal Sirloin with Coffee & Artichoke Sauté**
- 140 **Deer with Lemongrass & Pomegranat Sauce**
- 143 **Lamb with Angelica Mustard Sauce & Chick Sauté Pea**



# chicken meatballs

## CHICKEN MEATBALLS WITH GRAPEFRUIT SALAD

Mix all the meatball ingredients together, without over-doing it. Form the meatballs to a suitable size and flatten them a bit. Fry each side for a couple of minutes in a hot oil. Keep them warm.

*Salad:* Wash lettuce and let the water drip off. Peel grapefruit, including removing the white pith. Cut segments in thin slices, set to one side. Roast the angelica seeds on a warm pan and let them cool.

*Dressing:* Mix all ingredients for the salad dressing and stir them well together. Season with salt and pepper.

*Serving:* Arrange the lettuce with the grapefruit slices. Shake the roughly-cut roasted angelica seeds over the salad and finish by pouring the dressing lightly over the mixture.

250 gr. minced chicken meat  
1 egg  
1 tbs. dried angelica leaves,  
crushed  
1 tbs. fresh tarragon,  
chopped  
2 tbs. lemon juice  
2 tbs. olive oil  
salt & pepper

**Salad**  
2 handfuls of lettuce  
1 grapefruit  
1 tbs. angelica seeds

**Dressing**  
1 tbs. dried arctic thyme,  
crushed  
1 tbs. golden honey  
2 tbs. rapeseed oil  
1 tbs. balsamic vinegar  
salt & pepper

*Recipe for 2 people*

1 breast of duck, cleaned  
1 tbs. honey  
1 tsp. angelica seed powder  
salt & pepper

**Pearl barley salad**

2 dl. pearl barley  
4 dl. water  
1 tbs. olive oil  
1 carrot, cut into  
thin julienne slices  
100 gr. celery, cut into  
thin julienne slices  
50 gr. dried dates,  
seedless and sliced  
1 tbs. angelica leaves, crushed  
salt & pepper

**Dijon dressing**

2 tbs. Dijon mustard  
2 tsp. white balsamic vinegar  
3 tbs. olive oil  
1 tsp. honey  
Salt & pepper

*Recipe for 2 people*

*roast duck  
breast*

**ROAST DUCK BREAST WITH PEARL BARLEY SALAD**

Preheat the oven to 200 C. Mix the honey and angelica powder. Score the fat on the duck breast, by making narrow cuts into the fat, but not into the meat. Season with salt & pepper. Put a frying pan onto high heat. Fry the duck skin-side down for about 1 minute. Turn it over and fry the other side for a similar time. Place the breast in a heat-proof dish, lined with baking paper. Pour the honey and angelica over the breast. Bake in the oven for 8 to 10 minutes. Once done let it rest for 10 minutes. This allows the juices to be re-absorbed into the meat keeping it juicy. Cut into slices and sprinkle lightly with salt.

*Pearl barley salad:* Simmer the pearl barley in water for about 25-30 minutes or until the barley is tender. Remove from the stove and drain. Toss the pearl barley with the olive oil, add rest of ingredients and season with salt & pepper.

*Dijon dressing:* Mix all ingredients for the Dijon dressing and add to the salad.





300-400 gr. turbot fillets  
2 eggs, lightly beaten  
2 tbs. all purpose flour  
100 gr. cornmeal flour  
1 tsp. salt  
1 tsp. pepper  
1 tsp. angelica leaves, crushed  
2 tbs. olive oil

**Sautéed angelica cabbage**  
100 gr. spring or savoy  
cabbage, finely shredded  
2 tbs. angelica seeds  
10 gr. butter  
1 tbs. fresh chives,  
cut into ½ cm lengths  
salt & pepper

**Pomegranate salsa**  
1 pomegranate  
½ a banana shallot, minced  
½ tsp. angelica seed powder  
½ a lime, the peel and the juice  
½ tsp. chili powder  
1 tbs. fresh dill,  
finely chopped  
1 tbs. olive oil  
salt & pepper

*Recipe for 2 people*

**TURBOT ON CABBAGE & POMEGRANATE SALSA**  
Mix the cornmeal flour, angelica, salt and pepper. Place in a shallow bowl or plate. Make a breading station: 1 bowl with flour, 1 bowl with the eggs and a plate with the cornmeal flour. Turn fish fillets, one at a time, in: 1) flour, 2) egg, 3) cornmeal flour. Set aside. Heat a frying pan to medium. Add oil and wait until the oil is hot. Fry a couple of fish fillets at a time, for about 2 minutes or until golden brown on each side. Drain on a paper towel.

*Sautéed angelica cabbage:* Heat a frying pan on medium heat. Add butter and when melted, add the angelica seeds. Sauté for 30 seconds or until a bit fragrant. Add the cabbage. Continue to sauté for about 5 minutes (the cabbage should be soft and slightly translucent. Do not brown. If it starts browning, add a little water. When it is cooked, mix in the chives and season with salt & pepper.

*Pomegranate salsa:* Remove the seeds from the pomegranate by holding it in your hand, cut side down and lightly banging on the back side with a wooden spoon. Once all the seeds are out, combine with the rest of the ingredients. Season with salt & pepper.

# *turbot on cabbage*





#### **BAKED FILLET OF COD**

Heat the oven to 225 C. Place the cod fillet in an oven-proof dish, lined with baking paper. Add salt, pepper and the angelica on top of the fish. Cover with breadcrumbs, and finally with small slices of butter. Bake in oven for about 10-12 min, until the fish is tender, depending on the thickness of the fillet. Serve with a salad and add bread.

Baked tomatoes with arctic thyme will be a good match for this fish. (p. 83)

700 gr. cod fillet  
2 tbs. angelica leaves,  
crushed  
40 gr. butter  
50 gr. coarse breadcrumbs  
salt & pepper

*Recipe for 2 people*

*baked  
fillet of cod*



# japanese cod

## **JAPANESE ANGELICA COD WITH REMOULADE**

Put fish in refrigerator. Mix all dry ingredients together and set aside.

*Tempura batter:* Whip egg lightly with a fork. Add flour, baking soda and water. Mix again with a fork. The mix will be lumpy, not smooth! Heat the oil in a medium-sized saucepan. The oil is ready when a little of the batter is dropped in the oil, sinks and quickly surfaces. Turn the fish in the dry flour mix, shaking off the excess flour. Then dip it in the tempura batter. Fry for about 2 min. or until golden brown. Remove the fish using a slotted spoon, and drain on paper towels. Sprinkle with a little salt.

*Remoulade sauce:* Blend remoulade sauce ingredients together. Season with salt and pepper. Can be made 2 days ahead or served at once. Serve with the remoulade sauce and a slice of lime if desired.

300 gr. cod fillet,  
cut into finger sizes  
75 gr. all purpose flour  
1 tbs. angelica, powder  
salt & pepper

### **Tempura batter**

1 egg  
100 gr. all purpose flour  
½ tsp. baking soda  
175 ml. cold water  
1 tbs. angelica, crushed  
1 tbs. angelica seeds, powder  
½ l. frying oil  
Salt as needed

### **Remoulade sauce**

80 gr. pickled vegetables  
½ a green apple  
2 tbs. crème fraiche 38%  
1 tbs. madras curry  
1 tsp. Dijon mustard  
salt & pepper

*Recipe for 2 people*





400 gr. monk fish fillet,  
cut into 2 steaks  
1 tbs. angelica powder  
2 tbs. Barbeque sauce  
1 tbs. olive oil  
salt & pepper

**Angelica Barbeque Sauce**

125 gr. tomato ketchup  
2 tbs. Worcestershire sauce  
2 tbs. tomato purée  
1 tbs. brown sugar  
1 tbs. red wine vinegar  
1 tbs. salt  
1 tsp. black pepper, crushed  
1 tsp. honey  
1 tsp. strong chili paste  
1 tbs. angelica seed, powder  
2 tbs. angelica, crushed

**Curry onion rings**

1-2 large onions, peeled and cut  
into ½ cm thick rings  
1 dl. cold water  
30 gr. all purpose flour  
30 gr. semolina flour  
2 tsp. curry  
1 tsp. arctic thyme  
salt and pepper  
3 dl frying oil

*Recipe for 2 people*

# barbecue monk fish

**BBQ MONK FISH WITH CURRY ONION RINGS**

*Barbecue:* Mix all ingredients well. Place in a pot and cook for 5 minutes over low heat for the best taste. Place in refrigerator for ½ an hour prior to use. Heat oven to 200 C. Heat a frying pan to medium – high heat. Add the oil to the pan and wait until the oil is hot. In the meantime, season the monk fish with the salt, pepper and angelica powder. Place fish steaks on the frying pan at once. Fry for about 1 minute each side. When frying, press slightly on the fish with a spatula to keep the fish from curling while frying. Once fried, place the fish in a casserole dish and spoon the Barbeque sauce over each fish steak. Place the fish in the oven for 10 minutes. Let it rest for 5 minutes before serving.

*Curry onion rings:* Soak onions for 5 minutes in the water. Mix all dry ingredients. Drain the onion water into the dry ingredients. Mix well. Take onions and separate into individual rings. Add onion rings and coat them well. Set them aside. Pour frying oil into a heavy- bottomed saucepan. Heat it up on medium heat. The oil is ready when a little batter – after being dropped in – floats back up. When the oil is hot, take onion rings out of the batter a few at a time, shake the excess batter from the onion rings and fry for about 1 minute or until they float. Remove when floating, drain on a paper towel. Sprinkle with a little salt.

Serve with the onion rings arranged in a pile on top of the fish steak.





# grilled pork chops

4 pork chops (about 400 gr.)  
2 lemons, juice and  
grated peel  
1 tbs. angelica seed powder  
1 tbs. fresh rosemary,  
chopped  
½ dl. olive oil  
salt & pepper

## GRILLED PORK CHOPS WITH APRICOT CHUTNEY

Mix grated lemon peel, lemon juice, angelica, rosemary and oil for use as the marinade. Season the pork chops well with salt and pepper. Pour mixture over chops and leave to marinate for a minimum of 2 hours. Heat a lightly oiled grill pan on high heat. Grill the chops for about 2 minutes per side, or more if preferred.

*Apricot chutney:* Drain the apricots and set aside. Heat a saucepan to medium heat, add oil and shallots. Sauté for a minute. Add angelica and sauté for a minute more. Add apricots, juice, sugar, vinegar and cinnamon stick. Simmer for about 15 minutes or more to reduce the liquid by half. Mix the cornstarch and water. While the chutney is still simmering, add the cornstarch mixture and stir to thicken slightly. Cook for an additional 5 min. Remove from heat and let it cool.

**Apricot chutney**  
200 gr. dried apricots, soaked  
in water overnight  
½ a shallot, finely diced  
2 tbs. angelica leaves  
1 tbs. olive oil  
1.5 dl. mango juice (passion  
fruit juice or orange juice)  
160 gr. cane sugar  
2 tbs. white wine vinegar  
1 whole cinnamon stick  
1 tsp. cornstarch  
1 tsp. cold water

*Recipe for 2 people*

400 gr. veal sirloin,  
cleaned of all fat  
2 tbs. soy sauce  
3 tbs. balsamic vinegar  
1 tbs. honey  
3 heaped tbs. angelica powder  
2 tbs. olive oil  
salt & pepper

**Coffee sauce**

½ l. beef or game stock  
2 dl. balsamic vinegar  
125 gr. sugar  
3 dl. strong coffee  
or espresso  
100 gr. cold butter,  
cut into cubes  
salt & pepper

**Jerusalem artichoke sauté**

150 gr. Jerusalem artichokes,  
washed  
½ a celery stalk,  
sliced thinly on a bias  
½ a red onion,  
sliced in thin rounds  
1 tbs. angelica leaves, crushed  
1 tbs. honey  
20 gr. butter  
salt & pepper

*Recipe for 2 people*

# veal sirloin

**VEAL SIRLOIN WITH COFFEE & ARTICHOKE SAUTÉ**

Mix the soy sauce, vinegar and honey. Then, pour over the meat and rub it well in. Season with salt and pepper. Let it marinate for at least ½ an hour. Roll the meat in the angelica and coat well. Add more angelica if necessary. Pre-heat the oven to 200 C. Heat a frying pan and add the oil. Place the meat in the pan and sear all the sides for about 1 minute each side. Once done, remove the meat and place in an oven-proof dish lined with baking paper. Place the meat in the oven for 8-10 minutes. Take the meat out and let it rest for 10 minutes. If not sufficiently done, return to the oven for an additional 5 minutes. Then let the meat rest again, for 10 minutes. Keep it warm.

*Sauce:* Place all the ingredients, except the butter, in a heavy-bottomed saucepan. Place on a stove at medium heat and reduce to ½ or until the sauce starts thickening. Adjust the bitterness with additional tbs. of sugar. Whip in the butter, one cube at a time, until well incorporated. Turn down the heat to medium-low and reduce the sauce to about ½ its volume.

*Sauté:* Cut the artichokes into medium thick slices. Heat a saucepan and add the oil. Sauté the artichokes for 1 minute. Add the rest of the ingredients. Sauté for an additional 2 minutes. Keep warm.





2 deer tenderloin medallions,  
each 170 gr.  
2 pieces lemongrass  
1 tbs. angelica seed powder  
1 tsp. oil  
salt & pepper

**Potato – celeriac mousse**

300 gr. potatoes, peeled & diced  
200 gr. celeriac, peeled & diced  
water as needed  
1 tbs. arctic thyme, finely chopped  
1 tbs. arctic thyme, in pieces  
½ dl. whipping cream  
salt & pepper

**Pomegranate – pimento sauce**

100 gr. red bell pepper,  
cut into small dice  
2 dl. pomegranate juice  
20 gr. cold butter into small cubes  
salt & pepper

Recipe for 2 people

**DEER WITH LEMONGRASS & POMEGRANAT SAUCE**

Take the lemongrass and push it through the centre of each medallion. Season with salt, pepper and angelica. Let rest for minimum ½ an hour. Heat a lightly-oiled grill pan on high heat. Once hot, fry the meat for about 1 minute on each of the 4 sides). Repeat if necessary. Let it rest for 10 minutes before serving.

*Potato – celeriac mousse:* Put the potatoes and celeriac in a deep saucepan and cover them with water. Add 1 tbs. of thyme, finely chopped. Place the saucepan on the stove on medium high heat. Bring to a boil for about 20 min. or until the potatoes are fork tender. Remove from the stove and drain the water. Using a whisk, mash the potatoes and celeriac together. Add cream and season with salt & pepper. Use the last thyme as garnish.

*Sauce:* Place the pepper and juice into a saucepan and boil for 5 min. Transfer the mix to a blender and blend well. Strain back into the saucepan and simmer. Add the butter a little at a time and whisk continually. Let simmer until the sauce becomes thicker.

deer with  
lemongrass





# lamb with mustard sauce

## LAMB WITH ANGELICA MUSTARD SAUCE & CHICK SAUTÉ PEA

Clean the bones of the rack of lamb with a sharp knife. A wire scrubbing pad also works well. Then leave a 1 cm wide strip of fat along the whole length of the rack, removing the rest of the fat so there is only clean meat. Score the fat. Pre-heat oven to 200 C. Mix the thyme, garlic, lime juice and olive oil. Season the lamb rack well with salt and pepper. Pour the mixture over the rack and rub into the meat. Let the meat marinate for a minimum of ½ an hour. Roast the lamb for 8 min. to start. Then remove from the oven and let it rest for 10 min. Check if sufficiently done, if too rare, return to the oven for an additional 3-5 min. Again, remove and let it rest for 10 min.

*Mustard sauce:* Heat a saucepan on medium. Add the olive oil and the shallots. Sauté for about 1 min. or until the shallots are translucent. Add the stock, cream, mustard and angelica. Bring to a boil and simmer for about 10 min. Mix the cornstarch and the water. While the sauce is still simmering, add the cornstarch mixture and stir to thicken slightly. Cook for an additional 5 min. Remove from heat and season with salt and pepper. Set aside, but keep warm.

*Chick pea sauté:* Heat a pan on medium, add the butter and onion. Sauté for 1 min., add the cranberries, sauté for an additional 1 min. Add the chick peas and sauté for 2 min., then add scallions and coriander. Season with salt and pepper.

1 lamb rack  
(7 boned is the average size)  
1 tbs. arctic thyme  
2 cloves of garlic, finely chopped  
½ a lime  
1 tbs. olive oil  
salt & pepper

### Angelica mustard sauce

1 dl. stock, lamb, beef or game  
½ a shallot, finely chopped  
1 tbs. olive oil  
1 dl. whipping cream  
1 tbs. grainy mustard  
1 tbs. angelica seed powder  
2 tsp. cornstarch  
2 tsp. cold water  
2 tbs. olive oil  
2 tsp. turmeric powder  
salt & pepper

### Chick Sauté Pea

200 gr. chick peas, precooked  
½ a red onion, diced  
20 gr. semi sun-dried cranberries,  
roughly chopped  
10 gr. butter  
2 tbs. scallions, finely sliced  
1 tbs. fresh coriander  
salt & pepper

*Recipe for 2 people*





# desserts

## DESSERTS

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# grilled pineapple

4 slices sweet pineapple,  
½ cm thick  
½ dl. light corn syrup  
½ a vanilla pod, seeds  
scraped out and removed  
1 tbs. angelica leaves,  
crushed

**White chocolate cream**  
125 gr. white chocolate,  
roughly chopped  
4 egg yolks  
75 gr. sugar  
3 sheets of gelatine  
250 ml. whipping cream  
1 heaped tbs. angelica  
seed powder

*Recipe for 2 people*

## **PINEAPPLE IN ANGELICA SYRUP AND WHITE CHOCOLATE CREAM**

Heat a lightly oiled grill pan on high heat and grill the pineapple slices for about 2 minutes per side. Cook the syrup, vanilla seeds and angelica leaves in a heavy saucepan for 3 minutes at low heat. Pour half of the syrup over the pineapple slices and keep the rest until ready to serve. Place in the refrigerator for at least ½ an hour.

*White chocolate cream:* Heat a dry pan on medium – high heat. Add angelica seed powder and toast until fragrant (about 1 min.) remove from pan and set aside. Whip cream until soft peaks form. In a medium sized saucepan, add about 1 litre of water. Bring water to a simmer on medium – low heat. Add white chocolate in a bowl that fits above the simmering water. The chocolate bowl should not touch the water. Melt the chocolate. (Do not allow water to get into the chocolate.) Pour cold water onto the gelatine and let it stand for 3 minutes. Take up the gelatine and let it drip dry. Melt it in a heavy saucepan at low heat. Stir continuously so it does not burn. Place to one side and keep warm. Whip egg yolks and sugar together until the mix is pale and airy. Add the melted gelatine slowly to the egg yolks while constantly whipping. Gently fold the white chocolate into the egg-yolk mix. Then fold in the whipped cream until it is well mixed. Place in the refrigerator for a minimum of 4 hours.





# saffron panna cotta

## SAFFRON PANNA COTTA WITH MELON CARROT SOUP

Soak gelatine sheets in cold water, just enough to cover the sheets for 5 minutes. Remove and squeeze excess water from the sheets. Set aside.

In a saucepan, heat milk, cream, crème fraîche, sugar, vanilla seeds and saffron on medium heat until sugar has dissolved. Stir constantly to prevent the milk from burning. Once sugar has melted, remove from heat and stir in the melted gelatine sheets. Leave for 10 min. for the saffron colour to steep. Stir again, then place in forms or moulds and cover with cling-film. Refrigerate for at least 4 hours.

*Melon carrot soup:* Add melon juice, carrot juice, honey and angelica to a saucepan. Heat on low heat just enough to dissolve the honey. Remove from the heat and cool in a refrigerator for minimum ½ an hour. Once cooled, stir in the lemon juice. Mix the blueberries with the cane sugar. Use as a garnish. If you do not have a juice machine, then blend the melon and carrots to a very fine purée. Heat as mentioned above, but then strain through a cheese-cloth or very fine strainer.

- 2 dl. whole milk
- 2 dl. whipping cream
- 3 tbs. crème fraîche 38 %
- 100 gr. sugar
- 1 vanilla pod, seeds scraped out
- 1 good pinch saffron
- 6 sheets of gelatine

### Melon carrot soup

- 1 cantaloup melon, peeled and juiced
- 2 carrots, peeled and juiced
- Juice of ½ a lemon
- 2 tbs. honey (liquid honey is the best)
- 1 tbs. angelica leaves, crushed
- 3 tbs. blueberries cut in half
- 1 tsp. cane sugar

*Recipe for 2 people*





# chocolate cake with angelica

2 eggs  
2½ dl. sugar  
1 dl. flour  
4 tbs. cocoa  
2 tsp. vanilla powder  
1½ tbs. angelica  
leaves, crushed  
100 g butter  
50 g walnuts  
1 tbs. angelica seeds

## **CHOCOLATE CAKE WITH ANGELICA**

Pre-heat oven to 180 C. Melt the butter and let cool down a bit. Whip eggs, sugar and vanilla well until foamy. Mix the flour and cocoa, and stir it into the batter. At last stir the melted butter in gently.

Line a cake form (around 25 cm diameter) with baking paper and pour in the batter. Cover with roughly crushed walnuts and angelica seeds and bake for 25-30 min. The cake is best if it is still a little soft inside.

3 shop-bought pasteurized egg yolks (i.e. 6 egg yolks in total)

75 gr. cane sugar

1¼ dl. water

2 tsp. angelica seed powder

½ a vanilla pod, remove the seeds and keep the pod

½ l. whipping cream

2 tbs. angelica, crushed

#### **Pickled berries**

60 gr. raspberries, black currants or blueberries

1 tbs. angelica seeds

2 dl. apple juice

#### **Balsamic syrup**

50 gr. cane sugar

50 ml. balsamic vinegar

75 ml. whipping cream

*Recipe for 2 people*

#### **ANGELICA PARFAIT WITH BERRIES & BALSAMIC SYRUP**

Whip egg yolks until pale and airy. In a separate bowl, whip the whipping cream until soft peaks can stand.

Put sugar, vanilla (both seeds and pod), angelica seeds and water in a saucepan. Simmer for 5 min. Once the sugar has melted, remove the vanilla pod. Start whipping the egg yolks again and slowly pour the hot sugar liquid into the egg yolks. Whip until the mixture is pale and thick. Add the angelica leaves. Carefully fold the whipped cream into the egg-yolk mixture, by hand. Pour into a container and freeze for a minimum of 4 hours to overnight.

*Pickled berries:* Bring the apple juice and angelica to a simmer for about 10 min. Cool in a refrigerator until completely cool, approx. 1 hour. Add fruit to the cooled angelica liquid and return to refrigerator for 1 hour.

*Balsamic syrup:* Melt the sugar and balsamic vinegar in a high sided pan. Simmer and reduce the liquid until the mixture is thickened, so that the mix can coat the back of a spoon. Add the whipping cream. Careful! The mixture will bubble and spray as you add the cream to the mix. Keep stirring until the cream is well incorporated. Set aside in a refrigerator for a minimum of 1 hour.



*angelica  
parfait*

# Banana smoothie

## BANANA SMOOTHIE

Cut the vanilla pod in half, lengthwise. Scrape the vanilla seeds into a blender. (Save the vanilla pod and place it into some sugar for homemade vanilla sugar).

Place the rest of the ingredients into the blender and blend until smooth. If too thick, add a couple of ice cubes and blend a bit more.

- 2 bananas
- 1 vanilla pod
- 1 tbs. honey
- 3 dl. yoghurt
- juice from half a lemon
- 2 tbs. angelica seed powder
- ½ dl. dark rum (can be left out)

*Recipe for 2 people*



## THE KVANN KOMPAGNIET

Kvann's vision is to "open the world". To allow isolated communities and places to advertise their unique identity and character through products that are vital to them on a daily basis.

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