

Autumn dish to be cooked in northern Sweden

Freshly smoked char, chanterelles, juniper berries and wood sorrel.

500 g of char fillets
(alternatively perch or trout)
Vegetarian alternative: Use hedgehog mushrooms or penny buns instead of the char
12-15 green juniper berries
(alternatively lingonberry or sloe)
1 bundle of fallen juniper
(alternatively 1 wet birch of fallen twigs or smoldering birchwood)
1 l of trumpet chanterelles
(alternatively porcini)
1 bundle of chickweed
12-15 wood sorrels
3 tbsp. butter*
2-3 pinches of salt

*Vegan butter can be used.

Vegetarian alternative:

Change the fish to 1 litre of hedgehog mushrooms or penny buns. Cut or crush the mushrooms into smaller pieces of approximately 3x3cm, put in a strainer and drip 1 tbsp. of cooking oil over. Remove the glow from the fire to create a glow bed, put the strainer on the embers and grill/fry the mushrooms until they begin to sweat, stir and grill for a few more minutes. Salt to taste and serve as the char with mushrooms, browned juniper butter, chickweed and wood sorrel. Feel free to add some extra chickweed so that it becomes more like a salad!

How to do it

1. Light the fire.
2. Soak the juniper.
3. Remove the skin from the fish.
4. Cut into 3x3 cm pieces, sprinkle a pinch of salt over and put in the strainer.
5. Fry the mushrooms in a hot pan for 3-4 minutes with 1 tbsp. of butter. Salt to taste.
6. Brown the remaining butter in a frying pan, add the juniper berries and put aside.
7. Put the juniper on the fire and hold the strainer with the fish above it until the rice is on fire.
8. Mix the fish with the mushrooms and put on a plate. Top with brown juniper butter, chickweed and wood sorrel.

About the ingredients

Char (Röding)

Chars can be caught in larger lakes of Sweden or in tarns and rivers in mountain areas. Chars are salmon fish with elongate bodies, small scales and powerful jaws. Many species have a colour scheme with red, yellow white or pink dots as contrast with the darker body of the fish. The leading edge of the anal fins is often white, as well as on the first and abdominal fins. Sometimes the front edge of the tail fin is white.

Chanterelles (Kantareller)

Chanterelles grow in the southern part of Sweden. They are hard to find, but can be located in coniferous forests or a mixed forest (broadleaf trees and coniferous trees). They often grow underneath moss. The mushroom is convex in shape with a wavy cap connecting to a dense stem. The cap is smooth, delicate, and gold-orange with irregular, uneven edges that are thick, blunt, and taper down. Underneath the cap, the gills have forked ridges with blunt edges and these ridges run down the matching gold-orange, firm, thick, and solid stem.

Common chickweed (Våtarv)

Common chickweed grows all over Sweden with the exception of high mountains. Its flowers are small with five white petals that are cleaved to the base. Common chickweed is very similar to the relatives of pale trot and greater chickweed, but a sure sign is the one-sided hairy stalk.

Hedgehog mushrooms (Blek taggsvamp)

Hedgehog mushrooms grow mainly in the south and central parts of Sweden but can be found in the north as well. They are usually found in coniferous forests or mixed forests, but they are seen primarily in mossy and moist areas. The cap of the mushroom is orange-, yellow- or tan-coloured and is up to 17 cm wide. It is generally somewhat irregular in shape (it may be convex or concave at maturity). The cap surface is generally dry and smooth. The flesh is thick, white, firm, brittle, and bruises yellow to orange-brown. The stipe, typically 3–10 cm long and 1–3 cm thick, is either white or the same colour as the cap, and is sometimes off-centre.

Juniper & juniper berries (En och enbär)

Juniper berries grow all over Sweden. They are usually found in areas exposed to the sun, for example heaths or pens. They are collected from small juniper trees or juniper bushes. It has needle-like leaves in whorls of three; the leaves are green, with a single white stomatal band on the inner surface. The berries are initially green, ripening in 18 months to purple-black with a blue waxy coating. You are not allowed to cut juniper branches from living juniper trees (or any other living tree for that matter) so use fallen branches. However, you are allowed to pick the berries from living trees.

Penny buns (Karljohan)

The Penny bun is 7–30 cm wide and slightly sticky to touch. It has a convex shape when young and flattens with age. The mushroom is known by its reddish-brown colour, fading to white close to the margin and the under surface of the cap has thin tubes. The penny bun is considered one of the safest wild mushrooms to pick since no poisonous species resemble it, but do reach out to a local guide if you are unsure.

Wood sorrel (Harsyra)

Wood sorrel grows all over Sweden except for the most northern parts. It is usually found in deciduous forests, as well as in coniferous forests. It grows five to ten centimeters high and grows with narrow, creeping, scaly and branchy strains. Its leaves and flowers go straight from the strain. The leaves are sparsely hairy and often have a reddish underside.

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Autumn dish to be cooked in central Sweden

Forest broth, poached perch and broiled herb butter.

Clean spring water
1 kg of mushrooms
4 perches (alternatively pike)
1 litre of mixed herbs such as:
Ground elder
Sweet cicely
Chickweed
Field pennycress
A handful of lingonberries or rowan berries
100 g of butter*
Salt

*Vegan butter can be used.

Vegetarian alternative: Leave out the fish.

How to do it

1. Fillet the perch and remove the bones. Add salt and cut the perch. Put aside while preparing the rest.
2. In a saucepan, put half of the mushrooms together with the large leaves of the wild herbs, add some clean spring water and put over an open fire. Keep boiling hot.
3. Taste with salt and sift into a coffee pot.
4. In the same saucepan in which the broth was boiling, fry the rest of the mushrooms in butter, taste with salt and add the berries and herbs.
5. Add the fish and the broth.

About the ingredients

Reach out to a local guide before picking any mushrooms, since many mushrooms look similar and some aren't edible.

Chanterelles (Kantareller)

Chanterelles grow in the southern part of Sweden. They are sometimes hard to find, but when you have spotted one, there is often a bunch of them just around the same spot. Chanterelles can be located in coniferous forests or a mixed forest (broadleaf trees and coniferous trees). The mushroom is convex in shape with a wavy cap connecting to a dense stem. The cap is smooth, delicate, and gold-orange with irregular, uneven edges that are thick, blunt, and taper down. Underneath the cap, the gills have forked ridges with blunt edges and these ridges run down the matching gold-orange, firm, thick, and solid stem.

Common chickweed (Våtarv)

Common chickweed grows all over Sweden with the exception of high mountains. Its flowers are small with five white petals that are cleaved to the base. Common chickweed is very similar to the relatives of pale trot and greater chickweed, but a sure sign is the one-sided hairy stalk.

Field Pennywort (Penningört)

Field pennywort grows in the southern parts of Sweden. It's usually found in flowerbeds and in fields. A hairless annual plant, growing up to 60 cm tall, with upright branches. The stem leaves are arrow-shaped, narrow and toothed. Don't let the smell of mustard and onion deter you.

Ground elder (Kirskål)

Ground elder grows in the southern parts of Sweden. It's usually found in flowerbeds or on slopes inside the forest. Ground elder is distinguished by its three-fingered, paired appearance and toothed leaves – not to be confused with the poisonous cowbane, fool's parsley and hemlock from the same family.

Hedgehog mushrooms (Blek taggsvamp)

Hedgehog mushrooms grow mainly in the south and central parts of Sweden but can be found in the north as well. They are usually found in coniferous forests or mixed forests, but they are seen primarily in mossy and moist areas. The cap of the mushroom is orange-, yellow- or tan-coloured and is up to 17 cm wide. It is generally somewhat irregular in shape (it may be convex or concave at maturity). The cap surface is generally dry and smooth. The flesh is thick, white, firm, brittle, and bruises yellow to orange-brown. The stipe, typically 3–10 cm long and 1–3 cm thick, is either white or the same colour as the cap, and is sometimes off-centre.

Lingonberries (Lingon)

Lingonberries grow all over Sweden. They're usually found in pine forests, heath, mire or pavement. The flowers are bell-shaped, white to pale pink. The fruit is a red berry 6–10 mm, with an acidic taste, ripening in late summer to autumn.

Perches (Abborre)

The perch can be caught along the whole of Sweden's coast. European perch are greenish with red pelvic, anal and caudal fins. They have five to eight dark vertical bars on their sides. When the perch grow larger, a hump grows between its head and dorsal fin.

Red pine mushroom (Tallblodrisk)

Red pine mushroom grows all over Sweden except for in the mountains up north. It is usually found in limey soils close to pine trees. The mushroom has a carrot orange cap that is convex to vase shaped, 4 to 14 cm across, often with darker orange lines in the form of concentric circles. Make sure to reach out to a local guide before picking the red pine mushroom as the shape of it is coherent with the mushroom *Clitocybe*, which is toxic. The red pine mushroom is recognised by them exuding orange juice when damaged, in comparison to the mushroom milkcaps that has a white juice.

Rowan berries (Rönnbär)

Rowan trees with its bright orange berries are found all over Sweden. They are usually found adjacent to farms, spare forests and pastures. The leaves are usually hairless, dark green above and grey-green below and the leaflet at the tip is never larger than the rest.

Sheep polypore (Fårticka)

Sheep polypore mainly grows in the south eastern parts of Sweden. It is usually found in mossy pine forests. The hat of the mushroom is white to grayish brown, and the foot is white. On the underside of the hat, there is a white tube bearing with small pores, but they are hard to see for the naked eye.

Sulphur polypore (Svaveltick)

Sulphur polypore, also known as crab-of-the-woods, mainly grows in the southern parts of Sweden. It is a mushroom that usually grows on oak trees but can also be found on deciduous trees. The mushroom emerges directly from the trunk of a tree and is initially knob-shaped, but soon expands to fan-shaped shelves, typically growing in overlapping tiers. It is sulphur-yellow to bright orange in colour and has a suede-like texture.

Sweet cicely (Spansk Körvel)

Sweet cicely grows in the southern parts of Sweden and can be found from the region of Skåne to the region of Stockholm, mainly along the east coast. It's usually found in rural settlements, roadsides and parks. The leaves of sweet cicely's are large, triangular, repeatedly fluffy, light green and often have white spots – not to be confused with the poisonous cowbane, fool's parsley and hemlock from the same family.

As with everything in nature, we are unable to guarantee that specific ingredients will be available on the day of your visit.

Autumn dish to be cooked in southern Sweden

Acorn and hazelnut crumbs with fruit and berry compote.

4 servings

50 g of acorns
50 g of hazelnuts
160 g of fruits/berries
50 g of honey
5 g of yarrow
7 g of Sweet cicely
10 g of butter*
1 pinch of salt
1 dl of water

*Vegan butter can be used.

How to do it

Day 1

1. Soak the acorns

Day 2

1. Peel and parboil the acorns, chop roughly. Peel and chop the hazelnuts roughly.
2. Fry the acorns and the hazelnuts, until they have a beautiful golden colour. Add the honey.

3. Clean the berries and chop the fruit. Place in a saucepan together with 1 dl water. Bring to a boil and taste with honey.
4. Serve the fruit and berry compote warm, together with the acorn and hazelnut crumbs.

About the ingredients

Acorns (Ekollon)

Acorns grow from the south to the central parts of Sweden. It is common in many of the forests in this large area. Swedish law allows you to pick fallen acorns, but not the ones that grow in trees. Acorns originate from a large deciduous tree, with circumference of grand oaks from 4 m to an exceptional 12 m. The acorn itself usually contains a single seed enclosed in a tough, leathery shell, and borne in a cup-shaped cupule. Acorns are 1–6 cm long and 0.8–4 cm wide.

Fruits/berries (Frukt/bär)

There are plenty of fruits and berries to pick in Sweden, such as blueberries, raspberries, cloudberries, lingonberries, apples and pears.

Hazelnuts (Hasselnötter)

Hazelnuts originate from hazel trees. These grow from the south to the central parts of Sweden. They are usually found in forests edges, pastures, deciduous forests and coniferous forests. The hazel tree is a tall tree with a rough stem and wide crown. The leaves are deciduous, rounded, 6–12 cm long and across, softly hairy on both surfaces, and with a double-serrate margin.

Honey (honung)

Honey is the sweet, golden substance produced by bees. We recommend you to buy this ingredient at a local grocery store or buy it from a local beekeeper.

Sweet cicely (Spansk Körvel)

Sweet cicely grows in the southern parts of Sweden and can be found from the region of Skåne to the region of Stockholm – mainly along the east coast. It is usually located in rural settlements, roadsides and parks. The leaves of sweet cicely are large, triangular and repeatedly fluffy. Make sure to reach out to a local guide before picking Sweet cicely since it belongs to the flock-flowered family with the following poisonous plants; cowbane, fool's parsley and hemlock.

Yarrow (Röllika)

Yarrow grows all over Sweden. It is usually found in grasslands, headlands and on roadsides. The plant consists of one to several stems 0.2–1 m in height and has a spreading rhizomatous growth form. Leaves are evenly distributed along the stem, with the leaves near the middle and bottom of the stem being the largest. The leaves have varying degrees of hairiness. They are furthermore 5–20 cm long, almost feathery, and spiral around the stems. The leaves are cauline, and more or less clasping.

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