

Raw summer dish to be prepared in southern Sweden

Perch sashimi served with donkey rhubarb and wild herb salad

4 servings

1 large perch or 2 small ones
100g shoots donkey rhubarb
A dash of olive oil
1 shoot woodruff
30g tender ground elder leaves
20g chickweed

How to do it

1. Clean the donkey rhubarb and cut in thin slices/rings.
2. Fillet the perch and cut thin slices of the meat.
3. Pick the leaves and flowers off the woodruff, discard the stem.
4. Crush the woodruff together with a little salt and sprinkle over the fish.
5. Serve with a salad of chickweed, ground elder with a drizzle of olive oil.

About the ingredients

Perch (Abborre)

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

Donkey rhubarb (Parkslide)

Donkey rhubarb, also known as Japanese knotweed, grows mainly in the south of Sweden. It is a rare type of weed that can be found in grasslands and in forest edges of cultural landscapes. Donkey rhubarb has hollow stems with distinct raised nodes that give it the appearance of bamboo. While stems may reach a maximum height of 3–4 m, it is typical to see much smaller plants. The leaves are broad oval with a truncated base, 7–14 cm long and 5–12 cm wide. The flowers are small, cream or white, and produced in erect racemes 6–15 cm long in late summer and early autumn.

Woodruff (Myskmadra)

Woodruff grows across most of Sweden. It is usually found in growing wildlife in groves and forests. It grows 10–30 cm high and is a beautiful and fragrant soil cultivator. The green, shiny leaves sit in rosettes on the narrow stalk.

Ground elder leaves (Kirskål)

Ground elder grows in the southern parts of Sweden. It is usually found in flowerbeds or in slopes inside the forest. Ground elder is distinguished by its three-fingered, paired appearance and toothed leaves. Make sure to reach out to a local guide before picking ground elder since it belongs to the flock-flowered family with the following poisonous plants; cowbane, fool's parsley and hemlock.

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.

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Raw summer dish to be prepared in southern Sweden

Berry Salad with chickweed and sorrel

4 servings

200g wild blueberries
200g raspberries
1 branch of meadowsweet flowers
2 tbsp sugar
1 bunch of chickweed
1 handful sorrel or wood sorrel

How to do it

1. Pick the meadowsweet flowers off the branch and crush them together with the sugar to extract the maximum amount of flavour.
2. Mix in the raspberries and finally add the wild blueberries.
3. Serve with a salad of chickweed and sorrel.

About the ingredients

Wild Blueberries (blåbär)

Wild blueberries grow all over Sweden and are usually found in coniferous and deciduous forests. Usually 30 cm tall, exceptionally the plant can be up to 70 cm. The berries are normally coated with a thin wax coat that protects the berry from moisture and dehydration and gives them a matt, light blue shade.

Raspberry (Hallon)

Raspberry bushes grow all over Sweden. Usually found on steeps, roadsides and in thickets. The bush can grow up to two meters high. The trunk is upright and round.

Meadowsweet flowers (Älggräsblommor)

Meadowsweet grows all over Sweden. It is a type of weed that grows near streams, in dikes and wetlands. The stems are 1–2 m tall, erect and furrowed, usually reddish or sometimes purple. The leaves are dark-green on the upper side and whitish with a downy underside, with a few large serrated leaflets and smaller intermediate ones. The flowers are small and numerous, they show 5 sepals and 5 petals with 7 to 20 stamens.

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Sorrel, wood sorrel and red sorrel (Ängssyra, harsyra och bergsyra)

Sorrel grows all over Sweden. It can be found in many places, often meadows and pastures, fields and roadsides. The stem and leaves are soft. A common type of sorrel is wood sorrel. It grows five to ten centimeters high and in 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. Another common sorrel is red sorrel.

The stems are branchy and can be up to thirty centimeters high but are usually lower. Red sorrel leaves are arrow-shaped with slightly curled edges.

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Raw summer dish to be prepared in northern Sweden

Cloudberry compote with polypody and wood sorrel

4 servings

3 dl cloudberries
(alternative: wild raspberries or wild strawberries)
2 tablespoons sugar
2-4 cm polypody root
12-15 pieces of wood sorrel
(alternative: sorrel)

How to do it

1. Stir together the cloudberries and the sugar until the sugar has dissolved.
2. Put the mixture to one side.
3. Clean the dirt away from the polypody and cut into 2-3 mm thick pieces.
4. Mix the polypody pieces with the cloudberries.
5. Serve the cloudberries, preferably lukewarm, topped with the wood sorrel.

About the ingredients

Cloudberry (Hjortron)

Cloudberry grows all over Sweden, however most commonly in the north. They are usually found in mires, bogs or swampy forests. The cloudberry plant grows between 10 and 25 cm high. The leaves alternate between having 5 and 7 soft, hand-like lobes on straight, branchless stalks. The berries are initially pale red, ripening into an amber colour in early autumn.

Polypody root (Stensötartrot)

Polypody mainly grows in the southern regions of Sweden. It can be up to 30 centimetres long and tends to grow under moss on cliffs and stones, most commonly on slopes and on stone walls. The polypody is reminiscent of other kinds of fern but distinguishes itself through its horizontally creeping roots. The leaves have a bitter-sweet taste.

Wood sorrel (Harsyra)

Wood sorrel grows all over Sweden except in the very north. It can be found in deciduous and coniferous forests. Growing five to ten centimeters high, with narrow, creeping, and scaly stems. The leaves and flowers are fixed at the base of the plant; which can be sparsely hairy and often have a reddish underside.

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Raw summer dish to be prepared in northern Sweden

Poached grayling with juniper berries, lingonberries and common chickweed

4 servings

3 tablespoons lingonberries
1 tablespoon sugar
4-6 juniper berries
500 g grayling, fileted
2 teaspoons salt
0.5 litres boiling water, in a thermos
1 bundle common chickweed

How to do it

1. Combine the sugar with the lingonberries, mix until the sugar has dissolved.
2. Crush or chop the juniper berries.
3. Rub the fish filets with the juniper berries and add 2 teaspoons of salt, then set aside for 30 minutes.
4. Scrape off the salt and cut the fish into 1 x 1 cm pieces. Place into a bowl.
5. Pour over the boiling water and leave it for 10 minutes.
6. Empty the water from the bowl.
7. Top the warm fish with lingon berries and common chickweed.

About the ingredients

Lingonberry (Lingon)

Lingonberries grow all over Sweden. They are usually found in Pine forests, heaths, mires or by pavements. The flowers are bell-shaped, white to pale pink. The fruit is a red berry 6–10 mm in diameter, with an acidic taste, ripening in late summer to autumn.

Juniper berries (enbär)

Juniper berries grow all over Sweden. They are usually found in areas exposed to the sun, for example heaths or pens. They can be picked from small juniper trees or juniper bushes. With 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 to purple-black with a blue waxy coating.

Grayling (Harr)

Grayling can be found throughout the freshwaters of Norrland and as far south as in Lagan. It is a fish of the salmon family and is recognized by the high dorsal fin. It is usually caught in shallow waters with rock or stone shorelines.

Common chickweed (Våtarv)

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Raw summer dish to be prepared in northern Sweden

Sorrel marinated char with nettles

4 servings

1-2 char, fileted
(alternative: trout or whitefish)
2.5 teaspoon salt
1 bundle sorrel
(alternative: wood sorrel)
1 bundle the tender heads of nettles
0.5 litres boiling water, in a thermos

How to do it

1. Shred the sorrel into fine pieces.
2. Cut the char into pieces (approximately 2 x 2 cm), add half a teaspoon of salt and mix with the shredded sorrel.
3. Clean the nettles and put in a bowl, add the remaining 2 teaspoons of salt and the hot water. Cover with a lid and leave it for 5 minutes.
4. Strain the water away and squeeze the nettles to remove excess water. Pour over the boiling water and leave it for 10 minutes.
5. Serve the nettles lukewarm with the marinated char.

About the ingredients

Char (Röding)

Char can be caught in larger lakes of Sweden or in tarns and rivers in mountain areas. Char are salmon fish with elongated bodies, small scales and powerful jaws. Many species have a colour scheme of red, yellow white or pink dots in 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.

Sorrel and wood sorrel (Ängssyra och harsyra)

Sorrel grows all over Sweden. It can be found in many places, often meadows, pastures, fields and roadsides. The stem and leaves are soft. A common type of sorrel is wood sorrel. It grows five to ten centimeters high and in narrow, creeping, scaly and branchy strains. Its leaves and flowers grow straight from the strain. The leaves are sparsely hairy and often have a reddish underside.

Nettles (nässlor)

Nettles grow more or less all over Sweden but are rarer in the north. They're usually found adjacent to farms, in flowerbeds or in ditches. The soft, green leaves are 3 to 15 cm long and are borne oppositely on an erect, wiry, green stem. The leaves have a strongly serrated margin. It is sometimes known in other parts of the world as 'stinging nettles'.

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