

Spring dish to be cooked in northern Sweden

Fire grilled whitefish and green leaves.

4 servings

European whitefish, 30-50 cm long (alternatively perch, brown trout)
1 handful of nettles, young/tender leaves (alternatively young dandelion leaves)
1 handful of ground elder
15-20 wood sorrels
1 handful of white birch leaves
2 tbsp. butter*
Salt

*Vegan butter can be used.

Vegetarian alternative: Increase the amount of green leaves as a substitute for the fish.

How to do it

1. Light a fire.
2. Slice open and gut the fish.
3. Salt the inside of the fish.
4. Use a 50-70 cm stick to skewer the fish through the mouth, gut and out the tail-end.
5. Grill with the skin facing towards the fire.
6. Heat up a frying pan.
7. Add the butter and sauté the nettles and ground elder until they are crispy, and salt to taste. Remove from the pan.
8. Mix the salad; white birch leaves and wood sorrels, mix with the remaining butter from the frying pan.

About the ingredients

Birch leaves (Björkblad)

Birch trees grow and are prevalent all over Sweden. The bark is usually white and the leaves are spiral, round to triangular or crenelated. You are not allowed to pick growing leaves so make sure to pick the fallen ones.

European whitefish (Sik)

Whitefish can be caught in the Baltic Sea on Sweden's east coast and in the Bothnian Sea. It can also be found on the west coast as well as in Norrland, Svealand and Götaland. In general, the fish has a tapered body, a slightly protruding upper jaw and a fleshy dorsal fin that is typical of the salmon family. The back is bluish-green or brownish, the flanks silvery and the belly white. The fins are dark grey. This fish seldom grows more than 55 cm long.

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.

Young Nettles (Späda nässlor)

Nettles grow more or less all over Sweden but are rarer in the north. It's 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, a cordate base, and an acuminate tip with a terminal leaf tooth longer than adjacent laterals.

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.

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

Spring dish to be cooked in central Sweden

Sautéed herbs in browned butter

4 servings

1 litre of young nettles
1 large handful of ramsons (wild garlic)
1 handful of garlic mustard (alliaria petiolata)
1 small handful of ground elder
1 large chunk of butter*
Salt

*Vegan butter can be used.

How to do it

1. Heat the frying pan over the open fire and add the butter.
2. When it has browned enough, add all the herbs and sauté until the nettles are crispy at the edges.
3. Salt to taste.

TIP: Yesterday's boiled potatoes or crustless white bread is a delicious addition to the frying pan.

About the ingredients

Garlic mustard (Löktrav)

Garlic mustard grows in the south of Sweden, from Skåne to Uppland. It is usually found in cultural landscapes such as groves, hedges, parks and flowerbeds. The plant is recognised on its large heart-like leaves, as well as the weak garlic dough.

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.

Ramsons' berries or flowers (Ramslöksbär eller blommor)

Ramsons mainly grow in the most southern regions of Sweden but can be found up until the region of Uppland. They are rare and found in shady, moist deciduous forests on nutritious moorland, often on slight slopes at the foot of a height. The narrow bulbs are formed from a single leaf base and produce bright green entire, elliptical leaves up to 25 cm long and 7 cm wide with a petiole up to 20 cm long. The flowers are star-like with six white tepals. Make sure to reach out to a local guide before picking ramsons, since the leaves can be confused with the appearance of the poisonous lily of the valley. The noticeable bulb makes it pretty easy to distinguish the ramsons.

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Spring dish to be cooked in southern Sweden

Grilled perch with compote

4 servings

1 big perch or two small yarrow leaves
250 g shot of japanese knotweed (alternatively heart of reedmace or sorrel)
4 woodruffs
30 g ground elder leaves
20 g chickweed
50 g butter*
Salt

*Vegan butter can be used.

Vegetarian alternative:
leave out the perch.

How to do it

1. Clean the perch and fill the abdomen with a little salt and yarrow leaves. Grill the whole fish until the meat can be separated from the bones.
2. Rinse the Japanese knotweed and chop into small pieces. Melt the butter and add the Japanese knotweed, and let it simmer until it's fully cooked but not too soft. Add in woodruffs and have a taste. Serve with ground elder leaves and chickweed salad.

Find out more about fishing in Sweden here:
<https://visitsweden.com/fishing-sweden/>

About the ingredients

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.

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.

Japanese Knotweed (Parkslide)

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. Japanese knotweed 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 a broad oval with a truncated base, 7–14 cm long and 5–12 cm wide, with an entire margin. The flowers are small, cream or white, and produced in erect racemes 6–15 cm long in late summer and early 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.

Woodruff (Myskmadra)

Woodruff grows in most of Sweden. It is usually found in growing wildlife in the half-shed 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.

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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