

# Village Feast Ecological Cooking class

## Tippsund 10.8 – 11.8.2021

### Smoked carrot "salmon"

- 800g carrots
- 1kg coarse sea salt
- 2tsp liquid smoke
- 2tsp white wine vinegar
- 2tbsp oil

Place a layer of salt on a baking tray.

Place the washed carrots onto the salt and cover entirely with more salt.

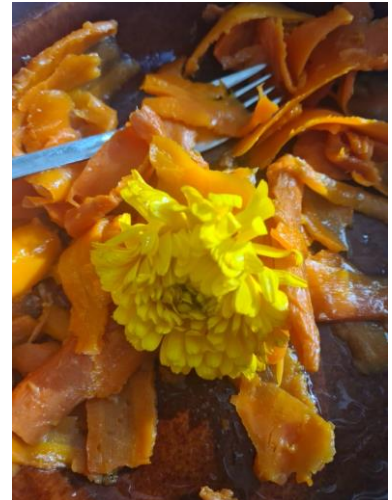
Place in a 200c oven for 1h15minutes.

Break the salt casing and place the carrots on a cutting board to cool down.

Slice the carrots into thin slices.

Mix the marinade ingredients together and place in a container with the carrot slices.

Place the closed container in the fridge.



### Onion sauce

- 2 onions
- 100g butter/vegan butter
- ¼ tsp of herbs for decoration per portion
- ½ dl water

Peel and dice the onions.

In a pot cook onions with the butter until soft and translucent.

Add the water and let boil.

Add the herbs.



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## Oven Perch

- 900g perch fillet
- 2tsp salt
- a pinch of black pepper
- 100g butter in dollops
- a lemon sliced
- finely chopped herbs

Sprinkle the fillets with salt and pepper.

Place the fillets, dollops of butter and lemon in an oven dish.

Sprinkle the herbs on top.

Place into a 200c oven for 15 minutes.

## Purslane pesto

- 2.5-3 dl purslane (*Portulaca oleracea*)
- 50g cashews
- 1 clove of garlic
- approx. ½ dl virgin olive oil
- (water)
- salt
- pepper

Blend the purslane, cashews, oil, and garlic clove into a paste.

Add water if needed.

Add salt and pepper.

Mix.

## Fast pickles

- 600g cucumber
- a bundle of dill
- 4tbsp sugar
- ½ tsp salt

- 6tbsp white vinegar

Peel and cut the cucumbers into thin sticks.

Chop the dill.

Place the cucumber sticks, dill, and salt-sugar mixture in an alternating order into a bowl.

Place a lid on top of the bowl and shake vigorously.

Add the white vinegar and mix.

Serve right away or chill.

## Mushroom stew



- mushrooms
- 1tbsp butter/vegan butter/oil
- 1 onion
- chives
- 2tbsp flour
- 1dl water
- 250g cream cheese
- salt

In a pot stew the mushrooms, diced onion, and butter.

Add the flour and mix.

Add water and salt.

Let simmer for 20 minutes.

Add the cream cheese and mix. Don't boil.

Add the chopped chives.

## Shaken potatoes

potatoes

dill

parsley

4dl creme fraiche



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butter/vegan butter

salt

Wash the potatoes and boil in salted water until cooked. Discard the boiling water.

Finely chop the herbs.

Add butter.

Add the rest of the ingredients.

Cover with a lid and shake until well mixed.

## Salad

- variety of washed salads
- herbs and flowers for decoration

Dressing:

- 1.5dl (vegan) greek yogurt
- pepper
- salt
- honey

## Swiss Roll

Fillings:

- 1 part currants
- 1 part grated zucchini
- jam sugar

Boil for 15minutes and puree.

- 1 part vanilla pudding
- 1 part whipped cream

Mix.

the Sponge:

- 9dl flour
- 6 tsp baking powder



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- 4,5dl sugar
- 3dl apple jam
- 3dl water
- 0,75dl oil

Mix together the flour, sugar and baking powder.

In a separate bowl mix together the apple jam, water, and oil.

Combine the two mixtures, dont over mix.

Spread evenly onto a lined baking tray.

Bake in a 225 oven for 8-10 minutes.

Once out of the oven immediately turn the sponge over onto a sheet of baking paper covered in sugar. Remove to baking sheet now on top of the sponge.

Once the sponge has cooled a bit, spread the currant-zucchini jam on to the sponge. Spread the cream-custard mix on top of the jam.

Roll the sponge into a swiss roll and cut into slices.

Decorate the slices with cream, flowers and sweets.



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