



Pickled spruce buds

Recipe: Lena Engelmark Embertsén and Elvira Lindqvist

Photo: Martin Vallin

If you'd like to savour the tastes and smell of a Swedish forest, try this recipe! These pickled spruce buds, with their tart, woody notes will add flavour to any hearty salad, and also go well as a condiment to cheese, pork and chicken.

Preparation time:

1 hour

Ingredients:

100 g spruce buds

90 ml white wine vinegar

20 g salt

Method:

Make a pickling brine with the white wine vinegar and salt, and bring it to the boil. Let it cool. Put the spruce buds into a sterilised pickling jar and pour the brine over them, making sure the buds are completely covered by the liquid. Store in a cool place, ideally in a cool larder or in the fridge.

Enjoy!

This recipe has been created for The Taste of Swedish Summer project – a collaboration between Visit Sweden, Lena Engelmark Embertsén and Elvira Lindqvist. Inspiring visitors to discover Swedish summer flavours and Sweden as a culinary destination.

