



Preserved chanterelle mushrooms with sage

Recipe: Lena Engelmark Embertsén and Elvira Lindqvist

Photo: Martin Vallin

Enjoy Sweden's 'forest gold', all year round! The chanterelle mushroom's bitter spiciness marries surprisingly well with the woody tones of sage and is perfect with all types of game, charcuterie and paté products.

Preparation time:

30 min plus three days preservation time.

Ingredients:

500 g chanterelle mushrooms, cleaned and trimmed

A bunch of sage

200 g apple cider vinegar

200 g sugar

20 g salt

200 ml water

Optional – a few juniper berries for a more woody flavouring

Method:

Sauté the cleaned and trimmed chanterelles with a little water for about 10 minutes. Boil the equal-parts solution of vinegar, sugar and water, together with the salt. Put the cleaned chanterelle mushrooms and sage sprigs into a sterilised jar – with an airtight lid – and pour over the boiling marinade. Leave the jar to cool on the worktop and then store it in a cool place. Add some juniper berries for a more woody flavour.

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.

