



Spruce tip oil

Recipe: Lena Engelmark Embertsén and Elvira Lindqvist

Photo: Martin Vallin

If you wanted to bottle a Swedish spruce forest – here it is! This bright green oil is a wonderful condiment to both savoury and sweet dishes. You can whip up a mayonnaise, add flavour to vinaigrettes or refine a sauce with it. Spruce tip oil's fresh, peppery flavour is also extremely delicious in most berry desserts, especially with blueberries.

Preparation time:

30 min

Infusion time: Two months.

Ingredients:

250 g spruce tips

500 ml rapeseed oil

Method:

Heat the oil to 60°C. Blend 200 g of the spruce tips with the rapeseed oil in a good food processor until the mixture separates, then strain it through a coffee filter to get a luscious green oil. Put the remaining 50 g of spruce tips into a sterilised jar with a lid. Pour over the oil and close the lid. Leave to infuse in a cool, dark place for at least two months.

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.

