

Winter drink

# Emil Åreng – Northern Sweden

## Ingredients:

30 ml of spruce syrup

(gransockerlag)

100 ml of hot water

40 ml of double cream

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## Method

### Spruce syrup:

Mix 1 part spruce shoots or spruce needles together with 1 part water and 1/2-part sugar. Warm for 10 minutes. Strain.

### The drink:

Pour the spruce syrup in a glass and add steaming hot water. Add gin (optional). Shake the cream for 20 seconds and pour on top of the drink.

## Glass:

Guksi or irish coffee glass

## Alcohol to add if you wish:

50 ml gin

## Tools:

Strainer

Shaker

Winter drink

# Bar Bruno – West Sweden

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## Ingredients:

50 ml of rose hip & spruce  
shoot syrup (sockerlag på  
nypon och granskott)  
50 ml of milk  
50 ml of double cream

## Method

### Rose hip & spruce shoots syrup:

Muddle 1 part rose hips in a pot.  
Boil together with 1 part sugar,  
1 part water and 1/4-part  
spruce shoots.

### The drink:

Heat milk, cream, rose hip  
and spruce shoots syrup, and  
punch (optional). Strain and  
pour into a teacup. Garnish  
with spruce shoots.

## Garnish:

Spruce shoots

## Glass:

Teacup

## Alcohol to add if you wish:

40 ml punch, preferably  
Carlshamns Flaggpunch

## Tools:

Strainer  
Muddler  
Jigger

Winter drink

# Rebecka Lithander – Southern Sweden

## Method

Pour sea buckthorn berries, honey, chilli and apple juice into a shaker. Muddle the sea buckthorn berries until they form a juice. Add ice, whisky (optional) and shake. Taste and add more honey if you prefer. Pour into a glass and top with sea buckthorn berries. If served warm: warm up the apple juice before muddling, muddle, strain and serve in a coffee cup.

## Ingredients:

A handful of defrosted sea buckthorn berries (havtorn)  
1/4 of dried chilli  
2 tbsp of locally produced honey  
approx. 3-4 tbsp if served warm  
120 ml of locally produced apple juice (äppelmust) approx.  
200 ml if served warm  
Ice

## Garnish:

Sea buckthorn berries

## Glass:

Coupette or coffee cup

## Alcohol to add if you wish:

80 ml whisky, preferably Hvenus rye whisky from Spirit of Hven Distillery

## Tools:

Shaker  
Strainer  
Bar spoon  
Muddler  
Jigger

Winter drink

## Bar Tjoget – East Sweden

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### Method

Put sea buckthorn berries and sugar in a shaker and muddle.

Add carrot juice, cream, the egg, punsch (optional) and a generous amount of ice into the shaker.

Shake hard, use a strainer, fine strainer (optional) and pour into a glass. Garnish with grated cheese on top.

### Ingredients:

60 ml of carrot juice

30 ml of double cream

1 egg

1 tbsp of sea buckthorn berries (havtorn)

1 tbsp of sugar

### Garnish:

Grated cheese, preferably aged

### Glass:

Coupette

### Alcohol to add if you wish:

30 ml punsch

### Tools:

Shaker

Strainer

Fine strainer (Optional)

Jigger

Grater

Muddler