

Växthuset

Recipes: Emil Dahlberg

Photo credit: Agnes Maltesdotter



Grilled cabbage with wild mushrooms, braised peas and cranberries

This dish combines several typical Swedish flavours: hearty cabbage, sour cranberries and delicious forest mushrooms. Cabbage is incredibly easy to prepare over an open fire. Don't worry – it can get smoky. With alder chips or juniper branches, you can give the vegetable an extra smoky taste.

Serves 4

Preparation time: 45 minutes

For the cranberries

120 g (4.2 oz) cranberries

1 tbsp sugar

For the herb oil

1 bunch of lovage (or parsley)

400 ml (1.7 cups/4 dl) rapeseed oil

For the cabbage with forest mushrooms

1 pointed cabbage

Approx. 200 g (7 oz) wild mushrooms

Rapeseed oil

Salt

For the peas

8 champignon mushrooms (*Agaricus bisporus*)

1 shallot

100-200 ml (0.4-0.8 cup/1-2 dl) vegetable broth

200 g (7 oz) cooked field peas (or another variety of your choice)

Salt and pepper

Instructions

Cranberries: Mix the cranberries, sugar and a pinch of salt. Let steep.

Herb oil: Blend the lovage and rapeseed oil, then strain to get a clear oil.

Grilled cabbage with wild mushrooms: Divide the pointed cabbage into two and grill over medium heat for about 20 minutes until it is soft and has a nice colour. After ten minutes you can start grilling the wild mushrooms (for about 10 minutes) that you have mixed with a little rapeseed oil and salt. The mushrooms should get an intense colour. It's best to grill them in a steel sieve or on a fine-meshed grid so that they don't fall into the embers. During the last five minutes, brush the cabbage with a little herb oil.

Braised peas: Slice the mushrooms and chop the shallot. Fry both until everything is soft but not too browned. Then pour in the vegetable stock and puree everything to get a smooth, creamy sauce. Season with salt and pepper. Add the peas and briefly bring to the boil.

Serving

Pour a ladle of peas into a bowl. Place the cabbage leaves and mushrooms on top. Sprinkle the cranberries on top and drizzle with herb oil.

Smoky broccoli soup with grilled maize and tomato miso butter

A creamy soup with lightly smoked broccoli rounded off with melted tomato miso butter. Be careful not to overcook the broccoli. Tip: After making the soup, take it off the heat so it keeps its bright green colour.

Serves 4

Preparation time: 40 minutes

For the broccoli soup

2 broccoli heads

Alder chips

200 ml (0.8 cup/2 dl) vegetable stock

200 ml (0.8 cup/2 dl) cream (preferably made from oats)

For the maize

1- 2 ears of maize

2 tbsp butter

For the butter

2 tomatoes

100 g (3.5 oz) butter (preferably vegan)

½ tbsp miso paste (preferably made from broad beans)

Additional ingredients

Breadcrumbs (fried in a little oil and salt)

Cress

Pink pepper

Salt and pepper

Instructions

Broccoli soup: Blanch the broccoli heads in boiling salted water for about four minutes. Then put them into ice water to cool down. Following this, place them in an empty saucepan with a lid.

Put the alder chips in a small steel bowl and place it at the bottom of the pot. Light the chips, immediately putting the lid on the pot and sealing the edge with foil, so that the smoke does not escape. Let smoke for about 20 minutes. Then take out the broccoli heads and peel the stem. Puree with broth and cream and season with salt and pepper.

Grilled maize: Grill or fry the ears of maize until the surface is nicely done.

Tomato miso butter: Dice the tomatoes and simmer with a little salt for ten minutes.

Strain and press through a sieve so that only the peels remain in it.

Whisk the strained "tomato water" with butter and miso paste to get a fluffy butter. Season to taste with salt.

Serving

Serve the soup hot with grilled maize and a dollop of butter. Sprinkle cress, pink pepper and breadcrumbs over the dish.

The recipes were created for the initiative "Plant based by Sweden" – a collaboration between Visit Sweden and blogger Therese "Thess" Elgquist (plantbasedbythess.com).

The accompanying video can be found at:

<https://youtu.be/7tbeCcYP-kk>

