

FOOD IS CULTURE

The Food is Culture project aims at making European citizens aware that food heritage is a way to express their belonging to Europe and to better understand the richness and uniqueness of its cultural diversity.

Öland Island Brown Beans

On the island of Öland, the cultivation of brown beans (bruna bönor) dates back to 1650. The island's climate is perfect for the growth of this legume. Sown in May and harvested in September, they are arranged in rows half a metre apart, and the plants grow on high soil piles so that the pods do not rot in contact with the wet soil. They are the fundamental ingredient in the preparation of the traditional stew.

A recipe by Lena Flaten

Recipe for 6 persons

Fried bean "gnocchi"

ca 300 gr boiled potatoes

20 gr dried leccinum mushroom 300 g källarlagrad getost

150 gr finely chopped onions

2 tbsp butter or olive oil

100 gr rostad pumpkin seeds 300 gr boiled öländsk brun böna The zest from one organic lemon 3 organic eggs

salt and peppar

1 liter oil for frying

Day 1

Put the beans in water (one-part beans, three parts water) for 8-24 hours. The longer they sit the shorter they will have to boil.

Day 2

1. Rinse the beans in cold water and the boil them in fresh water (again one-part beans three-part water) under a lid for 20 minutes. Try a bean and see if its soft. Is it still hard let them boil for 10 more minutes.

Continue to cook until soft but not mushy. 1 dl of beans will yield about 3 dl boiled beans. Let cool.

2. Put the dried mushrooms in water for about 10-15 minutes. Finely chop the onions. Squeeze the excess water out of the mushrooms and chop them finely, like the onion. Fry the mushroom and the onion in olive oil and let cool.

3. Rinse and boil the potatoes with their skin in salted water. When it's ready pour out the water and dip the potatoes in cold water, Pull of the skin. Press the potatoes with a masher in a big bowl.

4. While you are boiling the potatoes fry the goat cheese until it has a crusty surface on both sides. Let it cool. Cut of the crispy part and save it for the plating. Grate the rest of the cheese with a cheese grater.



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5. Mix the boiled and cool beans with roasted pumpkin seeds with a food processor. Gently blend the bean and pumpkin mixture with the fried mushrooms and onions and goat cheese. Grate the zest of one lemon and crack three eggs into the mixture. Blend well. Cover and put to a side.

Gooseberry salsa with chili

Chili paste:

1 semi dried ancho chili 4 fresh padrone chilies 4-5 cloves of garlic
1 dl olive oil

1 dl organic rapeseed oil

1. Heat the oil in a frying pan on middle heat.
2. Peel the garlic cloves. Lightly fry the garlic, the chilies in the oil until the garlic is nice and golden. Make sure the oil isn't too hot, otherwise the chilis will become too crispy.
3. Take out the chilis and garlic and put the oil to a side. Rinse the chilies from seeds and stalks. Mix the chili and garlic and add oil until it reaches the consistency of puré. Finish with salt and pepper to taste.

Gooseberry salsa:

100 gr chopped onions

2 tbsp butter

2 tbsp raw sugar

150 gr rinsed gooseberries - both red and green ones juice of one lemon.

1-2 tsp of fermented bean pate. Salt and pepper to taste.

1. Melt the butter in a heavy pan. Add the chopped onion and fry until golden. Pour over the sugar and caramelize the onions
2. Add the berries and let them simmer with the onion until soft.
3. Add the chili pure (taste and add until it's hot enough for your taste.
4. Add the lemon juice and bean paste to taste. Salt and pepper. Simmer until it gets a consistency you like. Put to a side until serving.

Flatbread

100 gr sour dough

2.5 dl lukewarm water

6-7 Öländsk lantvete (wheat from Öland) 1 tsp sea salt

3 tbsp coffee

2 tbsp olive oil

1. Mix the sour dough with 0.5 dl water. Add 3 tbsp wheat and stir until a soft paste. Let rise under a cloth for about 30 minutes.
2. Add the rest of the water, flour and salt. let it rise for another 2 hours.
3. Cut the dough in 12 pieces and shape into balls. Roll out thin, round bread cakes on a well flowered table. Fry the breads on middle heat in a frying pan without fat for a couple of minutes on each side. It should get a nice colour on both sides.



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4. Put the breads between a baking cloth to cool and to avoid them drying. The bread can be made in advance and freeze until use.

Soured cream

1. Put 2 dl of soured cream into a piping bag.

Sallad

About 30 grams of mixed herbs and leaves per portion. I used shoots and small leaves of beets, spinach, lovage, young rhubarb, warty cabbage and arugula. Top it of with herb oil, salt and pepper.

Plating

1. Heat the oil to about 175 c.
2. Prepare a tray with paper to put the bean gnocchi to dry. Fry the bean gnocchis until golden brown on both side and crispy. Put it on the paper to dry.
3. Warm the flat bread.
4. Arrange the bread on a plate. Put the sallad in the middle. Put 3-5 pieces of gnocchi on top. Pipe 4-5 dots of soured cream over the dried beans. Add 2-3 tsp gooseberry salsa. Drizzle some olive oil and crumble the crispy cheese skin over the cream. Finally garnish with some of the summers edible flowers.



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