



newnordicfood



# NEW NORDIC CUISINE



# NEW NORDIC CUISINE

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# INTRODUCTION

Identity is crucial in this era of globalisation. An awareness of who we are and where we come from is essential to our self-image and our sense of belonging. An appreciation of local culinary tradition is just one aspect of this, and is now more important than ever.

Every world cuisine has evolved from the need to preserve food for future use and to utilise variety in order to promote creative flavouring, good health and wellbeing. The Nordic countries have a rich variety of local micro-climates, and are characterised by remote settlements, sparsely populated areas, long coastlines and high mountains. This has necessitated many creative adaptations of raw materials, dishes and traditions. The cold climate brings us together to socialise and encourages the desire to eat well. Nowadays, we also want to integrate food into a healthy lifestyle, and emphasise the

natural flavours of our world-class modern cuisine. Enjoying food has not always been the immediate association with Nordic cuisine, this is in rapid change.

The potential inherent in Nordic cuisine used to be a closely guarded secret, kept by a select few. Now, chefs from every corner of the region take great pleasure in reflecting the character of our part of the world in their food, and the same idea has begun to influence everyday cooking. New Nordic Cuisine and New Nordic Diet has generated a movement, driven by the desire for a common culinary identity and inspired by the excellence of our raw materials.

In a world where food related disease increases simultaneous with food raw material prices, food security for all becomes a moral issue for rich parts of the world. In order to

avoid social unrest in the world over food resources, we must do our part and increase self-sufficiency. To develop and cherish our own food traditions, to utilise our resources and to do this in a sustainable way is an obligation.

As this movement's profile grew, the Nordic Council of Ministers wanted to play their part, by helping to stimulate creativity and co-ordinate disparate activities toward a common goal.

Marja Innanen and Einar Risvik  
New Nordic Food program

## WHAT IS NORDIC CUISINE MANIFESTO

**in november 2004,  
nordic chefs, food  
writers and other  
food professionals  
gathered to discuss  
the potential for  
developing a new  
nordic food culture.  
the meeting resulted  
in a 10-point  
manifesto outlining  
how best to develop  
this new nordic  
cuisine.**

# WHAT IS NEW NORDIC CUISINE?

**It is not easy to create a culinary tradition capable of matching the great, established cuisines of the world. And New Nordic Cuisine can't be defined by what it should not include. Exotic spices were introduced to the region more than a thousand years ago. The potato only arrived a couple of centuries ago, but is now an integrated and characteristic element of our cuisine. Instead of defining Nordic cuisine by what it is not, we should look at the activities of the people who enjoy and develop New Nordic Cuisine.**

In November 2004, the chefs Rene Redzepi and Claus Meyer, the duo behind the Danish restaurant Noma in Copenhagen, invited the movers and shakers of the region's food world to a symposium on New Nordic Cuisine. This event witnessed the launch of the "The New Nordic Cuisine Manifesto", which was drawn

up by some of the region's top chefs and food professionals. Its 10 points expressed the values on which a New Nordic Cuisine must be based if it is to make its mark in the world by virtue of its flavours and identity. The event in Copenhagen marked an important step in what is now known as the "New Nordic Cuisine Move-

ment". The manifesto promotes a cuisine based on purity, simplicity and freshness, one that reflects the changing seasons. Menus were to be inspired by traditional dishes and the use of ingredients that benefit from the Nordic Region's climate, waters and soil.

A year after the signing of the manifesto, the politicians responded with the Århus Declaration, in which the Nordic ministers of fisheries, agriculture, forestry and food announced their support for the New Nordic Food program. They declared that the region should promote the use and diversity of Nordic ingredients, develop a

1. *To express the purity, freshness, simplicity and ethics that we would like to associate with our region.*

#### The Nordic Cuisine Manifesto

new Nordic cuisine and create a common Nordic food culture that reflects the qualities of our region – purity, simplicity, security and ethics. The manifesto and the Århus Declaration embody the aim that new Nordic cuisine should be based on sustainable and ethical food production. It should have a strong regional perspective, a close relationship with people and nature, and express the diversity of the region.

The later Nordic Food Proclamation supports and supplements the manifesto and the Århus Declaration. It sets out practical guidelines for those involved in implementing the principles of the manifesto and the declaration, whether in agriculture, fisheries, restaurants, mass catering or even in their own daily lives.

### POPULAR MOVEMENT

The basic principles of the manifesto could actually be applied anywhere on the planet. Every region and nation has its own unique conditions and traditions that could be developed and refined if only people were aware of their potential. New Nordic Food's

2. *To reflect the different seasons in the meals.*

#### The Nordic Cuisine Manifesto

strength comes from the chopping board and the stove – it is a popular movement, open to all and without formal structures, a movement from the grassroots. It has been inspired by a deep and genuine enthusiasm for developing a new, healthy and tasty Nordic food culture. However, the movement is also sharply critical of the way food has previously been produced in the region, i.e. with insufficient emphasis on flavour. Through the New Nordic Food program, food ministers have openly and clearly declared their support for the concept, and promote the values outlined in the New Nordic Cuisine Manifesto.

### SIMPLICITY

Simplicity is a key characteristic of Nordic cuisine. French, Italian, Indian and Chinese cooking have all evolved over many centuries, use highly complex methods, and combine a huge range of ingredients in their dishes. Simplicity is in many ways the opposite, as it utilises fewer components and relies more upon highquality products, grown under Nordic conditions. Nordic ingredients are produced in an amazing number of diverse micro-climates

3. *To base cooking on raw materials which characteristics are especially excellent in our climate, landscape and waters.*

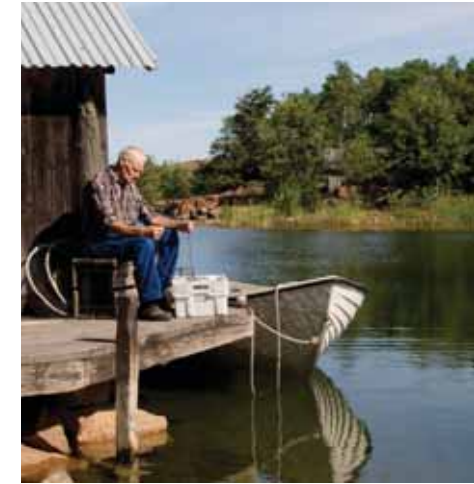
#### The Nordic Cuisine Manifesto



that influence their flavour. The local interplay of soil and climate, coupled with genetic diversity, provides the basis for a huge variety. Ingredients should be distinct and recognisable, and their preparation and presentation should bring out their local characteristics.

### PURITY

The Nordic landscape is sparsely populated, with vast areas of untouched land, clean air and pure water – all of which has an effect on ingredients and on food. Wild berries, fruit and mushrooms, game and fish have always been important aspects of Nordic life. Achieving harmony with the environment is important – it reflects the image we have of Nordic society.



### FRESHNESS

The concept of freshness is important and entails sticking to seasonal produce. As a result of our long, dark winters, traditional Nordic cuisine has developed several remarkable methods of conserving food. Conversely, the rather short and hectic growing season has encouraged a celebration of fresh fish straight from the water; of wild berries and mushrooms straight from the woods; of fruity, sweet asparagus straight from the field; and of fresh chicken and lamb in season. Seasonality and the opportunity for everybody to gather food in the wild make freshness an important element of Nordic food.





4. *To combine the demand for good taste with modern knowledge about health and well-being*

**The Nordic Cuisine Manifesto**

5. *To promote the Nordic products and the variety of Nordic producers – and to disseminate the knowledge of the cultures behind them.*

**The Nordic Cuisine Manifesto**

## NORDIC INGREDIENTS ARE UNIQUE!

The Nordic climate includes long summer days, with temperatures that occasionally reach tropical levels, but usually remain comparatively low. During winter, frost penetrates deep into the ground, suspending all life – including bacteria and fungi. Only the hardiest of plants and wild animals survive these conditions.

Our geography has dictated small production units, spaced well apart. Food hasn't always been easy to obtain and being frugal has been a virtue. Perhaps it is because we are enjoying times of plenty that we now dare to show pride in our background and our food culture.

Growing a carrot in one of the coldest agricultural climates on the planet is quite an achievement, and the end result is something special. Due to nutrition levels in the soil, lots of light and little warmth, the roots grow deep and the carrots become crispy, sweet and fruity. Maybe the best in the world?

Cold-water fish have taken the gourmet restaurants of France by storm. In just a few short years, Le Skrei – the spawning cod of early winter – have taken on a special status. These fish migrate from the Barents Sea to the Norwegian coast, and are flown to Paris within 24 hours of being caught. This is a special product and the large,

easily flaked fillet is an indicator of freshness.

Cod served along with its roe and liver has long been a winter favourite in the north. We now have the opportunity to show what fresh fish is really like, and both demand and status are high.

Cloudbberries, which grow sparsely in our mountainous regions, are painstakingly picked one by one. Their flavour is unique and they can be stored without additives. The people of the Nordic countries love to eat them out of season – a reminder of long walks, open landscapes, solitude and the sheer enjoyment of nature. We relive our memories of picking the berries as we enjoy them

at Christmas or during family celebrations.

The unique micro-climate of the Nordic countries produces apples that are quite special. Fresh, fruity and sweet, they have the most aromatic and full-bodied juice, rich in flavour.

Preservation techniques, such as drying, fermenting, smoking, salting, pickling and preserving meat, vegetables, fruits and fish, have for centuries enabled people to survive long, dark winters. In the Nordic countries, these methods have developed into exceptional ways of adding both culinary and economic value to our raw materials.



# THE NEW NORDIC FOOD PROGRAM

The New Nordic Cuisine Manifesto, written in 2004, states the basic principles behind the concept of New Nordic Food. The Manifesto is based on a popular movement within the Nordic countries and the programme is the Nordic Councils of Ministers support, of this very widespread Nordic movement.

The New Nordic Food Program started 2007 for a three years period, but has now been prolonged for another 5 years.

The program is mainly a communication effort. Through events and seminars, food ambassadors, prizes, projects, etc., the program supports and creates initiatives around food and food culture.

See [www.nynordiskmad.org](http://www.nynordiskmad.org)



## NORDIC TERROIRS

What distinguishes the red wines of Burgundy, the Mosels of Germany, the green lentils that grow in the volcanic soil of Puy, the peppers of Espelette in the Basque country and the sheep's cheese of Sardinia from Nordic agricultural produce? The answer lies in the terroir. It is the influence of terroir on ingredients and the products made from them that makes them unique. But we need to define exactly what is so special about Nordic terroir if we are to fulfil our ambition of creating an attractive Nordic cuisine, rather than just a superficial marketing gimmick.

Our region is located in the far north, but has very special and favourable climatic conditions

for producing raw ingredients. Nowhere else on Earth enjoys a temperate climate this far from the equator. This is due to two things: firstly, the Nordic climate is primarily coastal; secondly, the ocean currents are beneficial for growing conditions. The Gulf Stream ensures that even the northernmost area of Norway, Iceland and Greenland have ice-free waters.

Our geographic position also means we have very special light conditions. After the long, dark winter come the long, long days of the unique Nordic summer. Light intensity and daylight hours are important for plants, as they derive all of their energy, and therefore potential flavour,

from sunlight. Our abundance of light provides plenty of potential flavour but this is not the end of the story – more is needed before the excellent raw materials reaches the kitchen.

A plant's ability to develop its potential flavour during the cultivation process does not just depend upon its location. The way we grow it is just as important. If yield is the sole criterion, then flavour will suffer. Intensively cultivated plants, force-fed with fertiliser, contain more water and create fewer complex compounds. Diluting the flavour in this way leaves little of the careful farmer's fingerprint, and we lose most of the terroir aspects. Nurturing plants using mod-

erate and well-balanced nourishment encourages the development of flavour and provides the best conditions for expressing the terroir.

Climatic stress can also have a positive influence on the culinary quality of plants and fruits. Plants in mountainous regions, far above sea level, are exposed to great quantities of ultraviolet radiation. This can damage living organisms, but these plants protect themselves with thicker skin and stronger pigmentation in both leaves and fruit – and nature's own colourings are often good for both health and flavour. This phenomenon is already well known from wine production. Red wine is rich in polyphenols, which are





mostly found in the skin of the grape. They give colour to the fruit and protect our bodies. Plants grown at high altitude are particularly rich in antioxidants, which have a beneficial effect on our cardiovascular system.

The Nordic terroirs has other advantages, too. Our summers are generally cool, but the variation in temperature is quite large, and hot summer days are often followed by cold nights. These temperature changes, and the long period from blossom to harvest and from seed to shoot, produce very special conditions for plant growth. When the climate changes, plants must adapt in order to survive. A complex climate generates

*6. To promote the welfare of the animals and a sound production in the sea and in the cultivated as well as wild landscapes.*

**The Nordic Cuisine Manifesto**

*7. To develop new possible applications of traditional Nordic food products.*

**The Nordic Cuisine Manifesto**

more complex plants containing more complex aromatic compounds, especially bitter and sour components, which contribute to their flavour.

Fauna and flora that live and grow wild in the Nordic Region have a Nordic taste and their own special character. This is why foods from these wild landscapes enjoy such high status among professional chefs today.





## HEALTH AND NORDIC FOOD

Our diet provides far more energy than is needed for modern levels of activity. We are getting heavier and heavier, and the social consequences of weight-related problems and disease are huge.







*8. To combine the best Nordic cooking procedures and culinary traditions with impulses from outside.*

**The Nordic Cuisine Manifesto**

*9. To combine local self-sufficiency with regional exchange of high-quality goods.*

**The Nordic Cuisine Manifesto**

What we in the Nordic Region need is a diet with less energy density and more fibre, vitamins, bioactive substances and antioxidants. The food we eat provides too much energy, so we gain weight. To redress the balance, we must increase our physical activity whilst reducing our energy intake.

This means eating fewer easily digested carbohydrates (sugar and starch) and less fat, as well as reducing our salt consumption and combining different types of fats. We need to drink more water, eat more fibre, antioxidants and fat- and sugar-free flavourings.

It is possible to compose a healthy and tasty food culture from local Nordic raw materials, a culture which is capable of competing with the famous Mediterranean diet. Fruits and berries full of flavour, antioxidants and vitamins, crispy, tasty vegetables, fish and seafood from relatively unpolluted waters, wild and pasture-fed animals, rapeseed oil, grains like oats, barley and rye with lots of fibre, etc., etc. All of it delicious when mixed by skilful chefs with deep insight into both Nordic traditions and modern trends.





10. *To cooperate with representatives of consumers, other cooking craftsmen, agriculture, fishing industry, food industry, retail and wholesale industry, researchers, teachers, politicians and authorities on this joint project to the benefit and advantage of all in the Nordic countries.*

**The Nordic Cuisine Manifesto**

## GLOBALISATION, FOOD AND IDENTITY

**People who don't live in the Nordic Region perceive our cuisine as exotic – much more so than we might think. We have innovative, world-class chefs and an unexploited diversity of ingredients, dishes and traditions. The treasure chest is full, but we have not previously taken full advantage of its potential.**

But things are starting to happen. IKEA, for example, has had great success in selling Swedish foods and is now the world's sixth-largest catering chain. This has largely happened because food from the Nordic Region is perceived as healthy, tasty, pure and simple.

The food we eat is important for our sense of identity and our pride in Nordic culture.

Our cultural identity is the bedrock upon which we can stand in a globalised world. And the globalisation of food itself has great potential.

In northern Italy, many farmers make their living from just one product - Parmesan cheese. This is a small-scale, regional product, and a considerable number of farmers get a better price for their milk than normal in Italy. For Italy,

Parmesan is about creating and maintaining regional jobs. Italians are proud of their cuisine and use it to build an identity.

Being for Nordic food doesn't mean being against the food from other countries. It's about valuing your traditions and your situation, wherever in the world you find yourself. In addition, making a conscious, well-informed

choice about the products in your shopping basket can contribute to a cleaner world and limit environmental emissions.

If we are to send our food and our traditions out into the world, we must first ensure an awareness of, and a pride in, our own unique qualities. We can learn a lot from Italy ...

# GASTRONOMIC HISTORY, NEW TRENDS AND SPECIALTIES IN THE NORDIC COUNTRIES





# DENMARK

## INTRODUCTION

With its more than 5 million inhabitants, Denmark is the second largest of the Nordic countries in terms of population, but the smallest in terms of size (if you exclude Greenland and the Faroe Islands). The climate is temperate and somewhat milder than in the other Nordic countries. With more than 440 islands and the peninsula of Jutland Denmark has a long coastline. Its most important areas of economic activity are food, pharmaceuticals and sustainable energy solutions. The country is a constitutional monarchy and has a parliamentary democracy.

## GASTRONOMIC HISTORY AND NEW TRENDS

Fish, seafood, pork and dairy products are

among the largest export items in Denmark, and it is within these products you will find famous Danish products such as Lurpak butter, Danish bacon and Havarti cheese. Historically, gastronomy had a modest role to play despite the abundance of local produce, and dining out was not part of local tradition. However, increasing affluence in the 60s and 70s allowed Danes to start dining out more, and over the next three decades, Danish chefs started drawing inspiration from cuisines around the world. The new young chefs of today have international experience which they use to invent a cuisine of their own. An increasing number draw inspiration from the New Nordic Food manifesto, looking to use, where possible, locally grown and organically farmed produce which reflects the particu-

larities of the Danish and Nordic climatic and geographic conditions. In less than two decades, Denmark has moved from being a country with a modest gastronomy heritage to being one of the countries in the world with most Michelin stars per inhabitant.

## SPECIALTIES

Denmark is probably best known for its "smørrebrød" – open sandwiches on rye bread with various specialty toppings, typically eaten for lunch accompanied by beer and snaps. Marinated herring, smoked fish (eel, salmon, herring, flounder, etc.), cod roe, meat balls are all popular toppings for 'smørrebrød'.

Recent years have seen a wave of new high quality specialties—from large as well as small

food manufacturers. These are products like oysters, organic cheese varieties, jaws from pigs, beer brewed on the whey of cheese, elderflower syrup, micro brewed beer, etc. Many new products originate from one of Denmark's many islands such as apple syrup, island salt, organic lamb, organic ice cream, etc. Products based on old craftsmanship are being re-introduced (butter, beer), accentuating a trend going back to the original roots of the Danish cuisine.



# FINLAND

## INTRO

Finland is a Nordic country known as the land of a thousand lakes. In fact there are almost 190.000 lakes that the population of 5.3 million inhabiting an area of 338,424 km<sup>2</sup> gets to enjoy. This parliamentary democracy was the first European country to give voting rights to women and has currently both female president and female prime minister. The climate is marked by great contrasts – cold winters and fairly warm summers.

## GASTRONOMIC HISTORY AND NEW TRENDS

Finnish food culture has its origins in the taste and viability of Nordic nature, traditions and new influences. From these the Finns have conjured up a delicious combination where

customs and stories are forever in a state of flux, still keeping one hand in the traditional rye bread dough.

The influences gotten from Finland's closest neighbours, Sweden, Norway and Russia, are partly history and partly living traditions as well as present-day cookery. Whereas Christmas traditions derive from the Western heritage, those of Easter come from the East. Many fish dishes prepared in Finland are also served in the other Nordic countries.

Finland has become a world leader in acquiring know-how of healthy eating. The level of expertise in dietetics is top class. A diet based on staple foods of good quality is encouraged at maternity clinics, through a system of free

school meals and tuition in home economics, to name a few examples. Research and product development make it easier to cope with everyday nutritional problems like lactose intolerance, for example. In fact, one of the most promising Finnish food innovations is 100 % lactose free milk that has the exact same taste as fresh milk.

## SPECIALTIES

The Finnish nature produces the sort of food experience that gourmets who have tried everything never forget. The wild berries, mushrooms and game found in the forests and the fish in the rivers, lakes and seas are fresh and strong in flavour. The change of seasons is reflected in the meals. For example in winter the Finnish food scene is charac-

terised by the mature and earthy aromas of potatoes, carrots and swede. Meat casseroles and stews are left to simmer gently. The traditional Christmas meal with ham is the culinary highlight of winter. In summer, on the other hand, the whole of country tucks into a new crop of potatoes, strawberries and peas. The potatoes are served with herring, dill, small sweet onions with their stalks on, and butter. Food grown in vegetable gardens is often eaten as it is – untreated and fresh. Meat is cooked on grills outdoors, and fish is grilled or smoked. There is also a huge variety of bakery and milk products, which keep amazing foreigners visiting the Finnish supermarkets. And when visiting Finland, one should not miss the opportunity of tasting the naturally low-fat and delicious reindeer meet either.





# ICELAND

## INTRODUCTION

Iceland is an island in the North Atlantic Ocean, immediately south of the Arctic Circle, with a total land area of 103,000 km<sup>2</sup>. With only 320,000 inhabitants, Iceland is the most sparsely populated country in Europe at 3.1 persons/km<sup>2</sup>. Surrounding Iceland in the ocean zone of 758,000 km<sup>2</sup> within the 200 mile fishing limit is the major resource, cold unpolluted waters with some of the richest fishing grounds in the world. The name Iceland is not descriptive, considering that the Gulf Stream provides milder climate than one would imagine in this northern land. Iceland is a parliamentary democracy.

## GASTRONOMIC HISTORY AND NEW TRENDS

The Icelandic cuisine has its roots in Scandinavia but has in many ways evolved a specific character due to its isolation, which for long

time limited exposure of foreign ingredients and traditions. This can be exemplified in the many ways grains were substituted throughout the ages. The traditional Icelandic cuisine is on one hand characterized by high consumption of animal products and on the other hand on specific storage methods (pickling, curing, drying). These characteristics are in many ways still strong in the Icelandic cuisine today, where meat, dairy products and fish predominate. However, where characteristics developed through traditional storage methods, the products are predominantly found in specific festive food. Examples include meat products pickled in whey, dried fish and cured shark.

In the last decade a strong trend has been toward more local embracing and experimenting with Icelandic ingredients. This has led to mixing of the inherent characteristics of Icelandic raw material with international

cooking styles, giving Icelandic restaurants a unique style. Local foods, sustainable utilisation of resources, traceability, food design and creation of unique food experience are all important issues in Icelandic gastronomy of today.

## SPECIALTIES

Of major importance is the great variety of fresh seafood available all year round for the daily food and the fine restaurants. There are endless possibilities for the people interested in seafood to prepare wholesome dishes. New species or new products as food sources from the ocean are introduced as the exploration of the ocean continues. The country's pristine, pure nature transfers to its food source in many ways. The Icelandic lamb is prized for its tenderness and spicy flavour, developed through the grazing on heathland, mountains and/or coastline. The

dairy industry has developed many products including "skyr" that now receives interest from abroad due to its sweet and full flavour as well as healthiness. Several skyr varieties and flavours are available in every food store, the latest variety being a skyr drink, fast food that is based on traditional food culture.

# NORWAY

## INTRODUCTION

Norway has a population of about 4.8 million and covers an area of 385,155 square kilometres. Norway is a long stretched country, reaching from an idyllic coast in the south, to a wild and untamed meeting between land and sea in the north. Fjords, mountains, mid-night sun and northern lights are well known parts of Norwegian nature and are great attractions. Norway is a unitary parliamentary democracy and constitutional monarchy.

## GASTRONOMIC HISTORY AND NEW TRENDS

The diversity of the country reveals itself in the food as well. With active fisheries and aquaculture along the coast, good natural conditions for agriculture and horticulture in regions such as Rogaland, Trøndelag and Vestfold. In the mountain parts of Norway the typical produce

are milk and meat, but also berries and game.

Massive shoals of herring in the sea of Stavanger were responsible for the flourishing of a modern industrial town during the 19th and 20th centuries. There were more than 50 canning factories in the town at the peak of the sardine era. Ever since the Hermetikklaboratoriet (canning research laboratory) was established in Stavanger in 1931, researchers have worked together with chefs on developing food products. The food cluster in Stavanger has been appointed status as the Norwegian Centre of Expertise (NCE) Culinology, and in 2009 "Måltidets Hus" was opened. Måltidets Hus is designed to be an arena for innovative collaboration between R&D, industry and gastronomy. Culinology, or industrial gastronomy, is the term that sums up what happens when the culinary arts, technology and food expertise meet and generate

synergies. Chefs, researchers and players in the industry work together on developing products, a cooperation resulting in industrial production based on the chefs' recipes and research-related documentation.

Nofima and The Norwegian University of Life Sciences (UMB) at Ås are important players for research and development within the food industry. UMB is recognised as a leading international centre of knowledge, focused on higher education and research within environmental- and biosciences. There is a growing trend towards revitalizing traditional produce both in use of raw material, ingredients, and processing methods. Examples of this can be found both in dairy products, fish, meat and use of local fruit and berries

## SPECIALTIES

The most common association to Norway among non Norwegians is without doubt

seafood. Norway exports seafood to around 150 different countries, and is the world's largest joint marketer of seafood. Processed fish, in particular smoked salmon and stockfish are highly recognized for their quality. Lesser known products as "lutefisk" (lye fish) and "rakfisk" (fermented trout) are traditional dishes for Norwegians and eaten with lots of pride. Meals on the basis of lamb has a strong tradition, both cooked and processed. Jarlsberg is the best known cheese, with the majority of the production going into export markets.

Norwegian food is typically quite simple and plain. This is possibly for the same reason that makes it so different from the national cuisine of most other western European countries, - it is descended from peasant food rather than that of the gentry. Typical Norwegian dishes could be meat balls, salmon and cod.



# SWEDEN

## INTRODUCTION

Sweden is one of the largest countries in Europe. With only 9,3 million citizens and merely 3 percent of its surface inhabited, wild nature is one of its greatest assets.

Stretching more than 1 500 kilometres North to South, Sweden also encompasses a unique variety of climates – from the vast high plains of Lapland above the Polar Circle to the gentle rolling hills of sunny Skåne in the South.

## GASTRONOMIC HISTORY AND NEW TRENDS

Traditional dishes are based on what the land and sea have to offer. Long, cold winters have made different methods of preservation an important part of tradition. Cured, salted and

pickled fish, meats and vegetables lay at the very heart of the Swedish kitchen.

Today, culinary Sweden can draw upon this great source of tradition on the quest to modernize and reinvent. Nature's pantry provides products of unique quality and diversity. This is basis for the thriving restaurant scene, and one of the reasons behind the success of Swedish chefs on the international stage during the last decades.

In 2010, the Swedish government presented a new bold vision: "Sweden, the new culinary nation," aiming at making Sweden a major food destination based on the following arguments:

Sweden's long, light-filled spring and summer evenings ensure a special climate where fruits

and berries grow slowly and gain in flavor. The landscapes offer natural products with great health qualities. Also, sustainable culture and production, animal health and welfare, a constant increase of tourism, particularly in connection with culinary experiences, are parts of the government push for Sweden as a food destination.

## SPECIALITIES

Cold fresh water is the secret behind the flavours of the world famous fish and seafood of Sweden. Native oysters, rope-grown mussels, lobsters and an array of fish are caught along the rugged west coast.

The immense forests are filled with berries and mushrooms to forage – wild strawberries, blueberries, lingonberries and the elusive

cloudberries. Delicious chanterelles and porcini mushrooms grow in abundance, and on the island of Gotland in the Baltic Sea, there's wild truffles of the Burgundy strain to be found. The woods hide elk, deer and birds, while the lakes and rivers offer spectacular opportunities for fly-fishing and angling.

But above all, make sure to experience one of the traditional feasts – Midsummer's Eve, the crayfish party or the sour herring party. This is the time to indulge in Västerbotten cheese, hard knäckebröd, pickled Baltic herring and Swedish aquavit.

[www.visitsweden.com/sirha](http://www.visitsweden.com/sirha)



**For many years, chefs from the Nordic countries have made a major impression in the Bocuse d'Or, which is regarded as the world championships of cookery.**

These Nordic medals have strengthened our faith in our own abilities. They have paved the way for other Nordic chefs and helped raise the status of our chefs. Skilful chefs with newly won self-confidence find it easier to utilise new ingredients and to use them in their own ways.

## **THE NORDIC MEDAL WINNERS FROM BOCUSE D'OR:**

**1991**

Silver – Lars Erik Underthun, Norway

**1993**

Gold – Bent Stiansen, Norway

Silver – Jens Peter Kolbeck, Denmark

**1995**

Silver – Melker Anderson, Sweden

**1997**

Gold – Mathias Dahlgren, Sweden

Bronze – Odd Ivar Solvold, Norway

**1999**

Gold – Terje Ness, Norway

**2001**

Silver – Henrik Norstrom, Sweden

Bronze – Hakon Mar Ovarsson, Iceland

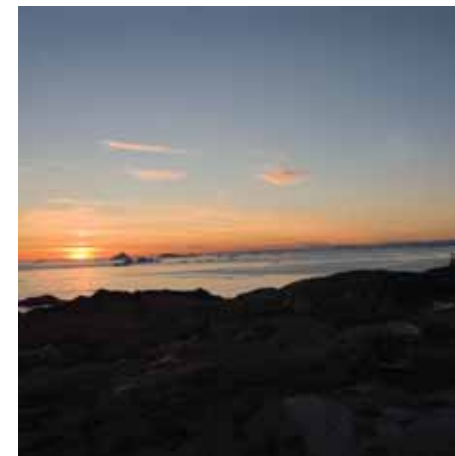
**2003**

Gold – Charles Tjessem, Norway

**2005**

Silver – Tom Victor Gausdal, Norway

Bronze – Rasmus Kofoed, Denmark



**2007**

Silver – Rasmus Kofoed, Denmark

**2009**

Gold – Geir Skeie, Norway

Silver – Jonas Lundgren, Sweden



**newnordicfood**

**NEW NORDIC CUISINE** ([www.nynordiskmad.org](http://www.nynordiskmad.org))

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**TEXT AND CONCEPT**

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**LAYOUT**

Tellus Works AS

**PHOTOGRAPHS**

Tellus Works AS "New Scandinavian Cooking", Pia Britton



**norden**

Nordic Council of Ministers