

2000 m²

Recípes



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RECIPES FROM ROSENDALS GARDEN

Before the cultivation year 2019, we set our goal to serve 1 095 portions from our 2000 m² area cultivation area, wild plants, game meat and fish from the surrounding area. When we calculated the proportions around how we would distribute the crops and get the crop rotation with the right nutritional balance, we landed in a format where:

- ⅓ ley
- ⅓ vegetables and oilseeds
- ⅓ peas and beans
- ⅓ autumn grain
- ⅓ spring grain with ley in sown

Following this crop rotation and the proportions, it became very clear that we would not be able to cook in the same way as we had previously. When we examined different crop arrangements, sugar beets had to be replaced with crops that we considered more cultivable from both a health and cultivation aspect. As the goal was to serve 1 095 portions from the same area, it did not seem worthwhile to grow sugar beets when there is sweetness from fruit, berries, and honey. It also became

clear that fat is a nutrient that requires a large area. A person who eats a vegan diet were to supply their annual fat requirement from rapeseed grown from this surface, 365 m² would be needed just for their needs. Now we are all different and have different preferences, but the idea that came with it was to limit their consumption of food that requires a lot of fat in cooking as the nutrient supply is not as high as a cold-pressed alternative.

Fat and sugar have been two of several parameters that we had with us when we created these recipes and methods. We want to explore what food we in the northern part of Europe need to build a culture around and we are already doing a lot right and sometimes need to adjust, replace, or remove ingredients. Food culture is something that is constantly changing and the more we understand what food production needs to look like and start from it, rather than the other way around, we can understand that our limitations are our creative possibilities.



MUSHROOM PAPER WITH CREAM OF MUSHROOM AND MUSHROOM BOUILLON

A celebration to the tastes of autumn, focusing on what can be foraged in nature instead of from arable land.

Recipe by Magnus Willnow

Cream of mushroom

Trim the mushrooms, we used chate-
relles and porcini mushrooms. You can
also use other wild mushrooms depending
on what you can forage.

Put some smaller fine mushrooms to
the side to be fried later.

Chop onion, thyme, and rosemary
finely. Fry the onion and herbs until they
have a nice colour, add mushrooms and
fry until all liquid has evaporated.

Take from the stove and mix to a fine
purée, season with salt and cold-pressed
rapeseed oil.

Mushroom bouillon

Fry onion, celeriac, thyme, rosemary, and
garlic until golden brown. Add mixed wild
mushrooms after availability, for example
chanterelles and porcini.

When the mushrooms have released
all liquid, add apple cider vinegar. We used
our own pear and apple vinegar.

Let the vinegar cook into the mush-
rooms and onion. As vinegar has a higher
acidity than wine one must be careful, so
it does not get too acidic.

Add water, bring to the boil. Lower
the heat and simmer until it is reduced to
almost half of the liquid, season with salt
and if wanted some more herbs.

Sift through a fine strainer and cool.
Save the remains from the bouillon.

Mushroom paper

Mix the remains from the bouillon and
spread on a silicon mat or non-stick paper.
Let it dry in a drying oven at 54 degrees
overnight.

Serving

Heat the cream of mushroom, fry the
smaller mushrooms to a nice colour, boil
the bouillon. Mount the plate with bouil-
lon, mushrooms, cream of mushroom and
top with mushroom paper.



SOOTED CARROTS, LEAVES OF BROAD BEANS, RADISH, SORREL, HEMP SEEDS AND CREAM OF GREY PEA

The carrot is hardly visible, but it does add depth and texture to this dish. The leaves were picked during walk in the garden and puts parts of plants that we would normally see as appendage in focus.

Recipe by Magnus Willnow

Cream of grey pea

Boil grey peas soft in water, sieve but make sure to save the liquid. Mix to a fine purée with the liquid from boiling, Season with salt, garlic, and cold-pressed rapeseed oil.

Sooted carrots

Rinse and trim carrots. Dry them lightly in the oven — *au natural*. Char all around with a gas burning torch or grill over charcoal until they obtain an even black surface.

When the carrots are sooted on the surface, salt and dress with rape seed oil and a dash of apple cider vinegar. Bake in the oven at 175 degrees until soft.

Garden salad

Here you can use the green leaves you can access at the moment from the garden — we picked leaves of broad beans, garden sorrel and saved the green tops of the carrot.

Rinse well and dress with rapeseed oil. As we used garden sorrel that has a tangy and distinct acidity, we choose not to use any vinegar.

Roast the hemp seeds in a frying pan or in the oven.

Serving

Heat the cream of grey peas. Place on a serving plate, add the carrots in the cream and cover with the salad and top generously with hemp seeds.





KALE CRISPS WITH CREAM OF GREY PEAS

Kale is one of the most resourceful vegetables and provides the largest harvest when it comes to surface in relation to nourishment. We grow kale close together and harvest continuously, from early summer all the way into the following year when the plant blooms and the shoots are served in our garden cafe.

Recipe by Magnus Willnow

As snacks for 4 people.

Kale crisp

16 leaves kale

One tablespoon cold-pressed rapeseed oil

Turn on the oven at 75 degrees or use a drying oven at a lower temperature. Pinch the stem exactly where the leaf begins and massage the oil into the leaves. Lay the leaves on a tray with space in between. Bake the plate with the leaves until they become crispy and hold themselves up. If you use a regular oven, be sure to open the door from time to time to let the steam out.

Cream of grey peas

2 decilitres grey peas

Cold-pressed rapeseed oil after consistency and taste

Boil grey peas soft in water, pour off the liquid and make sure to save it. Mix to a fine purée with the liquid from boiling, Season with salt, garlic, and cold pressed rape seed oil.

NO MILL BREAD

This bread was created after discussions about sensitivity to gluten and bread in general. As we are using the whole grain, that are sprouted we can access more of the grain's potential for nourishment than in breads where you often use only a bit of the grain. Hence this recipe is created to give a bread with a high nourishment density and in theory a bread that is gentler to the stomach than fast leavening bread.

In the original recipe our baker Damien also added dried elderflowers, lavender, and calendula.

Recept av Damien Boudet

200 g sprouted emmer grains
266 g sprouted sweat rye grains
266 g sprouted spelt grains
250 g wheat sourdough
20 g salt

Day 1

Soak all ingredients apart from the sourdough and the salt for 2 hours. Sift and put in the fridge for 2 days. The grain will now start sprouting.

Day 2

Put the sprouted grains in a mixer (Robot coupe) and mix until you have a smooth batter.

Pour the batter in a dough mixer together with the sourdough and mix at medium speed for 10 minutes. Let the dough rest for 10 minutes.

Set the dough mixer at full speed, add salt, and mix for 3 minutes. Grease bread baking tins and pour the dough into. Leaven at room temperature for approximately 3 hours.

Bake for 15 minutes at 250 degrees then lower the temperature to 220 degrees and leave for another 25 – 30 minutes.



PIKEPERCH CRUDO WITH FERMENTED RHUBARB AND RAPESEED OIL

After a conversation with a fisherman who explained that the pikeperch thrives in eutrophicated, cloudy waters we decided to make this simple dish. We wanted to create acidity from local, not imported, resources which is how the rhubarb fits in. We also fermented them to add complexity to the dish.

Recipe by Magnus Willnow

Divide the pikeperch fillet so you have the slant and the back fillet separated. This makes it easier to cut nice, thin slices. Slice the pikeperch thinly and dress with the rhubarb liquid and cold-pressed rapeseed oil. Dice the rhubarb in smaller pieces.

Place on a plate and top with the rhubarb and some extra marinade. Be careful not to add too much salt as the juice from the rhubarb will be salty.

Fermented rhubarb

Brine in percent in relation to the weight of the vegetable, rhubarb in our case. Use 2% salt. Whisk together cold water and salt. Either you have a large jar where the whole rhubarb stalks can fit or slice them dice and add the brine. It is important that the brine covers the rhubarb as the lactic

acid bacteria need an airtight environment to transform the raw material. Close the lid tightly and leave the jar on the kitchen counter for a few days. Then you can set the jar in the fridge. You can serve already after a few days, but the rhubarb also lasts well into the winter if stored in a cool place.

This recipe can be experimented with to bring out different flavours. One parameter is how long it stays on the kitchen counter in the first stage. The taste will change over time and if you open the jar, it will last a good while but not as long as if it is kept closed. The liquid has a fantastic taste and can be used in several other ways than described in this recipe. Use as a base in cold sauces or freeze liquids and scrape the ice as part of a drink.





WILD DUCK WITH BEETROOT AND ELDERBERRY

As most of us are aware of we eat far too much meat. To choose game is a necessity if you still wish to eat meat. The wild duck often thrives in constructed lakes and wetlands which were common in agricultural landscapes before they were drained out. In a more contemporary context wetland drainage occur through ditches in arable land, creating fantastic opportunities for biodiversity and ecosystem services.

Recipe by Magnus Willnow

We used whole wild ducks but you can also buy wild duck breast if you can't access whole birds.

We trimmed thighs, wings and the back so that we were left with the breast on the bone. From the thighs, wings and back we made a stock that we reduced into a gravy. Calculate one duck breast per person.

Roast thighs, wings and back pieces in the oven adding onion, carrot, celeriac, and herbs. Roast until it gets colour. Regarding the herbs, use what you have available.

Put everything in a pan, cover with water and bring to a boil. Let it simmer for 2,5 hours. Sift through a fine strainer. Reduced to desired consistency and taste.

Rinse and wash the beetroots carefully. Cut off and save the tops. Roast the beet roots with salt and oil in the oven at 175 degrees until tender.

Fry the wild duck breast on the skin side in a frying pan. If you like, it is nice to add some thyme and rosemary. Fry until the breast has a nice colour. Turn, put on an oven tray and bake at 120 degrees until it reaches an inner temperature of 57 degrees. Take out and leave to rest.

Dress the beetroot tops with cold-pressed rapeseed oil and apple cider vinegar. Turn the tops and the roasted beets.

Cut the breast from the bone and slice across the meat fibres. Season with salt.

We picked elderberries that we pickled in brine (like salted capers) When serving, rinse off salt. You might also need to let them draw a bit in water.

Sprinkle the berries over the beets and the beet tops. Serve with the gravy.

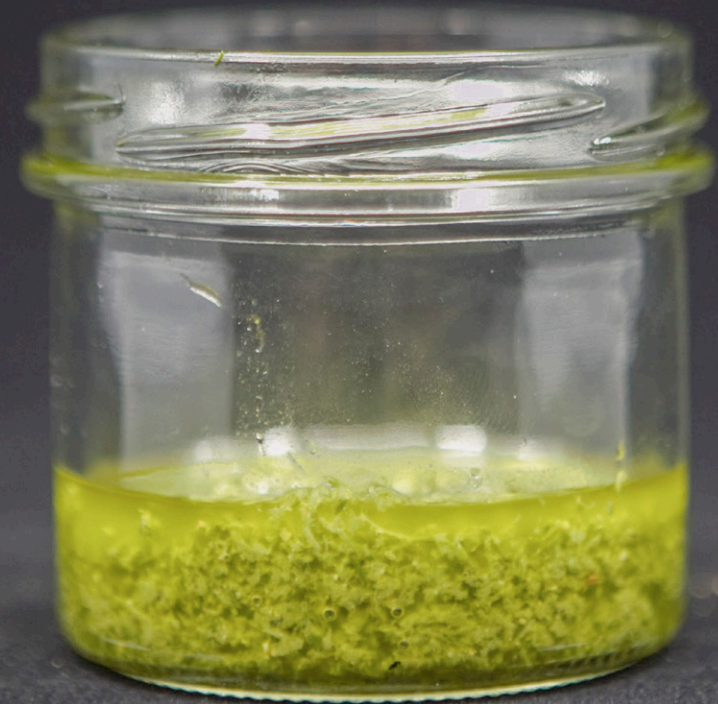
CARROT TOP PESTO

After calculating the amount of fat per person and year we wanted to have something instead of butter for the bread as the consumption of butter needs to be reduced from the amounts we eat today in Sweden. We used the carrot tops, which are rarely used but have a place at the table when used in the right proportions. The remains will be composted or is left lying on the field to become nourishing soil for future crops.

Recipe by Magnus Willnow

One handful of carrot top
One handful of garden sorrel
One handful of dill
1 dl rapeseed oil
Hemp seeds by consistency

Put the ingredients in a jug mixer, start with the oil mix until smooth and depending on how thick it is adjust with more oil / a splash of water (if needed) and hemp seeds. Other locally grown seeds can also be used. Season with salt.



MUSHROOM BOUILLON WITH DRIED CARROT AND PICKLED ELDERBERRIES

Recipe by Magnus Willnow

Chop the onion, carrot and celeriac, garlic, thyme and rosemary. Fry in a wide pan, add mushroom. We used chanterelles and mushrooms, but you can use other mushrooms due that can be foraged.

Fry the mushrooms until the liquid has evaporated, add a little vinegar and salt. Cover with water, bring to a boil and simmer for about two hours. Sieve.

Rinse and peel the carrots. Cut in pieces, not too small as they will shrink when dried. Boil until soft in unsalted water.

We dried the carrots in a drying oven at 64 degrees overnight. You can also use an oven — leave the door a bit open to let out humidity.

We salted our elderberries (like capers). When serving, rinse the salt off and also you might need to let them draw a bit in water.

Put the carrots and pickled elderberries in a bowl, add hot bouillon. Let it sit for a minute and then serve.





ELDERFLOWER GRANITÉ WITH ROASTED OATS, HAZELNUTS, AND BLUEBERRIES

According to statistics only 5% of Swedish wild blueberries are picked. Again, we are thinking of how we can use resources cleverly. It must be wiser to forage wild berries than to use arable land for growing berries. Of course, everything has its place on the plate but we could well eat more of the wild blueberries from the forest. In Sweden we are self-sufficient when it comes to sugar beets. If that is a good way to use arable land is up to each of us to decide. In this dish we focused on the berries' own sweetness and also added sweetness from honey which is linked to several functions within our ecosystem.

Recipe by Magnus Willnow

Hazelnut crumble

We dressed oats and hazelnuts with flower honey and some apple cider vinegar and added a pinch of salt — it should be sticky but not become a dough. Roast in the oven at 175 degrees until it has an even colour. Remove from the oven and let it cool.

Elderflower vinegar

Vinegar (we used our own on pears and apples to make cider vinegar)
Elderflowers

Press in as many flowers as go in a jar and pour over the vinegar. Let it sit for a few days so that the taste is enhanced by the flowers before using it in the granité.

Elderflower granité

15 elderflowers

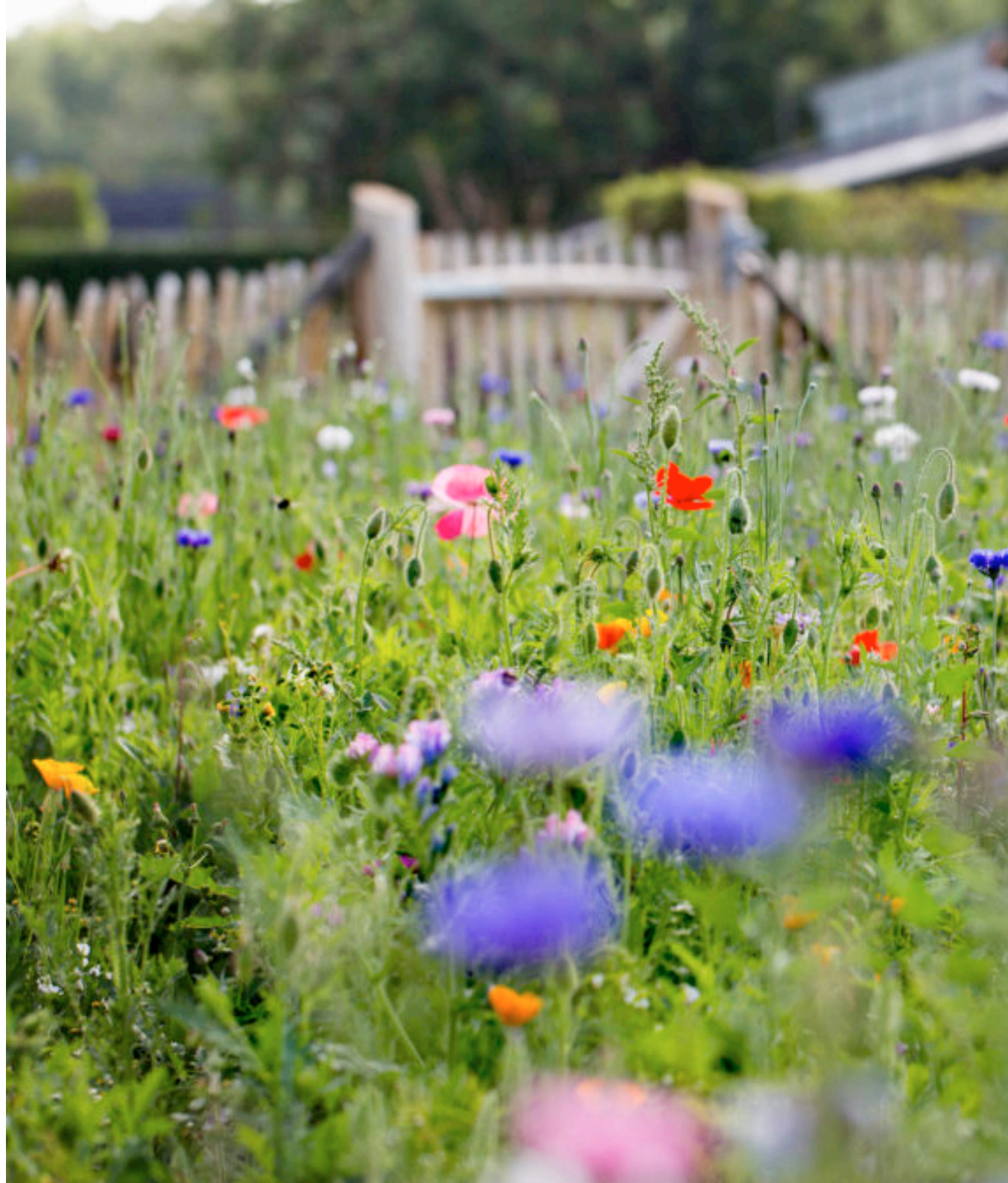
1 l water (you can experiment with apple juice if you want a sweeter taste or if you don't like the taste of honey)

Elderflower vinegar to taste

Honey to taste (for good granité results you need at least 8 tablespoons of honey which helps the granité be easily scraped up to an ice)

Mix the ingredients and add honey and vinegar to taste. We didn't boil it but let the flavours soak for 2 days in the fridge. This recipe is basically an elderflower lemonade recipe. Freeze the juice in a bowl or mould that makes it easy to scrape out the ice. When the juice has frozen, scrape out snow or ice that is placed on the plate together with blueberries and hazelnut crumble.

Put the blueberries in a bowl and scrape some elderberry granité over and finally add the oats and hazelnut crumble.



FROZEN PRESSED GRAPES

Wine is a fantastic plant that can grow very old. Our grape vines are around 25 years old, and all are Baltic varieties. It is possible to make wine from these grapes, and we have also used them for brewing a Saison beer. This simple recipe requires a proper fruit press, but the result is so good that it is worth having one. The pressed juice can also be made into vinegar, wine, or syrup to season other dishes or as a source of sweetness instead of sugar beets. This technique can be applied to all berries and fruits and with freezing the sweetness increases.

Recipe by Magnus Willnow

Frozen grape juice

Grapes are frozen and then defrosted halfway so the juice can pass through a fruit press. Boil the remains of the pressed grapes and sift to get the last out of the grapes and use for other purposes.

This grape juice is at its best freshly pressed but it can also be pasteurised or frozen to be saved for a later occasion.



RECIPES FROM ESTONIA

These recipes will give you a delicious overview of the Estonian food culture. All the main ingredients are locally available as organic and are loved by Estonians: vegetables, potatoes, berries, apples, milk, cheese, eggs, beef and lamb meat.

Vegetables, fruits and berries are carefully grown in small organic farms in different regions of Estonia. Also, Estonians love to go to forest and pick berries and mushrooms. The colourful food we can make from these products is healthy and gives us a lot of joy.

Sheep and beef cattle are living in their natural environment, grazing on pastures

in summer and feeding on roughage in winter. Besides the fact that the animals are stress free and happy, this way of managing the grasslands is also good for the environment. Semi-natural grasslands of Estonia are amongst the species richest grasslands in the world. The meat is super tasty, nutritious and rich in healthy fats and vitamins.

Some of the ingredients are very traditional and here they are used in a new exiting and delicious way. Some of the recipes remind us summers in our grandmother's kitchen, e.g. vegetable milk soup and rye flour foam with berries.



FENNEL-GOAT CHEESE SALAD WITH SPELT GROATS AND BLUEBERRIES

Recipe for four by Angelica Udeküll

Salad dressing

100 g blueberries
1 tablespoon of honey
½ teaspoon of salt
black pepper
3 tablespoons of apple cider vinegar
100 ml oil

Salad

60 g fennel
1 tablespoon of quince juice
salt, pepper
2 tablespoons of oil
arugula or lettuce mixture
one red onion
blueberries
4 tablespoons of spelt groats, boiled
1 tablespoon of butter
80 g soft goat cheese

Crush blueberries and sift through a sieve. Mix blueberry puree and spices together, add apple cider vinegar and oil, whisking constantly.

Cut fennel and onion into thin strips, season with salt, pepper and quince juice and finally add oil.

Melt the butter in a pan and fry the boiled groats in it for a few minutes.

Serve the salad with all the ingredients in layers on a plate and last add the drip salad dressing and serve.

If the consistency of the salad dressing seems too thick, you can add a little apple juice or carbonated water.



TURNIP-APPLE SALAD

By Angelica Udeküll

400 g turnip
200 g apple
2 handfuls of lingonberries
or dried cranberries

Dressing

½ teaspoon of salt
2 teaspoons of sugar or honey
2 tablespoons of white wine vinegar
6 tablespoons of turnip rape oil
2 teaspoons of hemp seeds
parsley

Peel turnips and apples and chop or grate into thin strips.

Add berries and hemp seeds.

Mix the spices, wine vinegar and oil and pour over the salad.

Stir the salad again and leave to season for at least 30 minutes.





GOAT CHEESE AND ZUCCHINI OMELETTE

Recipe for two by Ants Uustalu

3 eggs
100 g goat's milk cream cheese in brine
50 ml fresh cream (10%)
65 g zucchini
1 garlic clove
salt, pepper
olive oil / rapeseed oil

Lightly chop the zucchini and fry in a pan with the garlic.

Lightly beat the eggs, add the cream and season.

Make an omelette as usual, but leave it a little runnier.

Roll the hot omelette into a roll and make an incision on the side.

Fill the opening with goat cheese and lightly fried zucchini.

VEGETABLE MILK SOUP

Recipe for ten by Ants Uustalu

0,3 l water
1 l milk
1 small cabbage
3 carrots
4 potatoes
50 g beans
50 g butter
15 g till
15 g parsley
salt, sugar

Bring the water to a boil, season with salt and add the chopped carrots and cabbage. A little later, add the potatoes and cook everything until semi-soft. Pour in the milk and bring to the boil. Finally, add the beans. Season.

Add butter a little before the soup is cooked. Serve with herbs.



ZUCCHINI-GOAT CHEESE PIE

By Angelica Udeküll

100 g of butter
0,5 teaspoon of salt
1 egg
100 g whole wheat flour
60 g barley flour
300 g zucchini
80 g paprika
110 g goat cheese in brine
2 eggs
100 ml fresh cream (10%)
oil
salt and crushed black pepper

Mix the flours together, add salt and finger it together with butter. Add the beaten egg and batter until smooth. Place the dough in the fridge for at least half an hour.

Cut the zucchini into 1 cm thick wheels and fry lightly in oil, season with pepper and salt. Chop the peppers into smaller cubes.

Remove the dough from the fridge and roll it thinner, place it in the pie form so that the dough covers the edges of the pie form. Place the pie form in the oven at 180 °C for 10 – 15 minutes. Then spread pre-fried zucchini slices, goat cheese pieces and paprika cubes on the bottom. If you wish, you can use cow's milk cheese instead of goat cheese. Beat the eggs with the cream and pour over the pie filling. You can also add basil to the egg-shell mixture. Place the form in the oven and bake for 15 – 20 minutes.





MINCED BEEF AND MUSHROOM PIE

For 4 – 8 persons by Angelica Udeküll

120 g boiled potatoes

150 g wheat flour

80 g butter

0,25 tablespoon of salt

200 g minced beef

200 g chanterelles or other
wild mushrooms

100 g leek

Salt and pepper

2 eggs

50 ml milk

50 ml 35% cream

Boil and grate the potatoes.

Whisk the butter, add the grated boiled potatoes, flour and salt and mix until smooth.

Leave the dough in the refrigerator for half an hour.

Roll the dough to the size of a baking tin, spread on the bottom and edges of the baking tin.

Bake for 10 minutes at 180 °C.

Chop the leeks and mushrooms and fry in a pan with minced meat, season with salt and pepper and spread on the dough.

You can also use dried wild mushrooms, in which case pre-soak them for at least a few hours.

Pour the egg-cream-milk mixture over the pie. Bake in the oven at 180 °C for about 15 minutes until the egg has clotted.

BEET AND LAMB DISH

Recipe for four by Angelica Udeküll

100 g onions, peeled
15 g garlic, peeled
10 g oil
500 g minced lamb
sea salt
crushed black pepper
(fresh) thyme
500 g beets, boiled and peeled
150 g grated cheese

Chop the garlic and onion and fry it glassy. Add minced meat and fry, season with salt and pepper, add thyme. Slice the boiled beets. Spread beet slices and minced meat in layers in an oven dish. Add grated cheese as a last layer.

Bake in the oven at 190 °C for about 10 – 15 minutes.



LAMB STEW WITH ROASTED VEGETABLES

Recipe for four by Ants Uustalu

450 g lamb ragout
3 garlic cloves
2 red onions
2 parsnips
1 red paprika
fresh thyme
50 g tomato paste
500 ml red wine
100 g flour
salt, black pepper
sugar
olive oil / rapeseed oil

Peel and cut the red onion in half, season with salt, pepper and oil, add a few branches of thyme to taste. Peel and chop the parsnips, season as onions and do the same with paprika. Put the vegetables in the oven at 180 °C and roast until the first black “bubbles” appear on the paprika skin. Peel and chop the paprika.

Lightly roll the lamb in a flour, season and fry in a pan until golden brown with garlic. Fry the tomato paste lightly through and pour in the red wine (if necessary, you can also add a little broth).

Put the ragout in the sauce and simmer over low heat until the ragout is soft and the sauce is slightly thickened.

Serve with oven roasted vegetables.





WARM APPLE AND SEA BUCKTHORN COMPOTE WITH THYME-OATMEAL SPRINKLES

Recipe for four by Ants Uustalu

5 apples
200 g sea buckthorn
50 g butter
100 g honey
100 g oatmeal
100 g wheat flour
fresh thyme
raw cane sugar (e.g. demerara)

Peel apples and cut into cubes. Take a piece of butter and simmer the apples with honey until lightly soft. Apples must retain their acidity and texture.

Add sea buckthorn berries. Make sure the taste is balanced.

Roast oatmeal in a pan and refrigerate. Make a sprinkling of wheat flour, roasted oatmeal, sugar and butter, mixed with thyme leaf.

RYE FLOUR FOAM WITH BERRIES

Recipe for four by Angelica Udeküll

5 dl water
3 dl summer berries
2 tablespoons of sugar
1 dl wholemeal rye flour
0,5 dl rye flour
1 tablespoon of vanilla sugar

Boil juice from water, sugar and berries.
Puree the boiled berries and press the resulting mass through a sieve.

Pour the resulting juice back into the pot, bring to a boil and add the flour and vanilla sugar, stirring constantly.

Boil for a few minutes until the mixture is thickened. Allow to cool and then froth into a fluffy foam.

Serve immediately or raise the foam in bowls to a cold harden.

Serve the foam with berries and /or milk.

You can add more sugar, it largely depends on the sweetness of the berries.



REDCURRANT AND BUCKWHEAT FOAM

Recipe for four by Angelica Udeküll

300 g redcurrants

80 g sugar

6 dl water

1 vanilla bean

2 tablespoons (40 g) (raw) buckwheat flour

Place the berries, sugar, water and vanilla beans (cut in half lengthwise) in a pot and cook for about 10 minutes.

Remove the vanilla bean from the pot, crush the berries until evenly puréed, then raise the pot to the heat again. Add the buckwheat flour as a fine stream while stirring constantly and cook over low heat until a porridge-like consistency is obtained.

Allow the mass to cool and then froth like a foam. Serve with whipped cream or milk.





PUMPKIN PIE WITH SPELT

By Angelica Udeküll

200 g pumpkin
2 eggs
170 g spelt flour
2 teaspoons of vanilla sugar
170 g of sugar
2 teaspoons of baking powder
70 g butter, room temperature
100 ml water
2 tablespoons of lime / quince juice

Chop the pumpkin into smaller cubes and mix with lime juice and heat in a pan until semi-soft.

Whisk the eggs and sugar to a fluffy foam, add room warm butter, dry ingredients and water.

Add the pumpkin cubes to the cake batter, put the dough to an 18 cm diameter baking form.

Bake at 185 – 190 °C for 30 – 35 minutes until the cake is cooked through.

RECIPES FROM POLAND

Here we have three recipes for traditional, very popular polish dishes. All of them are well suited to the 2000 m² concept, as they are based on seasonal and local products. If they are not vegetarian, you can easily make them vegetarian, and you can also adapt the recipes and use ingredients typical for your region.

You cannot think of a more traditional polish dish than pierogi (dumplings)! Pierogi adapts very well to the 2000 m² concept, as most stuffings are vegetarian. Actually you can create any stuffing you can dream of that suit your taste and meet your regional production.

Stuffed cabbage is a very popular dish in Poland, with cabbage leaves usually

stuffed with a filling made of rice and meat. Unfortunately both, rice and meat, are not quite compatible with the 2000 m² concept, as the products either travel a long way, since we don't grow rice in most parts of Europe, or use up much of the very limited 2000 m² space for meat production. But there are also very tasty vegetarian variants of stuffed cabbage which are more compatible with the 2000 m² concept than the traditional one.

Botwinka is a soup very popular in Poland in spring and summer. Traditionally it is based on veal or beef bouillon, but of course you can also make a vegetarian option to better meet the idea of the 2000 m² concept.



1 PIEROGI (DUMPLINGS)

Pierogi (dumplings) are widespread in the whole country, and you will find many variants of them wherever you go or whomever you ask. Most stuffings are vegetarian (in case they are not, you can easily adapt them to a vegetarian diet), and you can even keep them vegan. Actually you can create any stuffing you can dream of. You can use flour from your regional grains for the dough, or regional cereals and vegetables for the stuffing.

Below we present a basic recipe for the dough and some of the most known stuffings. But please don't limit yourself to those! Pierogi can be both sweet or spicy.

It is recommended to prepare the stuffings first, as they take much longer than the dough itself.

1.1 Pierogi stuffings

1.1.1 Sauerkraut and mushrooms

500 g Sauerkraut
50 g dried wild mushrooms
1–2 onion(s)
salt and pepper
some oil
(a tablespoon of butter, but
this is not mandatory)

Traditionally we use dried wild mushrooms. Soak the mushrooms the day before cooking in a pot of water and cook them in salted water the next day until they are soft. You can use the bouillon for a soup or as a spice for another dish. If you don't have wild mushrooms, you can also use white mushrooms, but this gives you another (and a less intense) taste.

Cut the mushrooms into little pieces after cooking. Boil the sauerkraut for approx. 1 hour and squeeze out the water after cooking. Cut the onion in little pieces and braise it for some minutes, add the mushrooms and sear both briefly. Finally, add the cooked sauerkraut, mix all and season the stuffing with salt and pepper until you have the feeling that it is really spicy.



You can add some butter or oil to the stuffing, which is recommended as the stuffing may get too dry and hard otherwise. But you can also try how it works without butter or oil.

1.1.2 Russian pierogi

300 g cottage cheese
300 g onions
500 g potatoes
salt and pepper
some oil
(a tablespoon of butter, but
this is not mandatory)

Boil the potatoes and let them cool down. Cut the onions in little pieces and braise them for some minutes. Mash the potatoes and cottage cheese until you get a smooth compound. Add the onions and mix it all, season the stuffing with salt and pepper until you have the feeling that it is really spicy.

You can add some butter or oil to the stuffing, which is recommended as the stuffing may get too dry and hard otherwise. But you can also try how it works without butter or oil.

1.1.3 Pierogi with buckwheat, cottage cheese and onion

150 g buckwheat
250 g cottage cheese
1 big onion (it may be white or red)
1 – 2 garlic cloves
some oil
salt and pepper

Fry the buckwheat in hot oil for two minutes. Please stir the buckwheat all the time so that it doesn't burn.

Add the double amount of water to the buckwheat and let it boil. Add some salt to the water, turn down the heat and let the buckwheat absorb the water until it gets soft.

Cut the onions and garlic into little pieces. Braise the onion at low heat, so that it doesn't burn and get sweet, then add the garlic and braise all for some more minutes.

Mix all ingredients (buckwheat, cottage cheese, onions and garlic) and season it with salt and pepper until you have the feeling that it is really spicy.

1.1.4 Sweet pierogi

500 – 700 g of fruit (strawberries, cherries, sour cherries, plums, blueberries, ...)
sour cream
sugar

Cut the fruit into small to medium pieces if needed. That's all! The sour cream and sugar is for the topping.

1.1.5 Some more ideas for stuffings

You can use any vegetables, spices and herbs for pierogi that are within your reach.

Some popular pierogi variations in Poland are stuffings with: lentils, fava beans, spinach, and meat. You can season all stuffings with onions, garlic, bacon, cotton cheese or goat cheese.

But you can let your imagination run wild when thinking of many other tasty stuffings!

1.2 Pierogi dough (enough for approx. 50 pierogi)

500 g wheat flour
250 ml lukewarm water
pinch of salt
(2 tablespoons of oil or 25 g of butter,
but this is not mandatory)

Mix all ingredients — it works best if you do it by hand and don't add all the water to the flour at one time but slowly by and by. You will have a soft ball of dough in the end. Let the dough rest for 15–30 minutes.

Traditionally we use fine, white wheat flour, but the dough will work with any other flour you like (but please make sure that the sort of flour you use doesn't dissolve in water).

1.3 Completing pierogi

Roll out the dough with a rolling pin until you get a smooth, thin plate. The plate shouldn't be thicker than 2 mm.

Take a round cookie cutter or a glass with a diameter of approx. 8–10 cm. Cut out as many circles of the plate as possible (you can use the sharp edge of a glass for cutting out dough circles if you turn the glass around).

Place 1–2 teaspoons of stuffing in the middle of each dough circle. Fold the dough circle around the stuffing, until you get a semicircle. Press the dough firmly together at the edges.

Take a big pot and fill it with water. Let the water boil and add some salt to it. Put the dumplings into the boiling water and let them boil for some minutes, until they come up to the surface.

1.4 Topping

For any savoury dumplings traditionally we use a topping made of many braised onions. Take 300–500 g onions, cut them in little pieces and braise them in oil, margarine or butter. Garnish the dumplings with braised onions.

For sweet dumplings traditionally we use sour cream and sugar for topping.



2 GOŁĄBKİ (STUFFED CABBAGE ROLLS)

Stuffed cabbage is a very popular dish in Poland. There are very tasty vegetarian variants of stuffed cabbage. Here again you can come back to your regional production and opt for a local cabbage variety, for example, or for local cereals and spices for the stuffing. Here's a vegetarian recipe for stuffed cabbage very popular in Poland.

It is recommended to prepare the stuffing first and then to make the cabbage rolls.

2.1 Ingredients

1 big white cabbage
400 g buckwheat
120 g dried wild mushrooms
300 g onions
some oil or butter
salt, pepper, 1 – 2 laurel leaves,
coriander seed, allspice seeds
(1 egg or 3 tablespoons of chickpea
flour, but this is not mandatory)
(carrots and leek, but this
is not mandatory)

2.2 Stuffing

Put the buckwheat into a pot of cold, salted water. The amount of water should be approx. 1,5 the amount of buckwheat you have. Let the water boil, then turn down

the heat and let the buckwheat absorb the water until it gets soft. It is recommended to start with rather too little water than with too much — if you have the feeling that the water is too little, you can add some water later. In general the buckwheat should stay grainy and not be overcooked.

Boil the mushrooms in some salted water until they are soft. Then pour off the bouillon, but don't put it away, as you will need it later! Cut the mushrooms in small to medium pieces.

Cut the onions in little pieces and braise them for some minutes in oil or butter. Add to it some ground coriander and allspice.

After everything has cooled down, mix all the ingredients for the stuffing (buckwheat, mushrooms and onions) and season the stuffing with salt, pepper or any

other spices you like until you have the feeling that the stuffing is really spicy.

You can also add some chopped and braised carrots and leek to the stuffing if you like the taste and want the stuffing to be more colourful, but these ingredients are not mandatory.

If you want the stuffing to be more solid when the cabbage rolls are served, you can add one egg or 3 tablespoons of chickpea flour to the stuffing. But the stuffing will be fine even without these ingredients.

2.3 Cabbage

Fill a very big pot with water and let the water boil. The pot should be big enough so that the cabbage fits in completely.

Cut out the stem at the bottom side of the cabbage, but please take care that you don't cut out too much of it so that the leaves don't start to fall off.

Put the cabbage into the boiling water and let it boil for 1 – 2 minutes. Take the cabbage out of the water with one or two strong big forks. Caution! The cabbage is very hot and heavy at this stage, please make sure that you don't drop the hot cabbage and burn yourself.

Take the outer leaves off the cabbage, which are now soft. Please take care that

you don't tear the leaves into pieces, as you will need the whole leaves later.

Put the cabbage into the boiling water again and repeat the last steps until you get enough single leaves. You will have a remaining part of the cabbage left after taking off the outer leaves (which are biggest) — you can use this reminder for some other cabbage dish.

2.4 Completing stuffed cabbage rolls

If there are some too hard thickenings in the bottom and middle part of the single leaves, you can cautiously cut them off with a knife, so that the leaves as a whole get thin and soft. But please remember not to cut the leaf into two or more pieces while doing so.

Take some of the filling and place an oblong portion of it in the middle of a leaf. Take the edges of the leaves to the left and to the right and fold them into the middle, then take the edges to the top and to the bottom of the leaf and fold them into the middle, too. Repeat these steps until you have filled all your leaves, or until you run out of the stuffing.

Take an oven dish with a lid and place the cabbage rolls in it with the “open” side

of the cabbage down. You can take some leftover leaves and line the bottom of your dish with them, as well as you can cover the cabbage rolls with leftover leaves before you put them into the oven. This may help to prevent the cabbage rolls from burning, but it is not mandatory.

After placing the rolls in the dish, pour in the bouillon leftover from cooking the mushrooms. You can add some vegetable bouillon to it if you have too little fluid (the fluid should cover approx. $\frac{1}{3}$ to $\frac{1}{2}$ of the cabbage rolls). You can also add 1 – 2 laurel leaves to the bouillon if you like the taste.

Close the dish with a lid and put it into a preheated oven (180 °C) for approx. 1 hour. Please check after $\frac{1}{2}$ hour if everything is fine. Depending on your oven, $\frac{1}{2}$ hour may be perfectly enough for the cabbage rolls, which should be lightly browned from above when they are ready for serving.

2.5 Topping

You can use some leftover fluid from the dish to create a sauce by adding some cream, water, vegetable bouillon and flour to it. If you have some mushroom bouillon left, you can also use it for a sauce.

3 BOTWINKA

Botwinka is a soup very popular in Poland in spring and summer. Traditionally it is based on veal or beef bouillon, but of course you can also take a vegetarian option. The highlight of the soup is botwinka — young red beet with tender leaves — and a huge amount of dill.

3.1 Ingredients

1–2 bunch(es) of botwinka (approx. 500 g each) — the young, tender leaves are most important; it is good if your young red beet already has some (small) bulbs, but in case it doesn't it is enough to use the leaves only
1 bunch of spring onions or chive
1 bunch of dill
3 potatoes
2–3 carrots
1 l vegetable bouillon (you can cook it yourself or take a ready to use option)
3 garlic cloves
some oil or butter
fluid from fermented red beet or lemon juice
(sour cream, but this is not mandatory)
(4 boiled eggs, but this is not mandatory)

3.2 Cooking botwinka

Prepare the vegetable bouillon first (this may be a quick step if you have a ready to use option).

Wash the botwinka leaves thoroughly, as they may contain a lot of sand and soil. Cut the leaves into middle pieces. If your botwinka has some bulbs already, skin the bulbs and cut them into slices. Keep the bulbs separate from the leaves.

Skin the potatoes and carrots and cut them into small pieces (1 × 1 cm to 1,5 × 1,5 cm). Cut the onions or chives and garlic into small pieces.

Take a big pot or a deep pan, heat the oil or butter and fry the potatoes and carrots for some minutes. Add the onions and garlic, roast all gently until the onion and garlic brown. Then add the vegetable bouillon and let the soup boil. After a few minutes of cooking add the sliced red beet and let all boil until the vegetables are soft (this takes only a very few minutes).



Turn off the heat and add the young leaves and dill. Stir everything well.

Add the fermented red beet fluid or lemon juice (this is to give the soup a slightly sour taste). If you use fermented red beet fluid, you shouldn't make the soup boil again. If you use lemon juice it doesn't matter whether you boil up the soup again or not.

Season the soup with salt, pepper and some sugar as you like it.

3.3 Topping

Traditionally the soup is served after adding some sour cream to it. Usually you will also have some boiled eggs with it, with boiled eggs cut into halves or quarters and placed on the plates.

If you want to have a vegan version of botwinka soup, you can leave out these ingredients.

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