

UNIT – 4

Topic : Scandinavian Cuisine

Objective : To be able to plan a Scandinavian Menu

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- Popular Ingredients In Scandinavian Cuisine
- Specialty Cuisine

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Regions

- Norway
- Denmark
- Finland
- Sweden



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Popular Ingredients In Scandinavian Cuisine

Lingonberry

Also known as cowberry
Sour berry eaten as preserves and jams



Bilberry

Resembles blueberry
Eaten fresh or made into jams and preserves



Cloudberry

Amber coloured fruit resembling raspberries
Used for making jams, juices and liquors
Used as topping on ice-creams in Sweden



Also known as sea berry
Very nutritious, contain polyunsaturated fats
Used in cosmetics and medicines



Rose Hip

Also known as rose haw
Fruit of rose plant
Used for making rose hip soup in Sweden



Salmon

Best Salmons comes from Norway
Cured to make gravlax

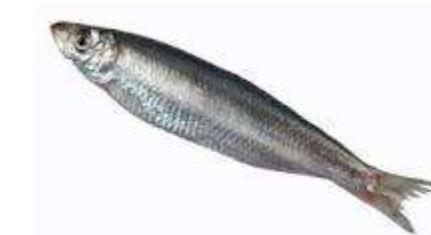


Most popular fish eaten by Nordes
Traditionally preserved by air drying
Salted Cod *bacalao* is also popular among people



Sprat

It is a herring-like fish found in Atlantic ocean
Often pickled and canned
Dried and used as spice in Sweden



Herrings

Oily fish very popular in Scandinavian cuisine
Generally smoked, salted or pickled



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Geitost

Known as Mesost in Sweden and Brunost or
Geitost in Norway
Goat milk cheese
Eaten fresh without ageing



Reindeer meat

Popular meat with nordes
Coked as steaks, roasts or stews.



Ridder Cheese

Popular semi-soft cheese of Norway



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Very soft cow milk cheese
Also known as Cambozola



Danish Blue

Blue cheese from Denmark
Cow milk cheese also known as Danablu
Aged 2-3 months



Esrom

Comes from Esrom town in Denmark
Semi-soft cow cheese milk
Aged 10 – 12 weeks



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Semi-soft creamy cheese from Denmark
Served as dessert with wine



Krievi

Semi-hard cheese from Finland
Paired with dark rye breads
Topping for open faced sandwiches



Kohlrabi

Also known as German turnip
Vegetable from brassica family
Hindi name ganth gobhi or knol khol



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Belongs to cabbage family
Used in salads or braised
Most preferred vegetable in Scandinavian cuisine



Specialty Cuisine

- Smorgasbord
- Koldtbord
- Koldebord
- Julbord
- Charcuterie
- Kottbullar



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Preparation of fermented shark from Norway



Gravlax

Preparation of cured Salmon



Rommegrot

Norwegian porridge
Made of sour cream, flour and milk
Eaten on special occasions with cured meats



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A dish like Irish stew, slow cooked in casserole
Traditional dish served in many festive occasions



Eel roll

One of oldest dish from Denmark
Poached dish of eel



Frikadeller

Danish and Swedish specialty of minced meat
patties
Commonly served with remoulade sauce



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Strained yoghurt dish often eaten salted or sweetened
Commonly known as villi piima in Finland



Stegt flæsk

Most popular homemade Danish dish
Fried pork dish with potatoes



Leverpostej

Liver paste used as spread



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Means black pudding
Finnish sausage
Eaten with sweet lingonberry jam



Kottbullar

Swedish meat preparation
Meat dumplings usually deep fries, braised or even steamed



Smorgastarta

Originated in Sweden
Open faced sandwich decorated like a cake



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Traditional Swedish potato dish
Dumplings made with flour and potatoes and
poached
Served with butter and jam



Pyttipanna

Made from leftover vegetables
Served with fried egg and pickled beets



Rødgrød

Danish dessert with strong German influence



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Fruit soup from Finland
Served hot or cold



Mämmi

Traditional Finnish Easter dessert



Rose hip soup

Fruit soup from Sweden



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Swedish fruit soup
Made from bilberries



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THANK YOU

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References :

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6. Basic Training Kitchen- Chef Vikas Singh

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