

nordic family
kitchen



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SEASONAL HOME COOKING

PRESTEL

MUNICH • LONDON • NEW YORK

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foreword

Food and mealtimes have always been a big part of my life and that of my family. My mother always took the time to cook and made an effort to buy good ingredients to make wonderful meals, so as a child I got to taste a lot of different foods and developed a curiosity for trying new things.

When I was 12 or 13 years old, I was given my own 'dinner day', where I had to figure out what to make for dinner and what to buy, and I would spend most of the afternoon preparing the meal, which my mother, her husband and I would eat together while talking about what I had made and what I could maybe do better for next time.

This interest in food got me into culinary science and now I have been working for 30 years with some of the things I love best – people and food.

In my own family – Camilla and our four children, Oscar, Alma, Konrad and Viggo – food, of course, has a special place through my work, but especially in our home life, where Camilla and I always do what we can to ensure our children see and taste a range of different foods. Our travels have often been planned on the basis that there was a strong and exciting food culture in the country we were to visit, and we often take the children with us to the woods or the beach to collect edible things from nature.

We grow our own vegetables and herbs on our farm in Copenhagen and, for a change, we raised some chickens so we could have fresh eggs every morning. In this way, we have tried to arouse our children's interest in food and make it completely natural for them to try new things, to recognize that you have to make an effort to cook and to know about the ingredients you use.

I know that sometimes they think I can be a little bit demanding when I say, 'Now we are going to the forest again' or 'Just taste this new thing', but I can see that a great love of food has been awakened in all of them and they actually enjoy cooking, especially when we do it together and then afterwards sit down and spend time eating and chatting.

This book is full of recipes that are good for breakfast, lunch and dinner, for busy days and for days when you have time to go out into nature, gather ingredients and cook over an open fire.

The most important thing is that you spend some time every day cooking, making an effort to prepare a nice meal, using good local ingredients and, above all, eating it with your family and the people you care about.

Enjoy!

Mikkel





in the
garden



Growing things yourself and using them in your everyday meals gives you great joy and satisfaction, and it provides an opportunity for children to learn that even if you live in the middle of a big city, you can be self-sufficient in many ways. In our small garden we grow herbs and vegetables, and enjoy spending time in this quiet oasis within a busy city.

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elderflower lemonade

WITH HERBS

MAKES 2–2.5 LITRES
(4–5 PINTS) OF LEMONADE
(diluted)

15 freshly picked elderflower heads
3–4 sprigs mint
3 organic lemons
600 g (21 oz) sugar
2 litres (4 pints) water

Cut the flowers from the elderflower heads, wash them carefully and put them in a bowl with the mint.

Slice the lemons and put in a pan with the sugar and water. Heat the water and sugar mixture just to boiling point, then add the elderflowers and most of the mint. Turn off the heat and let cool, then leave to infuse for 12 hours on the kitchen counter.

Strain the lemonade to remove the large pieces of lemon and mint before serving with a little water, the remaining mint leaves and ice.

The lemonade is also good frozen into moulds as homemade ice lollies for the kids. For the adults, the lemonade can be added to white wine, or served as a mixer with gin or vodka.

Keeps in the fridge for 4–6 weeks.





herb pesto

MAKES 1 LARGE GLASS
(500 ML)

5 large handfuls mixed herbs
2 slices day-old bread
25 g (1 oz) freshly grated parmesan
300 ml (1¼ cups) olive oil
salt and freshly ground pepper

Rinse the herbs in cold water and dry thoroughly. Remove the stalks if necessary and put the herbs in a blender, together with the day-old bread, parmesan, olive oil, salt and freshly ground pepper, and blend into a thick pesto.

Pour into a bowl and serve with grilled garfish (see page 18) and baked potatoes (see page 22).

grilled baked potatoes

WITH HERBS, JUNKET AND PARMESAN

SERVES 4

4 large baking potatoes
salt and freshly ground pepper
200 ml (¾ cup) junket
50 ml (3 tbsp) olive oil
several sprigs and 2 handfuls of
mixed herbs (*rosemary, sage, marjoram*)
40 g (2 oz) freshly grated parmesan

Heat the oven to 180°C (360°F). Wash the potatoes and place in an ovenproof dish, sprinkle with a little salt and bake in the oven for 1 hour or until soft.

While the potatoes are baking, season the junket with 2 tbsp olive oil, salt and freshly ground pepper. Remove the potatoes from the oven and let them cool.

Cut the cooled potatoes roughly into wedges and place in a cooking grate with the sprigs of herbs. Drizzle with a little olive oil and sprinkle with sea salt. Close the grate and grill the potatoes over a hot grill so that they take on a nice colour and are slightly crispy.

Take the potatoes off the grill and place on a platter. Serve with the junket, fresh herbs and freshly grated parmesan. Finally, drizzle with a little olive oil. Serve while the potatoes are still warm so the topping melts.









herb-grilled garfish

SERVES 4

3–4 whole garfish (*depending on size*)

3 handfuls herbs (*sweet cicely, bronze fennel, tarragon*)

50 ml (3 tbsp) olive oil

sea salt

Clean and gut the garfish, rinsing thoroughly in cold water to wash away any blood. Dry with a paper towel and divide into 3–4 long pieces. Put the fish on a plate and sprinkle with rinsed herbs, olive oil and sea salt.

Cook the fish on a hot grill pan for 3–4 minutes on each side, so they are nicely grilled on the surface but still lovely and juicy in the middle.

Transfer from the grill onto a plate, sprinkle with a little extra salt, olive oil and fresh herbs, and serve straight away.

Enjoy with grilled baked potatoes (see page 18), herb pesto (see page 16) and good bread.



