

LIMFJORD OYSTERS NATURAL WITH THREE VINAIGRETTES

About 15 oysters

Apple/horseradish vinaigrette
2 Danish apples
1/4 dl cold-pressed rapeseed oil
1/2 dl cider vinegar
1 tsp honey
2 tbs fresh-grated horseradish
Salt and fresh ground pepper

Peel the apples, core and quarter them. Mix the oil, vinegar, salt, pepper and honey together. Dice the apples finely and toss them into the oil/vinegar mixture. Add the horseradish last of all. Mix the vinaigrette and let it rest for 5 minutes to highlight the taste of horseradish.

Beet/red onion vinaigrette

2 dl beet juice
1 red onion
1 small beet
1 dl apple vinegar
5 cummin seeds
1 tbs cane sugar
Salt and pepper

Peel the onion and the beet, chopping both finely and heat in a pot with the beet juice, vinegar, sugar and crushed cummin seeds. Boil the mixture until half the moisture is gone and then refrigerate. Season the vinaigrette with salt and pepper once it is cold. Drip it on the oysters and eat.

Rutabaga/smoked fat /dill vinaigrette

1 rutabaga
50 g smoked fat
1/4 dl rapeseed oil
1/2 bunch of dill
1 lemon
1 tbs honey
Salt fresh ground pepper

Dice the fat into small cubes and fry it crispy in an ungreased frying pan. Remove from heat and flip the fat cubes into a colander. Save the drippings for later use. Peel the rutabaga, dice it into small cubes (about the same size as the fat) and mix with the fat cubes. Stir the oil, honey, pepper, chopped dill, juice and zest from the lemon together into an even vinaigrette. Add the rutabaga and fat, seasoning the vinaigrette with a little of the fat drippings for extra taste. Pour the vinaigrette on the oysters and eat right away, so the rutabaga retains its crispness and the dill keeps its fresh green color.

STEAMED LIMFJORD MUSSELS WITH LOCAL BEER AND PARSLEY

Serves 6

2 kg Limfjord mussels
3 shallots
2 cloves of garlic
1 leek (just the white part)
1/2 bunch of thyme
1 dl cider
3 dl beer
1dl whipping cream
1/2 bunch parsley
Butter

Clean the mussels and check that they're alive: If they are open, lightly rap them against the tabletop. If they close they are alive, but if they stay open they're dead and should be tossed out. Peel the onion and garlic and clean the leek. Slice the vegetables finely and put them in a pot with a little butter. Sauté them with thyme but not too long or the vegetables lose their colour. Add the mussels and stir well. Add the cider and beer, put a lid on the pot and let the mussels steam for 4-5 minutes, until they open. Those that don't open must also be tossed out. Strain off the mussel broth and boil it with cream (about 5 minutes). Put the mussels aside in the pot with the lid on. Chop the parsley coarsely, add the mussel bouillon and season to taste with salt, pepper and if you like a little fresh beer. Pour the bouillon over the mussels and serve them with fresh whole-grained bread.

OYSTER CHOWDER WITH PARSLEY AND SPINACH

Serves 6

12 Limfjord oysters
1 l chicken broth
1 dl crème fraiche 38% fat
1/2 bunch broadleaf parsley
1 large handful of fresh spinach
Salt and pepper
6 slices of bread
1 shallot
Apple vinegar
Rapeweed oil

Open the oysters and place them in a bowl. Remember to check their smell and freshness and remove any shell pieces before putting them in the bowl. Heat the chicken broth in a pot. Transfer it to a food processor and add 4 oysters with their juice, crème fraiche, parsley and spinach. Mix until you get a nice smooth green soup (save a little of the parsley for the toast). Sift the soup and add a little salt, pepper and vinegar to taste before serving. Toast the bread slices in a warm frying pan. Chop the shallot and parsley finely, fold in a little rapeweed oil, apple vinegar, salt and pepper. Finally cut the 8 remaining oysters into smaller pieces and toss them into the salad. Place this on the warm slices of toast. Heat the soup up without boiling it and eat with the warm slices of oyster toast.

BARLEY SALAD FROM SKJÅK, MUSSELS, OYSTERS, JERUSALEM ARTICHOKEs, CHERVIL, APPLE AND ROWANBERRY

Serves 6

300 g barley
300 g Jerusalem artichokes
200 g steamed and shelled Limfjord mussels
4 Limfjord oysters
1-2 carrots
1 bunch of chervil
1 crabapple
40 g fresh rowanberry
2-3 tbs cane sugar
1 dl rapeseed oil
1/2 dl apple vinegar
Salt and pepper
A little honey if you like

Rinse the barley and soak it for 12 hours in cold water. Boil the barley in lightly salted water for 30-35 minutes, until tender. For taste add the rapeseed oil, apple vinegar, salt and pepper while it is still warm. Pick the rowanberries off the stem and chop them up. Mix with sugar and a little salt and let them soak for 10 minutes until they make a red, course puré. Peel the Jerusalem artichokes, apples and carrots and dice finely before folding them in with the barley. Open and check the oysters, chop coarsely and add the oysters and their juice to the barley. Add the whole mussels. Gently stir in chopped chervil and rowanberries in the barley salad and mix well. If you like, season with a little honey and some extra apple vinegar.