

GRILLED HERRING WITH MUSTARD SEED VINAIGRETTE, GREEN STRAWBERRIES AND RAPEWEED

Serves 6

6 whole herrings
Zest of 1 lemon
Salt and pepper
1/2 bunch of dill
2 tbs mustard from Bornholm
Rapeseed oil

10 green strawberries
1 shallot
1 tbs mustard seeds
1/2 bunch of dill
2 tbs rapeseed oil
1 tbs elderberry flower vinegar
Salt and pepper

Clean the herrings and scrape the scales off the skin. Cut into fillets and lay the fish on a platter. Spread the mustard on them and sprinkle them with the zest, salt, pepper and chopped dill. Allow the herring fillets to soak up the spices for 20-25 minutes. Grill the fish on a very hot grill, first on the skin side for 1 minute, turn and grill on the other side for 1 minute. Toast the mustard seeds in a dry frying pan. Peel the shallot and chop it finely. Cut the strawberries into thin slices. Sprinkle the seeds, onion and berries onto the warm herring fillets. Finally, drip on the vinegar, oil and chopped dill.

PANCAKES - APPROXIMATELY 15

4 eggs
100 g sugar
1/2 dl rapeseed oil
300 g flour
2 dl milk
1 dl beer
1/2 stick of vanilla

Whip the eggs, flour, rapeseed oil, vanilla grains, beer and sugar into a smooth dough. Stir in the milk a little at a time. Let the batter rest for 30 minutes in the refrigerator. Fry the pancakes thin like crepes, greasing the pan a little if necessary between each one.

STRAWBERRIES IN STRAWBERRY WINE

Serves 8

500 g strawberries
3 dl strawberry wine
1 stem of mint
2 tbs honey

Rinse the strawberries and remove the stems, let the water drip free. Cut the berries in quarters and marinate them in wine, honey and chopped mint. Let them soak the solution 20-30 minutes. Pour off the marinade into a pot. Boil and reduce it until it becomes a thick syrup. Cool it a bit before pouring onto the pancakes, strawberries and parfait.

VANILLA PARFAIT

Serves 8

This parfait is real easy and no ice cream machine is needed, just a bowl and an electric mixer. Normally, parfait is made by whipping eggs and sugar and adding lightly whipped cream, but there's a risk that it will separate and ice crystals will form. This recipe is fool-proof and simple to make. The salt keeps it from growing in your mouth. It intensifies the sweetness and stifles the taste of cream, eggs and vanilla.

1/2 l whipping cream
5 egg yolks
Grains from 1/2 vanilla pod
75 g sugar
3-5 pieces of course salt

All the ingredients should be cold, the bowl too. Whip them together into a not-too-stiff whipped cream consistence with an electric mixer. Spoon the mixture into cookie forms or other small forms and place them in the freezer. Remember to remove them about 1/2 hour before serving.

A pointer

Flavour enhancers, such as liquors and other spirits can be used in the parfait. This should be done from the start, as the sugar can bind about 1/2 dl of fluid. Berries, heavier purés and chocolate can also be added, but must be folded in after the whipping process.