

CARROT DRINK WITH ROWANBERRIES AND APPLE

This drink makes a great start on the day. It will cheer you up if the weather's bad.

6-8 glasses

10 large carrots

2 Danish apples

100 g rowanberries

1 tbs acacia honey

1/2 dl apple vinegar

Prepare the carrots, apples and berries and run them through an electric juicer. Flavor the carrot drink with some honey and vinegar. Add more apple or berries to the recipe according to taste.

Chill the drink 1/2 hour before drinking to enhance the taste of the different ingredients.

CARROTS IN CARROT JUICE (TO BE SERVED WITH A PORKCHOP)

These carrots are also good as a breakfast dish or as a garnish with fish or poultry.

Serves 6

10 carrots

1 dl carrot juice

2 tbs apple vinegar

30 g butter

1 shallot

1/2 bunch of tarragon

Salt and pepper

1/4 stale bread

Oil or bacon grease

Peel the carrots and cut them in large pieces. Put 15 g butter in a sauté pan together with the carrots. Fry these lightly until they begin to caramelize. Add the carrot juice and apple vinegar and boil them until the juice begins to glaze around the carrots. Add cold butter, salt and pepper. Take the carrots off the heat. Finally, add the finely chopped shallot and tarragon and give it a toss. Grate the bread with a coarse grater and place it on baking paper. Drip on the oil or bacon grease and sprinkle on some coarse sea salt. Bake the bread golden and crisp in the oven at 170-180°C for 4-5 minutes. Remove and sprinkle onto the carrots just before serving so they stay crunchy. Serve the carrots warm.

GRILLED PORK CHOPS

Serves 6

6 pork chops, 200g each, with rands of fat

Salt and pepper

Rub the pork chops with a little coarse sea salt and let them absorb it for 5 minutes. Grill on high heat for 3-4 minutes on each side, keeping them a pale pink in the middle so they stay nice and juicy. Season with fresh ground pepper.

CELERY ROOT BAKED IN STRAW AND CLAY ON A CAMPFIRE, SERVED WITH BUTTER Á LA FLAMING LOVE.

Serves 6

1 celery root
Hay or straw
red clay
Sea salt

Wash the celery root well with a sponge. If there is lots of dirt on it you can peel it with a potato peeler. Dry off any moisture on the celery and rub it with sea salt. Wrap straw around the celery and then the clay so it is completely packed in. Place the celery directly on the coals of a campfire and bake for 2-2½ hours. For an even result, turn it around a couple of times as it bakes. Rake it from the coals, knock off the clay with the dull edge a large kitchen knife. Remove the hay from the celery and cut it in large pieces, to be served with butter.

BUTTER Á LA FLAMING LOVE.

Serves 6

1 onion
50 g bacon
2 sprigs of thyme
Salt and pepper
2 tbs balsamic apple vinegar
200 g butter

Dice the onion and the bacon into very small cubes and put them in a cold pot. Sauté them lightly for 6-7 minutes until they start to caramelize. Add the thyme, apple vinegar, salt and pepper. Sauté some more until the vinegar cooks completely into the onion and bacon. Remove from heat. Dice the butter into cubes, add the onions and bacon and mix well and evenly. Season with a little extra salt, pepper and vinegar. Place the butter in a dish and set it aside to cool. Serve cold with hot baked celery.