

DANISH BREW

VEGETARIAN SOUP WITH BEER AND POACHED EGGS

Serves 8

2 onions
2 carrots
2 leeks
3 tomatoes
1/2 celery
1/2 kg cabbage
3 leeks
1 celery
2 cloves of garlic
Thyme, rosemary
4-5 potatoes
Parsley, oregano, basil
1/2 dl rapeseed oil
2 l vegetable broth/water
2 dl beer
8 eggs

Clean and peel all the vegetables and cut them in small pieces. Heat the rapeseed oil in a pot. Sauté the garlic, thyme and rosemary a little, but not enough to discolour it. Then add all the vegetables and sauté. When the vegetables have softened up a little, add the beer and broth or water to cover. Let the soup simmer 20-25 minutes, season it with salt and pepper. Poach the eggs in water 2-3 minutes. Add parsley or another herb at the last minute. Serve the soup with poached eggs and dark bread or a little stale bread gratinated with cheese.

WHEAT BREAD

The coating of flour on these loaves reflects some of the oven heat, facilitating the baking of them through and through without scorching the crust. Delicious baguettes can also be made with this recipe.

Makes 3-4 loaves

Preliminary dough:

400 g wheat flour from a stone mill (Aurion Mill or Skærtøfte Mill)
5 g yeast
3 dl water

Knead the ingredients into a smooth dough. Cover the bowl with plastic wrap and let it stand at room temperature until the next day. To be potent enough for the next step, the dough should have risen, attained a sour smell and sunk down again.

Bread dough:

Preliminary dough

6 dl tepid water
15 g yeast
4 tbs salt.
4 tbs olive oil
500 g Italian flour tipo 00 (Type 00)
500 g fresh ground flour from a stone mill (Aurion or Skærtøfte)

Mix the preliminary dough with yeast, water and salt. Knead in the two types of flour and knead in the oil last. Knead this with your hands until it clings together and doesn't stick to your hands. Work the dough on and off the table until it is totally pliable. Allow the dough to rise to three times its unleavened size on a large platter. Pour the dough onto the table and form into bread without deflating it. You want it to retain as much of its volume as possible. Let the loaves rise again in a leavening basket or directly on the baking sheets. You want them to double in size. If a leavening basket or container is used, slide them carefully onto greased baking sheets that have been pre-heated in the oven or on a baking stone. Sprinkle the loaves with a thick layer of flour and place them in a 250°C oven. Toss a cup of water into the bottom of the oven and close the door quickly so the steam is retained. Bake for 20 minutes, turn down to 190°C and bake until done. The time depends on the size of the loaves.

SLOW-BAKED RYE BREAD

Rye bread sourdough:

100 g wheat flour

100 g rye flour

1 tsp honey

1 piece of fresh yeast the size of a pea

1 tp Molkosan

A little salt

Cold water to bind the dry ingredients together into a thick porridge. Start a sour rye dough by mixing all the ingredients. Leave the dough at rest on the kitchen table for 24 hours. The first time you use it for baking it will be good enough. But if handled right the sourdough will get better and better with age. For best results use it at least every 14 days or revive it with about a handful of more water and a handful of more rye flour once a week. This gives the yeast something to live on and keeps it from getting too sour. Preserve a rye dough in a jar in the refrigerator and sprinkle a little salt on top. Some times the colour changes but that doesn't matter. If it grows a little slow and weak, stir in a clump of the dough with a new portion of sour dough starter and give it another workout on the kitchen table.

RYE BREAD

Makes 6-8 loaves

1.2 l tepid water

3 dl malt beer

5 dl rye sourdough

2 tbs honey

5 tbs salt

1-2 dl hørfrø (an edible seed, makes a good oil)

1-2 dl sesame seeds

1 dl black poppy seeds

Ca. 2.5 kg flour

(of which 2/3 cracked rye/wheat grains and 1/3 rye flour or whole-wheat flour together with a little sifted spelt (*Triticum spelta*) flour, durum - a Danish variety, *kæmpedurum* is preferable - to get the dough to stick together)

2 tsp cumin

1 tsp fennel seeds

1 tsp anise

2 tsp crushed licorice root

2 tsp crush dried orange peel

2 tp toasted whole coriander

Mix the sourdough with water and honey and stir in the spices, salt and seeds. Mix together the different kinds of flour. Stir a little of the flour in at a time so the dough gets a suitable soggy consistence. It should be like oatmeal, although the comparison is a little off because this dough is clumpier. If the dough requires more than 2.5 kg of flour, add another tbs of salt for every 500 g of flour. Remove a little sourdough as a starter for the future and put the rest into a rye bread mold. Fill the molds three-quarters high, place a piece of baking paper over and pack aluminium foil around the mold. Bake the first bread loaves for 12 hours at 40°C and then for 12 hours at 80-90°C. This is moist, juicy bread but it shouldn't be sticky. Pack the loaves into dry cloths once they have cooled completely. Place them in plastic bags in the refrigerator. The loaves keep for several weeks but cannot be frozen.

VEAL LIVER PATÉ WITH PICKLED BEETS

Serves 10-12

700 g chopped calve's liver
300 g chopped fat
1 onion
1 garlic
200 g parsley root
150 g apples
5 anchovies
5 sprigs of thyme, rosemary
A nutmeg nut, allspice, fennel seeds
Salt and pepper
50 g butter
50 g flour
4 dl milk
2 eggs

Place the onion, anchovies, garlic, thyme, rosemary, eggs and spices in a food processor and mix. Mix in the liver and fat spices. Melt the butter in a pot, stir in the flour and heat until it begins to loosen from the sides of the pot. Stirring constantly so it doesn't scald, add the milk a little at a time on low heat. Cool this off slightly and fold it into the liver. Peel the parsley roots and apples and cut in large pieces. Place them in a pot with some lightly salted water and boil for about 15 minutes until tender. Pour off the water and mix the parsley root and apples until they form a smooth puré. Cool a little and add to the liver. Season to taste with salt and pepper. You may not like the idea of tasting the raw liver paté, but you can bake a spoonful in the oven and taste it so see if you have the seasoning balance you want. Pour the mixture in a mold and bake in a water bath in the oven at 170°C for 40-45 minutes. You can cut the time in half if smaller portions in smaller molds are used. If you make a large amount, the raw liver paté can be frozen in a mold and taken out when you want to bake it. You can have nice fresh-baked liver paté whenever you want it.

HOME-MADE PICKLED BEETS

Serves 18-20

2 kg beets
Salt

Clean the beets and place them in a pot of salted water. Bring to a boil and skim off any impurities. Boil the beets for 20-30 minutes until tender. Test their readiness by pricking them with a little knife. It's important that they are all about the same size. If not, remove them at different times as they get done. Even the smallest should have a little consistency. Beets should be tender but not mushy, al dente but not raw. Run cold water over the beets when they are done and peel them. Cut into slices and place in a boiled jam or pickles jar.

Beet brine:

9 dl apple vinegar
5 dl water
16 g salt
400 g sugar
4 star anises
4 cl black currant juice
6 cm fresh horseradish in slices
6 black, crushed peppercorns

Boil all the ingredients (except the horseradish – it gives a bitter aftertaste if boiled) in a pot. Remove the brine from the heat and add the horseradish slices. Pour the warm brine over the cooked beets. Let the beets soak for a couple of days before eating.

ROULADE SAUSAGE

Serves 15

1.5 kg pork (chump/brisket)
1 onion
2 garlic
1 bunch of flatleaf parsley (save the stems for cooking)
1 tbs seasoning salt
1 tsp fresh ground pepper
String for trussing
1 Carlsberg beer (pilsner or Bramley Witt)

Brine:

2 l water
300 g salt
50 g sugar
Bayleaf
Whole black peppercorns
1 beer

Peel and chop the onion and garlic finely. Rinse the parsley in cold water and let it drip dry. Cut it coarsely and mix with the onion and garlic. Pound the pork with a tenderizer. Distribute the onion-garlic mixture evenly onto the meat. Season with salt and pepper. Then roll the meat up into a "sausage" and truss it tightly with the string. Boil water, salt and sugar in a pot and cool it off. Place the roulade sausage in the brine and let it soak for 24 hours. Place the sausage in a pot of fresh water, beer, bay leaf, black peppercorns and the parsley stem. Bring to boil and skim off impurities. Boil the sausage for 1 1/2 hours at low heat. Turn off the heat and let the meat soak in the brine until cool. Now place the sausage in a press, either a roulade press or two steel plates with something quite heavy on top to squeeze the meat together.