



# Climate & Food

The Northern Network for Climate & Food:  
Strategies, tips and recipes for more sustainable food.

UMEÅ  
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*Climate  
&  
Food*



# Recipes for sustainable living

**F**ood plays a fundamental role in all of our lives – as a basic requirement for survival, but also as a source of interest and pleasure. Today, we live in a time of global warming, and the over-exploitation of natural resources is threatening the ecosystems that provide us with the food that is crucial to our very existence. It should go without saying that everybody on the planet should have access to food, but for this to happen, we must re-evaluate how food is produced and the implications this has for our ecosystems and our climate.

In this book, you will meet a group of restaurants who have already realised this. Day by day, year in and year out, they are taking both small steps and major leaps in order to secure our future food supply.

All these restaurants form part of a network that is run by Umeå Municipality, and Climate & Food is one way of illustrating the constructive sustainability work that is taking place in and around Umeå.

Our climate pioneers are reducing food waste, collaborating with local farmers, and ensuring greater energy-efficiency in their use of kitchen equipment. We don't yet know what the next stage will bring, but, in this publication, the innovative restaurants share some of their recipes and their visions for how – together – we can contribute to making food sustainable again.



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# Restaurant network for sustainability!

*How can a municipality help its residents to eat more sustainably? This is a complex question to which there are many answers. By supporting Umeå's restaurants in their sustainability work, we can make it easier for residents to choose food that is climate friendly, environmentally friendly and fairly produced. This is the basic principle that was the inspiration for Umeå's restaurant network, where the focus is on sustainability.*

A couple of years ago a number of restaurants and school kitchens were invited to become members, and by 2021 a dozen pioneers had joined the network. The inclusion of both school restaurants and private restaurants has contributed to a rewarding exchange that has helped to expand the perspectives, where all parties have learned a great deal about each other's businesses.

Through invitations to presentations, workshops and networking meetings, the restaurants have had the opportunity to increase their knowledge of several aspects of sustainability. Subjects such as climate change, energy, the

environmental impact of food, biodiversity and financial aspects have been discussed within the network. The restaurants have also benefited from the work of a personal coach, who has visited the various establishments and helped them to perform status assessments and create action plans in order to support them on their sustainability journeys.

Climate & Food is more than just a cookbook. We want to share the knowledge and awareness that has been created by the restaurants in the network, while also shining a light on their good work and presenting some of their dishes.

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## **ALL THE RECIPES IN THIS COOKBOOK ARE VEGETARIAN**

Meat is not prohibited in a climate-friendly diet, but we do need to considerably reduce our meat consumption if we are to meet the climate objectives that have been set. It is our aim that Climate & Food will inspire more people to switch to a more plant-based diet.

# The connection between food and the climate change

*Did you know that the food we eat represents around one quarter of our impact on the planet's climate? In addition, as much as one third of all the food that is produced is thrown away. Such waste is completely unacceptable – although it does present us with great opportunities to make a difference.*

## More vegetables!

The easiest way to reduce our environmental impact is to change to a more plant-based diet. A plant-based diet consists of a range of colourful foodstuffs that are of benefit to both our bodies and to the planet.

Poetically named vegetables such as sugar-snap peas, kohlrabi and wild garlic not only trip off the tongue but are also good for our stomachs.

Beef and dairy products account for a large proportion of the emissions caused by food production. There are many reasons for their major impact on the environment, some of which are the subject of debate, but one thing is certain: we must drastically reduce our meat consumption if we are to even have a chance of achieving our climate objectives.

Does this mean that all meat is bad for the planet? While beef contributes to major emissions of climate gases, it also has a certain positive impact on our environment. Pasture-grazing cattle and sheep are important for biodiversity and contribute to keeping the landscape open. Wild game, Swedish meat and

Swedish dairy products is always a good option. In Sweden, we rely less on the use of antibiotics, and our animal protection legislation places greater demands on animal welfare than many of other countries from which meat and dairy products are imported.

What we eat has an impact on both the climate and the conditions that will enable us to lead healthy lives in both the near and distant future. As part of a lifestyle that is consistent with living within the means of the planet's resources, the food on our plates will mainly come from the plant kingdom. This does not preclude meat, but meat can be regarded as a bonus – something that is more of a complement to the meal rather than its main ingredient.

Eating more plant-based food and less (but carefully chosen) meat is not only good for our climate but also for our health.

## Palm oil and soya beans

Why is there so much talk about palm oil and soya beans? Palm oil is a product that is found in many ready-made foodstuffs, as well as in

other products, such as soap and biofuel. A large proportion of palm oil is produced on an industrial scale in areas where tropical forests have been cleared or where peatland has been drained. The deforestation, drainage and soil preparation that is necessary for the plantations releases enormous amounts of soil-bound carbon, which contributes to global warming. Forest clearance reduces the ability of tropical forests to absorb carbon dioxide, while also destroying important ecosystems and habitats. Because palm oil is produced in such huge quantities, this amounts to a significant impact on the climate.

The majority of soya beans produced are used as animal feed, and a drastic increase in the use of soya beans has resulted in production on an extremely large scale – sometimes involving unacceptable social conditions. Soya plantations use large amounts of chemicals, which has a negative impact primarily on biodiversity. It is also common for artificial fertilisers to be used, which contribute to increased emissions of greenhouse gases.

#### What about the fish in the oceans?

Fishing is conducted intensively in all the world's oceans, seas, lakes and waterways, and in many places overfishing has led to the depletion of fish stocks. Changes to our climate are also having an effect on marine habitats, as does acidification. The methods of fishing and fish-farming differ and are sustainable to varying degrees, but if you choose products that are certified with the MSC, ASC or KRAV ecolabels, you can be sure that you have made a sustainable choice.

#### Eat food that is seasonal and locally produced

The food we eat is currently produced all around the world. Eating food that has been produced locally reduces the need for transportation, although certain locally produced vegetables need to be grown in greenhouses, which consume large amounts of energy. This means that it can sometimes be difficult to know whether it is best to choose conventionally grown Swedish vegetables or imported organic ones. Whichever you choose, however, the climate-smart choice is to buy vegetables that are in season: early vegetables and new potatoes in the early summer, fruits and vegetables as summer turns to autumn, and root vegetables and cabbage varieties as the winter approaches.

#### Diversity is important

Along with the climatic impact of food production, it is also important to consider its effect on biodiversity. Our production of crops and vegetables is dependent on certain things, such as animals that counteract pests, and bees and other insects that pollinate many of our fruits and vegetables. Insects that live underground, worms, fungi and bacteria that break down organic material to produce nutrients are of vital importance to sustainable food production. The greater the diversity of our natural environment, the more resistant it will be against future challenges, such as climate change. We humans are completely dependent upon functioning interactions in the natural world.

The number of different species is currently decreasing at an alarming rate, which has an impact on the natural relationships between species. To a very large extent, this is due to the human exploitation of nature – above all, to the industrial scale of our agriculture and forestry activities. We affect the living conditions of plants and animals by exclusively growing single crops across large areas, and by the use of chemicals and fertilisers.

In itself, organically produced food is not something that reduces our environmental impact. Organic farming does, however, involve less use of chemicals, artificial fertilisers and antibiotics. Among other advantages, this is beneficial to our pollinators and ground-dwelling organisms. Organic food also tends to involve better standards of animal welfare and greater variation of arable land use. The net effect of all this is that we reduce our impact on natural cycles and improve the conditions for biodiversity.

#### Ecolabels and guides

As consumers, it is not always easy to make the sustainable choices that we would like to. There are so many different ecolabels, for example, which are sometimes confusingly similar to each other. A continual stream of new studies and new warnings tell us which choices are better or worse with regard to sustainability and health. The Swedish Consumer Agency's guide to ecolabels presents a break-down of the guarantees that are provided by the various Swedish and international certifications. The World Wide Fund for Nature (WWF) has guides (available

both online and as apps) that list which kinds of meat and fish are better or worse from the perspective of sustainability. The WWF has also developed the One Planet Plate concept, which aims to provide inspiration for households and restaurants for the composition of meals that do not exceed the planet's limitations.

Search online to find out more.


#### Never hesitate to ask!

It can sometimes be easier to make sustainable choices when buying food in a shop than in a restaurant. Where does the chicken served in your restaurant come from? Has the cow had good living conditions and been allowed to eat grass outdoors? How is the restaurant at serving a well-composed vegetarian dish?

As a collective, we consumers can make a real difference – both in stores and at restaurants. By asking more questions, we are conveying the message that we want food that is more sustainable, whether we are eating out or at home.

#### The simplest measure – eat up!

One third of all the food that is produced is thrown away. This unnecessary waste occurs at all stages of the production chain – from the farm and during processing and sale, and when cooking with ingredients or pre-prepared meals. The simplest way to reduce the impact of food on the climate is to eat up the food we produce. We all have a role to play, and can do this in various ways – for example, by buying a misshapen cucumber or speckled apples so that



the retailer's purchasers realise that produce does not need to be sorted at farms in some kind of beauty contest.

Another measure is to only buy as much food as will be eaten, and by freezing leftovers or using them for tomorrow's lunch. Every country and every culture has their own variant of Sweden's 'pyttipanna', where leftover food can be used to form a completely new dish. What would you need to have in your fridge in order to make a tasty pie, an omelette, a pasta sauce or a hash from your leftover food?

In this book, the restaurants in the network share their best tips to help you reduce food waste at home.

In summary:

- Increase the proportion of plant-based food on your plate
- Eat less (but carefully chosen) meat
- Avoid palm oil
- Choose foodstuffs that are local, certified or ecolabelled
- Dare to ask
- Sniff and taste food before deciding to throw it away

We need to be better at choosing sustainable products – not only to reduce our impact on the climate but also to improve conditions for the existence of insects, fish, land-based animals and people. Together, we can make a real difference by the decisions we make.

*Climate & Food*



Rex Brasserie





# Collaboration between restaurants – the next important step

HEAD CHEF NILS ALBERTSSON

**R**ex is a versatile venue where customers can enjoy a breakfast before the day's conference, have a cocktail in the 1920s-inspired Juliette bar, eat lunch or dinner in Rex Brasserie, enjoy a craft beer in the Rådhuskällaren pub, or dance the night away on the restaurant's dance floor. The Brasserie is the heart of the restaurant and serves modern food with influences from French cuisine, where vegetables are given a lot of room on the plate. For Nils Albertsson, the ambition of achieving sustainability is not a subject that is open to debate.

"We work in an industry that has a major environmental and climatic impact, which means that we have a responsibility to do whatever we can in order to reduce it."

Rex has been a member of the restaurant network since it first began in Umeå in 2017, and Nils feels that the network not only provides plenty of revelatory a-ha! moments, but also provides Rex with confirmation that they are continuing to make strides in their sustainability work.

At Rex, the focus is on using ingredients that are both organically and locally produced; they

also only use Swedish meat and dairy products, and all their fish is environmentally certified. Rex collaborates with a local vegetable producer in Tavelsjö, buying all their vegetables as soon as they are ready for harvest.

Nils believes that, in the future, the industry must begin to work with meat and dairy products in an even more respectful manner, and really make use of the entire animal.

"One condition for this is that we restaurants must begin to cooperate with each other. One restaurant may have a use for a certain cut of meat, while another may be able to use another part of the animal."

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## *Tip!*

### **SMIFF AND TASTE THE FOOD**

Accept the Best Before date for what it actually is – a recommendation. If the food product smells and tastes fine, there is no reason to throw it away. This applies with the exception of foodstuffs that are labelled with a Use By date.





# Pommes de terre nouvelle

Early potatoes with poached egg, early vegetables, lovage, smoked sour cream and browned butter.

Serves 4

## Boiled early potatoes

1 kg early potatoes

Boil the potatoes in a saucepan with water and salt.

## Poached egg

4 eggs

1 teaspoon acetic vinegar

Poach the eggs in a saucepan with water, acetic vinegar and a little salt. The water should simmer – do not allow it to boil.

## Early vegetables

1 kg mixed tender vegetables. Choose vegetables that are in season and according to taste; I like to use asparagus, carrots, radishes and the first cabbage varieties of the season.

Peel and trim the vegetables, and boil in salted water. The choice of vegetables used will determine how much peeling/trimming will be necessary, and how long they will take to boil.

## Browned butter

100 g butter

Brown the butter in a saucepan at a medium-high temperature. It should produce a nutty smell and become golden brown, without burning.

## Smoked sour cream

(Ideally prepared in an outdoor kettle grill)

2 dl sour cream

Smoking chips

Ignite the smoking chips. Pour the sour cream into a fireproof dish. Place it onto the grill and close the lid. Smoke for around 1 hour with the lid closed.

## Pistou

1 bunch lovage

1 bunch wild garlic

1 dl rapeseed oil, chilled

1 tomato, peeled and deseeded

1 clove of garlic

Salt and pepper

Use a hand blender and a high-sided container. Mix the herbs, tomato and the garlic. Then slowly add the oil in a thin and even stream until you achieve a consistency resembling that of mayonnaise. Season with salt and pepper.

## Pickled red onion

1 red onion

½ dl acetic vinegar

1 dl sugar

1 ½ dl water

Chop the red onion into thin 'boats'. Boil the acetic vinegar, sugar and water together. Add the red onion and cover the pot with cling film. Allow the onion to cool in the solution. Drain the onion with a sieve – be sure to save the liquid. Bring the same liquid to the boil again and then pour it over the red onion, cover the pot with cling film and allow the onion to cool. After the second time, the onion will be ready.

## Deep-fried onion

1 banana shallot

1 tablespoon corn starch

5 dl rapeseed oil

Thinly slice the onion using a mandoline. Coat the onion with corn starch, shake off the excess flour, and deep-fry at 140 °C until golden. Spread out on paper and salt lightly.

## Presentation

Take a medium-depth plate and place the egg in the centre. Break up the potatoes and coat with the browned butter. Place on the plate around the egg. Gently warm the vegetables in a little water and butter. Place on the plate around the egg, on top of the potatoes. Add a knob of the pistou and the sour cream. Add some of the red onion 'boats' and a sprinkling of the deep-fried onion. Add some more browned butter if desired. Done!











Bastard Burgers

# BAS

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BB





# 110 per cent carbon offsetting

OPERATIONS MANAGER WILLIAM ENGMAN & KITCHEN MANAGER JONAS YLINENJÄRVI (PICTURED)

**B**astard Burgers started in Luleå in 2016, with a small hole-in-the-wall location with seating for 17 diners.

Today, it is a chain with 20 full-sized restaurants in several locations in Sweden, one of which is in Umeå. As the name suggests, this is a chain that serves hamburgers – however, they not only sell traditional meat-based burgers, but also offer a wide range of vegan burgers. What they all have in common is that they are created from scratch using as much organic produce and ingredients from Norrland as is possible.

Bastard Burgers has been a member since 2019, and, for William Engman, the restaurant network has contributed to a valuable exchange of experiences.

“It is very rewarding to sit down with other restaurants and discuss sustainability issues. We get the opportunity to share our experiences, and we gain inspiration from what the other restaurants have been doing.”

Since the beginning of 2019, the restaurant climate-compensates at 110 % of carbon for everything it sells. In order to calculate the amount of compensation, they go through the entire menu and work out the emissions generated by each hamburger. The restaurant then compensates for the climatic impact of each hamburger that is sold by supporting a

biomass power station in eastern India that generates green electricity. In addition to the carbon offsetting, they also work on developing the menu, which involves a major effort to provide plant-based alternatives. It is already possible to order a vegan alternative for everything on the menu.

Thinking ahead to the future, William hopes that the chain will be able to make even greater use of locally produced ingredients, and because many of Bastard Burgers’ customers order food to take away, the company will always choose the most environmentally friendly option available for take-away packaging.

“It is all about developing a long-term and sustainable approach to the future, and playing our part in this”, says William.

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## *Tip!*

### **USE LEFTOVERS IN BREAD OR PICKLES**

Don’t throw away leftover vegetables that you find in the fridge. Use them to make green burgers, or pickle them to make a tasty condiment for your burgers. This helps you to reduce food waste and to get the most out of your food – great both for your wallet and for the environment!



# Climate friendly Bastard

Serves 4

Potato bun (vegan)  
Chipotle dressing  
Crispy lettuce  
Red onion, sliced  
Pickled red chili  
Vegan Cheddar cheese  
Deep-fried root vegetables

## **Burger mix**

300 g vegetarian mince  
100 g chickpeas  
1 ½–2 dl corn flour  
2–3 tablespoons potato flour  
1 beetroot, finely grated  
1 onion, finely chopped  
2 cloves of garlic, finely chopped  
2 tablespoons rapeseed oil  
2 tablespoons BBQ-sauce  
2 tablespoons onion stock or vegetable stock  
1 tablespoon smoked paprika powder  
½ tablespoon cayenne pepper  
Salt and pepper

## **Instructions**

Chop the chickpeas in a blender. Add the paprika powder, cayenne pepper, onion, garlic, BBQ sauce, stock and rapeseed oil to form a fine and even mix. Combine the chickpea mix with the mince, and add the grated beetroot. Add the corn flour and potato flour, and combine to produce a fine, even and shapeable mix. Shape into patties approx. 1 ½ cm-thick. Fry in oil – first at a high temperature for 1–2 minutes on each side to produce the right surface. Then lower the temperature for another 3–4 minutes until cooked through. Season according to taste while still in the frying pan.

## **Dressing**

3 dl vegan mayonnaise  
½ dl chipotle glaze  
1 teaspoon smoked paprika powder  
1 teaspoon cayenne pepper  
1 teaspoon garlic powder

## **Root vegetables**

E.g. parsnip, carrot, beetroot.  
Slice thinly using a mandoline.

Deep-fry the vegetables in a high-sided saucepan using (e.g. rapeseed) oil. Remove when golden brown (do not use plastic utensils as the oil can reach temperatures of up to 160 °C). Lay on paper and leave to cool. Season with salt.

## **Pickled red chili**

Pickle the chili peppers (sliced or whole) in a glass jar with a lid.

1-2-3 solution:  
1 part acetic vinegar  
2 parts sugar  
3 parts water

Bring the solution to the boil and pour it over the chili peppers in the glass jar. Allow to cool and leave in the fridge overnight.



Gotthards Krog





# Let's take inspiration from our limitations

HEAD CHEF ANDERS SAMUELSSON (PICTURED) AND CHEF JOEL STAAF

**S**tadshotellet and Sjömanshuset provided, in the early 1800s, a source of contact between visitors to the port town of Umeå and the local residents.

At Gotthards Krog, the heritage of these bygone days is not neglected. The place has a distinct feel – both for the history of the site and for the ambition to steer a course towards a brighter, more sustainable future. There is a focus on locally produced, organic foodstuffs, and the lunch menu includes a dish comprised of reclaimed food – Svinngott. Gotthards Krog has been a member of the restaurant network since it was first launched in 2017.

“The exchange of knowledge that takes place in the network is really important. It shows that we are not the only ones in the restaurant world who have a commitment to the issue of sustainability. The force generated by being among so many who have a clear sense of engagement is just one of the positive effects of the network”, explains Anders Samuelsson.

For Gotthards Krog, it is important to make use of surplus food, while they are also reducing the amount of meat and dairy products used in order to minimise their climate footprint. One example is the restaurant's unique lunch concept, which goes under the name Svinngott. One of those who worked to develop the concept is Joel Staaf, who is also the man behind the

recipe on the next page. The concept means that the restaurant takes raw ingredients that the supplier has deemed to be imperfect, and uses them in the creation of a lunch dish. The Svingott concept contributes to around 1 tonne of food being saved from the rubbish bin – every month!

In addition to Svinngott, a range of other positive initiatives have also been introduced. Among other things, the restaurant has been certified according to level 2 of the KRAV ecolabel (while also running their own KRAV-certified vegetable cultivation); they work together with a partner to recycle frying fat from the kitchen to make soap; and they also work to reduce the amount of transportation using fossil-fuels. The icing on the cake was when Gotthards Krog received the Sustainable Restaurant of the Year award in 2018. The work of finding new ways to make use of surplus food is also continuing. In the near future, it is not impossible that you will be able to enjoy Gotthards Krog's own beer, made from surplus bread from the bakery.

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## Tip!

### **Dry bread is still food**

Re-use those dry pieces of bread that will otherwise just get thrown away. Why not make a bread flour, by drying the bread and grinding it. This can then be used to make new bread.







# Rutabaga Teriyaki

Recipe: Joel Staaf

“Rutabaga is perhaps the most Swedish of all vegetables – it’s no coincidence that it is also known as a swede. This recipe will give you a new opportunity to eat this often overlooked vegetable. This is a neat starter, but serve it with some organic basmati rice and it works perfectly as a tasty main course. This dish requires a certain degree of planning, but I promise you’ll agree it is worth the effort, as this is one of the best turnip-based foods I’ve eaten since my grandmother died”, says Joel.

Serves 4

Creative people often function better in restrictive situations; we often perform best when faced with challenging conditions. Working with the Svinngott concept, we are faced on an almost daily basis with the seemingly impossible challenge of using an Excel spreadsheet to create lunches from ingredients that have been rejected, but it is exactly this situation that stimulates our creativity, and new dishes emerge.

1 rutabaga  
10 shiitake mushrooms  
1 spring onion  
1 piece of mooli, approx. 5 cm  
15 stems of coriander (or 1 bunch of coriander)  
1 red chili  
1 teaspoon soya

Bake the rutabaga in an oven at 95 °C overnight – for approx. 7 hours, or until it is soft. Leave to cool and then slice thinly (similar to e.g. carpaccio). Spread out on the plate and brush with teriyaki sauce. Blast with a kitchen torch to caramelise the surface. Cut the mushrooms into segments. Fry in a little butter until crispy, and glaze with a dash of soya. Season with salt and pepper. Peel and cut into strips the mooli, chili and spring onion. To serve, cover the rutabaga with the fried mushrooms, mooli, chili, spring onion, bean sprouts, miso mayonnaise and the thicker stalks from the coriander (part of the coriander that often gets thrown away, but that has a great taste and crispness).

## Bean sprouts

1 packet of bean sprouts  
1 piece of ginger, approx. 3 cm  
1 teaspoon raw sugar

1 lime (zest and juice)  
Salt and pepper  
Olive oil

Blanch the bean sprouts quickly in boiling water and leave to cool. Make a vinaigrette using the lime juice and zest, sugar, grated ginger, salt, pepper and a dash of olive oil. Mix with the bean sprouts, and leave to marinate for approx. 30 minutes.

## Teriyaki sauce

1 garlic clove  
1 dl granulated sugar  
1 ¼ dl Japanese soya  
1 dl water  
1 ½ tablespoons rice vinegar  
1 piece of ginger, approx. 3 cm  
1 ½ teaspoons corn starch

Peel and finely grate the garlic and ginger. Mix all ingredients in a saucepan, and bring the sauce to a boil while whisking. Leave to cool.

## Miso mayonnaise

1 whole egg  
3 tablespoons miso paste  
2 dl rapeseed oil  
1 lemon  
1 ml chili powder  
1 teaspoon sesame oil  
Salt and pepper

Break the egg into a high-sided bowl with a small base, and add the miso paste and rapeseed oil. Working upwards from the base, use a hand blender until the sauce gains a mayonnaise-like consistency. Season to taste with lemon juice, chili powder, sesame oil, and salt and pepper.



# Kummin Restaurang & Catering





# Sustainability is a completely natural part of entrepreneurship

CO-OWNER AND CHEF JOAKIM DJERF

Quality and service – these are the simple keywords that guide everything that happens at Kummin. Ever since they opened in 2005, the focus has been on preparing all food from scratch without taking any shortcuts. Kummin operates both a restaurant and a catering service, where lunches and food for conferences have a central role. In addition to serving well-made food, they also bake all their own cakes in the Kummin kitchen, as well as making their own charcuterie products. Kummin serves simple food that has been lovingly made.

Their membership of the restaurant network has rewarded them with inspiration, insight and knowledge.

“Of the many things we have discussed at our meetings, we have been able to apply some of these to our business with immediate effect”, says Joakim Djerf.

For Joakim, commitment to sustainability issues is a natural part of running a business.

“Our objective is to achieve sustainability in as many aspects as possible, and we must be committed to what we do.”

At Kummin, Joakim and his colleagues work with different facets of sustainability. Health and the work environment are just as important as the environment and climate. At Kummin, it is important to act as role models – not

only for the employees but also for all the restaurant’s customers.

“One of the results of making all our food from scratch is that our customers are also served food that is healthy”, explains Joakim.

Kummin has been certified in accordance with the KRAV ecolabel, which reflects the fact that they place strict demands on animal welfare, health, social responsibility and environmental impact. In addition to the KRAV-certification, Kummin has also implemented a range of sustainability initiatives. Their diesel vehicles have been replaced with electric cars, they serve water directly from the tap, and they have increased the proportion of vegetarian dishes in their lunch buffet. They also work actively with the social aspects of sustainability, and provide work training opportunities for people who need help joining the labour market, which has resulted in a number of employment contracts.

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## Tip!

### **DESIGNATE ONE DAY PER WEEK AS A CLIMATE DAY**

Much of our behaviour is driven by routines. Why not, as a family, choose one day of the week that you can have as a climate day, where you can perhaps make food using leftover ingredients or ingredients that will soon be past their best, and perhaps discuss ways in which you can contribute to sustainability – e.g. planning a sustainable holiday.







# Lunch sandwich with bean & mushroom patties, pickled red onion and red cabbage, hummus, harissa yoghurt, muhammara, romaine lettuce and parsley

Serves 4–6

## **Flat sandwich bread with pumpkin and sunflower seeds**

135 g coarse rye flour  
1025 g wheat flour  
50 g sunflower seeds  
50 g pumpkin seeds  
35 g honey  
875 g water  
50 g linseed  
Cumin, fennel and anise – a fistful  
15 g yeast  
20 g salt

Mix all ingredients in a dough mixer for around 15 minutes, or dissolve the yeast in the water (in a mixing bowl) and stir in the remaining ingredients with a wooden spoon. When it has all been combined to form a sticky paste, sprinkle with a little flour and cover with a cloth. Leave for around 45 minutes. Then pour out the dough onto a floured surface, and fold and knead for about 5 minutes. Leave in the fridge overnight. Divide the dough into parcels of 60 grams. Lay two of the parcels alongside each other and plait them together. Leave to proof at room temperature until the dough feels really fluffy. Heat the oven to 220 °C, and bake the bread for around 15 minutes or until it becomes golden brown.

## **Mushroom and bean patties with Grana Padana**

2 dl white beans, boiled  
2 dl black beans, boiled  
1 dl mushrooms, chopped  
2 dl Grana Padana, grated  
½ dl sunflower seeds, roasted (roasted in a dry frying pan)  
½ dl pumpkin seeds, roasted  
4 eggs  
Salt and pepper

Mix all ingredients in a blender to form an even but fairly coarse paste. Heat a little oil in a frying pan, and

add parcels of the paste to form appropriately sized patties. Fry until they have a nice fried surface.

## **Quick-pickled red onion**

Slice a red onion into thin rings. Slice the red cabbage using a cheese slicer. Leave the onion and cabbage slices on the chopping board, and pour over a little white wine vinegar, salt and sugar. Mix together and adjust according to taste – try to achieve a good balance between sweet, salt and sour.

## **Harissa yoghurt**

2 dl Turkish yoghurt  
Approx. 2–3 tablespoons harissa (should be available in your local grocery store) Salt

## **Muhammara**

3 dl walnuts. Roast and rub away the shell.  
Approx. 1 kg red bell pepper. Roast, peel and mix.  
1 garlic clove, grated  
2 tablespoons lemon juice  
1 tablespoon Sambal Oelek  
½ teaspoon cumin  
Salt and pepper  
2–3 tablespoons water

Mix everything together in a blender, and then add drops of around ½ dl cooking oil and around ½ dl olive oil. Season to taste with salt and pepper.

## **Hummus**

500 g chickpeas, boiled  
4 tablespoons tahini (sesame paste)  
1 garlic clove  
1–2 lemons (juice)  
1 teaspoon salt  
Approx. ½–1 dl water

Mix the tahini, garlic and lemon juice in a blender for around 1 minute. Add the chickpeas and mix in the blender for an additional 2–3 minutes, adding water to dilute. Mix the hummus until it has a really smooth consistency.



# Tapas Bar Deli







# Noticias! Environmental initiatives are not difficult

HEAD CHEF PETTER THYLIN

**E**an you bring a Spanish feel and part of the Spanish food culture to Umeå? It certainly seems to be – at least if you visit Tapas Bar Deli. Here they combine traditional tapas with modern Spanish cuisine – sometimes even adding elements from other cultures, too.

Since summer 2019, Tapas has become a popular place for cyclists, with its custom-built bike parking rack, and After Bike post-cycling refreshments – in full cycling gear!

Tapas has been involved in the network since it began in Umeå in 2017.

“You grow as both a person and as a company when you spend time together with others who share your aims and attitudes”, says Petter Thylin. For Petter, the restaurant network has also resulted in the realisation that working with sustainability issues does not need to be as difficult as it may appear at first sight.

At Tapas, it is not only the environment and the climate that are of importance – the social aspects of sustainability and the work environment also feature high up on the agenda.

“We need to take care of those who work here. They are the personification of Tapas, and it goes without saying that they must have the best possible work environment”, says Petter, who thinks the restaurant industry often suffers from a bad reputation that it does not deserve.

With regard to the environment and climate, Tapas has implemented a number of different initiatives. They try to include as much locally-produced food as possible on the menu, their wine list places strict demands on sustainability, they have replaced all 50 watt light bulbs with 3 watt bulbs, and now drive a plug-in hybrid car instead of one running on fossil-fuel.

The next stage of Tapas’ sustainability work will involve an attempt to develop the menu to improve their ability to cater for diners who would like their meal to be 100 % vegan.

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## *Tip!*

### **PLANNING**

Planning in advance is the most important thing you can do if you want to reduce food waste at home.







# Gazpacho Andaluz

Serves 4

4 ripe tomatoes  
½ cucumber  
2 banana shallots  
1 garlic clove  
1 tablespoon red wine vinegar  
1 dl olive oil  
2 slices of white bread  
Salt

## **Garnish**

Lettuce, cut into strips  
Tomato, filleted and chopped  
Cucumber, finely chopped  
Olive oil

Trim the vegetables and chop them coarsely. Cut the bread into small pieces. Mix all the ingredients until they achieve a completely smooth consistency. Season with salt and (if necessary) more vinegar. Serve the soup with the garnish.







# Lessons for life, and for the next generation

CHEFS EMILIE WALL (PICTURED), HANNA SIKSTRÖM AND REBECCA AHLBERG,  
AND AREA MANAGER MARIA SVENSSON

**E**lose to the river in central Umeå lies Hedlundaskolan, where 260 pupils attend both the school and preschool.

The restaurant at Hedlundaskolan serves breakfast, snacks and, of course, lunch. Each day's lunch consists of two dishes, crispbread and a salad buffet. In connection with the school restaurant, there is also a greenhouse where staff help the children to develop green fingers. Once the plants have borne fruit, the pupils can add their own-grown tomatoes to their sandwiches.

Hedlundaskolan has been a member of the restaurant network since it began in 2017, and has been able to bring a different kind of perspective compared to the other restaurants.

“Working in a school kitchen, we also have a responsibility to contribute to the children’s learning about sustainable development. Our involvement in the network allows us to be inspired by others to think differently and to break old habits by making small, simple improvements”, explain Rebecca Ahlberg and Emilie Wall.

Hedlundaskolan’s restaurant works in many different ways in order to create sustainable

school meals. Great emphasis is placed on reducing food waste. Some of the initiatives include always trying to prepare just the right amount of food, making use of leftover food, monitoring and measuring the amount of food wasted, and involving teachers and students in the work to reduce waste.

One of the decisions made by the school is that, on two days of every week, they serve two vegetarian dishes instead of one.

The introduction of tasting spoons is a successful initiative that was trialled at the school. When serving new dishes that the pupils are unfamiliar with, the chefs provide tasting spoons, which encourages them to try new dishes and new flavours.

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## *Tip!*

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### **MAKE YOUR OWN LEFTOVER CORNER**

Reserve an area in your fridge for foodstuffs that will soon be past their best. This will make it easier for you to make sure all your food gets used in time and doesn’t end up in the bin.







# Broccoli soup with porridge bread and roasted chickpeas

Serves 6

## **Broccoli soup**

3 tablespoons oil  
2 yellow onions  
9 dl water  
360 g potatoes, diced  
750 g broccoli  
2.2 dl cooking cream  
2 cubes of vegetable stock  
100 g crème fraîche (34 %)  
Salt and coarsely ground black pepper

Peel and chop the onion. Brown the onion in the oil. Add water and then add the diced potatoes. Boil for 10 minutes, and then add the broccoli. Boil for another 10 minutes. Add the cream, stock cubes and crème fraîche, and season with salt and pepper. Boil for another 10 minutes, and taste. Use a blender to achieve a smooth consistency. Serve the broccoli soup with gruel bread and roasted chickpeas.

## **Porridge bread**

160 °C  
2 dl leftover oat porridge  
5 dl water  
30 g fresh yeast  
½ dl linseeds (whole)  
300 g sifted rye flour  
500 g wheat flour  
¾ dl rapeseed oil  
2 teaspoons salt

Mix the yeast with the water (at 37 °C). Add the oat porridge, (almost all of the) wheat flour, sifted rye flour, linseeds and oil. Save a little of the wheat flour for shaping the dough. Mix (preferably in a dough mixer) for around 5 minutes. Add the salt and mix for a few more minutes. Leave to ferment under a cloth for 30 minutes. Grease two pans (of 2 litres each). Turn on the oven once the dough has risen. Divide the dough into two parts, and shape into loaves. Place the loaves into the pans, and leave to proof for a further 30 minutes. Bake the bread at the bottom of the oven for around 30 minutes. Remove the bread

from the pans, and leave to cool under a cloth on a cooling rack.

## **Roasted chickpeas**

160 °C  
240 g chickpeas, preboiled  
2 tablespoons oil  
1 teaspoon salt  
1 tablespoon cumin

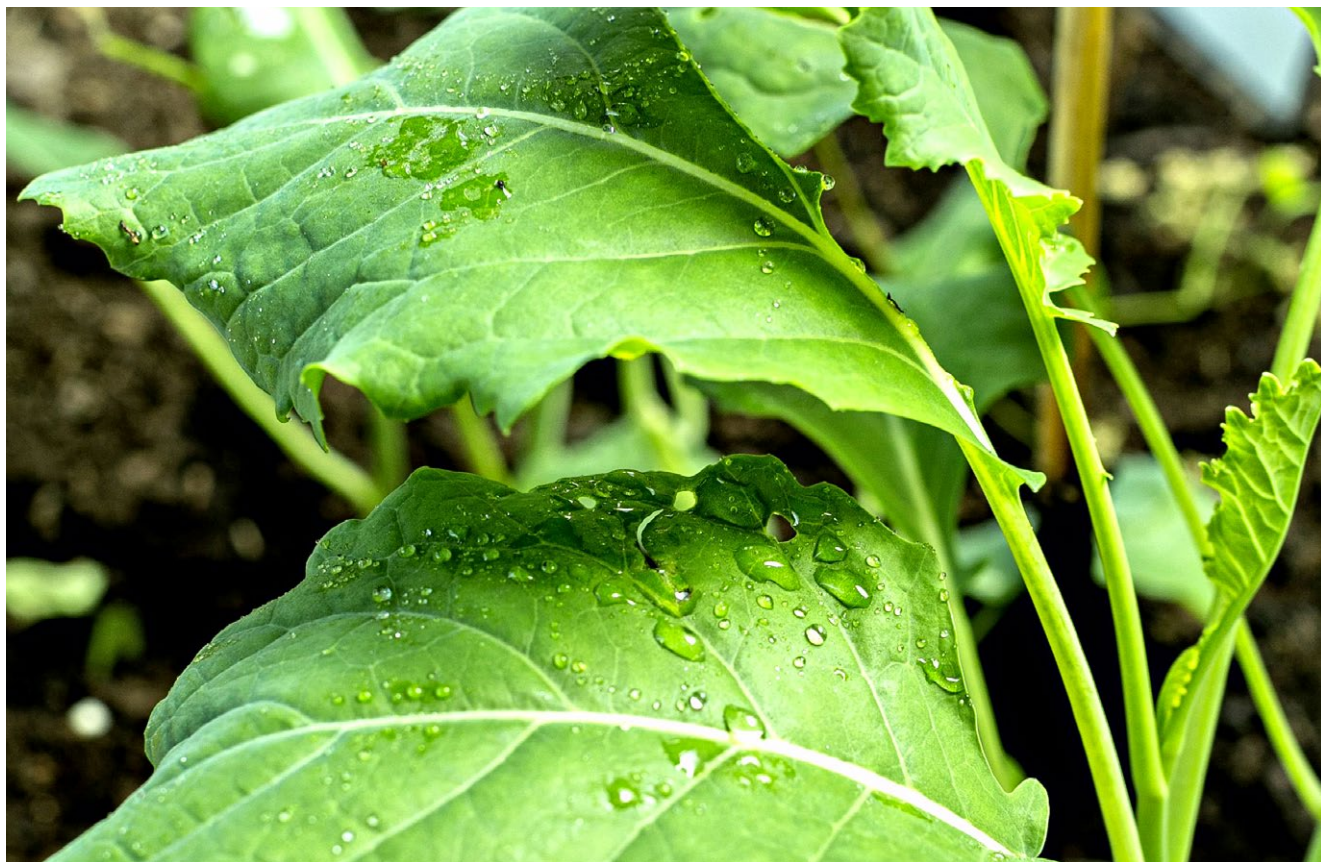
Turn on the oven. Rinse the chickpeas, and leave to drain. Spread the chickpeas on a baking tray covered with baking paper. Mix the oil with the salt and cumin, and pour over the chickpeas. Stir the chickpeas to ensure that all are covered with the oil. Roast in the oven for 30–40 minutes.

A recipe is more of a guide than an instruction, so don't be afraid to experiment if the first attempt isn't perfect.











# Tonka Bistro Café





# Nobody can do it all, but we can all do something

OWNERS JOAKIM LUNDHOLM (PICTURED) AND VIKTOR LÖFGREN

**H**igh quality is one of the most important aspects for the local bistro Tonka. Or, as owners Joakim Lundholm and Viktor Löfgren put it:

“You should get more than you expect for the price you pay – both in terms of quality and sustainability”.

Tonka is located in one of Umeå’s shopping centres, and serves lunch and à la carte, and also provides catering services. In all the food and drink they serve, Tonka strives to find a balance between using organic, locally produced ingredients and affordability.

For Joakim, the greatest benefit of the restaurant network is the satisfaction he gets from witnessing the level of commitment in Umeå’s restaurant sector.

“Because we don’t always see the work our colleagues are doing to improve sustainability, this collaboration provides us with useful insights and an awareness that most people are actually doing quite a lot.”

Tonka’s sustainability work is based on the principle that everybody can and must do

something in order to contribute to a more sustainable society. They try to do as much as they possibly can. A large proportion of their selection is based on organic produce, and all washing and cleaning detergents are environmentally certified. The dishes are composed with the aim of reducing waste, and they serve a weekly lunch instead of changing the lunch menu every day.

To further reduce the amount of waste, the à la carte menu has been designed so that the same ingredients can be used in several of the dishes, which minimises the risk of the ingredients not being used. At Tonka, they also make continual efforts to replace machines and lighting with more sustainable alternatives.

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## Tip!

### A SOUP-ER SMART USE OF FOOD

Soups are a great way of turning leftover ingredients into a delicious dish. Anything and everything can be used in a soup, such as fish, stock and vegetables.







# Creamy tomato soup

Make a creamy soup without using cream or any other dairy products, without compromising on the taste. This is made possible by the amazing oil in those marinated artichokes you perhaps have at the back of the fridge.

Serves 4

1 yellow onion, chopped  
1 garlic clove  
100 g leek, chopped  
5 dl crushed tomatoes  
Approx. 4 fresh tomatoes  
Approx. 10–15 leaves of fresh basil  
2 dl vegetables (e.g. fennel stalks, parsley stems  
or spring onion tops)  
1 ½ dl oil from e.g. sundried tomatoes/  
olives/artichokes  
1 lemon (juice)  
1 tablespoon vinegar  
3 dl wine (red, white or sparkling – whatever you have)  
Vegetable stock equivalent to 1 litre  
Salt and pepper  
Sugar

Fry the onion, leek and garlic in a pot, and then add the fresh and crushed tomatoes, basil, vegetables, oil, vinegar, lemon juice, wine and stock. Simmer for 20–30 minutes, and then mix with a hand blender. If the soup begins to separate, add a little more vinegar (this will cause the oil to bind). Season with salt, pepper and perhaps some sugar. Add a little water if the soup seems to be too thick.

## **Cheese crème**

1 dl crème fraîche  
100 g grated hard cheese (e.g. parmesan or peccorino)

Mix the crème fraîche with the cheese, and season with salt and pepper.

## **Topping**

25 g roasted almonds, chopped  
Basil leaves  
Black pepper

## **Lime-fried spring onions**

4–8 spring onions  
1 lime  
Oil

Divide the onion bulbs lengthwise (the greenest parts can be cooked in the soup). Fry in the oil, and add salt. Once the onions have some colour, add the lime juice and allow it to soak into the onions.

Pour the soup into bowls, top with a generous dollop of cheese crème, and sprinkle with roasted almonds, basil leaves, fried onions and a little freshly ground black pepper.



# Zillers – Brasserie & Bar





# Together we will become more sustainable

OWNER AND CEO ALEXANDER GREGOR

**2**018, Alexander Gregor received a telephone call. It was from an estate agent, who told him that his dream property – Gamla Fängelset, the former prison house with an enclosed courtyard – had become available on the market. This marked the start for Zillers – Brasserie & Bar, which serves comfort food from the Alps, incorporating local and locally produced ingredients.

Even before the restaurant opened in early 2019, Alexander ensured that Zillers would be a member of the restaurant network in Umeå. He soon realised that Zillers was not the only restaurant in Umeå to have a commitment to meeting the sustainability challenge.

“It is great that there are several of us who think along these lines”, says Alexander.

At Zillers, the issue of sustainability is a priority, and this is noticeable in the day-to-day business – above all, with regard to the work environment. Here, they avoid hierarchical structures, and instead focus on growing together. Everybody who works at Zillers should feel that they are involved in shaping the future of the restaurant, and they employ the same approach with regard to the environment and climate. Because the premises were not

originally suitable for a restaurant business, they were forced to build it up from scratch, which gave an ideal opportunity to put their commitment to making conscious decisions into action. Great care was taken when choosing the kitchen equipment at Zillers, to ensure it had the lowest possible energy consumption and environmental impact. They also avoid using equipment unnecessarily, try to minimise the amount of food that gets thrown away, and have replaced all the lighting with LED bulbs.

Zillers continues to focus on having a menu where the emphasis is on locally produced foodstuffs.

“This minimises unnecessary transportation, while also increasing the quality of the food we serve”, explains Alexander.

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## *Tip!*

### **MAKE THE MOST OF THE LEFTOVERS IN YOUR FRIDGE**

Leftovers should be thought of as an opportunity to use your creativity. Designate one day per week where you can let your creative juices flow by constructing a tasty dish from leftover ingredients.







# Chickpea soup with dumpling bread

## *Kichererbsensuppe mit Serviettenknödel*

As the week draws to a close, this is a perfect way to use up surplus bread and anything else that has accumulated during the week. Of course, the vegetables used can be changed according to taste and availability.

Serves 4

### **Soup**

1 yellow onion  
2–3 garlic cloves  
1 large potato  
1 large carrot  
1 large tomato  
1 green bell pepper  
1 tablespoon tomato purée  
2 packets chickpeas (2 x approx. 400 g)  
1 tablespoon olive oil  
1 teaspoon cayenne pepper  
1 teaspoon paprika powder  
3 teaspoons cumin  
Salt and pepper  
Water for dilution

### **Dumpling bread**

500 g bread, dried and diced  
Parsley, chopped  
50 g butter  
1 yellow onion  
1 garlic clove  
150 ml milk  
3–4 egg yolks  
3–4 egg whites  
Nutmeg, salt and pepper  
1 damp kitchen cloth  
String

**Dumpling bread:** Place the bread cubes and parsley in a mixing bowl. Peel and chop the onion and garlic, and fry in butter for around 3 minutes. Pour the mixture over the bread. Add the milk, nutmeg, salt and egg yolks. Mix well. Cover with a damp cloth and leave to stand for around 20 minutes. Beat the egg whites to a firm consistency, and mix carefully with the bread.

Place the dough onto the damp cloth and roll in the cloth to form a loaf. Use the string to tie the ends and around the middle. Boil the loaf (in the cloth) in a large saucepan with salted water for around 30 minutes. Remove and cut into slices.

**Soup:** Rinse and drain the chickpeas. Peel and cut the onion, garlic, carrot and potato into cubes. Fry the onion, garlic, tomato and bell pepper in a saucepan for around 5 minutes. Add the chickpeas, carrot, potato, tomato purée, cayenne pepper, paprika powder and cumin. Fry for around 5 minutes while stirring. Add water and simmer under a lid for around 10 minutes. Remove the pan from the heat, and add water to achieve the desired consistency.







# The unique pub that has reduced its own energy consumption

ALEXANDER PETTERSSON, HEAD CHEF

**T**he family-owned restaurant Lottas Krog, Pub & Mikrobryggeri has been at the same address for 40 years. When they walk through the door to Lottas Krog, visitors feel like they have stepped into somebody's cosy living room, with rustic colours, pleasant lighting and comfortable armchairs. All the interior décor was obtained from auctions, all around the world.

"The decorative touches that hang from our walls and the ceiling are all unique. On each different visit, returning customers shall find it possible to discover some new detail in our décor", says Alexander Pettersson.

Lottas Krog has been a member of the restaurant network since 2018. According to Alexander, this is the first time they have been involved in a form of collaboration where they get to learn from the strategies and ideas of other restaurant owners.

"The restaurant sector has traditionally been more insular, but when addressing the issue of sustainability, I think it's really important that we work together. Sustainability initiatives are more easily introduced and have a greater impact when many restaurants are all pulling in the same direction", explains Alexander.

One simple measure implemented by Lottas Krog during their time in the network is that

they have replaced all their light bulbs with LED lighting. This has contributed to a halving of the energy consumption for lighting, as well as reducing the emission of greenhouse gases by around 1,250 kg per year, which is equivalent to a one-way flight to Thailand. The switch to LED lighting has also been a time-saving measure, as they used to have to replace at least three light bulbs every day.

The restaurant's proximity to nature is reflected both in the décor and in the food served at Lottas Krog. In the kitchen, the approach to sustainability is based on the presentation of the best of northern Sweden's forested landscapes, while also getting the most out of the ingredients as possible, in order to reduce waste.

"For us, local produce and dishes that we have made from scratch form the basis of sustainability, so this is something we will continue to work on in the future", concludes Alexander.

## **Tip!**

### **HERBS IN THE WINDOW**

Grow your own basil, parsley, mint, oregano or other favourite herbs on your windowsill. This will give you fresh herbs all year round, and as the leaves begin to wither, you can dry them for later use.







# Chocolate fondant

A really dreamy dessert that is soft and runny on the inside. It can be prepared in advance and stored in the fridge until it is time for baking.

6–8 servings

**200° C**

**2 hours in the fridge**

300 gram chocolate (60%)

200 gram butter

6 eggs

180 gram icing sugar

10 gram vanilla sugar

110 gram wheatflour

6 cl espresso or strong black coffee

9 cl dark rum (optional)

Vanilla ice cream

Berries

Piping bag

Mini cake forms with capacity for 2 dl – preferably tin, but porcelain is also fine

## **What to do**

Carefully melt the chocolate and butter in a micro-wave oven or by heating over a water bath. Add the espresso/coffee and the rum (if desired). Leave to cool. Whisk the eggs, icing sugar and vanilla sugar to a fluffy consistency. Stir the egg mixture into the melted chocolate using a spatula. Sift the flour using a fine-mesh sieve, and then add to the mixture. Pour into a piping bag. Leave the mixture to cool in the fridge for at least two hours.

## **Serving**

Heat the oven to 200° C. Grease the cake forms. Fill each form with 160 gram/1.6–1.7 dl of the fondant mixture. Bake in the centre of the oven for around 12 minutes. The fondants are ready when the outer edges are firm and remain in place when the form is moved, without being completely fixed. Remove the fondants by turning the form upside down onto a suitable plate. Serve with a click of vanilla ice cream and fresh berries.



# Rost Mat & Kaffe



CHOKLAD BROWNIE  
LAKTO-ÖVO

40 kr

SIRAPSSNITT  
VEGAN

25 kr

CHOC CHIP COOKIE  
LAKTO-ÖVO

25 kr

HAVREKAKA  
VEGAN

25 kr

VETEBULLE  
VEGAN

25 kr

HALLONKAKA  
VEGAN

20 kr



# The selection of ingredients is the foundation of sustainability

ANNA-KARIN GUSTAFSSON AND DANIEL GONZALEZ, OWNERS

*S*ustainability and food that is rich in taste and prepared from scratch form a solid foundation for Rost Mat & Kaffe. Rost has been a natural part of Umeå's city centre since 2006, and the focus on sustainability has played an important role since the very start. One example of this was the decision to use eco-friendly packaging and to serve exclusively vegetarian food. The idea is that the vegetarian dishes shall provide a taste experience that makes even the most hardcore meat-lover want to come back again and again.

Rost has been a member of the restaurant network since 2019, and believes that participation generates a sense of community among the various restaurants. It provides a good insight into how the other restaurants think and work with regard to sustainability issues, while the awareness that others are working with the same approach also provides support and a sense of impetus.

The design of the menu and the selection of ingredients are key to Rost's efforts to help minimise environmental impact and to contribute to greater biodiversity. The restaurant has a fixed menu, which is complemented with a varied lunch menu.

The menu has been designed to ensure that many of the ingredients can be used in several different dishes. This helps ensure that the ingredients can be used more widely, which means that the restaurant generates very little food waste.

The selection of ingredients is a major point of focus, where legumes and root vegetables are a central feature of the menu. These are ingredients with a low environmental impact and are also long-lasting. Since the very start, Rost has only sourced ingredients that are organic and/or produced in Sweden.

"Sustainability continues to be our focus, and we aim to work even harder in the future so that the work we do can be made more visible and serve as an inspiration to others. This could, for example, involve highlighting the tangible measures we've taken in our communication with diners in the restaurant", says Anna-Karin.

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## Tip!

### GIVE NEW LIFE TO LEFTOVERS

To prevent leftovers from ending up in the waste bin, try to make use of them in another dish. Today's leftover vegetarian mince sauce could form the basis of tomorrow's lasagne.







# Rost's Indian vegetarian Tikka Masala with coconut, almonds and raisin rice

Serves 4

## **Tikka curry paste**

3 garlic cloves  
1 piece fresh ginger, around 70 g  
1 red Spanish chili  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
1 teaspoon powdered paprika  
1 teaspoon ground cardamom  
1 teaspoon turmeric  
1 teaspoon garam masala  
0.5 teaspoon salt  
0.5 dl water  
2 tablespoons oil  
3 tablespoons mango chutney

Peel and coarsely chop the garlic and ginger. Rinse the chili, remove the core and shred finely. Use a food mixer to combine the chili with the spices, oil, water and mango chutney. Mix to form a smooth paste.

## **Tikka Masala sauce**

2 onions  
Cooking oil (any type)  
2 tablespoons butter/ghee  
2 tablespoons tomato purée  
1 tin crushed tomatoes  
1 dl cream/coconut cream  
1 dl natural yoghurt/coconut cream  
Salt and pepper  
Mango chutney

Chop the onions. Fry in oil and butter, without them gaining any colour. Leave to simmer in the oil and butter under a lid on a low heat for around 10 minutes. Add the crushed tomatoes, tomato purée and tikka curry paste. Simmer on a low heat for a further 10 minutes. While the sauce is boiling, begin to add the vegetables. When the sauce is ready, add the cream and natural yoghurt, and season to taste with salt, pepper and mango chutney.

## **Vegetables**

*Around 1 – 1.5 litres mixed seasonal vegetables, or whatever you have at home – ideally organic.*

*For example:*

Cauliflower  
Broccoli  
Paprika  
Courgette  
Fennel  
Kale  
1 tin chickpeas or broad beans  
Salt and pepper

Chop the vegetables into pieces, separate the broccoli and cauliflower. Gently preheat/steam the broccoli and cauliflower. Fry, wok or roast the other vegetables. Add salt and pepper. Drain and rinse the beans/chickpeas. Add it all to the Tikka Masala sauce.

## **Rice with almonds, coconut and raisins**

3 dl basmati rice  
0.5 teaspoon coriander seeds  
0.5 teaspoon whole cumin seeds  
Salt  
A pinch of ground turmeric  
1 dl coconut chips  
1 dl sliced almonds  
1 dl raisins

Cook the rice in accordance with the instructions on the packaging. Add the coriander seeds, whole cumin seeds, salt and turmeric. While the rice is cooking, roast the coconut chips and almonds in a dry pan. When the rice is ready, add the raisins, almonds and coconut.

## **Serving**

Tasty salad  
Naan bread  
Chilled yoghurt  
Chopped fresh coriander  
Mango chutney

Serve the curry with the rice. Serve with a tasty salad, naan bread, chilled yoghurt, chopped fresh coriander and mango chutney.

Storsjöskolan





# Student engagement is the key

JONATHAN NYBERG, CHEF

**S**torsjöskolan in Holmsund has high ambitions when it comes to the art of cooking and the sustainability work. The sense of professionalism and the pride taken in its work are reflected in the food that is served to the 500 students at the school. The school restaurant has even competed in the “School Restaurant of the Year” category of the White Guide Junior competition, with very positive results.

“We aim to challenge the children and help them to experience new tastes, and perhaps even get them to like certain foods they were previously not so keen on”, explains Jonathan Nyberg.

He feels fortunate to be able to work in a school environment, where he can help the students to develop a sense of engagement in the issue of sustainable food. Every day, the food they serve plants small seeds in the student’s way of thinking, and they prove that climate-smart food can be really good!

Jonathan talks about an experiment, where a classic Spaghetti Bolognese was made using vegetarian ingredients. The taste was of central importance, and the students did not know in advance which ingredients had been used. After the lunch, they were informed about the food’s environmental impact and were asked

how the food tasted – and they thought it had tasted great!

By participating in the restaurant network, Storsjöskolan’s school restaurant has gained new knowledge and been able to make further improvements to its sustainability work. Jonathan says that sometimes they can gain new ideas from a private restaurant, which can then be applied in the school restaurant.

At Storsjöskolan, their work with food sustainability continues with every passing day and in every dish they prepare. A reduction in food waste, a contribution to greater biodiversity and a reduction in environmental impact form a core that they aim to continue to promote and around which students can become engaged.

“For me, sustainable food is simply good food that is good both for us and for the planet – food that doesn’t take more than it gives”, concludes Jonathan.

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## *Tip!*

### **USE WHAT YOU HAVE**

Take an extra minute to look in your fridge and freezer, and find inspiration in the food you already have at home. Dare to experiment with new taste combinations, and let your creative juices flow!







# Panko-coated celeriac, roasted cauliflower mash and herb-aioli

Serves 4

## **Panko-coated celeriac**

800 gram celeriac, cut into 1 cm slices  
1 dl wheatflour  
2 teaspoons dried thyme (preferably ground with a pestle & mortar)  
Salt and pepper  
2.5 dl chickpea brine  
4 dl panko breadcrumbs  
1 tablespoon cooking fat (oil or butter)

Boil the celeriac slices in salted water for 1-2 mins and cool in cold water. Combine the wheatflour, salt, pepper and thyme. Coat the slices in the seasoned wheatflour, then in the chickpea brine, and finally in the breadcrumbs. Repeat the process and fry the slices in the fat.

## **Roasted cauliflower mash**

**225° C**

6 medium-sized potatoes  
1 large head of cauliflower (approx. 1 kg)  
2.5 dl oat cream  
0.5 dl olive oil  
½ lemon  
2–3 tablespoons fresh parsley (chopped, save the stalks for the herb-oil)  
Salt and pepper

Peel the potatoes and boil until soft. Cut the cauliflower into pieces and roast in the oven until golden. Set aside half the roasted cauliflower to use in the ragu. Mix the rest with half the oat cream and half the olive oil. Mash the potatoes and combine with the mixed cauliflower, and stir in the remaining oat cream and olive oil. Season with lemon zest, 2–3 teaspoons lemon juice, salt, pepper and parsley.

## **Ragu**

½ of the roasted cauliflower (saved from the mash)  
A large fistful of fresh spinach leaves

1–2 tablespoons lemon juice  
2–3 tablespoons fresh parsley (save the stalks for the herb-oil)  
1 tablespoon cooking fat (oil or butter)  
Salt and pepper

Heat the fat in a frying pan, add the roasted cauliflower and fry for a few mins. Stir in the spinach, lemon juice, parsley, salt and pepper, and remove from the heat.

## **Herb-oil**

0.5 dl parsley, thyme or another herb (ideally leftover herbs or parsley stalks)  
3 dl rapeseed oil

Mix the herbs with the oil until the oil colours (around 3 mins). Sieve the oil using a fine sieve. The leftover herbs can be saved and used as flavouring in another dish. 2.5 dl herb-oil will be used in the herb-aioli, and 0.5 dl for serving.

## **Herb-aioli**

50 ml chickpea brine  
1 tablespoon vinegar  
2 cloves garlic (finely grated)  
2.5 dl herb-oil  
Lemon juice  
Salt and pepper

Whisk together the chickpea brine, vinegar and garlic. Using a whisk or mixer, gradually add the herb-oil. Season by stirring in salt and pepper. Add lemon juice if the aioli needs more bite.

## **Serving**

Cress  
0.5 dl herb-oil  
Pickled red onion

Spoon the cauliflower mash onto the plate and surround with the ragu. Place the celeriac on top of the mash. Add the herb-aioli and pickled red onion, and garnish with cress and herb-oil.

Umeå Folkets Hus





# Solar power, tap water, eco-friendly lorries and great taste

ROGER MARTTI, KITCHEN MANAGER ÄPPLET AND TC

Umeå Folkets Hus is a versatile venue for conferences, cultural events and festivals – and for those who simply want to enjoy a good meal at either of the two restaurants. Between them, the two restaurants Äpplet and TC provide a wide-ranging menu, from the large-scale serving of lunch during the daytime, to the somewhat more stylish dining for families and friends in the evenings.

For the past ten years, Umeå Folkets Hus has actively engaged in work to promote sustainability. To begin with, they introduced a so-called smart concept. They increased the amount of vegetables, reduced the amount of animal-based proteins, and also stopped selling bottled carbonated water, and the result was that Umeå Folkets Hus was awarded certification by the Nordic Swan ecolabel. After this, they have worked to reduce the emissions from transportation, and have installed solar panels on the roof. They have chosen to receive fewer deliveries in order to maximise the load efficiency of the delivery lorries, and have introduced requirements that suppliers make deliveries using eco-friendly lorries.

In the kitchen, Roger Martti talks about their efforts to find a balance between locally produced ingredients and ingredients that are produced in accordance with good conditions.

They also plan to introduce one day per week where only vegetarian food will be served to the conference guests. Folkets Hus aims to use the medium of food to create a local feeling, so that diners become truly aware that they are in the north of Sweden.

“This is yet another step in our sustainability work, and the focus for us is to prepare vegetarian dishes that are based on ingredients that are rich in taste and texture”, explains Roger.

Umeå Folkets Hus is always looking out for new ways to take their work forwards, and this is where the restaurant network has been particularly useful. By meeting with others who also want to work to promote sustainability, there has been a valuable exchange from which new ideas emerge. For Roger, the fact that such important issues are discussed is of great value, it generates a feeling of togetherness, and the restaurants all help each other to continue to make progress.

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## Tip!

### USE PEELS AND TOPS TO MAKE STOCK

Instead of simply throwing away carrot tops and parsnip peelings, all of these small leftover and otherwise easily discarded parts can be stored in a container and then be boiled up to make a tasty stock.







# Mushroom fricadelles with vegetable crisps and creamy Västerbotten oatmeal rice

Serves 4

## **Mushroom fricadelles**

*Soak the field peas in cold water for at least 8 hours*

150 g dried large field peas  
400 g mushroom (any variety is fine, e.g. champignon, chanterelle, etc.)  
1 onion  
100 g egg white  
30 g parsley  
1–2 garlic cloves  
Rapeseed oil  
Salt and pepper

Chop the mushrooms, the onion and the parsley. Fry the mushroom and onion on a low heat to form a dry mushroom mince. Boil the field peas in salted water for 10–12 minutes, while frying the mushrooms. Drain the water from the peas and rinse them in cold water. Use a mixer or food processor to mix the peas, garlic and egg white. Combine the field pea mix with the mushrooms and parsley. Season to taste with salt and pepper. Roll into balls and set aside. The fricadelles will be fried while the Västerbotten oatmeal rice is being prepared.

## **Vegetable crisps**

30 g kale  
30 g Jerusalem artichoke  
5 cm of a leek  
5 dl rapeseed oil

Scrub and slice the Jerusalem artichoke using a mandolin or cheese slicer. Remove the leaves from the kale and grate to form small, delicate leaves. Shred the leek. Heat the oil to 160° C in a saucepan – make sure the lid is close at hand! Deep-fry the Jerusalem artichoke, leek and kale into crispy crisps. Remove from the oil and dry with kitchen paper.

*! Take care when adding the kale to the oil, as it tends to jump and spit !*

## **Västerbotten oatmeal rice**

*Soak the oatmeal rice in cold water for at least 8 hours*

200 g oatmeal rice  
1 onion  
80 g Jerusalem artichoke  
0.75 dl white wine  
1.5 dl vegetable stock (follow the instructions on the packaging, if not home-made)  
1 dl oat milk  
50 g butter  
70 g Västerbotten cheese  
Salt and pepper

Drain the water from the soaked oatmeal rice and rinse in cold water. Chop the onion. Scrub the Jerusalem artichoke and grate coarsely into the vegetable stock. Fry the onion and rice on a medium heat, without it colouring. Meanwhile, bring the vegetable stock to a boil. It is now time to start frying the fricadelles. Add the wine to the rice, and leave to reduce. Add the vegetable stock, and allow it to boil in the rice. Add the oat milk, butter and cheese. Stir until it attains a white and creamy consistency. If it gets too thick, dilute with more liquid. Season to taste with salt and pepper. It is fine if some of the kernels remain in the rice. Serve the Västerbotten oatmeal rice immediately, so it does not turn into porridge.

## **Serving**

Lingonberries

Place the fricadelles, crisps and Västerbotten oatmeal rice on a plate. Serve with lingonberries.











## Restaurants participating in the network

Axlagården. Situated in one of the most beautiful areas of Umeå, the Axlagården hospice strives to provide the best possible care for people as their lives near their end.

Bastard Burgers. Hamburger chain with a passion for Norrland and high-quality street food.

Gotthards Krog. Restaurant in central Umeå, where diners can explore new flavours and draw inspiration from the premises' history.

Hedlundaskolan. School restaurant with its own kitchen garden, and chefs who facilitate engagement in sustainability issues among diners of all ages.

Kummin Restaurang & Catering. Versatile restaurant, where food made with love is the guiding principle.

Lottas Krog & Pub. A laid-back British-style pub that serves a wide range of dishes and own-brewed beer.

Rex Brasserie. Situated in Umeå Town Hall, comprising a brasserie, bar, nightclub and conference facilities.

Roots. The restaurant with a natural setting, where you can enjoy a warming meal after scaling the mountain or cutting shapes with ice skates on the Tavelsjön lake.

Rost Mat & Kaffe. Restaurant and café that has removed all forms of meat and serves only lacto-vegetarian and vegan food.

Storsjöskolan. School restaurant in Holmsund that persuades sceptical teenagers by preparing a large proportion of their food from scratch.

Tapas Bar Deli. Here you can savour small dishes, inspired by rural Spain, which can either be eaten separately or in combination as part of a complete meal.

Tonka Bistro Café. Modern bistro with flavours from all around the world, where there is an emphasis on the genuine enjoyment of food and drink.

Umeå Folkets Hus. Centrally located at Vasaplan, providing Nordic Swan ecolabelled conferences, concerts, restaurants and a whole host of other enjoyable activities.

Wild River. The summer restaurant situated by the Mårdseleforsen Nature Reserve, serving up local and seasonal tastes.

Zillers – Brasserie & Bar. Brasserie and bar serving local produce with inspiration from Germany, Austria, France, Italy and Switzerland.



**Climate & Food**

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# *Climate & Food*

This book is the product of a network of restaurants in Umeå who wish to inspire and learn from each other's sustainability work. The network is coordinated by Umeå Municipality, which aims to find new ways of supporting local industry in the adoption of more sustainable business models.

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