

Issue No. 25

LOST iN

First edition

# Sweat Sweat Sweat



**Architectural runs, physical sculptures,  
a passion for pools, tips from holistic athletes,  
and Scandi-style journeys to within...  
Get lost in the world of wellbeing**



### **Mikkel Karstad**

A chef, writer and father of four who became a famed name in Denmark whilst working for Claus Meyer, co-founder of Noma. Inspired by the memories of his grandmother's cooking, his own stripped-down culinary style focuses exclusively on seasonal ingredients that have been gathered in local nature. After starting his own company in 2013, Karstad now spends his time consulting, cooking and writing his own cookbooks

Mikkel Karstad, Copenhagen

# In Season

When Mikkel Karstad cooks, the most important ingredient is nature. In his cookbook *Evergreen*, the Danish chef, food blogger, and family man places seasonal vegetables at the centre of his recipes. With corn, cauliflower, peas or wild herbs he creates tasty dishes while enhancing their natural character with just a few additions and spices

*Mikkel, why are vegetables an evergreen in your kitchen?*

Vegetables are an evergreen in my kitchen because they show the rhythm of the year and really change character and taste according to the seasons, which makes them so exciting to work with. Take a carrot at the beginning of spring: it's small, smooth and crisp in taste, and should only be eaten raw. While in late autumn, when it's been in the ground for a long while, it has become big, coarse but sweet in taste. Likewise, a vegetable can disappear for a while from my kitchen because it is not in season, but every time it is in season again, I'm excited to use it in my recipes.

*What are the main principles of your Nordic vegetable-focused cuisine?*

Prepare a delicious dish from what nature and the seasons offer. Use local vegetables in season, add a few, good, simple ingredients, and let their taste shine through. Let the ingredients speak for themselves.

*As a child you learned to cook from your grandmother. What did she teach you?*

My grandmother had a large garden where she grew lots of vegetables. She explained when the different vegetables were in season and became ready to harvest, how they tasted and which recipes they were good for. Of course, most vegetables were available in summer. So she also knew how to preserve, pickle, and use them for cooking in the winter. I also remember I was allowed to eat a lot of different vegetables and fruits directly from trees and bushes, or pulled out of the ground. I think that gave me the courage and desire to taste things, to see where they come from and how they grow.

*Where do you draw your inspiration from when you create new vegetarian recipes?*

The shifting seasons and the rhythm of the year inspire me the most. I look around at which vegetables are in season and from that I draw inspiration to prepare and cook them in a certain way. I also get inspired by my travels to foreign countries, by Denmark's nature, and by books and Instagram.

*What role do vegetables play when you cook with your family nowadays?*

There are always vegetables in our meals, both raw and prepared. My kids only taste and eat what they like. We talk a lot about the seasons and which vegetables, fruits and berries are ripe. We also spend a lot of time out in nature foraging. In spring we find wild herbs and tap birch trees for birch water. In the summer, we find berries, mirabelles, and the first mushrooms. In the fall, there are more mushrooms, nuts, wild apples, and pears.

*Last question, what's next on your plate?*

I'm trying to use more seaweed in my recipes. I'd like to show people it tastes good, that it's very healthy, and that there's quite a lot of it out in the sea. At the same time, I am writing a new cookbook about local Nordic family food, where we as a family forage in nature and cook food over a fire, next to plenty of everyday recipes with vegetables.

## MIKKEL'S COPENHAGEN

### FOOD

- Get some tasty pastries like æbletærte (apple hazelnut tarts) and fresh bread at Juno The Bakery (@juno\_the\_bakery) or Lille Bakery (@lillebakery) which uses artisan baking methods for their delicious baked goods.
- Baka d'Busk (@baka.d.busk), a plant-based veggie bistro with a tasty, experimental, flavourful kitchen and natural wines.
- Gaarden og Gaden (@gaarden-oggaden), a vibrant bar and kitchen serving fresh, organic food and more than 500 natural wines.





Star cuisine from the fields: Mikkel Karstad is a visionary of Nordic cuisine

- Apollo Bar (@apollo\_bar), a nice bar and restaurant to go when visiting the art gallery Kunsthal Charlottenborg. When the weather is nice, you can eat in the courtyard with sunbeams on your face.

#### ACTIVITIES

- Food markets: Lille Bakery's farmers market offers a great selection of organic groceries. At market hall Torvehallerne (@torvehallernekbh) your stomach will begin to rumble when tasting a wide range of fresh produce and local delicacies.
- Foraging and fishing: In

Tisvilde Hegn and the area around Mikkel's summer house in the Asserbo plantation, you can find wonderful, edible herbs and plants throughout the whole year. It's also a great place to dive at the beach and to spear turbot and plaice.

- Swimming: Year round Svanemølle Bay is a great place for swimming and outdoor activities.

#### HIS BOOK

*Evergreen* by Mikkel Karstad and Anders Schønnemann, English edition published by

Clearview Books,  
clearviewbooks.com

#### INSPIRATION

- Food blogger and stylist Aran Goyoaga (@canellevanille)
- Chef and sustainability advocate Xanthe Gladstone (@xantheGladstone)
- Slow Food cook, farmer and gardener Julius Roberts (@telltalefood)
- Conserving-expert Max Jones (@uptherethelast)
- Cook and farmer Giorgia Eugenia Goggi (@giorgiaeugeniagoggi)



Photo: Anders Schennemann

# Fried cauliflower with green tomatoes, bronze fennel and marinated dog roses

## Ingredients

Serves 4

1 small cauliflower  
Salt and freshly ground pepper  
100 ml extra virgin olive oil  
100 g vinegar-marinated dog roses  
1 tbsp runny honey  
2 green tomatoes  
1 handful bronze fennel

## Shopping List



### Marinated dog roses

4 large handfuls of dog roses  
400 ml cider vinegar  
1 preserving jar with lid

## Preparation

1. Remove the cauliflower's old leaves and keep the nicer leaves for a garnish. Divide the cauliflower into small florets and rinse in cold water.
2. Add a little oil to a hot frying pan, and fry half the cauliflower florets for 2 minutes, stirring constantly to make sure they are golden on all sides. Add salt and freshly ground pepper to taste. Remove the florets from the pan and set aside. Repeat with the rest of the cauliflower.
3. Add the honey, remaining olive oil, salt and freshly ground pepper to the marinated dog roses to make a dressing. Rinse the green tomatoes and slice them finely with a mandolin or a very sharp knife.
4. Arrange the warm, fried cauliflower in a dish or separate plates, add slices of green tomato, and finally drizzle with the dog-rose dressing; make sure the dog roses are evenly spread across the serving. Garnish with bronze fennel. Serve while the cauliflower is still warm.
5. Check the dog roses carefully for hidden insects. Pack the flowers into the jar, then add the vinegar. Place the lid on the jar and leave the roses to marinate for at least two weeks before using them. You can use both roses and the fragrant vinegar in your dishes.
6. These marinated roses will keep for up to a year. If you make several jars you can add summer flavour to your dishes right through the winter.