Tareq Taylor’s Nordic Cookery (Series 1)

8 x 30 MINUTES

EPISODIC BREAKDOWN

1. Lund, Sweden

In this episode, Tareq visits Lund, a thousand-year old city in southern Sweden. Tareq uncovers the richest farmland in the country and explores the nearby islands, meeting the culinary entrepreneurs making highly-regarded local products. Places visited include Lund, Landskrona, and Ven.

Recipes made in this episode: Garlic and Chanterelle Venison, Warm Beetroot Salad, and Princess Cake.

2. Bornholm, Denmark

Tareq takes the ferry out to Bornholm, a Danish island that, over time, has had its share of invaders and reluctantly took part in World War II. Perhaps because of this, the islanders are fiercely self-sufficient, and this attitude reflects in the huge number of food producers making products that are sold both locally and internationally.

Recipes made in this episode: Sausage & Figs, Smoked Lamb & Mustard, Pale Ale Pork & Leeks, Crayfish: Kadeau Style.

3. Jokkmokk, Sweden

Far above the Arctic Circle, Tareq explores the wild country around Jokkmokk. Jokkmokk steeped in the traditions of the Sami, Sweden’s indigenous people. Their adaptation to their freezing environment has meant the cuisine they eat is as extreme as the weather.

Recipes made in this episode: Bear Filet with Angelica, Reindeer Heart & CloudbERRIES, Arctic Char & Fruits.

4. Åland
Tareq heads out to Åland, a group of 6700 islands situated between Sweden and Finland. For hundreds of years, Åland’s shipping fleet was the envy of navies around the world, and their sea trade was encouraged by the seafood, grains and fruits that thrive on these islands. Tareq prepares recipes to reflect Åland’s unique cuisine.

Recipes made in this episode: Split Pea Soup, Goldeneye with Chantarelles, Beef Roulades With Apple Salad.

5. Malmö, Sweden

Tareq is in his hometown of Malmö – Sweden’s third largest city. Built up on the backs of the herring in the sea, the town is now a centre of culture and technology with a bridge connecting it to Copenhagen. The food scene here is inspired by the traditional seafood dishes but it’s the large immigrant population who have given Malmö a new energy.

Recipes made in this episode: Geranium Chicken, Scandinavian Style Falafel, Apples & Rosemary, Fried & Pickled Herring.

6. Finland south coast

Tareq takes a late autumn trip along Finland’s southern coast. He stops in the capital Helsinki to find out how the city food culture is about to be discovered by the rest of the world, and dives into the freezing waters around Ekenäs, the south’s most beautiful resort town. Winter may be approaching but both land and sea still provides amazing opportunities to work with local food.

Recipes made in this episode: Pike with Smetana, Burger with Vinegar Onions, Pheasant & Forest Herbs.

7. Swedish Lappland

Tareq arrives in Kiruna, over 200km north of the Arctic Circle. Despite temperatures falling to -30C, nothing deters the locals from getting outside for sport and food preparation. Tareq takes part in snow picnics, and uses snow and ice in his creative recipes.

Recipes made in this episode: Roe on Ice, Nordic Kebab, Jerusalem Artichoke Soup, Snowy Sashimi.

8. Bergen, Norway

Bergen is a thousand-year old city built on the back of the seafood trade, particularly cod. Surrounded by some of the most beautiful landscapes in northern Europe, Bergen has emerged from numerous plagues and pirate invasions to become a centre for the finest seafood in northern
Europe. Tareq heads into this winter wonderland to see the curious cuisine that has developed in western Norway.

Recipes made in this episode: Cod, Apple and Elderflower, Sheep & Cabbage, Tareq’s Shellfish Soup.