

# ÖSTERSUND SWEDEN

2010

加入網絡年份

YEAR OF DESIGNATION

瑞典·厄斯特松德

## 城市介紹 | INTRODUCTION OF THE CITY

Östersund in the Region of Jämtland Härjedalen in north Sweden has a strong tradition of locally produced food. Small-scale, artisan food production results in products with a unique flavour and quality that cannot be achieved through industrial food processing. The Jämtland kitchen is a part of the Nordic gastronomy tradition that has its roots in Sámi reindeer herding, in elk hunting, fishing in the mountains and in locally produced farm products such as milk and cheese.

The culinary tradition is intimately linked to its natural surroundings and the region's sustainable development efforts. The production is based on traditional processes and includes hundreds of manufacturers within all kinds of food processing. The best known may be the cheese processing, often based on goat's milk or from Swedish Mountain cattle. Cellar matured goat cheese has been produced the same way in the region for thousands of years as in the summer pasture villages of ancient times. We have various bakeries producing the traditional thin unleavened bread; charcuteries such as smoked, cured or in other ways preserved meat of reindeer, elk and other venison, fish and game and many producers of jam, juices and other berry products.





## 廚師介紹 | CHEF INFORMATION

# Ulrika Norén

My name is Ulrika Norén, and I am a chef from Östersund, Sweden. I currently serve as the chef at Torsta Gårdsrestaurang, where we work closely with livestock and cropping. We place great value on both local and seasonal produce.

To broaden my horizons on the culinary map, I spent several years living on the coast of Norway, working with fresh saltwater fish and seafood, which is not found in Jämtland. After a few years, I longed to move back to Sweden to focus on teaching the next generations of chefs, working as an educational chef in a restaurant.

I love cooking traditional Swedish and Norwegian dishes, but with my own spin—turning something outdated into a dish everyone wants. I take great pride in reducing waste by using the whole produce; for example, fermenting, pickling, and thinking of new ways to use ingredients that others might discard. Good food needs time to be made right.





# Sourdough Pancake

In the inland of sweden the sources of food has always been sparce, but with grains as a main source of food. We would like to pay homage to the time sweden lived in poverty, when a lot of people emigrated to America, by using what nature provides. In using rye and wheat , and whats free from what is able to foraging and hunting we feel this dish truly represent our region.



# Rosemary Rutabaga

Hence the sparce history in sweden with sources of food, we decided to go with rutabaga, which is easily grown in northern sweden, butterfried with rosemary, ginger and bay leaf, served with sauteed yellow onions filled with creme of garlic, pickled mustard seeds and dried flowers of chives, accompanied with lamb baked with chilies, pepper and roasted caraway seeds.

