

Labby Catering, Finland

Hello! It is Maria from Norway. Last newsletter I wrote about my ending time at Aukrust and that my next apprentice place was to be in Finland.

Now I have been in Finland for three weeks and really enjoy the time with Janne Länsipuro and Teija Kettunen !

We have been catering with wild food a lot and held courses in wild harvesting and cooking.

The best dessert till now is the recipe I will give you!

Caramelized rowen buds with licorice fern infused milk and viola flowers



You need:

Rowen buds or small leaves
Sugar
A few licorice roots
Milk
Potato flour
Viola flowers

Directions:

Rinse the roots and chop up in small bits before having them in the milk. Come to boil and simmer for 1/2 - 1 hour to get the taste of licorice in the milk.

Caramelize the rowens with sugar in a frying pan until soft and fully covered with sugar. When the rowens are nearly done, thicken the milk with potato flour stirred out in cold milk whilst stirring. It should be like a medium thick sauce. Add sugar to taste. Have everything on a plate and decorate with viola flowers. Enjoy!



Tip:

As decoration on cakes or just as sweet bitter almond candy, spread your caramelized rowens on a parchment paper and dry on about 40 Degrees Celsius until hard and crispy. Yummy!

The vegetable story!

Look whom I found among the Jerusalem Artichokes we harvested: Mr. Horse! He was very happy to be photographed, he chose the background himself and asked if I was going to publish the photo in some way and I said:



"Yes indeed, you are very photogenic and you are coming out with good style on this photo."

Mr. Horse answered:

"I will be happy to show myself to the world. I am after all of The Jerusalem Artichoke, the pilgrims who came to the promised land named us "New Jerusalem"! And when The French explorer Samuel de Champlain found us in 1605 and brought us to France. They thought we tasted like artichoke! Funny! But more spectacular is it that I am also called "Sunroot". Do you know why?" Mr. Horse asked.

I wondered for long time and answered that it may have gotten that name because it shines in the dark soil and that if I would be hungry digging the soil at night trying to find the roots, they would be easy to find as they could be seen shining as the sun in the dark soil!

Mr. Horse replied:

"Neigh, neigh! That is the best guess so far in my lifetime. So what is the answer? It is that I am in family with the Sunflowers and the Artichokes and that I am a pre annual: Helianthus Tuberosus! Neigh, neigh!"