

The image shows three open-faced sandwiches arranged diagonally on a rustic wooden cutting board. Each sandwich is made with a slice of dark, toasted rye bread. They are topped with a vibrant green salad of leafy greens and arugula, a dollop of bright yellow mustard, and finely chopped red onions. The background is softly blurred, showing more of the same sandwiches. The overall aesthetic is fresh, natural, and appetizing.

CLIMATE IS SERVED

Climate cookery book from the Danish
Ministry of Food, Agriculture and Fisheries

12 delicious climate
dishes by Danish chefs

COLOPHON

Climate is served. The Danish Ministry of Food,
Agriculture and Fisheries' climate cookery book
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CLIMATE IS SERVED

It is no secret that people affect the climate. What we eat also contributes to global warming. At the same time, food is one of the most personal things there is. A meal is both a part of our culture and an expression of our individual tastes. No wonder that changing our habits is difficult.

I would like to promote the possibility of enjoying life and being considerate to the climate at the same time. Living with the effects of climate change must not just be a matter of deprivation and asceticism.

This cookery book is meant to encourage everyone who wants a culinary experience while reducing greenhouse gas emissions.

Twelve gifted Danish chefs have each developed their own personal suggestion for a climate-friendly meal. This has resulted in 12 widely different recipes, and I believe they will contribute with new inspiration to our everyday kitchen.

By exploring new, exciting dishes we can not only please our taste buds, but also take a step towards changing our food habits in a more sustainable direction. And be healthier at the same time.

My warmest thanks to the chefs – and bon appetit!

Eva Kjer Hansen
Danish Minister for Food, Agriculture and Fisheries

FOOD AND THE CLIMATE

Food production leads to greenhouse gas emissions

Producing food leads to greenhouse gas emissions. Up to 31% of the greenhouse gas emissions in the EU member states come from the production and consumption of food. But there is a great difference between the amounts of greenhouse gases emitted during the production of various food products. The production of meat and milk products emits the greatest amount. This is due to the animals' digestion. The lowest emission comes from production of field grown vegetables, potatoes, flour, grain and bread.

Greenhouse gas emissions in fishing arise mainly from the consumption of fuel by the fishing boats, and especially lobster fishing has high emissions. Frozen shelled shrimps are also a problem, both because of the way they are caught and because of the freezing process. Mussels are one of the most climate-friendly catches, followed by herring, while fishing for flatfish such as flounder and plaice leaves the same carbon footprint as chicken and pork. Wild cod has a lower carbon footprint.

The quantity of greenhouse gases emitted through the production of a potato is called the potato's 'carbon footprint'. A table

on pages 12 and 13 shows the carbon footprint of a number of everyday foods.

Calculating the carbon footprint of food is complex

Carbon footprint has not yet been made for all foods. It is quite a complex task that involves a Life-Cycle-Assessment (LCA). This means an assessment of how much greenhouse gas is emitted to the environment from a products whole lifetime, from cradle to grave. A carbon footprint therefore includes emissions from all the important processes during the whole life cycle of the product. For example, in the carbon footprint of 1 litre milk are included emissions from the production of animal feed and from the emissions resulting from the animals' digestion. The calculations also include emissions from the production and use of artificial fertilizer, spread on the fields. Nitrogen supply causes emission of laughing gas, which is a very powerful greenhouse gas. Finally, the emissions related to transportation, processing and packaging are added.

The production method is obviously of great importance for the carbon footprint of food, and the carbon footprint of a pork chop, for instance, will not be the same around the world.





New production methods cut greenhouse gas emissions

The world's population is growing. Today there are 6.8 billion people living on this planet, and in 2050 we are expected to be 9 billion. For this reason alone there must be a sharp increase in world food production – resulting in a large increase in greenhouse gas emissions. Unless we change the way things are done.

In particular, we must change the way in which we produce the ingredients for our meals, as well as the way we use leftovers and waste products, such as livestock manure. Denmark has already seen changes that have resulted in a 23% fall in greenhouse gas emissions from farming between 1990 and 2007. In the same period the Danish economy growth has been more than 40%. But more is needed. We are therefore carrying out research regarding emissions related to feed production and animals' digestion, and in the best possible use of animal manure for bio-energy. As an example of how this knowledge is used it is decided that in 2020 50% of liquid manure from Danish farms must be used in biogas plants. In 2009 this figure is only 4%.

Our choice of food and shopping habits makes a difference

What and how we eat is clearly not without importance. We cannot save the world with our shopping trolley, but we can influence the way things develop through knowledge and considerate actions. Among other things, we can:

• Eat more fruit and vegetables

We should eat more fruit and vegetables and cut down on meat. This is good for the climate and it is also healthy. According to Danish recommendations we should eat 600 g of fruit and vegetables a day – which few Danes actually do.

• Avoid food waste

Between 10% and 20% of the food bought for private consumption ends in the bin. That is bad, both for the climate and for our

purse. Therefore it is a good idea to use a little more time on planning our shopping and meals. And if you have some food left over from Tuesday; consider whether it can be put in the pot on Wednesday even if it is not in the recipe.

• Reduce transport

Transport plays a role for food's carbon footprint, so it does matter whether the steak comes from Argentina or Germany.

Transport also plays a role when you are shopping, unless you are on foot or on the bike. Cars emit a high amount of greenhouse gas, and if you drive, say, 12 km (in a standard car from 2007) to go shopping you will emit 3.3 kg CO₂-eq. That is the same as the carbon footprint of each of the two cod dishes for four people included in this cookery book. So if you drive 12 km to buy cod, you are doubling the carbon footprint of your evening meal. Planning your shopping is therefore a particularly good idea if you are using the car.

Carbon footprint of Danes' favourite food

From studies of the food people buy and cook, we know that meatballs, chicken with gravy and potatoes and minced meat with pasta are among the favourite dishes in Denmark. The National Food Institute at the Technical University of Denmark has helped us with standard recipes for these three favourite dishes, and the Faculty of Agricultural Sciences at Aarhus University has calculated their carbon footprints.

All the recipes are for four people.

Meatballs with potatoes and melted butter: 7,1 kg CO₂-eq

Oven-baked chicken with potatoes, tomatoes, butter and celery: 7,0 kg CO₂-eq

Spaghetti with minced meat (minced meat, tomatoes, oil, onion, carrots and celery) : 13,2 kg CO₂-eq

All of the recipes in this book have a carbon footprint that is lower than the footprint of these three favourites.

The recipes in “Climate is served” are:

• **Climate friendly**

All the recipes are for four people and in selecting them it was important that each recipe’s carbon footprint should be lower than that of the Danish favourite dishes. In particular, this goal was reached by using many vegetables. Indeed, the dish with the lowest carbon footprint is a vegetarian dish, minestrone soup, while the dish with the highest carbon footprint is a lamb dish. But even this dish has a lower carbon footprint than that of the Danish favourites.

• **Nutritional**

All the recipes meet the Danish dietary recommendations. Among other things, this means that the energy content per person of each dish must be between 400 and 750 kcal, that the dish has a maximum of 30% fat, that the dish is rich in fibres, and that there is a limited amount of salt and sugar in the dish.



• **Seasonal**

The recipes are arranged according to season and the main ingredients are local, seasonal produce that is in accordance with the principles behind the New Nordic Food programme promoted by the Nordic Council of Ministers.

• **Personal**

The Food Ministry has set guidelines for the recipes so they are climate-friendly, nutritional and seasonal. Within these guidelines each chef has made a personal contribution and choice of ingredients. This has resulted in 12 quite different recipes which, as well as being climate-friendly, hopefully can contribute with new inspiration to the everyday kitchen. Some of the dishes are quickly and easily prepared, but not all of them can be made in a hurry. Perhaps they can inspire you to use a little more time on cooking – once in a while.

**Summary of the book’s recipes
and their carbon footprints**

Spring

Baked cod with celeriac purée, potatoes and melted butter with capers and lemon	3,3 kg CO ₂ -eq
Spring lamb with new potatoes, ox-heart cabbage, dill and raw tartar of new sweet peas	6,2 kg CO ₂ -eq
White and green asparagus with chicken drumsticks, wild herbs, smoked cheese and fried bread	2,9 kg CO ₂ -eq

Summer

Organic breast of duck and lettuce	4,1 kg CO ₂ -eq
Mussel stew with vegetables	1,2 kg CO ₂ -eq
Hake with chanterelles, fresh peas, toasted rye bread croutons and beetroots	2,6 kg CO ₂ -eq

Autumn

Whole fried flounder with celeriac baked in salt, pearl barley, cauliflower and hazelnuts	5,0 kg CO ₂ -eq
Pork chops with date salad, carrots, cottage cheese and brown rice	3,8 kg CO ₂ -eq
Minestrone soup with kale tartar, and aioli on toasted rye bread	1,0 kg CO ₂ -eq

Winter

Cockerel with leeks and celeriac	3,7 kg CO ₂ -eq
Winter cod with kale salad and quince compote	3,4 kg CO ₂ -eq
Hake with chanterelles, fresh peas, toasted rye bread croutons and beetroots	3,0 kg CO ₂ -eq

CLIMATE PYRAMID

The climate pyramid groups the ingredients in this cookery book according to their carbon footprint per kilogram

Kg CO₂-eq. per kilo raw material

Red meat
(beef and lamb),
yellow cheese

11.3-19.4

White meat (pork, poultry),
flatfish (flounder), oils and fats, rice,
cottage cheese, smoked cheese

3.1-6.7

Milk, eggs, codfish (cod, hake), wine

1.2-3.0

Bread, grain and flour,
field grown fruit and vegetables
(Long transportation, no air)

0.5-1.1

Seasonal, field grown vegetables,
seasonal, field grown fruit, mussels
(Short transportation)

0.1-0.5

Ingredients with no carbon footprint:
sorrels, chanterelles, spruce needles from nature

0

FOOD'S CARBON FOOTPRINT

The carbon footprint is expressed in kilograms of CO₂-eq. resulting from the production of 1 kg of the food, including all parts of the food production chain until the product is on the supermarket shelf.

CO₂ equivalents:

Emissions from agriculture are primarily methane and laughter gas. In order to be able to compare different greenhouse gases for different sectors all are converted into CO₂ equivalents.

Unless otherwise stated, the data are from Denmark, for Danish conventionally produced food.

You can read more about food and climate at www.fvm.dk/english



Meat

Beef	19.4
Pork	3.6
Chicken, fresh	3.1
Chicken, frozen	3.7
Lamb, imported	11.6 -17.4

Dairy products and eggs

Low-fat milk (1.5% fat)	1.2
Ultra-low-fat milk (0.5% fat)	1.2
Cheese (yellow, hard)	11.3
Ice cream (foreign data)	1.0
Eggs	2.0
Butter (foreign data)	6.5

Grain and grain products

Rye bread, fresh	0.8
White bread, fresh	0.8
White bread, frozen	1.2
Rolled oats	0.8
Wheat flour	1.1
Rye flour	1.0
Breakfast cereals, cornflakes etc. (foreign data)	1.0
Rice (foreign data)	3.3
Pasta (foreign data)	0.8

Fish and shellfish from the sea	
Cod, fresh	1.2
Cod, fillet, frozen	3.2
Flatfish, fresh	3.3
Flatfish, fillet, frozen	7.8
Herring, fresh	0.6
Herring, fillet, frozen	1.8
Shrimps, fresh	3.0
Shrimps, peeled, frozen	10.5
Mussels	0.1
Lobster	20.2

Fish from farm	
Trout, whole, fresh	1.8
Trout, whole, frozen	4.5

Beverages	
Coffee, ready to drink (foreign data)	0.2
Orange juice (foreign data)	1.0
Bottled water (foreign data)	0.1
Beer*, local (foreign data)	0.5-1.4
Wine*, local (foreign data)	2.1

* The figures do not include transport

Fruit	
Apples, Danish, in season (foreign data)	0.1
Apples, imported (foreign data)	0.4
Oranges, imported (foreign data)	0.7
Bananas (foreign data)	0.5
Strawberries (foreign data)	1.0

Vegetables	
Lettuce	0.3-3.3
Onions	0.4
Carrots	0.1
Potatoes	0.2
Cabbage (foreign data)	0.5
Soya beans	0.6

Miscellaneous	
Sugar	1.0
Rapeseed oil, Danish	3.6
Tomato ketchup (foreign data)	1.3



EATING SEASONALLY

The recipes in “Climate is served” are arranged by season. Eating the season’s products is especially climate-friendly because, among other things, no energy is used to freeze, preserve, store and transport seasonal produce.

Actually, eating seasonally is not difficult in Denmark.

Good vegetables such as cabbage, celeriac, leeks, onions, potatoes and carrots are available even during **winter**. If they do not come directly from the field they have been stored in pits and barns, where they are well protected against frost.

When **spring** comes, there are still many good winter vegetables available; celeriac, leeks, kale and spinach have been in the soil for the whole winter. Delicious rhubarb, spinach, asparagus, peas and new potatoes are available later.

Summer is the time for lettuces, with head lettuce, rocket, iceberg, crisp peas, outdoor tomatoes, long green beans and plenty of fresh herbs. But remember that you must eat quite a large amount of these to reach your daily quota of greens. It is a good idea to supplement them with other vegetables – for instance freshly lifted carrots or baby beetroot.

Autumn is the high season for good Danish cabbages and root vegetables with plenty of taste, energy, fibres and vitamins: kale, cabbage, ox-heart (pointed-head) cabbage and cauliflower, celeriac, parsnip and Jerusalem artichokes are just a few. Let the recipes inspire you to use them in new ways.



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The art of food "Changing the naked ingredients into something beautiful and artistic, and also tasty, of course, is fun. I like working with fish, so that is an obvious choice when we think about the climate and CO₂ emissions."

Dennis Juhl Jensen, National Culinary
Team of Denmark (juniors), chef at Ruths Hotel, Skagen





CARBON FOOTPRINT

The carbon footprint from the production of the ingredients for this recipe for four equals 3.3 kg CO₂.



What you need for four people

600 g of cod fillet with skin
¼ dl of white wine
3 tablespoons of good rapeseed or olive oil
4 large baking potatoes (over 1 kg)
2.5 tablespoons of neutral oil
1 garlic
1 bay leaf
25 g of butter (not composite)
3 tablespoons of chopped capers
Juice and peel of 1 unsprayed lemon
½ celeriac
½ l full-fat milk (3.5% fat)
1 tablespoon of cornstarch
Salt and pepper
Fresh herbs, e.g. dill and thyme

BAKED COD

WITH CELERIAC PURÉE, POTATOES AND MELTED BUTTER WITH CAPERS AND LEMON

Preparation

1. Peel the potatoes and cut each of them into eight equally sized pieces. Mix them with the neutral oil, garlic, pepper and bay leaf.
2. Bake the potatoes in the oven at 150°C until they are done, about 45 minutes.
3. Peel the celeriac, cut it into smaller pieces and boil them in lightly salted water, about 15 minutes.
4. Pour the water from the celeriac and add milk and 1 tablespoon of cornstarch, and boil for 5 minutes.
5. Purée the celeriac and add milk until the purée has a creamy consistence. Season with salt and freshly ground pepper.
6. Warm the butter in a saucepan until it is golden brown and has a nutty smell. Filter it through a cloth. Add the chopped capers and lemon juice, and season with salt and freshly ground pepper. Keep the sauce warm until it is served.
7. Cut the cod fillets into four equally sized pieces and sprinkle them with salt, pepper and a little good oil.
8. Place the cod skin-side up in an ovenproof dish together with the white wine. Cover with foil and bake in the oven at 150°C for about 10 minutes.
9. Peel the skin off the fish and serve with the celeriac purée, the baked potatoes and capers and melted butter. Sprinkle with fresh herbs.



CARBON FOOTPRINT
The carbon footprint from the
production of the ingredients
for this recipe for four equals
6.2 kg CO₂.



SPRING LAMB

WITH NEW POTATOES, OX-HEART
CABBAGE, DILL AND RAW TARTAR
OF NEW SWEET PEAS

Preparation

1. Remove any sinews from the lamb roasts and score the fat thoroughly. Sprinkle them with salt on all sides.
2. Make the pea tartar by briefly blending the peas with the yoghurt, and season with salt, pepper and lemon juice.
3. Scrape the new potatoes and boil them until they are almost done (10-15 minutes) in lightly salted water. Take the saucepan off the heat and leave the potatoes to finish covered.
4. Rinse the cabbage and cut it into narrow strips, finely chop the shallots and garlic, and remove the thick stems from the dill. Keep some of the dill for decoration and chop the rest coarsely.
5. Sauté the shallots and garlic lightly in a casserole with a teaspoonful of rapeseed oil.
6. Stir in the cabbage together with ½ dl water and a little salt. Cover the casserole. When the water at the bottom of the casserole boils, turn the cabbage over and remove the casserole from the heat. Stir in the dill just before serving.
7. Place the meat with the fatty side downwards on a cold frying pan, put the pan on the heat and fry the meat for 6-7 minutes on each side. After the first 6-7 minutes add 1 clove of garlic and the lemon thyme, so they fry with the meat for the remaining time. Leave the meat to draw, covered, while you prepare the rest of the vegetables.
8. Place the pea tartar at the bottom of a soup plate and distribute the potatoes and cabbage, which have been turned in dill. Place slices of the meat on top. Drip some of the fat, thyme and garlic from the frying pan over the potatoes.
9. Garnish with freshly picked dill and chervil.

What you need for four people

- 1 large or 2 small lamb loin roasts, 400 g
- 400 g shelled new peas
- 400 g new potatoes
- 1 ox-heart (pointed-head) cabbage
- 1 large shallot
- 2 cloves of garlic
- 10 sprigs of lemon thyme
- 1 large bunch of dill
- 1 bunch of chervil
- 1 dl yoghurt
- 1 teaspoonful of rapeseed oil
- Salt and black pepper
- ½ organic lemon



Organic, local, considerate "For me, choosing and using organic raw materials is an obvious move. Not just because we must look after ourselves, but also because we must look after nature. A carrot is sprayed so insects will not eat it, but then why should I? We must be considerate and show respect for the world we live in."

Ninna Bundgaard, National Culinary Team of Denmark
and head chef at Gram Slot restaurant



The vegetables determine the dish "Food should suit the occasion and the season. I am engrossed by the task of putting the season onto the plate, and I always start with the vegetables. The meat, if it absolutely must be there, is an accessory. This is unlike the Danish tradition where all dishes are determined by the meat."

Rasmus Kofoed, food artist





CARBON FOOTPRINT

The carbon footprint from the production of the ingredients for this recipe for four equals 2.9 kg CO₂.



What you need for four people

8 white asparagus (about 500 g)
8 green asparagus (about 250 g)
4 chicken drumsticks (about 500 g)
4 cloves of garlic
25 g rapeseed oil
500 g of coarse white bread with kernels
3 sprigs of lemon thyme
100 g of smoked cheese
50 g of full-fat milk (3.5% fat)
1 lemon
Wild herbs, e.g. wood sorrel, yarrow, chickweed, garlic mustard, sweet cicely

WHITE AND GREEN ASPARAGUS WITH CHICKEN DRUMSTICKS, WILD HERBS, SMOKED CHEESE AND FRIED BREAD

Preparation

1. Divide the chicken drumsticks into uppers and lowers and bake them in the oven at 150° C for about 40 minutes together with the garlic and the lemon thyme.
2. Remove the drumsticks from the oven and let them rest for about 30 minutes while you prepare the asparagus and the other ingredients.
3. Peel the white asparagus, sprinkle them with salt and grill them for a couple of minutes on each side. A garden grill is preferable, but a dry frying pan can also be used.
4. Cut the green asparagus into strips with a thin-cutting slicer or a grater and put them in cold water in the refrigerator until they curl.
5. Break half of the bread into smaller pieces, turn them in rapeseed oil and toast them in the oven at 150°C for about 15 minutes until they are golden.
6. Stir the milk, some of the lemon juice and half of the finely chopped wild herbs into the smoked cheese.
7. Place the chicken drumsticks skin-side down on a cold frying pan. Turn on the heat and fry them for about 10 minutes until the skin is crisp (the skin gets crisper when you start with a cold frying pan).
8. Turn the chicken drumsticks, sprinkle them with salt and place them on a plate.
9. Take the green asparagus stems out of the water and mix them with the lemon thyme leaves, salt and a few drops of rapeseed oil.
10. Place the white and green asparagus on the chicken drumsticks, distribute the smoked cheese over the ingredients and finally distribute the toasted bread and the rest of the herbs over the dish.
11. Slice the remainder of the coarse bread and serve.



CARBON FOOTPRINT
The carbon footprint from the
production of the ingredients
for this recipe for four equals
4.1 kg CO₂.



ORGANIC BREAST OF DUCK AND LETTUCES FROM THE LAMMEFJORD

Preparation

1. Start to make the watercress sauce by blending the watercress, mustard and vinegar to a fine purée. Add the oil a little at a time as for a mayonnaise. Store in the refrigerator while you prepare the rest.
2. Fry the duck breast(s) skin downwards on a dry frying pan until the fat starts to melt and the skin turns golden. Turn the breast(s) over, add a sprig of thyme, and let them fry for a second.
3. Take the meat out of the pan and leave it to lie skin upwards on a grilling grid. Sprinkle salt on before serving. Keep some of the fat for the duck hearts.
4. Fry the duck hearts for a couple of minutes in the frying pan in some of the excess fat from the breast(s).
5. Rinse the lettuces, cut the tops off and keep the leaves. Cut the roots so the outer layer is removed together with the small threads.
6. Fry the lettuce roots briefly in a frying pan and season with salt.
7. Rinse the other lettuce leaves and keep them crisp in iced water.
8. Rinse the cress and keep that fresh as well in iced water.
9. Make a butter emulsion by heating two tablespoonfuls of water in a casserole and adding a sprig of thyme and the butter.
10. Turn the lettuce leaves in the butter emulsion, let the excess drip off, and season with salt.
11. Warm the watercress sauce in a small casserole. Sprinkle the duck's breasts and hearts with a little salt and serve them as shown in the photograph, with the warm sauce, lettuce leaves and good, coarse bread.

What you need for four people

1 large or 2 small organic duck's breasts (400 g)
2 duck's hearts
4 small cos lettuces with roots (125 g)
100 g of various lettuce leaves such as rocket,
radicchio, cos
1 sprig of thyme
1 tablespoonful of oil
Salt
4 bunches of cress
Iced water
Coarse bread (700 g)

Butter emulsion

2 tablespoonfuls of water
1 sprig of thyme
25 g butter

Watercress sauce

140 g of plucked watercress leaves
1 teaspoonful of coarse mustard (6 g)
20 g watercress
30 g balsamic apple vinegar
45 g neutral oil
Salt and possibly a little extra vinegar to taste



Respect for the ingredients "The most important thing is good local ingredients that are handled with respect all the way from soil to table. Our vegetables for this dish come from the Lammefjord, and we prepare them as little and as carefully as possible."

Deputy chief Torsten Vildgaard and deputy chief Søren Westh,
NOMA restaurant



Ingredients with greater taste "Taste has unfortunately not been a quality parameter in processing plants. Most of the focus has been on yield, appearance and colour. That's a big shame. There is more energy and taste in some of the old Danish species that are used in organic production."

Per Mandrup, team manager of the National Culinary Team of Denmark and director of Måltidskonsulenterne, food concept developers





CARBON FOOTPRINT

The carbon footprint from the production of the ingredients for this recipe for four equals 3.3 kg CO₂.



What you need for four people

½ l fish stock
2 kg of mussels from the Limfjord
3 carrots (250 g)
3 leeks (200 g)
1 parsnip (150 g)
½ celeriac (300 g)
100 g wild rice
20 g butter
1 tablespoonful of freshly plucked thyme
1 teaspoonful of finely chopped coriander
1 dl sweet dessert wine
(Sauternes or similar)
Cold-pressed rapeseed oil
Salt and pepper

MUSSEL STEW WITH VEGETABLES

Preparation

1. Clean the mussels. Discard the ones that do not close.
2. Clean the vegetables and cut them into match-like strips. Keep all the odds and ends – they will be used for steaming with the mussels.
3. Boil the wild rice in plenty of water for about 30 minutes until the rice starts to burst.
4. In the meantime, let the fish stock and the dessert wine boil and reduce in a covered saucepan for about 10 minutes. Add the remaining herbs and boil until the rice is al dente, about 5 minutes.
5. Add the mussels, cover them with the lid and steam them for about 10 minutes. Discard all the mussels that do not open. Remove the shells from the rest and keep them warm.
6. Rinse the herbs and drain the wild rice.
7. Add the rice and vegetables to the reduced fish stock. Boil quickly again and mix in the butter until the consistency is creamy. Season with salt and pepper. Finally, stir in the mussels together with a little thyme and coriander.

Serving

Place the stew on soup plates and garnish with herbs.



CARBON FOOTPRINT
The carbon footprint from the
production of the ingredients
for this recipe for four equals
2.6 kg CO₂.



HAKE

WITH CHANTERELLES, FRESH PEAS,
TOASTED RYE BREAD CROUTONS
AND BEETROOTS

Preparation

1. Brush any earth off the chanterelles – avoid using water unless they are very soiled.
2. Shell the peas.
3. Dice the rye bread finely, or slice it thinly, and toast it in the oven for 5-10 minutes at 250°C.
4. Boil the beetroots in their skins in lightly salted water for about 20 minutes until they are done. Rub the skin off them and cut them into smaller pieces. Turn them in oil, vinegar, salt, pepper and half of the dill while they are still warm.
5. Put butter in a good frying pan and fry the fish on the skin side for 4 minutes and on the other side for 1 minute. Remove them from the frying pan and keep them warm in the oven in the residual warmth from the rye bread.
6. Fry the mushrooms for 8 minutes at a high temperature in the same butter as the fish, but with a little oil added.
7. Add the salt, pepper and peas and heat up again for 30 seconds.
8. Turn the mushrooms in the chopped parsley and serve with the fried fish with a sprinkling of rye bread croutons and the beetroots, garnished with the rest of the dill.

What you need for
four people

Fish

4 hake fillets with skin, each about 200 g
(alternatively, use greater weever)
300 g chanterelles – pick them yourself if
possible
½ kg shelled outdoor peas (about 200 g when
shelled)
200 g rye bread
½ dl parsley – from your garden, if possible
Coarse sea salt/salt from evaporated ground-
water, and freshly ground pepper
1 teaspoonful of butter
1 teaspoonful of olive oil

Accessories

1 bunch of beetroots (300 g)
1 teaspoonful of olive oil
1 tablespoonful of apple vinegar (Danish)
4 dill stalks – from your garden, if possible
Coarse sea salt/groundwater salt and freshly
ground pepper



From the island of Læsø "For me, this dish is the essence of summer. In my summer cottage on Læsø I use the ingredients from the island, where chanterelles grow wild in the woods. The combination of the bitterness of the mushrooms, the acidity of the vinegar and the sweetness of the peas and beet-roots gives a lovely taste when eaten together with the gently flavoured, fresh fish. The crisp skin and the rye bread give both extra taste and character."

Helle Brønnum Carlsen,
food critic, cook and associate professor



Eating according to the weather "I love making seasonal food and eating according to the weather, using what grows around me wherever I am."

Mathias Krog Holt, head chef, Opus WPI,
Meyers Madhus restaurant





CARBON FOOTPRINT

The carbon footprint from the production of the ingredients for this recipe for four equals 5.0 kg CO₂.



What you need for four people

Fish

- 4 small flounders of 300 g each, cleaned by the fishmonger
- 100 g rye flour
- 4 thyme sprigs
- 2 tablespoonfuls of butter for frying

Garnish

- 1 celeriac (about 500 g)
- 250 g pearl barley
- 1 cauliflower (about 800 g)
- 50 g hazelnuts
- 1 small Danish apple, halved and sliced
- 1 tablespoonful of butter
- 1 tablespoonful of oil (rapeseed, preferably cold pressed)
- 50 g coarse salt
- Pepper
- 50 g sweet cicely (or ordinary chervil)

WHOLE FRIED FLOUNDER WITH CELERIAC BAKED IN SALT, PEARL BARLEY, CAULIFLOWER AND HAZELNUTS

Preparation

1. Cut the top and bottom off the celeriac and peel it, rub in a little oil and coarse salt, then pack it in a sheet of baking paper and bake it in an oven at 150°C for 1 1/2 hours.
2. Boil the pearl barley in plenty of water in a casserole until done (follow the instructions on the bag). Then drain the fluid off.
3. Coat the flounders in rye flour and fry them in a little of the butter until they are golden on both sides (about 4 minutes each side), sprinkle them with thyme, salt and pepper, and place them in an oven-proof dish.
4. Divide the cauliflower into small flowers and coarsely chop the hazelnuts. Fry the cauliflower and hazelnuts in butter until they are golden, and stir in the pearl barley. Season with apple cider vinegar, salt and pepper.
5. Turn the oven down to 120°C when the celeriac has baked for 1 ½ hours and bake the fish in the oven for 10 minutes. Take the fish and the celeriac out at the same time.

Serving

Quarter the celeriac and place the pieces with the flounders. Pour the cauliflower, barley, nuts, apple slices and browned butter over, and then sprinkle with cicely leaves.



CARBON FOOTPRINT

The carbon footprint from the production of the ingredients for this recipe for four equals 3.8 kg CO₂.



PORK CHOPS

WITH DATE SALAD, CARROTS,
COTTAGE CHEESE AND BROWN RICE

Preparation

1. Carefully cut the rind off the joint so it comes off in one piece. Cut the rind into very thin strips, put them on a baking tray and bake them until crisp in the oven at 200°C for about 15 minutes. Leave them to drain on fat-absorbent paper.
2. Put the brown rice in boiling water with 1 teaspoonful of salt. Boil according to the instructions, about 30 minutes.
3. In the meantime, peel the carrots and boil them in salty water in a casserole for about 10 minutes, so they are still crisp.
4. Cut them into chunks. Grind the allspice in a mortar, put the olive oil into a casserole and heat it. Add the allspice and lemon peel.
5. Sauté the carrots in the warm oil without them changing colour. Add lemon juice and salt to taste.
6. Quarter the dates and put them in a dish with thin strips of kohlrabi, ginger and parsley.
7. Whip the olive oil, orange juice and peel and pour the mixture over the date salad about 15 minutes before serving.
8. Cut the joint into four equally large chops and fry them on a hot frying pan for about four minutes each side. Sprinkle with salt.
9. Place the chops on a plate, and cover them with the date salad and the crisp strips of rind.
10. Serve with the warm carrots, cottage cheese and brown rice.

What you need for
four people

Chops and carrots

1 top loin of pork with rind (about 500 g)
– the rind must not be scored
800 g carrots
½ teaspoonful of allspice
2 tablespoonfuls of good olive oil
Juice and peel of a lemon
10 g cottage cheese
280 g brown rice
Salt

Date salad

1 dl of dates without stones
2 kohlrabi, peeled and cut into thin strips
10 g ginger in thin strips
2 sprigs of broad-leaf parsley, rinsed and torn
Juice and peel of ½ orange, unsprayed
1 tablespoonful of good olive oil



Food and people "For me, all types of food reach a level of sublimity when the food on the plate, the experience and the human relationship form a synthesis."

Mette Sja Martinussen,
Madeleines Madteater food theatre and laboratory



Raw convenience "Nature is both edible and appetising and we must eat more of it raw. It is healthy and gives us good tasty experiences and a feeling of being there with the season. That is quality of life."

Søren Ejlersen, Årstiderne,
organic food grower and supplier





CARBON FOOTPRINT

The carbon footprint from the production of the ingredients for this recipe for four equals 1.0 kg CO₂.



What you need for four people

Minestrone

1 bunch of leeks (about 225 g)
200 g carrots
300 g celeriac, parsnips and/or root parsley
300 g potatoes
1 tablespoonful of cold-pressed rapeseed oil
150 g of grain e.g. spelt, kamut (khorasan or durum wheat), emmer or wheat
2 l water (about)
Pot-herbs e.g. leek top, thyme, parsley sprigs, bay leaf and black pepper
300 g fresh kale
Sea salt and ground black pepper

Kale tartar

300 g fresh kale
1 red onion
4 slices of rye bread

Rapeseed aioli

(can be replaced by ready-made aioli)
1 pasteurised egg yolk
1 potato, boiled and cooled
1 clove of garlic
1 teaspoonful of apple vinegar
2 tablespoonfuls of cold-pressed rapeseed oil
Sea salt

MINESTRONE SOUP WITH KALE TARTAR, AND AIOLI ON TOASTED RYE BREAD

Preparation

1. Brush or peel the vegetables and dice them coarsely.
2. Drip a little oil into a large casserole, add the vegetables and sauté them for a couple of minutes.
3. Add the grain and mix in with the vegetables. Add water and the pot-herbs and let the soup simmer for 20 minutes.
4. Coarsely chop the kale and put to one side – it only needs to be added at the last minute.
5. Very, very finely chop the kale for the tartar.
6. Finely chop the red onion.
7. Mash the boiled potato for the aioli and stir in the egg yolk and salt. Add crushed garlic and vinegar and then add the oil in a very thin stream while whisking the ingredients. Dilute with a little cold water and season with salt, pepper, garlic and vinegar.
8. Mix the kale into the aioli and add the chopped onion. Season to taste again.
9. Crisply toast the rye bread in a toaster, spread a large spoonful of the kale tartar on the rye bread slices and sprinkle on chopped onion.
10. Add the coarsely chopped kale to the minestrone, let it boil for a minute and serve together with the kale tartar on rye bread.



CARBON FOOTPRINT
The carbon footprint from the
production of the ingredients
for this recipe for four equals
3.7 kg CO₂.



COCKEREL FROM BORNHOLM

WITH LEEKS AND CELERIAC

Preparation

1. Pour the chicken stock into a saucepan, add the thyme and garlic and boil uncovered until it is reduced to half – about 30 minutes. The cockerel is to be turned in this sauce just before it is served.
2. Boil the brown rice in water according to the instructions on the bag – about 30 minutes.
3. Remove the skin from the cockerel breasts, cut the breasts into two lengthwise and roll each of the four pieces tightly in cling film that can be used at high temperatures. Then bake them at 100°C for 15 minutes.
4. Scrape the fat off the skin and bake the skin for 15 minutes at 160°C pressed between two baking tins covered with baking paper, to make it crisp.
5. Peel the quarter celeriac, cut it into four pieces and boil them in salty water for about 15 minutes.
6. Cut the other celeriac into small pieces and boil them in milk until soft, about 10 minutes.
7. Drain the milk off through a sieve and mix the celeriac with the cream. Add 20 g of butter, and season with salt and perhaps a little lemon.
8. Steam the leeks in lightly salted water until tender, about 10 minutes, and slice them lengthwise.
9. Peel the outermost layer from the celery stalks and then cut the stalks into long, thin strips; put them in iced water to make them curl.
10. Unwrap the cockerel breasts and turn them in the reduced chicken stock. Cut the crisp skin into thin strips.
11. Serve the breasts with the celeriac purée and vegetables, and sprinkle them with the crisp skin, chives and parsley. Eat with the brown rice.

What you need for four people

2 cockerel breasts, each about 300 g,
with skin
1 ¼ celeriac
2 celery stalks
130 g brown rice
2 dl full-fat milk (3.5%)
1 dl cream (18%)
1 tablespoonful of butter
2 leeks
½ l chicken stock
1 handful of fresh thyme
1 clove of garlic
Iced water
Salt
Pepper
Chives and parsley



Food with a bite "I love cooking. I prefer the flavour to be strong, and there should be something soft and something crisp as well. It should have a bite, and you should be able to recognise it by its taste."

Mikkel Marschall, National Culinary Team of Denmark (juniors)
and chef at Sølørød Kro restaurant



A boost for old Danish ingredients "Once, it almost could not be exotic enough, but good old Danish ingredients such as cabbage and quinces have had a renaissance. That is good, they taste good, and it is good for the climate. This is also true for the fresh fish from the harbour at Gilleleje. Some of my dishes are inspired by the exhibitions of the past here at the National Museum."

Jesper Møller, Restaurant Julian,
National Museum of Denmark





CARBON FOOTPRINT

The carbon footprint from the production of the ingredients for this recipe for four equals 3.4 kg CO₂.



What you need for four people

800 g cod fillets
4 flat stones from the beach (or a baking stone for the oven)
1 kg organic winter kale
1 red onion
1 Danish pear
3 Danish apples
2 quinces
100 g sugar
3 dl water
1 teaspoonful of apple vinegar
20 g pine needles
6 tablespoonfuls of cold-pressed rapeseed oil
5 tablespoonfuls of coarse mustard
2 tablespoonfuls of autumn honey
Salt and pepper
Dried and fresh organic herbs for decoration if desired

WINTER COD

WITH KALE SALAD AND QUINCE COMPOTE

Preparation

1. Reduce the sugar and water in a thick-bottomed saucepan until they almost caramelize.
2. Add the finely-diced quinces and let them simmer until they are golden and almost done.
3. Add the two peeled and diced apples.
4. Boil everything with the lid on until it has the consistency of a compote or coarse mash.
5. Add apple vinegar and finely chopped pine needles to taste.
6. Rinse the kale and let it drain in a colander, and then tear it into small, bit-sized pieces.
7. Finely chop the red onion and thinly slice the remaining apple and the pear for a dressing.
8. Mix the mustard, honey and red onion and season to taste with salt and pepper.
9. Mix the dressing and the apple and pear slices with the kale.
10. Remove any bones and blood from the cod fillets and cut the fish into four large pieces; put each fish piece on a stone.
11. Season with salt and pepper and a little rapeseed oil.
12. Bake the fish on the stones in a preheated oven for about 10 minutes at 120°C.

Serving

Serve the cod with the kale salad and quince compote. Arrange them so they look appetising. Garnish with the rest of the rapeseed oil and dried and fresh Danish herbs if desired.

CARBON FOOTPRINT
The carbon footprint from the
production of the ingredients
for this recipe for four equals
3.0 kg CO₂.



HAM MIGNON

SALAD OF RED CABBAGE, APPLES AND
NUTS AND A THICK PURÉE OF BOILED SPLIT
PEAS WITH SKYR AND FRESH THYME

Preparation

Day before

Sprinkle 1 ½ teaspoonfuls of salt on the roast, cover it and place it in the refrigerator.

On the day

1. Finely slice the red onion.
2. Make the vinaigrette dressing by whisking the mustard, honey, lemon juice and salt together in a bowl. Whisk in the oil little by little.
3. Pour the vinaigrette over the red cabbage immediately, so it can marinate in the vinaigrette and become tender.
4. Boil the split peas in lightly salted water until they are completely tender (about 25 minutes).
5. If desired, tie the meat to keep it in shape.
6. Brown the meat carefully in butter in a frying pan, then finish baking it in the oven at 120°C until it reaches an internal temperature of 60-62°C.
7. Take the meat out of the oven and let it rest for 10 minutes.
8. While the meat rests, blend the split peas in a blender and mix in the skyr.
9. Season the pea purée with apple vinegar, salt and pepper to taste, and stir in fresh thyme.
10. Turn the chopped apples and nuts into the salad, sprinkle finely chopped onion, lemon peel and thyme sprigs on the meat, and serve everything with coarse rye bread.

What you need for four people

1 ham mignon – silverside of pork
(400-500 g)

1 ½ teaspoonfuls of salt

20 g butter for roasting

1 shallot, finely chopped

Grated peel of one lemon

250 g split peas

1 dl skyr (Icelandic yoghurt, 0.2-0.5% fat)

A little apple vinegar

A handful of fresh thyme

350 g finely chopped red cabbage

2 apples with peel, cores removed, diced or
sliced (about 200 g)

60 g toasted hazelnuts, lightly crushed

1 tablespoonful of coarse mustard

1 teaspoonful of honey

Grated peel of one lemon (not sprayed, e.g.
organic)

¼ teaspoonful of salt

½ dl of cold-pressed rapeseed oil

4 slices of coarse rye bread



vinegar, salt and pepper "Cook, dammit! We are throwing our basic cooking skills away at the moment because parents no longer teach their children how to cook. It does not have to be complicated or fantastic, just something you can do yourself using unprocessed ingredients. And remember to season the food to taste – as a rule, adding salt, pepper and vinegar does more for the love of good food than special or expensive raw ingredients."

Bo Frederiksen, chef, Meyers Madhus restaurant

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FOOD'S CARBON FOOTPRINT

Producing food leads to greenhouse gas emissions. We call the emission of greenhouse gases through the production of food the carbon footprint.

There is a great difference between the carbon footprints of different foods. Among agricultural produce, meat, butter and cheese have the largest carbon footprint, while the field grown vegetables, potatoes, flour, grain and bread have the lowest carbon footprint. Among fish and shellfish, lobster has the highest carbon footprint, while herring and mussels have the lowest.

In "Climate is served" you will find 12 different climate-friendly and nutritional recipes. The recipes have in common that their carbon footprint is lower than the footprint of the three favourite dishes in Denmark.

Read more about food and climate at www.fvm.dk/english where you can also download the recipes.



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