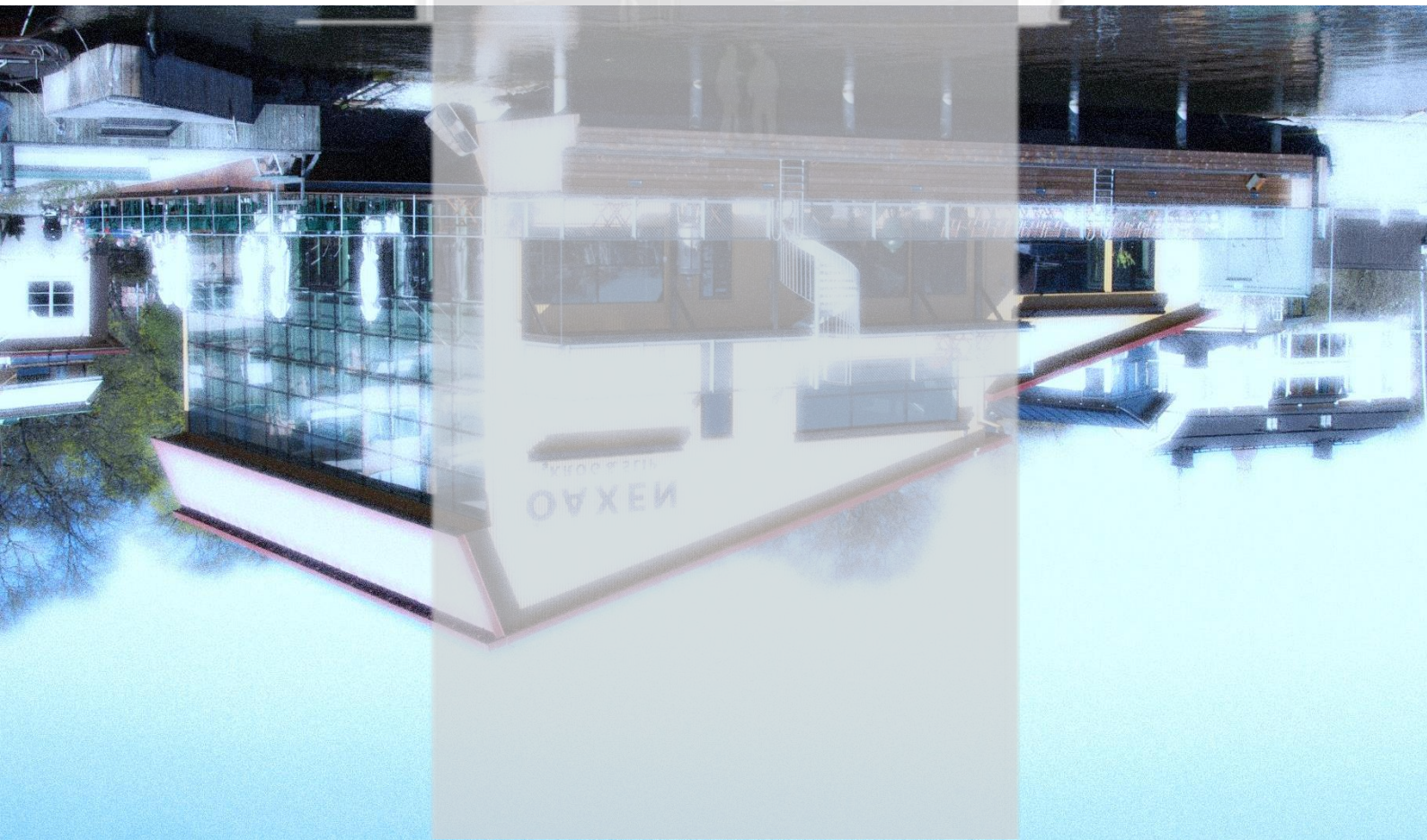




OAXEN

AN INTERSHIP MEMORY ● CARLES TARRASÓ



INTERNSHIP MEMORY

CARLES TARRASÓ OLIVER

YEAR: 2016

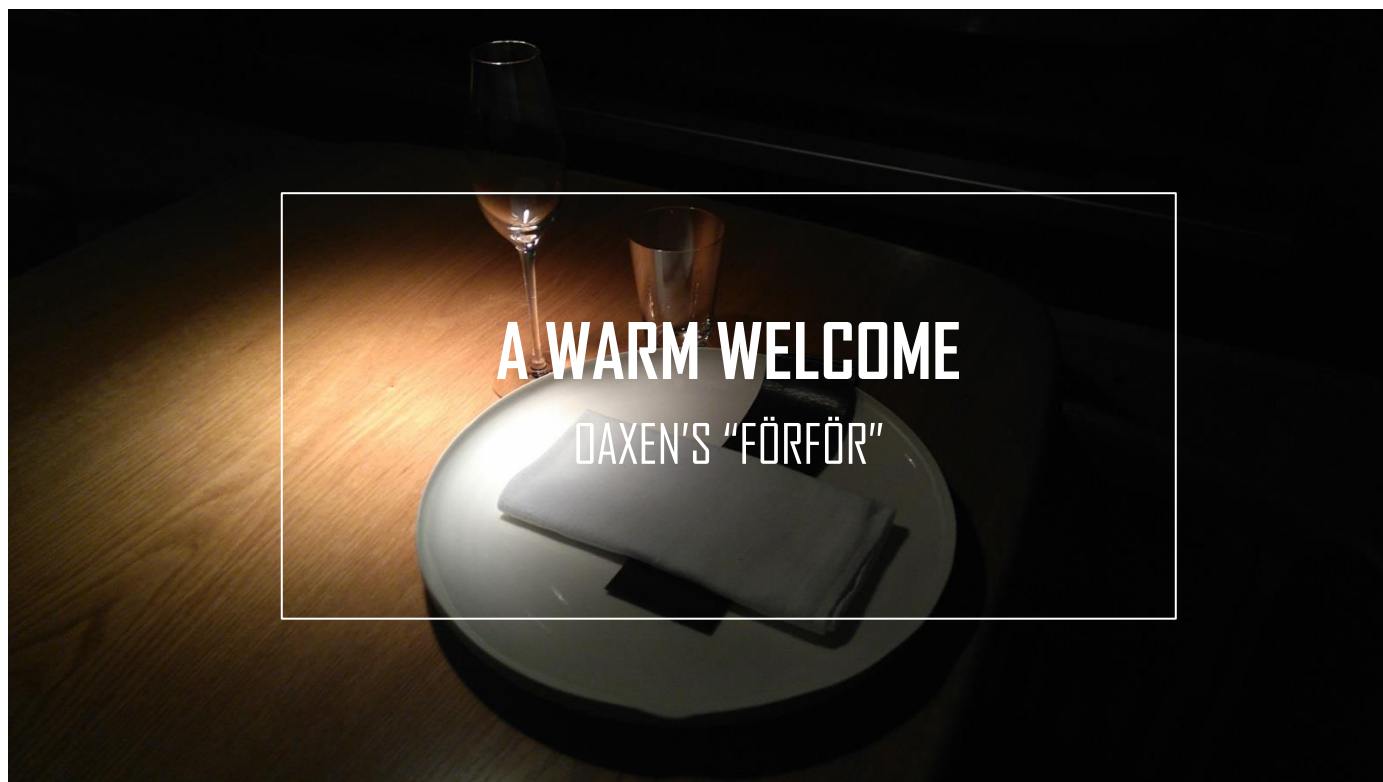
RESTAURANT NAME: OAXEN KROG

LOCATION: STOCKHOLM, SWEDEN

START DATE: 28 - 03 - 2016

END DATE: 30 - 08 - 2016

Special thanks to Magnus Ek, John Demetrios, Ian Doyle, and the rest of Oaxen' s team.



Once inside Krog dining room, every costumer is greeted by Magnus and the rest of the staff, then the service seats them in their table, and during the summertime they are offered to sit outside on the terrace to enjoy the starters in the sun of the evening. Customers are not made to wait promptly and a kind and homely service are the first impression that Oaxen wants to give.

The word "förför" it's a variation of the Swedish word *för rätt*, that means "before the meal" that is snacks. But this variation is also wordplay, considering that



if we add *jag* (me) at the beginning of the word, we will be saying "I'm seducing": *jag förför*.

And these eight small compositions very well meet its goal. They serve as introduction, in small bites, to Oaxen's philosophy: outstanding products that integrate seamlessly with dressings inspired by nature –wild leaves, herbs and flowers- which are not less important because of their delicacy and careful choice, that makes that both, companion and accompanied, share importance in the dish. Without the herbs, the snacks would lose much of its strength.

Another important aspect is its temporality: better than any other serving, the "förför" reflect the passage of the products within the seasons. If during some spring weeks a herb is at its tenderness peak, or a mushroom at its optimum maturity, they will be picked during this period and will become part of the menu probably inside a snack. In the next pages we are going to talk about the current Oaxen's förför.



A SPARKLING PAIRING

Roses de Jeanne blanc de noirs is the chosen pairing for the förför. This champagne from the viticulturist Cédric Bouchard is made from the Pinot Noir grapes from the 1.5 ha vineyard in Val de Vilaine. The champagnes from this young and renowned viticulturist have become one of the most sought after due to its low production result of a small yield and high quality.

● A SPLASH OF COLOR

Sustainability is one of the main principles at Oaxen, not only in the products, but also through-out all the organization. That can be appreciated in small details like the table's center pieces, pottery works from the Swedish artist Karl Erik Stålhandske that are filled every morning with flowers and leaves picked in Djugården.



This first förför varies with time, as it depends on which vegetable has just been harvested at Oaxen's farm. If one week they have just picked some pink radishes, is that what is going to be found in this snack, together with a dip made of fermented strawberry and hanged filmjök, with a sprinkle of wild ragweed herb. The sourness of the cream contrasts with the fresh and spicy explosion when biting the radish, and the intensity of the carrots.

FERMENTED STRAWBERRY – DIP

Fermented green strawberry 750g
Hanged Filmjök 250g

- Fermented green strawberries: pack the whole strawberries with a 2,5% of salt in a vacuum bag with a 80% vacuum. Leave it one week at a temperature between 25-30°. Store in fridge.
- Hanged filmjök: cover the surface of a strainer with kitchen paper, pour in 1/1 of filmjök and leave it hanging on a container overnight to get rid of the buttermilk.
- Dip: roughly blend the strawberries (without pit) and mix with the filmjök. Adjust salt and sugar if needed.

GETTING THE BEST QUALITY



This self-supply practice not only meets Oaxen's sustainable philosophy of love of what is produced nearby, but also is a guarantee for quality, as vegetables are always grown in its season and harvested every morning.

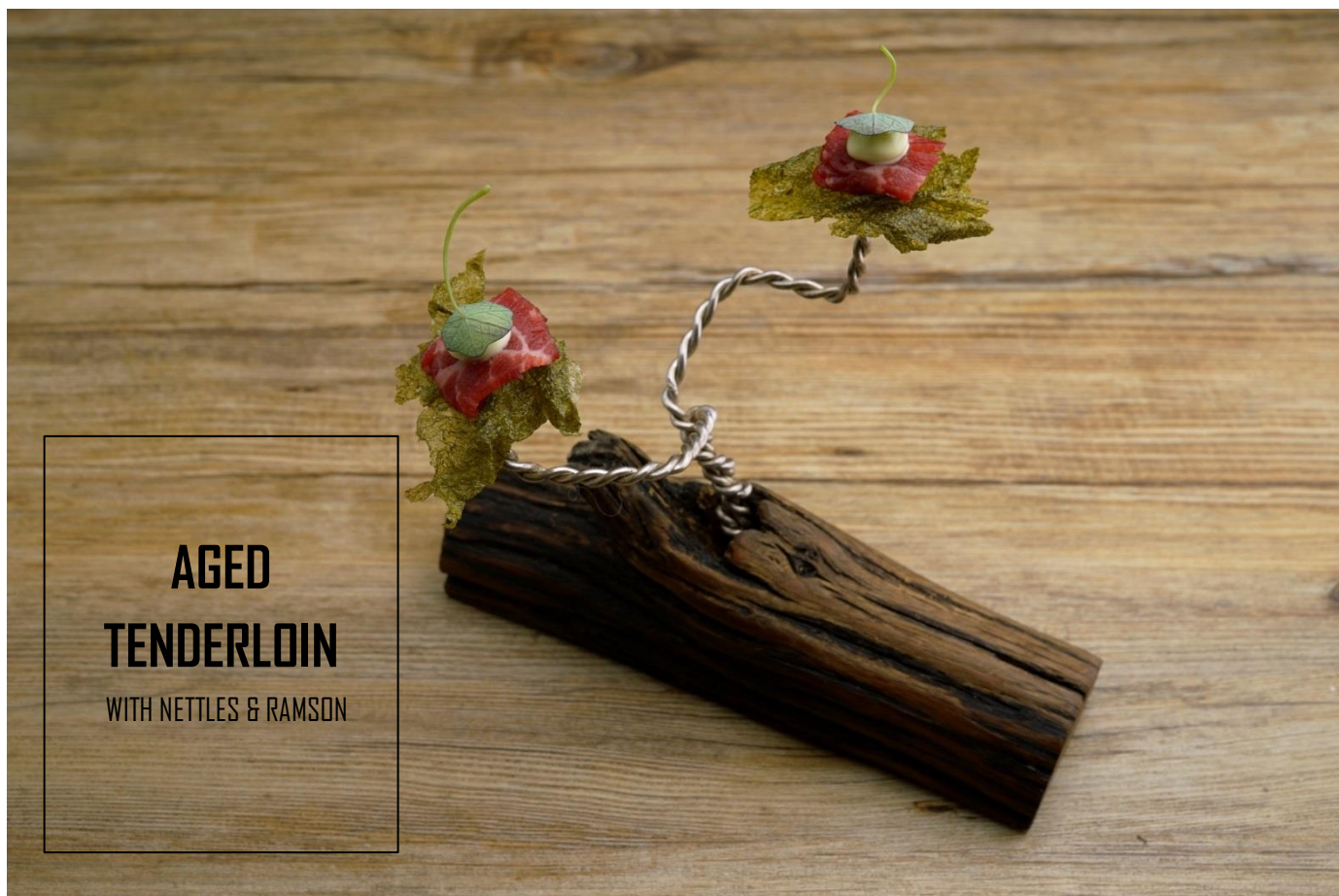
When fermented, **GREEN STRAWBERRIES** juice comes out, and they appear mixed up in an oily-slimy medium, suitable to give a creamy texture to sauces or creams.

TAKING CARE OF THE VEGIES

- Never store them in fridge, in order to preserve their organoleptic qualities.
- When cleaning them, never soak them in water for too long, as they would acquire earthiness



VEGETABLES FROM THE
FARM AT OAXEN KROG



AGED TENDERLOIN

WITH NETTLES & RAMSON

A 3mm thick slice of beef tenderloin is filled with chopped salted ramson leaves, served on a crisp made of a dried and deep fried ramson gelatin, and topped with nettles emulsion and a circle cut nasturtium leaf.



FRESH RAMSON LEAFS

Eaten in one bite, customer has to feel the presence of the raw meat above all –hence the importance of its thickness-, together with the crunchiness of the ramson with its soft roasted onion flavor, and the sourness of the nettles emulsion that gives a liaison to the bite, finishing with the fresh mustard-flavor splash of the nasturtium cress leaves.

The Swedish tenderloin is slightly aged during one week to enhance its tenderness and intensify its flavor. Due to it has to be eaten raw, it is not convenient to age it longer. Nettles have been picked in the island of Djugården, and only the most tender are taken, so tender that you can pick them without fear of burning your hands. Ramson crackers can be made both from fresh ramson or from the one conserved in salt from the last season.



NETTLES FROM DJUGÅRDEN

RAMSON CRACKER

Ramson leaf	75g
Agar-agar	14g
Water	1l
Salt	2g
Spinach	(if needed)

- Finely chop the ramson leaves, and reserve into a container with capacity for 1 liter.
- Bring to boil water, agar and salt, whisking. Pour it on the ramson leaves and let it set.
- Blend the gelatin to obtain a paste, add spinach to enhance the green if needed and spread it over a silpat. Dry overnight in the oven at 65°C (soft fan). Deep fry.

NETTLES EMULSION

Nettles	150g
Rapeseed oil	4dl
Egg yolk	½ dl
Sour milk (filmjolk)	½ l
Salt	n/a

- Hang the filmjolk in a filter overnight to get rid of the whey.
- In a blender, pour the oil at 80°C on the nettles and blend to obtain an oil. Strain through a nylon.
- Emulsify the oil with the egg yolk in a blender. Mix with the filmjolk and adjust salt.



LUMPFISH ROE

WITH NATURAL SOUR CREAM

SALTED LUMPFISH ROE

Lumpfish roe	/
Sugar	1%
Salt	2,5%

- Prepare first the lumpfish roe: put it on a tray and using the hands (and gloves) carefully pull off the skin of the ovarian bag. Then transfer the roe paste to a bowl with water and whisk with a whisker to eliminate the remaining pieces of the bag, that will join the whisk.
- Hang the roe on a strainer and leave it for some minutes to eliminate the water excess.
- Carefully season with the sugar and salt mix.
- Lumpfish roe can be packed in boxes and frozen. In the fridge can last up to 5 days.

WILD HERB JELLY

Garlic-mustard	1 bunch
Gelatin powder	5 g
Water	3,5 dl
Salt	2 g

- Mix all the ingredients in a thermomix at 80°, strain through a fine strainer and let it set.

NATURAL SOUR CREAM

Cream	1 l
Pine leaves	1 bunch
Salt	25g(2,5%)

- Disinfect a metal container with attika vinegar, rinse it with water and dry.
- Pour in all the ingredients and leave it at room temperature during 5 days.
- Get rid of the pine. To smooth and homogenize the cream take 1/3 of it and melt it in a thermomix at 40°, add the rest.

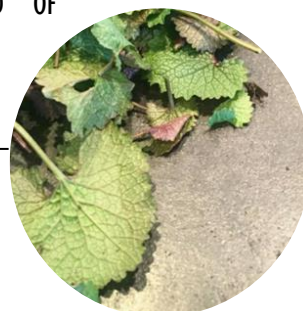


A spoon full of fresh salted lumpfish roe, together with homemade pine-fermented sour cream, bread crumbs, garlic mustard jelly and topped with priest collar flower petals. Eaten in one bite from the same spoon, customer feels the sudden explosion of the lumpfish roe with its delicate, elegant sea flavor, that mixes with the velvety texture of the cheesy sour cream, all it enhanced by the fresh herb aroma of the gelatin and the crunchiness of the bread.

THE LACTIC ACID BACTERIA naturally present in the pine leaves ferment the cream.

A high quality fresh lumpfish roe is purchased in big amounts during its season (late April to early March) and preserved in the restaurant, salting and freezing it. After sturgeon caviar, lumpfish is the second most valued roe. About the homemade sour cream, it is made by packing cream together with pine leaves, so the lactic acid bacteria that naturally live in the leaves ferments the milk. The herb jelly is made from **GARLIC-MUSTARD PICKED IN THE ISLAND OF DJUGÅRDEN.**

COLORS OF THE LUMPFISH ROE can vary from a pale orange to a pomegranate pink, or an almost raspberry-like red.





LANGOUSTINE

WITH BOTARGA & TARRAGON
CREAM

A piece of fresh raw langoustine is served on a dried and deep fried beech leaf together with tarragon cream emulsified with chicken stock, and a grated homemade botarga. Served on a piece of burnt wood, it's been designed to be eaten in one or two bites with a silver fork. It is a combination of herbal and marine flavors: the sweet sea flavor of the langoustine goes well with the subtle tea taste of the beech, with its light texture and crackle. The intensity of flavor is given by the savory tarragon emulsion and the umami full botarga.

BEECH LEAFS at
Djugården

ALIVE LANGOUSTINE quickly
blanched and peeled, still moving.

Langoustines are caught alive by traps in Fjällbäcka, on the western coast of Sweden, where the shallow waters, protected from the open North Sea by and archipelago raise an outstanding product. About the birch leaves, they are picked during the last weeks of May -after that date they become too harsh to be eaten- and dried in the dehydrator to preserve them. Another remarkable element of the plate is the tarragon cream: an emulsion with a particular melting texture.



OPENING THE SCALLOPS

TARRAGON CREAM

THE SECRET behind this emulsion lies in the collagen protein. Proteins are formed by amino acids, which are chained together forming complex structures, and the properties of each protein is given by the types of amino acids that contains, and the type of structure in which they are packed together. Collagen is a fibrous protein present in almost all the animal tissues. Fibrous means that it is structured in chains that tie together forming fibers, and this structure, together with the type of amino acids composing it,

causes that the final molecule is **amphipathic**, which means that it has a part with polar electrical charges (which are hydrophilic – attract water-) and a part with nonpolar ones (hydrophobic –repel water and have affinity for fat-). That's why collagen has the ability to form emulsions, as one part of it binds with fat and the other with water. In this emulsion, it is the reduced chicken stock that provides it.

Tarragon	250 g
Rapeseed oil	1,5 dl
Reduced chicken stock	50 g
Champagne vinegar	10 g
Salt, light syrup	n/q

- Blend everything together until it emulsifies, pass through a fine strainer.
- If it splits blend again with more chicken stock and 1 scoop of Thick&Easy.

SCALLOP ROE BOTARGA

Botarga is a delicacy made of salted, cured fish roe, typical of the Mediterranean cuisine.

- Separate the roe bags from the scallops, cover them in coarse salt and leave overnight in the dehydrator at 45°C. store dry in vacuum bags.

JERUSALEM ARTICHOKE

WITH THYME AND HOMEMADE
LARDO



Jerusalem artichoke, together with a cream of the same artichoke, a slice of homemade lardo, thyme and kovring bread crumble. Served on a wooden piece with silver arms, it offers a contrast between the sweetness of the artichoke and the crumble, with the saltiness of the homemade lardo, all of it enhanced by the aroma of the thyme.

Jerusalem artichoke is a species of sunflower native to eastern North America. Despite its name, it has no relation with Jerusalem, that name is more probable to come from a change of the word *girasole* (sunflower) that the Italian settlers of the U.S. used to call it, due to the resemblance of its flower to the sunflower. The *artichoke* part comes from its similarity in flavor to the actual artichoke.

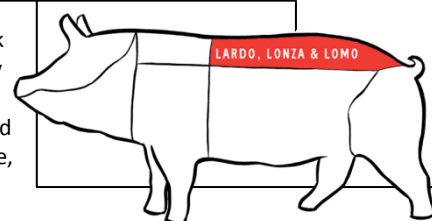
In this recipe, artichokes are vacuum cooked with thyme. Its inside is used to make a creamy emulsion that goes on the top of a slice of the same artichoke, topped by a slice of homemade lardo.



KOVRING is a traditional Swedish rye bread, enriched with yoghurt, beer and syrup.
(More on page 15)



HOMEMADE LARDO is obtained from the back of the Duroc pig, a very fatty piece with a fine meat veining. It is salted and seasoned with sage, rosemary and thyme.



J. ARTICHOKE SLICES

Jerusalem artichoke	1kg
Water	½ l
Thyme	5 branches
Salt	2' 5% of total weigh

- Carefully brush the artichoke's skin with a scourer or a plastic bristles brush, until their dark brown skin turns pale.
- Pack the artichoke together with the other ingredients in a vacuum bag.
- Cook in a stem oven at 100°C during 1h 40'. Make sure that they are soft when pressing them. Cool in ice water.
- Slice them in slices of 5cm x 1'5 cm keeping the skin and taking away part of the pulp (like a melon slice). Reserve this part for the cream.

J. ARTICHOKE CREAM

Rapeseed oil	3dl
Cooked artichoke pulp	300g
Thick&Easy	(if needed)
Salt	2g

- In a thermomixer blend the artichoke and slowly add the oil to emulsion it. Season.
- It must have a cream consistency, thicken with modified corn starch if needed.



CHICKEN OF THE WOODS

MUSHROOM WITH PINE EMULSION AND SWISS CHARD

COOKED CHICKEN OF THE WOODS

Chicken of the woods ½ kg
(clean)

Butter 100g
Salt 3g

- Clean with a paper the mushroom surface, cut off the ugly parts.
- Chop the chicken of the woods in irregular pieces from 0,5 to 1 cm.
- Cook it in butter for about 5 min. until it acquires the texture of an overcooked chicken. Season and store in the fridge.

MUSHROOM POWDER

Chicken of the woods ½ kg

- Cut the clean mushroom in irregular pieces.
- Dry overnight in the dehydrator at 40°C.
- Blend the dry mushroom to obtain a powder. Keep away from humidity.

PINE EMULSION

Pine leaves 200g
Rapeseed oil 4 dl
Egg yolk 30g
Salt n/a
Vinegar, light syrup n/a

- Blend the pine branches with the oil at 80°C to make pine oil.
- Emulsion the oil with the egg yolk and salt, season with vinegar and syrup.

PICKLED SWISS CHARD

Swiss chard 200g
Ättika vinegar 4 dl
Sugar
Water 30g
Salt n/a

- Prepare a **3,2,1 salt Brine** heating the water, ättika, sugar and salt in a pot.
- Pour the hot brine (80°C) over the thinly sliced swiss chard. Leave it cool. Store in the fridge.

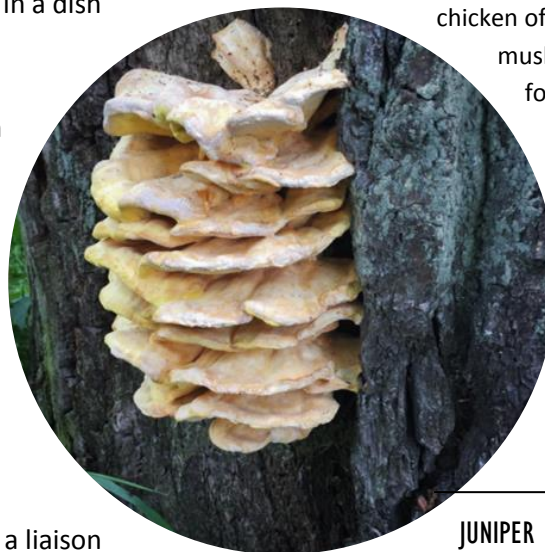
Chicken of the woods mushroom, cooked in butter, served on a bed of breadcrumbs together with a pine emulsion, pickled Swiss chard and a chicken of the woods powder. Eaten in a dish carved from a branch (where this mushroom grows), it transports the costumer to the forest with its combination of wild flavors.

The fresh and balsamic pine emulsion gives a liaison to the singular texture of the cooked mushroom, that is like an overcooked

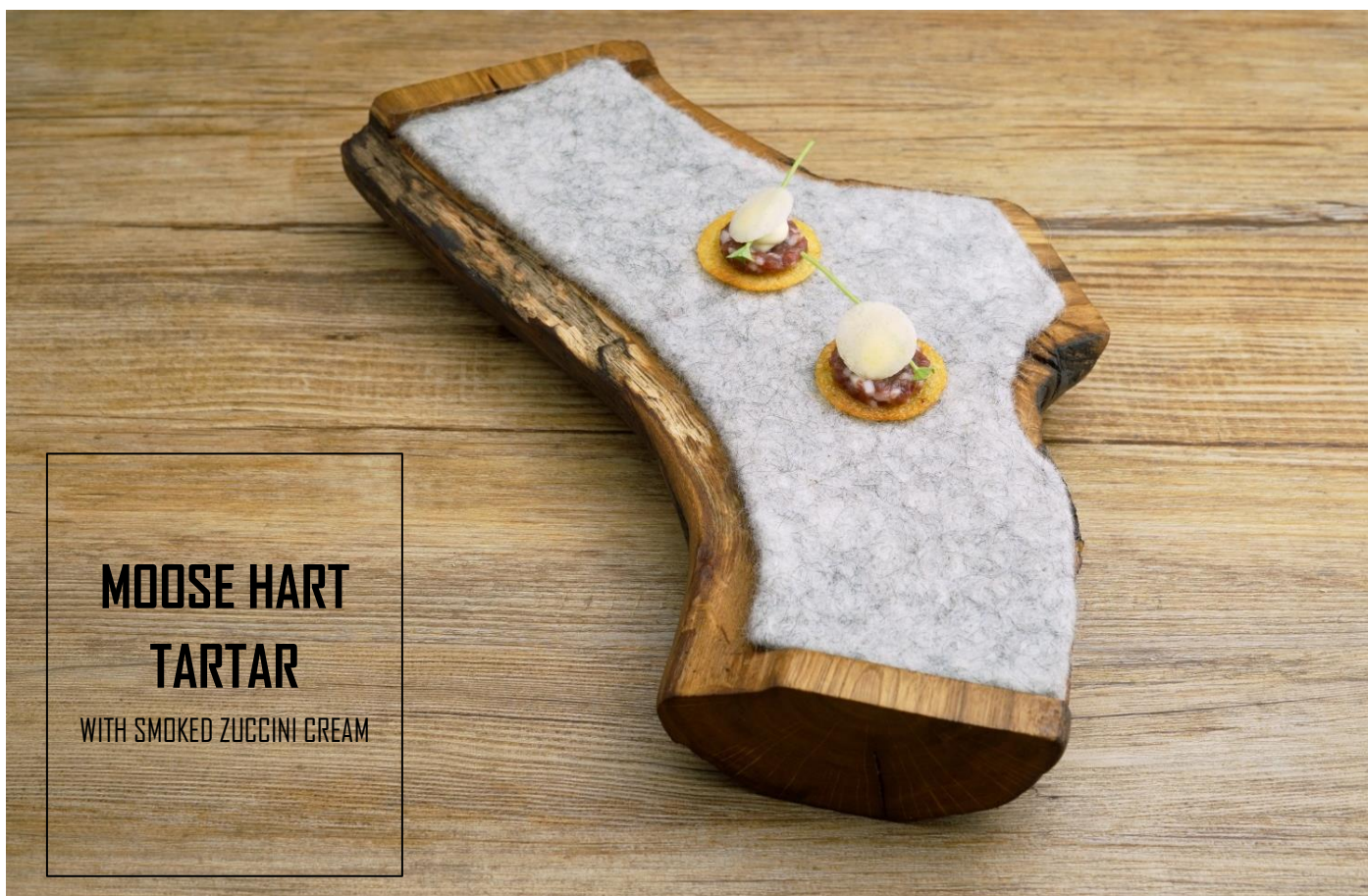
ÄTTIKA VINEGAR is a Swedish food preservative. It's obtained directly from the oxidation of pure ethanol, producing acetic acid that is mixed with water.

chicken breast, but with a touch of mushroom flavor.

Leitopurus sulphureus, known as chicken of the woods, is a mushroom that grows on trees found in Europe and North America. Although it prefers to live on oak, it can be found also on eucalyptus, yew, chestnut and willow, as well as some conifers. It can be found in the Djugården park in late spring and summer.



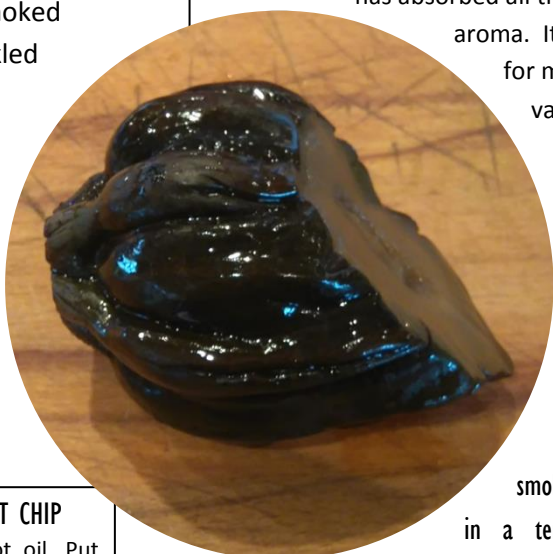
JUNIPER WOOD SPOONS are one of the most valued elements of the cutlery, and the ones that Magnus is the most proud of. Each spoon is carved by Magnus himself from a juniper branch. They are oiled every Saturday with paraffin oil, and carefully dried.



MOOSE HART TARTAR

WITH SMOKED ZUCCHINI CREAM

The moose hart is finely minced with a sharpen knife and intermingled with smoked pig's fat cubes, then it's presented on the top of an almond potato chip, and covered by a smoked zucchini cream, a pickled turnip circle and a coriander stem. Served on a wooden piece and eaten in one bite, it's a delicious way of eating hart, suitable for all tastes.



THE PERFECTLY FLAT CHIP

- Fry the chips in hot oil. Put them on absorbent paper and flatten them with a metallic spatula while they are still soft and warm.
- Fry them again if needed.
- Dry them in the dehydrator at 40° to leave them crunchy.

Moose hart comes from the north of Sweden, while the zucchini is harvested in Oaxen's farm and smoked for 9 hours in a warm smoker at the restaurant's terrace. The result is an almost black product, with a lot of umami flavor, that has absorbed all the smoke aroma. It can be stored for months in vacuum bags.

WARM SMOKING TECHNIQUE is a technique in which the product is simultaneously smoked and cooked, in a temperature range

between 70 and 110°C. In Sweden it's reminiscent of summer, when the traditional midsummer salmon is warm smoked over alder wood, which has a slightly sweet flavor and is not overpowering.

SMOKED ZUCCHINI CREAM

Rapeseed oil	6dl
Smoked zucchini	150g
Egg yolk	30g
Thick&Easy	(if needed)
Salt	2g

- Cut the zucchini in cubes, blend in a thermomixer and emulsion with the oil and salt. Add 1/2 scoop of Thick&Easy if needed.

PICKLED TURNIP "COINS"

Yellow turnip	200g
Attika vinegar	some drops
Salt	n/a

- Slice the turnip with the mandolin making slices of 1mm. Cut them round in a "coin" shape.



Model of the Warm Smoker that Oaxen has on its terrace.



KING CRAB

WITH KRONDILL AND ALMOND
POTATO

The förför list finishes with this delicate warm snack. A creamy almond potato purée is filled with a krondill emulsion, and it serves as a basis for some leafs of dill, king crab cooked in a crab and beer stock, pickled shallots and a pinch of breadcrumbs.

THE PERFECT POTATO PURÉE

- Once cooked, never let the potatoes to cool down, as they would acquire a rubbery texture.
- Boil the peeled potatoes in salty water until they are completely cooked. Pour the water and immediately pass the potatoes through a fine sieve to a warm pot. Repeat this process again.
- Mix the potatoes with a generous amount of warm butter and milk.
- Mind that the purée will slightly thicken afterwards.

Served on a warm concave porcelain plate and eaten with a wooden spoon, the dish is a Swedish classical combination



(generally with river crab) of the herbal intensity of the krondill with the sweet and umami crab.

Krondill is dill which is harvested at the end of its flowering, when its inflorescences are completely open. This stage happens in August and early July.

KRONDILL EMULSION

Rapeseed oil	6dl
Krondill	250g
Dill	250g
Egg yolk	30g
Thick&Easy	(if needed)
Salt	2g

- Harshly chop the dill and krondill.
- Heat the oil to 80°C and blend together with the dill and krondill. Strain through a fine.
- While the oil is still warm emulsion it with the egg yolk and salt in a blender. Thicken it if needed.

COOKED CRAB

King crab	5 legs
Water	2 l
Beer	1 l
Salt	6g

- The secret for not overcooking the crab is to add it when the stock is boiling, then turn it to low heat and cook it for 5 to 10 minutes.
- To get a nice crab stock keep the cooking water and reuse it as many times as possible.

PICKLED SHALLOT

Shallot	6units
3,2,1 salt brine	1 l

- Prepare a 3,2,1,salt brine (page 7) and heat it up.
- Slice the shallots and cover them with the brine at 80°C. Leave it to cool.