Göteborgsmåltiden

”Gothenburg Royale”

Mussel and crab salad with Wrångsbäck mayonnaise, seaweed-pickled cabbage, poached turnip, Hönökaka baked with wholemeal flour and dried sea lettuce, served with iced silver onion, horseradish and fresh dill.

The jury’s motivation

A dish from Gothenburg crafted in an innovative way with carefully selected seafood ingredients. The accompaniments can be varied according to the season. The flavor is excellent, brought together beautifully with artisanal foodcraft from the islands outside the city. This is an exciting dish with bold character and depth of taste. Creative, lively, and not least sustainable, it reflects Gothenburg’s future. It can find its place in home kitchens, restaurants, fish counters and public catering.

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Recipe for 4 servings - Gothenburg Royale (1/4)

Mussel and crab salad

1kg	Bohuslän blue mussels
1	Shallot, chopped
1	Garlic clove
1tbsp	Cold pressed rapeseed oil, preferably from Bohuslän
3dl	White wine
120g	Cooked crab
1	Turnip (alternatively another root vegetable, e.g., rutabaga)
70g	Wrångebäck cheese from Almnäs Bruk, grated (can be substituted with aged Swedish cheese)
2	Egg yolks
1tsp	Mustard
1tbsp	White wine vinegar
2dl	Cooking oil
2tbsp	Chopped chives
	Salt
	Black pepper

Instructions: Rinse the mussels under cold water. Remove the “beard” from any mussels where it sticks out. Gently tap any open mussels against the countertop. If they do not close, discard them. Peel and finely chop the shallots together with the garlic. Sauté the shallots and garlic in cold-pressed rapeseed oil in a saucepan without letting them take on color. Add the wine and bring to a boil. Add the mussels and cook at high heat with the onion for 3–5 minutes until the mussels open. Remove from the heat and allow to cool. Take the mussels out of their shells and save the cooking liquid.

Roughly chop the mussels with a knife and place them in a bowl. Peel the turnip and cut into 1 × 1 cm cubes. Place in a saucepan and simmer gently in the mussel broth until tender, about 10 minutes. Drain off the remaining liquid and add the turnips to the mussels. Fold in the chopped crab meat with the mussels and turnips.In a new bowl, make a mayonnaise with egg yolks, mustard, vinegar, finely grated Wrångebäck cheese, and cooking oil. Season with finely chopped chives, salt, and pepper. Gently fold the mixture together and adjust the flavor with salt and freshly ground black pepper.

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Recipe for 4 servings - Gothenburg Royale (2/4)

Hönökaka with wholemeal flour and dried sea lettuce

4dl	Organic milk 3%
33g	Fresh yeast
0,65dl	Light syrup
6dl	Rye flour mix, 55% wholegrain
4dl	Wheat flour
2tbsp	Dried sea lettuce, chopped (can be substituted with other seaweed, e.g. sugar kelp)
1tsp	Dried dill seed, grounded
66g	Organic butter 80% fat (can be replaced with plant-based butter)
0,5tbsp	Salt

Instructions: Heat the milk to a maximum of 37°C (98°F). Crumble the yeast into a mixing bowl. Add the milk and syrup, stirring until the yeast has dissolved. Gradually add the rye flour mix and wheat flour. Quickly mix into a dough. Add the butter in small pieces, then add the salt, ground dill seed, and dried sea lettuce. Knead the dough for about 5 minutes in a stand mixer or 10 minutes by hand. Cover with a kitchen towel and let the dough rise until doubled in size, about 45 minutes.

Divide the dough into three pieces. Roll each piece out thinly on separate sheets of baking paper. For the final roll, use a patterned rolling pin (kruskavel). If you don't have one, prick the bread with a fork instead. Place the breads on separate baking trays. Let rise under a kitchen towel for 20 minutes. Preheat the oven to 250°C (480°F), or 225°C (435°F) if using a fan oven. Bake in the middle of the oven for 8–10 minutes. Let the breads cool on a wire rack under a kitchen towel. The breads are best baked in a wood-fired oven but a regular oven works well too..

Don't feel like baking? *You can also buy Hönökaka in stores (look for one with 54% wholegrain). Simply dust the bread with a little dried sea lettuce before serving.*

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Recipe for 4 servings - Gothenburg Royale (3/4)

Seaweed-pickled cabbage

150g	Pointed cabbage (preferably locally produced)
0,5dl	Spirit vinegar 12%
1dl	Water
1dl	Sugar
2tbsp	Dried sea lettuce, chopped (can be substituted with other seaweed, e.g. sugar kelp)
1pinch	Black tea
100g	Black kale (preferably locally produced)

Instructions: Finely shred the pointed cabbage. Bring the pickling liquid to a boil with vinegar, water, sugar, black tea, and dried sea lettuce. Pour the hot liquid over the cabbage and let it sit for at least 30 minutes before serving. Drain off the liquid but save it in a saucepan. Just before serving, toss the shredded black kale in the liquid to create a vibrant salad..

Poached turnip

1	Small turnip (can be substituted with another vegetable)
1	The reserved pickling liquid from the cabbage
1tbsp	Coriander seeds

Instructions: Peel the turnip and slice it thinly using a mandoline or a knife. The slices should be thin enough to see through. Bring the pickling liquid to a boil together with the coriander seeds, then add the turnip slices. Bring briefly to a boil and then allow to cool. Strain off the liquid before serving.

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Recipe for 4 servings - Gothenburg Royale (4/4)

Iced silver onion

1	Silver onion, thinly sliced
1dl	Ice cubes
1dl	Water

Instructions: Peel and slice the onion thinly. Place in ice water for at least 30 minutes before serving. Drain the water and let the onion dry slightly on a paper towel.

For serving

50g	Wrångebäck cheese from Almnäs Bruk (can be substituted with another aged Swedish cheese)
30g	Horseradish (preferably locally produced)
1dl	Dill, picked

Instructions: Start by cutting a piece of bread. Make a shallow cut lengthwise down the middle, but do not slice all the way through. Spread the seaweed-pickled cabbage inside, then add the mussel and crab salad. Top with a few slices of poached turnip. Finish with chilled silver onion and picked dill, then generously grate horseradish and Wrångebäck cheese on top.