

# RECIPES

How better to enjoy fine food than to use organic produce! There is always scope in the kitchen to experiment and to explore. In future issues we will feature tried and tested recipes from readers, so if you would like to share a culinary experience please send us details, we really want to hear from you.

## LINGON BROD/ RED WHORTLEBERRY BREAD

A traditional Swedish country bread, moist and easy to make. This recipe makes one family loaf and was kindly contributed by Christina Kallaker from Sweden.

*Rye flour: 233g (8oz)*

*Wheat flour: 233g (8oz)*

*Baking powder: 7.5g (1.5 teaspoons)*

*Baking soda 7.5g (1.5 teaspoons)*

*Seagreens® Culinary Ingredient: 30g (1.5 full tablespoons)*

*Linseed or caraway seed: 100g (3.8oz)*

*Raisins: 100g (3.8oz)*

*Sunflower seeds: 100g (3.8oz)*

*Coarse rye flakes: 75g (2.6oz)*

*Coarse ground rye: 75g (2.6oz)*

*Lingonberries or lingonberry conserve: 100-150g (3.8-9oz) (or Red Whortleberry)*

*Treacle: 50ml (1.5 tablespoons)*

*Soured milk: 350ml (12.3 fl.oz)*

*Free-range eggs: 2*

Mix the dry ingredients in one bowl and the wet ingredients in another

Mix the dry into the wet ingredients

Form the mixture into the desired bread shape and smooth the surface with a floury hand

Bake in a pre-heated oven at 175°C (340°F) for 1 hour, or until the centre of the bread is dry (if a skewer or knife come out cleanly)

Let the bread cool on a wire rack or plain baking tray.

(Useful tip: To sour milk quickly, put 1 tablespoon lemon juice into half pint milk, strip and allow to stand for 1 hour)



Serving suggestion with smoked salmon

## SKIRLIE

The name Skirlie is said to describe the 'skirl' of Scottish bagpipes, heard in the distance as the dish is stirred during cooking. Skirlie can be served on its own or with mashed potatoes, or to accompany roasted game. This recipe will serve at least 3.

*Butter: Quarter cup*

*Onion: 1 Large*

*Fine Scottish organic oatmeal: 1 cup (110g)*

*Seagreens®, Culinary Granules: 2 teaspoons (10g)*

*Seasoning: Fresh coriander or parsley*

*Seagreens®, Table Condiment in a grinder*

Finely chop the onion, melt the butter in a pan and fry the chopped onion until light brown.

Mix the Seagreens® Culinary Granules into the oatmeal and add the mixture a little at a time until all the butter is absorbed.

Season and cook for a further ten minutes, without additional salt.

Add fresh coriander or parsley immediately before serving.

