

# COOKING WITH A D J Ø





**ADJØ** is a cafe and gallery focusing on emerging artists and cuisine from the Nordic kitchen. Our space is here to provide an alternative way to view and experience art, mixing with coffee and yummy food, and looking out to the beautiful botanics.

In **ADJØ** our kitchen and space is small, so nordic food is perfect because we can utilise pickling, fermentations and slow cooking methods, bringing out flavours you wouldn't normally get.

In this booklet we'll provide you with information about ***pickling***, and the different ways you can create flavour to enhance your meals, salads, or for snacking!



# PICKLING

## **What is pickling?**

Pickling is a preservation method that lowers the pH of a food. Lowering the pH will inhibit the growth of microorganisms/bacteria and ensure that the raw material can last longer. Typically, you can pickle items by covering them in a sour or sour-sweet liquid, but you can also cook the ingredients in sugar - this method is typically used to make jams or to raw pickle something by covering it in sugar or salt.

## **Why pickle?**

We've already covered it a bit: Food lasts longer when you pickle them! Extending the shelf life of raw materials has been of great importance in the past, when securing food during the winter months. Today, there is not much difficulty in getting food on our plates though, and the pickled ingredients have been given a new function in our kitchen: Pickled items taste fantastic and can add a nice sour, sweet or salty touch to our dishes, and help us from preventing food waste. We can pickle anything at home, especially things that would usually be imported, so we can help support our local community and the environment by sourcing local ingredients, and creating 'worldly' flavours.



## **What can I pickle?**

Most people know pickled gherkins, which we can buy in jars from the supermarket and eat straight away. But pickling can do a lot more than that. You can pickle everything with a firm consistency - and you can pickle to both the sweet and savoury palates. Although you most commonly find fruit and vegetables pickled, you can also easily pickle mushrooms and nuts - only the imagination sets limits when it comes to pickling!

## **How does one pickle?**

When you want to pickle, use a sterilised jar and some pickling juice. Typically, the pickling juice is based on vinegar and flavored with sugar, salt and other spices according to taste and purpose. Below you can see an example of a basic pickle juice that can be adjusted as you feel comfortable with the process.

There are a lot of different pickling juice recipes to be found, so you can search for more online or experiment with your own. So long as you keep the pickles in the fridge, you don't need to have an exact recipe unless you want it to be shelf stable.





### **ADJØ's basic pickling juice (1-1-1)**

1 part vinegar (we use apple cider vinegar)

1 part water

1 part sugar

Flavours (bay leaves, cinnamon quills, peppercorns, star anise etc.)

### **Swedish basic pickling juice (3-2-1)**

3 parts water

2 parts sugar

1 part vinegar

Flavours

Pour all the ingredients into a saucepan and cook them up. In the meantime, put the raw material you want to pickle into a sterilised jar. As soon as the mixture reaches the boiling point, it is taken off the heat and poured into a sterilised jar. The liquid should cover the raw material you are pickling. Label your creation and put it in the fridge.

On the next few pages there are a few different recipes for inspiration.

## Pickled red onions

4 red onions  
200 g vinegar  
200 g water  
300 g blackcurrant juice  
80 g sugar (depending on how sweet your  
blackcurrant or other juice is)  
2 g salt  
10 peppercorns or some bay leaves

In this recipe, using the 1-1-1 quantities we have swapped the sugar out with a blackcurrant juice, as this will add both sugar and colour to our red onions.

Bring the pickling juice to a boil together with the other ingredients and add the onions. Turn off the heat and put the onions in a sterilised jar. Cover them with the liquid.

Tip: If you have any liquid leftover, save it and use it to pickle something else.

## **Raw pickled fruit**

200g rhubarb

100g sugar (we use cane sugar)

Clean the rhubarb and cut into nice squares. Along with sugar put the rhubarb in an airtight container. Let sit in the fridge for 12 hours or more until its ready.

## **Sugar pickled Lemons**

1 organic lemon

100g sugar

1 cup water

Slice the lemons as finely as possible on a mandolin or with a sharp knife. Boil water and sugar in a pot. Add the lemon slices and let the boil for about 15 minutes. Put the lemons and the pickle in jars and keep cool.

Tip: We use the leftover juice from this recipe as part of our day to day pickling juice, as we love the flavour!

**Mushroom Barleyotto with  
Pickled Mushrooms and Onions  
(4 people)**

**Barleyotto:**

300g Pearl Barley

1 litre of water, or stock of your choice

1/2 cup of cream

Apple Cider Vinegar to taste

Parmesan to taste

**Mushroom puree:**

300g (approx) of mushrooms (any type, oyster is amazing if available)

15g butter

1 tbsp olive oil (or any other high quality oil)

1/2 cup cream

Put pearl barley into a pot and lightly brown in oil, then add the stock and bring to boil over high heat. Bring down to medium heat once the barley is boiling, and cook until liquid has reduced, and the pearl barley has a nice and soft texture. While the barleyotto is cooking, make the puree.

Cleaning the mushrooms, then heat a pan with oil and butter and fry until they are golden.

Blend with the cream and put aside.  
When the barleyotto has reduced, add the mushroom puree, cream, and one extra cup of boiling water and bring back to boil. Add the parmesan when the barley is still liquid. Lower the heat and stir well until creamy. Add salt, pepper, and apple cider vinegar to taste.

### **Pickled mushroom:**

100g (approx)  
1 cup vinegar of your choice  
1 cup sugar  
1 cup water

Cut the mushrooms into thin, attractive slices, or keep whole. Fry in a pan without any oil or butter, at a high temperature until they moisten the pan. Boil vinegar, sugar and water in a pot. Add mushrooms to the pot when the sugar has dissolved and boil for a further 5 minutes. They can be used right away for this recipe, but will keep in the fridge for 2-3 weeks afterwards.



Serve the barleyotto in a bowl, with a small handful or tbsp of the pickled mushrooms and onions on top, black pepper, and a generous topping of cress, or anything green like chopped spinach or sorrel. Avoid anything too bitter like mesclun for this particular dish. You can also top with goats cheese, feta, extra parmesan, blue cheese, and/or lemon rind or walnuts.