

“Cook the Mountain”

The nature around you

Recipes

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PRESTEL

Munich · London · New York

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Spring salad



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Ingredients for 4 persons

Dressing

125 ml (1/2 cup)	hay glaze (<i>see basic recipes</i>)
25 ml (2 tbsp.)	apple balsamic vinegar
5 ml (1 tsp.)	apple vinegar
25 ml (2 tsp.)	double malt beer
15 ml (1 tbsp.)	meat oil (<i>see recipes</i>)
5 ml (1 tsp.)	elderflower vinegar
25 ml (2 tbsp.)	grape seed oil

Spring salad leaves

5 g (1/8 oz.)	dandelion
5 g (1/8 oz.)	silene
5 g (1/8 oz.)	dogtooth violet
5 g (1/8 oz.)	pimpinella
5 g (1/8 oz.)	watercress
5 g (1/8 oz.)	hairy bittercress
5 g (1/8 oz.)	wild garlic

Other ingredients

25 g (2 tbsp.)	meat oil (<i>see basic recipes</i>)
10 g (3 tsp.)	wild garlic oil (<i>see basic recipes</i>)

Spring salad flowers

5 g (1/8 oz.)	coltsfoot
5 g (1/8 oz.)	primrose
5 g (1/8 oz.)	lungwort

(the herbs can vary depending on availability and season)

Sorrel-spruce granita



Large color image on page 58 in the main volume.

Ingredients for 4 persons

Granita

1	big green apple
50 ml (1/4 cup)	elderflower kombucha (<i>see basic recipes</i>)
75 ml (5 tsp.)	elderflower syrup (<i>see basic recipes</i>)
75 g (2 2/3 oz.)	sorrel leaves
35 g (1 1/4 oz.)	spruce sprouts

Other ingredients

5 g (1/8 oz.)	elderflowers (fresh)
5 g (1/8 oz.)	spruce sprouts (fresh)

Method

Centrifuge the apples and strain the obtained juice through a cloth. Measure out 100 ml, place with the other ingredients in a Thermomix and blend for 30 seconds, using the highest speed setting. Filter the resulting liquid through a chinois sieve, pour it into a container and freeze. Once frozen, scrape the granita with a fork and serve with the fresh elderflowers and spruce sprouts.

Orzotto with herbs



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Ingredients for 4 persons

Orzotto

200 g (1 cup)	pearl barley
30 g (1/8 cup)	goat butter
50 g (1/2 cup)	grated mountain cheese (Formai de Mut)

Chopped herbs (all fresh)

5 g (1/8 oz.)	sorrel
5 g (1/8 oz.)	borage
5 g (1/8 oz.)	nettles
5 g (1/8 oz.)	clover
5 g (1/8 oz.)	four-leaf clover
5 g (1/8 oz.)	Good King Henry
5 g (1/8 oz.)	lemon balm
5 g (1/8 oz.)	mountain pepper
5 g (1/8 oz.)	lemon verbena

Lemon verbena and lemon balm jelly

300 ml (1 1/4 cup)	water
15 g (1/2 oz.)	lemon verbena
15 g (1/2 oz.)	lemon balm
15 g (1/2 oz.)	mint
3 g (2/3 tsp.)	agar-agar
3	gelatine leaves

Wild asparagus in beeswax

Ingredients for 4 persons

Preserving liquid

600 ml (2 1/2 cups)	apple vinegar
300 ml (1 1/4 cup)	white wine
15 g (3/4 tbsp.)	salt
2	bay leaves
2	cloves garlic
2	juniper berries
300 g (1 1/4 cup)	grape seed oil

Wild asparagus

12	shoots mountain asparagus
10 g (1/2 tbsp.)	chestnut honey
400 g (1 cup)	beeswax

Other ingredients

juniper branches



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Curd



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Ingredients for 4 persons

Fresh milk curd

250 ml (1 cup)	fresh cream
250 ml (1 cup)	fresh milk
50 g (1/4 cup)	sugar
9 g (2 tsp.)	animal rennet

Cornel cherry sorbet

250 ml (1 cup)	water
187 g (3/4 cup)	sugar
17 g (1 tbsp. + 1/2 tsp.)	glucose
240 ml (1 cup)	cornel cherry juice

Rhubarb compote

500 g (4 cup)	rhubarb (fresh)
175 g (3/4 cup)	sugar
10 g (1/4 oz.)	lemon verbena
5 g (1/8 oz.)	thyme

Jerusalem artichoke chips

2	Jerusalem artichokes
100 ml (1/3 cup)	water
100 g (1/2 cup)	sugar

Elderflower tomatoes

12	mixed-color cherry tomatoes (fresh)
50 ml (1/4 cup)	elderflower syrup (<i>see basic recipes</i>)
	salt to taste