"Cook the Mountain"

The nature around you

Recipes

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Spring salad

Large color image on page 56 in the main volume.

Ingredients for 4 persons

Dressing

125 ml (1/2 cup) hay glaze (see basic recipes)
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 (see recipes)
5 ml (1 tsp.) elderflower vinegar
25 ml (2 tbsp.) grape seed oil

dandelion

Spring salad leaves

5 g (1/8 oz.)

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 (see basic recipes)
10 g (3 tsp.)	wild garlic oil (see basic recipes)

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)

Method	
Dressing	
Bring together all the ingredients and blend them in a Thermomix for two minutes at top speed to obtain an	
emulsion.	
Salad Prepare the salad, bringing together all the herbs and seasoning with the dressing and the meat and wild garlic	
oils. Adjust the salt and plate the dish.	

_ NOTES

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 (see basic
	recipes)
75 ml (5 tsp.)	elderflower syrup (see basic recipes,
75 g (2 ²/₃ oz.)	sorrel leaves
35 g (1 ½ 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.

NOTES

Orzotto with herbs

Large color image on page 60 in the main volume.

Ingredients for 4 persons

Orzotto

200 g (1 cup)	pearl barley
30 g (¹/s cup)	goat butter
50 g (½ cup)	grated mountain cheese

p) grated mountain cheese (Formai

de Mut)

Chopped herbs (all fresh)

5 g (½ oz.)	sorrel
5 g (¹/s 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 peppe
5 g (¹/8 oz.)	lemon verbena

Lemon verbena and lemon balm jelly

water
lemon verbena
lemon balm
mint
agar-agar
gelatine leaves

Other ingredients			
1	mint top verbena tops		
2 g (1 tsp.)	mountain thyme flowers		
2	bunches lady's smock		
Method			
Metriod			
Orzotto			
	a pot and add boiling water, allowing it 35 minutes, always keeping it covered		
with water. Then, stir in the goat butter and the Formai			
de Mut cheese. Ch orzotto last.	nop up the herbs and add them to the		
orzotto last.			
	nd lemon balm jelly		
	for roughly 1 minute in water. Drain orts to cool down. Blend everything in		
a Thermomix for a	a few seconds and strain through a cloth.		
	-agar in a small part of the liquid, bring e gelatine and mix everything in with		
	uid. Cool in ice water.		
Pour the mixture	on to a baking tray and spread to a		
thickness of about 1 mm. Allow to solidify for 2 hours in		_	
the refrigerator.	isc of the jelly and place it on top of the		
	e plate with the seasonal flowers and		
the herbs.			

__ NOTES

Wild asparagus in beeswax

Large color image on page 66 in the main volume.

Ingredients for 4 persons

Preserving liquid

600 ml (2 ½ cups) 300 ml (1 ¼ cup) 15 g (¾ tbsp.)

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300 g (1 ¹/₄ cup)

Wild asparagus

12 10 g (½ tbsp.) 400 g (1 cup)

Other ingredients

apple vinegar white wine salt bay leaves

bay leaves cloves garlic juniper berries grape seed oil

shoots mountain asparagus

chestnut honey beeswax

juniper branches

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Wild asparagus

Combine all the ingredients for the preserving solution and bring them to a boil. In the meantime, clean the asparagus, taking off the woody parts, and blanch for 2 minutes in the solution. Drain and spread the asparagus on a cloth and leave to cool at room temperature. Arrange the asparagus with the tips upwards in a preserving jar, covering it with the grape seed oil, allowing the flavors to infuse. Pasteurize in a steam oven at 86 °C for about 20 minutes and keep for at least 1 month in the cellar. Allow the product to develop its flavor for at least 10 days before using.

When needed, drain the asparagus and dry it off well. Brush it with the chestnut honey and grill lightly over a chargrill, smoking it with some juniper branches. Allow to cool down and set aside.

Dissolve the beeswax and dip the asparagus in it. Repeat the operation 5 or 6 times, taking care to always cool down the asparagus in between each immersion. The wax will create a protective layer and will also develop the flavors.

Serve at room temperature, breaking the wax and eating only the inside part.

NOTES

Curd

Large color image on page 78 in the main volume.

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

mixed-color cherry tomatoes (fresh) 50 ml (1/4 cup) elderflower syrup (see basic recipes)

salt to taste