

# Restaurant Service Competition

## Dishes Explanations



On each competition day 2 dishes listed as “technical skills” will be ordered by the guests to be prepared and served by competitors (starters, main courses, cheeses or desserts).

\* = Dishes listed as technical skills

### STARTERS

#### 1. SMOKED SALMON, SMOKED WHITEFISH AND SMOKED MACKEREL \*

Freshly sliced smoked salmon, smoked whitefish and smoked mackerel with condiments & seasonings.

A plate prepared for one guest by the waiting staff based on the following ingredients:

- smoked fishes (full smoked filets or fish)
- salmon eggs
- horseradish sauce (prepared)
- whipped cream with dill & lemon juice
- fresh onions rings
- fresh dill
- lemon
- White toasts
- Salt & black pepper



#### 2. PERNOD FLAMBEED SCAMPI \*

A hot starter created & prepared for one guest by the waiting staff at guests convenience. The following ingredients are at disposal :

- Scampis (peeled)
- Pernod (or similar spirit),
- olive oil,
- salt, pepper,
- fresh chopped shalots,
- dry white wine,
- shellfish stock,
- crème fraiche,
- fresh chopped dill & parsley



### 3. VÄSTERBOTTENPAJ

Västerbotten cheese pie, often served with a dollop of crème fraîche and roe.

Swedish Cheese Pie (Västerbottenpaj) is a **delicious quiche-like dish** featuring a tender, all butter crust and a filling of eggs, milk, cream and cheese.



### 4. TOAST SKAGEN

Prawn salad with mayonnaise and dill on butter-fried bread, often topped with fish roe.

Toast Skagen is made with toasted white bread topped with a heaping portion of Skagenröra, which is a Swedish shrimp salad usually made with shrimp, dill, chives, and a dressing of lemon juice, mayonnaise and sour cream or crème fraîche. The Skagen Toast is then topped with lemon, fresh dill and a spoonful of fish roe before serving.



## MAIN COURSES

### 5. DUCK BREAST FLAMBE WITH GREEN PEPPER SAUCE (for 2 guests)\*

#### Ingredients

- 1 duck breast (cooked , delivered medium rare)
- Cognac
- Dry white wine
- Red port wine
- Cognac
- Brined green peppercorns,
- Duck (or chicken) stock
- Crème fraiche,
- Dijon mustard,
- Butter,
- Salt , pepper,
- French fries.



#### Preparation:

- 1- The duck breast is cooked medium rare by the chef. The waiter gets it in a pan and will finish preparation in the same pan.
- 2- The waiter do the “flambé” with a wine spirit like cognac.
- 3- Once flambé, the duck breast is kept apart and the waiter prepares the green pepper sauce in the same pan with the ingredients at disposal.
- 4- During the preparation of the sauce the waiter may carve and plate the breast before serving it with the freshly prepared sauce. Common side dishes are various forms of mashed potatoes, french fries, grilled vegetables.

**The sauce is prepared according to the customers' tastes using all or part of the available ingredients.**

### 6. LAMB RACK (for 2 guests)\*

Lamb rack delivered cooked medium rare by the chef on a dish. It's ready to carve. Served with a lamb stock sauce (sauce pan) and a seasonal garnish for silver service.



## 7. POACHED HALIBUT WITH BEURRE BLANC

### Ingredients:

*For the poached halibut:*

- 2 halibut fillets (170 g each)
- 2 cups (480 ml) fish stock or vegetable
- 1/2 cup (120 ml) dry white wine
- 1 bay leaf
- 2-3 sprigs fresh thyme (optional)
- Salt and freshly ground black pepper

*For the beurre blanc (butter sauce):*

- 1/2 cup (120 ml) dry white wine
- 2 tbsp white wine vinegar (or lemon juice)
- 1 small shallot, finely chopped
- 8 tbsp (115 g) unsalted butter, cold and cut into cubes
- Salt, to taste
- Fresh lemon juice (optional, for extra brightness)



### Instructions:

1. **Prepare the poaching liquid:** In a wide, shallow pan, combine fish stock, white wine, bay leaf, and thyme (if using). Bring to a gentle simmer over medium heat.
2. **Poach the halibut:** Season the halibut fillets with salt and pepper. Carefully lower the fillets into the simmering liquid. The liquid should cover the fish; if not, add a bit more stock or water. Poach gently (do not boil) for 8-10 minutes, or until the fish is opaque and flakes easily with a fork. Remove the fillets from the liquid and keep warm.
3. **Make the beurre blanc:** In a small saucepan, combine the white wine, white wine vinegar, and chopped shallot. Simmer over medium heat until the liquid is reduced to about 2 tablespoons. Reduce the heat to low and gradually whisk in the cold butter, one cube at a time, until the sauce is smooth and emulsified. Season with a pinch of salt and a few drops of lemon juice if desired. Strain the sauce if you prefer a smoother texture.
4. **Serve:** Place the poached halibut on warmed plates and drizzle with the beurre blanc. Garnish with fresh herbs if desired, and serve with steamed vegetables or potatoes for a classic presentation.

## 8. FRIED SALTED HERRING WITH ONION SAUCE

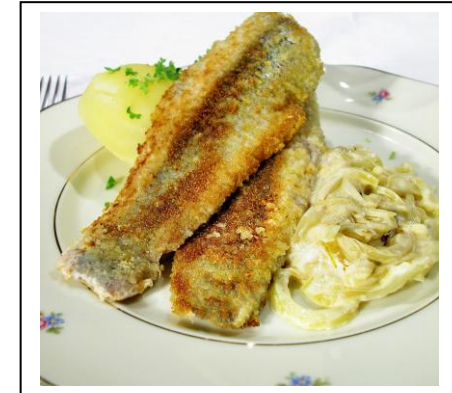
### Ingredients:

*For the Fried Salted Herring:*

- 4 salted herring fillets (soaked in water or milk for 6–12 hours to reduce saltiness)
- 1 dl (½ cup) all-purpose flour
- 1 dl (½ cup) fine rye flour (or substitute with more all-purpose flour)
- 1 tsp white pepper
- Butter or oil for frying

*For the onion sauce:*

- 1 large onion, thinly sliced
- 2 tbsp butter
- 2 tbsp all-purpose flour
- 3 dl (1 ¼ cups) milk
- 1 dl (½ cup) cream
- Salt and white pepper to taste



*Prepare the Herring:*

Rinse the soaked herring fillets and pat them dry with paper towels.

Mix the flours with white pepper in a shallow dish.

Dredge each fillet in the flour mixture, ensuring an even coating.

Heat butter or oil in a frying pan over medium heat.

Fry the fillets for about 3–4 minutes per side, until golden brown and crispy.

Set aside and keep warm.

*Make the Onion Sauce:*

Melt butter in a saucepan over medium heat. Add the sliced onion and sauté until soft and golden.

Stir in the flour and cook for a minute, stirring continuously.

Gradually add the milk while whisking to prevent lumps. Let simmer until thickened, then add cream (if using) and season with salt and white pepper to taste. Serve the fried herring with the warm onion sauce, alongside boiled potatoes and lingonberry jam.



## CHEESES AND DESSERTS

### 8. SWEDISH CHEESEBOARD : A SELECTION OF OUR BEST LOCAL CHEESES AND ACCOMPANIMENTS\* (see below for details)

### 9. CREPES FLAMBEES\*



- Crêpes (15-20 cm Ø), 2/guest
- Sugar (from sprinkler)
- Butter
- Half a lemon (seeds removed)
- Fresh orange juice
- Cognac
- Grand Marnier liquor
- Orange & lemon zests
- Vanilla ice-cream 100 gr
- Chantilly

**Prepare this classic dessert using the ingredients and method you want.**

### 10. KANELBULLE - SWEDISH CINNAMONBUN



This traditional Swedish kanelbullar (cinnamon buns) recipe is made with a perfectly soft and chewy cardamom dough, a buttery cinnamon-sugar filling, and twisted into cute little knots.

To make this Swedish cinnamon buns recipe (*kanelbullar*), you will need the following ingredients:

- Milk, Butter: Part of which we will add to the rolls, and part of which we will use for the filling. Please note that it's essential that the butter be *room temperature* for this recipe.
- Flour, Yeast
- Granulated and brown sugar: We will use granulated (white) sugar in the dough and the brown sugar in the filling.
- Ground cinnamon and cardamom: The cardamom here is one of the essential flavors that differentiates the taste of Swedish cinnamon buns from traditional American cinnamon rolls
- Vanilla extract: To add a bit of cozy vanilla flavor to the filling.
- Fine sea salt: To bring out all of these delicious flavors.
- Egg wash: An egg plus a tablespoon of water whisked together, which will help the pearled sugar to stick to the tops of the rolls.
- Pearl sugar: topped with traditional Swedish pearl sugar, which is chunky and crunchy

For the full recipe : <https://www.gimmesomeoven.com/swedish-cinnamon-buns-kanelbullar/>

## 11. NAPOLEON CAKE



A layered pastry known as Napoleonbakelse is a Swedish version of the French *mille-feuille*. The flaky pastry is made with flour, butter, water, egg yolks, salt, and lemon juice or vinegar. Once baked, the pastry is cut into rectangles, which are arranged on top of each other and layered with vanilla custard and whipped cream.

Raspberry jam is evenly distributed over the final pastry layer, and it is then drizzled with a mixture of powdered sugar, water, and raspberry jam. This scrumptious dessert is also popular in Finland.

For the full recipe : <https://blog.bakedbyammna.com/2017/07/24/napoleon-pastry-swedish-mille-feuille/>

## A selection of our best cheeses \*

### Västerbotten Cheese Milk- Cow

Västerbotten cheese is a unique cheese made with love and care at the small dairy in Burträsk. It is appreciated both as a sandwich cheese and a dessert cheese, and it is often used as a characterful flavor enhancer in both classic and modern cuisine. The mystery of why Västerbotten cheese can only be produced at the dairy in Burträsk continues to puzzle experts. The recipe was discovered by accident in 1872 and remains a well-kept secret to this day.

It is a hard cow's milk cheese with tiny eyes or holes and a firm and granular texture. As in Cheddar cheese, the curd is heated, cut, and stirred before the cheese is moulded and aged. Strong in flavour, its taste is described as somewhat like Parmesan cheese, salty, but with more bitter notes. It is light yellow in colour and has a fat content of 31%. Västerbotten cheese must be aged for at least 12 months, but 14 months is more common practice.

Price: 450g, 218 SEK



### Bredsjö Blå Milk - Sheep

The long-aged sheep's milk cheese with subtle hints of Roquefort mold was developed when the farm dairy was completed, and Bredsjö Blå has now been produced in the same place using the same principles for over 30 years. In the farm's underground cellar, the cheese is aged for about a year before being sold to stores and restaurants. At the farm's cheese café, we happily offer both younger and older aged varieties. Bredsjö Blå has a broad and complex flavor profile where the flavors are well-integrated. Elegant notes of sheep's milk blend with aging aromas such as walnut, slight earthiness, sweet caramel, a hint of herbs, and a touch of Roquefort mold in the finish. The saltiness is relatively high, well-balanced with acidity and intensity, rounded off with a buttery and creamy texture.

Price: 1000g, 560 SEK





## Moose cheese (feta-style) milk - moose

What makes our moose cheeses special is their smooth, deep, and broad flavor, without sharp or strange aftertastes. Moose milk is quite similar to cow's milk but has a much higher protein content and a fat content that varies between 7-11% depending on the season.

Our bestseller is a wonderfully tangy cheese with a smooth and creamy taste and texture. This is a highly flavorful and delicious cheese, which, according to most cheese experts, best highlights the character of moose milk. The aging process lasts at least six months and up to a year before the cheese reaches its peak with a broader and more intense flavor, slightly mellowed acidity, and a richer depth. The cheese is aged in a neutral vegetable oil.

This cheese is typically sold in jars of 25g and 50g, with an included recipe for a delightful dessert: Moose Cheese Parfait with Lingonberries and Lightly Whipped Cream, along with the story of the long and winding journey to making moose cheese.

Price: 100g, 500 SEK



## Vit Caprin – Cave-Aged Milk - Goat

Cave-aged Vit Caprin is made according to Swedish tradition using unpasteurized, freshly milked goat's milk and is aged in a cheese cellar where a wild-growing mold rind develops. This allows us to harness the unique lactic acid bacteria of our milk and the distinct microflora of our aging cellar, fostering the development of a unique farmhouse character.

Goat Brie is a creamy cheese with a white mold rind. It pairs beautifully with marmalade and a good drink such as cider or apple must. Traditionally, Brie is enjoyed as a dessert cheese, but it can also be used in cooking. Brie becomes wonderfully rich when baked in the oven or melted between two slices of bread in a sandwich press.

Price: 216g, 86 SEK

