

CPH^{GOOD}FOOD

—*focusing
on*
TASTE

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FOOD WITH LOVE, *passion* AND KNOWLEDGE

The fundamental basis in tasty and nutritious cooking is fresh ingredients, grown with love, honesty and respect for the nature.

Let us celebrate the natural creation of humans, with a desire and a need to eat. We have developed the following recipes focusing on season, flavorful taste and creativity. Use the recipes as an inspiration to make friends and family happy.



CPH Good Food is always one step ahead. Our knowledge of and curiosity for natural science is the backbone of our company. Let us explain the underlying magical mechanisms and remarkable reactions that lead to taste and satisfying food.

Let the show begin!

Mia & Jacob

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ONION BREAD

Moist and tasty!

There is something magical and beautiful about rising dough. The smell of homemade, freshly baked bread. What a treat! This bread is baked using an old wheat variety called Ølandshvede. If you cannot find this type, just use normal wheat or spelt flour. We love Ølandshvede because it gives the bread a nice, golden color and a flavorful taste.

STEP BY STEP:

Peel the onions and garlic and cut them into thin slices.

Melt the butter in a pan and add the sliced onions and garlic. Fry over medium heat until the onions are golden and soft.

Add the water to the pan and quickly pour it into another bowl. The water should only be slightly warm!

Dissolve the yeast in the onion water (check the temperature of the water, it should be maximum 40 C) and add the wholegrain flour together with honey, salt and yogurt.

Add the wheat flour a little at a time and knead the dough with a spoon for around 10-15 minutes.

Cover the dough and leave the dough to rise in a warm spot for 1½ hours.

Preheat the oven to 240 C.

Carefully tip the dough on to a baking sheet and drizzle it with rapeseed oil.

Sprinkle the bread with salt flakes.

Bake the bread in the middle of the oven for about 20-30 minutes, until golden and the crust is crisp.

Leave the bread to cool before serving.

Makes one large loaf

WHAT TO USE:

2 zittauer onions

1 clove of garlic

15 g butter

5 dl cold water

20 g fresh yeast

1 dl wholegrain flour

1 tsp honey

1 tbsp salt

2 tbsp sour cream or yogurt

9-10 dl wheat flour with a

high protein content

(13% or more)

2 tbsp rapeseed oil





CREAMY PUMPKIN SOUP *with goat meatballs*

Serves 4 persons

WHAT TO USE:

Goat Meatballs:

500 g ground goat meat
1 tsp coarse salt
2 tsp dried sage
Pepper
1 tsp smoked sea salt
40 g wheat bread
2 dl whole milk
1 egg
½ red onion, finely chopped
Butter for frying

Pumpkin soup:

2 baking potatoes
2 parsley roots or parsnips
½ a butternut squash or
hokkaido pumpkin
1 tbsp butter
2 garlic cloves, finely chopped
1 onion, finely chopped
1 bay leaf
1 tsp ground fennel seeds
2 dl dry apple cider
or white wine
5 dl water
2 dl whole milk
Salt and pepper
1 tbsp cider vinegar
Freshly grated nutmeg

Goat meat is kind of a new food in Denmark. Few people have tasted it and we think that is such a shame. The meat is really light, tasty and delicate. Some might say that the taste reminds them of veal or deer meat, but we think it tastes just like goat... Try it!

STEP BY STEP, MEATBALLS:

Mix together the goat meat, salt, sage, pepper and smoked salt in a bowl. Stir well for about 5 minutes. Soak the bread in milk and stir it into the meat mixture. Stir in the egg and mix well. Fry the chopped onion in a pan with a little butter until golden. Mix the fried onions in the meat mixture. Shape 40-50 small meatballs using two teaspoons and fry the meatballs on a hot pan with butter until done.

STEP BY STEP, SOUP:

Peel the potatoes, parsnips and pumpkin and cut each into pieces of 3x3 cm. Melt the butter in a pot. Sauté the garlic and onion over high heat for 2 minutes. Add the rest of the vegetables together with bay leaf and fennel seeds and continue to sauté over medium heat. Add apple cider or white wine and water to the pot. Let the soup boil over low heat until the vegetables are soft, and then add milk. Pour the soup into a blender and blend it until smooth and without any lumps. Pour the blended soup back into the pot and add salt, pepper, cider vinegar and grated nutmeg to the taste. Serve with meatballs, slices of rye bread and pumpkin seeds fried in a little oil and salt.



CAULIFLOWER

with dried apricots and cress

Cress is often associated with egg salad and Easter. But the cress can really contribute with nice flavor in new combinations like in this recipe. Cress has a slightly bitter, spicy and mustard-like flavor, which is good in combination with apple in a salad or as a topping for baked root fruits.

Serves 4 persons

WHAT TO USE:

*½ a cauliflower
7 dried organic apricots
½ dl cress
30 g chopped roasted
and salted almonds*

Dressing:

*1 tbsp rapeseed oil
½ tbsp lemon juice
½ tsp lemon peel
Salt and pepper*

STEP BY STEP:

Cut the cauliflower into thin slices, using a mandolin. Combine the ingredients for the dressing and mix with the cauliflower. Chop the dried apricots and mix them with the cauliflower. Sprinkle with the cress and the roasted almonds. The salad is ready and should be served immediately.





CHEESECAKE

with strawberries

1 cake, serves 10 people.

WHAT TO USE:

Crust:

*100 g salted butter
165 g spelt flakes,
alternatively oat flakes
50 g honey
½ tsp. salt*

Cream filling:

*400 g regular cream cheese
150 g sour cream
2 eggs
90 g golden cane sugar
1½ tbsp. wheat flour
Seeds from ½ vanilla pod
1 tsp. lemon peel, finely grated*

Topping:

*400 g fresh, sweet strawberries
3 tbsp. lemon juice*

SEASONAL TIP: *When the strawberries are out of season, you can use thawed blueberries or fresh blackberries as topping.*

Each May the Danish people become impatient as the first strawberries are ready in early to mid June. There is something very special about the Danish strawberries. Because of the weather and soil, they have an intense aroma, lovely and sweet taste and the most beautiful red color. The season is very short, so make sure to eat a lot of them, while they are here! We have chosen to use them as a topping on this tasty summer cake. Try it!

STEP BY STEP:

Melt the butter in a small pot. In a bowl: mix the spelt flakes, honey, salt and melted butter. Press the mixture in to a round baking tin. Preheat the oven to 160 C. Whisk all the ingredients for the filling together until it is smooth. Pour it on top of the crust and place the cake in the middle of the hot oven. Bake the cheesecake for 25 minutes. Let the cake cool in the fridge for one hour. Before serving: Slice the strawberries and toss them with the lemon juice. Use them to decorate the cake. The berry layer is supposed to be quite thick.

CPH^{GOOD}FOOD *is...*

CPH Good Food is run by two young, enthusiastic food entrepreneurs. Our aim and vision is to contribute to the development of a food culture based on understanding, knowledge and passion. The recipe is very simple: Fresh ingredients with power and taste, love and creativity, topped with a dash of knowledge about the newest research within food science.

CPH Good Food offers development of recipes and products, social events with food and passion in focus, cooking classes, food walks, science based research and writings.

For more information please visit our web-site www.cphgoodfood.dk