



Slow Food®Straupe

# Sweet Swede Story

BRINGING LATVIA'S 'APPLE YELLOW' SWEDE BACK  
ON OUR DINNER PLATES



***The swede is not popular!***  
*Why is the swede less popular  
than the potato?*





***Potato, potato,  
What do you call your kin?  
Potatoes, potatoes,  
They're not swedes, that's plain!***

*V. Ļūdēns*

I'd like to think that Vitauts Ļūdēns, the man behind these words, didn't feel any particular dislike towards the swede. However, this "negative advertising" did leave its mark, which is quite unjust. While the swede was once considered a food of the poor, it is now recognised for its health benefits and is a valuable part of our diet.

Because of this, *Slow Food Straupe*, in collaboration with the Institute of Horticulture and Latvia's Slow Food Cooks' Alliance, will work to revive and restore the reputation of the swede by renewing interest in this humble vegetable, especially since a variety of our own – the 'Apple Yellow' – is on the verge of extinction.

Along with the black radish and turnip, the swede or *kālis*, also known as *sprūts*, *sprūte*, *sprūta*, *grieznis*, *griezīnis* or *griezenis* in Latvian, is the oldest root crop in Latvia. According to written sources, swedes have grown on the territory of Latvia since the early Middle Ages. The swede had the advantage of keeping well. This was a big advantage on farms that depended on home-grown vegetables for sustenance.

Interestingly, swedes, like cabbage, were fermented. Those who have tasted fermented swede and sauerkraut are sure to have preferred the swede. The swede is versatile – it was fried, boiled, fermented and pickled. In some places it was also quartered, doused with honey and cream and left to stew in the bread oven to be served as a wedding dessert. Still, with the proliferation of potatoes across Latvian farms in the 19th century, the swede quickly lost its place in our diet. The potato "forced" the swede out, becoming the most widespread field crop along with grain.





*One must understand that every Latvian cultivar is part of our cultural heritage and should be preserved. **Any cultivars we lose will be gone forever.***

One reason for the loss of ancient varieties is commercial production and the selection of suitable seeds for it. Therefore, it is especially heartening that smaller farms in our association are interested in growing historical cultivars, at times evoking memories of the nostalgic flavours of childhood. Thus, several eight-year-old seeds of the 'Apple Yellow' variety, which had been awaiting their turn to be sown, were passed from Līga Lepse, a researcher at the Institute of Horticulture, to our farmers Ilga Cābule and Aija Grobiņa. Both took great care in sowing the seeds and tending to the plants. The first crop was only large enough for chef Ēriks Dreibants to verify the variety's qualities – a lightly sweet flavour with no trace of the characteristic bitterness. Now, enough seed has been acquired, with some making its way to the Eicēni organic farm. The quantity of swedes grown is now sufficient for Latvia's Slow Food Cooks' Alliance to be able to cook something for pleasure.

Let's hope that the chefs' recipes will appeal to all, encouraging late autumn visits to the *Slow Food Straupe* market in search of swedes to indulge in enjoyable new taste sensations and experiences, much like in the poem Aleksandrs Čaks dedicated to the swede.

**Astrīde Rozīte,**

*Chairwoman of the board, Slow Food Straupe*





*Chucked into the goods wagon,  
It's travelled from distant Kurzeme through Sloka,  
Where oak-lined avenues grace the roads,  
To kiss God's hand at night.*

*Sand still clings to its flesh,  
Fragrant with a reddish sheen;  
But he no longer sees the cloud  
And that the road ahead is gated.*

*Deeply surprised, with bated breath,  
Timid, he fumes atop the stack.  
Enclosed within a market's concrete room,  
Windows above him mimicking the sky.*

*Destined not to stay for long:  
Soon collected for just a few cents  
By a young girl's slender hands  
To meet the edge of the kitchen knife.*

*The knives will pierce his breath.  
Next, the saucepan like a steaming mouth.  
For a moment the swede's flesh  
Will shine like a yellow atlas.*

*/ A. Čaks*

# The swede – *who is he related to?*

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Swedes (*Brassica napus* subsp. *rapifera* Metzg., also known as *Brassica napus* subsp. *napobrassica* (L.) Rchb.) and turnips are among the oldest cultivars in Europe, dating back to the Bronze Age. The ancient Romans and Greeks consumed swedes without distinguishing them as separate plants.

It remains unclear whether swedes spread south from the north or north from the south. One might think that swedes originate from the north because they're related to the wild field mustard *Brassica campestris* L. found in the region, and their historical range has primarily covered Scandinavia and the area around the Baltic Sea. However, many written sources trace the origins of this vegetable to its relatives in the cabbage family from the Mediterranean. However it may be, according to written sources, swedes have been part of our local diet since at least the 14th century, though I believe it may have been even earlier.



Sowing seeds

# How did we meet?

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Several theories exist on how the swede came to be found in Latvia. One suggests that the Vikings brought it, while another proposes that it arrived from the east/northeast by road. The Viking theory is tempting because *kālis*, the name of the swede in Latvia, closely resembles the Danish *kålroe* and Swedish *kålrot*.

Swedes have played a significant role in Nordic diets. Before Columbus introduced the potato to Europe, swedes were a dietary staple due to their nutritional value and ability to produce high-quality roots in a relatively short growing season, which also kept well during winter. Moreover, the climatic conditions in the Baltic region are very well-suited to growing swedes. This might explain why swedes aren't widespread in Central and Western Europe. The north and east have better conditions for growing turnips, while the south is more conducive to growing kohlrabi.

Paulis Gailītis's book, *Dārzeņu lielražošana* (Mass-producing vegetables), published in 1946, mentions that swedes were popular among country folk and were consumed more than other vegetables. City folk, however, preferred beetroots and carrots. The average amount of swedes consumed in Latvia was estimated to be similar to that of beetroots and carrots.

In the 1970s, swedes accounted for 13% of root vegetable crops. Whereas, in 2023, payment claims made to Latvia's Rural Support Service report just 73 declared hectares of swede. How have we come this far (or should I say fallen this far)? Should we really be parting our ways?... I wouldn't want to!





# *How did we get to this point?*

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*Why has the swede gone from "peak popularity" 100 years ago to being a rarely grown organic treasure today?*

It's likely been affected by many factors, including the ability to buy seeds from around the world and having access to global information on gardening and cooking. Many new vegetables, fruit and produce appeared, gradually displacing our "humble farmer" – the swede – from our daily lives. Additionally, changes in our seed production system over the last 30 years have fostered the gradual disappearance of our 'Apple Yellow' swede (also called the fatty swede).

Still, the swede has not completely disappeared. Despite the changing times, it continued to be maintained at the Pūre Site of Horticultural Experiments and Kurzemes Sēklas seed production company, under the care of agronomist Māris Grīnvalds. Now, it's our turn at the Institute of Horticulture. The seeds of these swedes have also been placed in the Latvian Gene Bank of Cultivated Plants where they are kept in a deep sleep – frozen but alive. For added safety, an 'Apple Yellow' swede sample has also been taken to the Svalbard Global Seed Vault beyond the polar circle, where the glaciers maintain a stable temperature.

**Still, in a changing climate, nothing is more reliable than regular seed collection and reproduction. This is a task to carry out without delay and handle collectively!**

The 'Apple Yellow' swede variety is not currently registered in Latvia, so officially growing 'Apple Yellow' swedes from seeds is not possible. If you're wondering why no one has registered the seeds or is growing them, the short answer is that it's not profitable for the trader. Large-scale swede seed production requires significant labour and technical equipment, resulting in high costs. However, the demand for swede seeds is too minimal to justify the investment. The market in Latvia is small, and there is no demand for our swedes in other countries.

Nevertheless, with a bit of research, any enthusiast can produce seeds for themselves and their friends. Moreover, this will be a positive contribution – the swede will endure in a changing climate, resulting in an adaptable regional variety well-suited to local conditions.

# *How did the local 'Apple Yellow' swedes, which have been grown in Latvia for a long time, develop and originate?*

Since swedes have been cultivated on the territory of Latvia for a very long time, a diverse “tapestry” of swedes has also developed over the years. Yet, only one type of swede received a name, determined as the best by the Pūre Site of Horticultural Experiments in the 1940s. How did this specimen come about?

As I said, different varieties of swedes – of both Scandinavian and Russian descent – were grown on Latvian soil. The Russian-origin swedes were typically used for human consumption, while the Scandinavian were used as animal feed. Centuries of landrace breeding led to the establishment of the valuable and tasty 'Apple Yellow' swede variety. A significant factor in preserving this idiomtype for so long is that the 'Apple Yellow' swede stores well. This is important not only for providing sustenance in winter but also for preserving the mother plant, as it makes obtaining seeds easier and safer. The 'Apple Yellow' swede is very similar to the Krasnoselskaya variety. Therefore, they both likely originate from the swedes of the Russian village of Krasnoselsk in the Leningrad Oblast. At this point, it's difficult to say which came first. The only difference is that the Krasnoselskaya is flatter and has a longer growing season, while the 'Apple Yellow' is rounder and matures earlier than the Krasnoselskaya.



Harvest



2<sup>nd</sup> year sprouts



2<sup>nd</sup> year flowers

# *How does one get their hands on swede seeds?*

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As the swede is a biennial plant, it develops a larger root or tuber (the part we eat) in its first year, which then flowers and produces seeds the following year after overwintering.

That would be so easy if the swede weren't a cross-fertilising plant. Since the swede flower "likes" the pollen of other plants, it's important to ensure that there are no flowering rapeseed, wintercress, turnip or Chinese cabbage plants nearby during its flowering to ensure proper seed production. This is to prevent cross-pollination and deterioration of the swede's characteristics.

If any undesirable, cross-pollinating plants are growing nearby, the flowering swede plants must be isolated using insect or crop netting to prevent insects from carrying pollen from these plants to the swede mother plants. Each net-covered area should contain around 15-20 swede mother plants to produce a good quality, breed-appropriate gene set.

# *What makes the swede so dear to us?*

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The swede is highly nutritious. It contains essential fibres and several sulphur compounds, known as glucosinolates, which are common in all cabbage family vegetables. These compounds help fight various parasites in our bodies and give the swede its characteristic bitter tang. The relatively high sugar content in swedes gives them a pleasant sweetness, which combines with other elements to create their unique bittersweet flavour profile. While they're not sour, they do contain a fair amount of vitamin C.

**It is the unique combination of biochemical compounds that makes the swede so special and irreplaceable.** For many people, swedes evoke some of the best food-related memories of their childhoods, and that isn't just a sentiment. Our 'Apple Yellow' swede has a gentle, sweetish and slightly "cabbage-like" taste. If you find swedes bitter, it's likely due to poor growing conditions or location.



# How does one grow swedes?

The swede is a moisture-loving plant. Individuals grown in dry soil will be bitter and stringy. The swede isn't very picky towards the soil's fertility level, but again – the more fertile the soil we grow it in, the better-quality tubers we'll get. Acidic soil won't foster a good swede yield.

For early harvest, swede is sown in late April or early May, depending on the arrival of spring. For later harvest, swede is sown around Midsummer along with Midsummer carrots.

It is sown at a depth of 1,5-2,5 cm depending on the soil – closer to the surface in heavy soil and deeper in lighter soil.

The positioning in the bed or field should be adapted to the tillage technique but keeping 45-50 cm between rows is advisable. The rows can be spaced equidistantly or grouped in columns of several rows. The spacing between plants within each row should be approximately 12-15 cm.

Swede is harvested before the first frosts. A quality harvest takes between 90 and 115 days to mature. A plot of one square metre can yield between three and five kilograms of swede.

When harvesting swede roots for consumption, trim the leaves close to the root tip without damaging it and clean the soil from the root. Swede roots should not be thrown about or crushed as they are fragile. Microcracks in the roots can lead to deterioration.

Swedes keep well in cellars with a stable temperature not exceeding 4°C. They can also be stored in stacks on the field.

**Dr. agr. Līga Lepse,**

*Lead researcher at the Institute of Horticulture*

**IV-VI**

*Sowing time - April, May, June*

**1.5-2.5 cm**

*Sowing depth*

**45-50 cm**

*Spacing between rows*

**90-115 d.**

*Harvest time*

**3-5 kg/m<sup>2</sup>**

*Harvest volume*

**4°C**

*Storage temperature*



# And the seed was sown...



In the summer of 2021, some of the seeds acquired from the Institute of Horticulture ended up, via Astrīda Rozīte, in the hands of the Cābulīši or Fizālīši – the affectionate nickname given to sisters Ilga Cābule and Aija Gobiņa by their *Slow Food Straupe* market colleagues. There were only a hundred or so seeds, and the swedes from the first year's batch were stored for propagation in the following year. Well, all right, some did go to the most eagerly expectant fans (me included) to celebrate the glorious flavour profile of the ancient swede.

In the spring of 2022, work began on obtaining the first seeds. For a quicker result, the swedes were planted in pots and placed in a greenhouse in early spring. In the middle of the summer, the first homegrown swede seeds were sown, and the harvest reaped. A whole year ahead of schedule. The swede had landed in the right hands!

The next year too, the seeds were sourced from the greenhouse. Out in the field, it's not just other plants that can interfere with the swede by attempting to cross-pollinate; insects can also cause trouble. They love the taste of swede leaves and inflorescences.

The sisters manage a small piece of land in Priekuļi with plenty of space for diversity – parsley, celery, parsnips, horseradish, lots of different lettuces and herbs. The 'Apple Yellow' swede now joins them. One must also mention the sisters' signature product – physalises and the delectable physalis jam. All of this ends up at Straupe Market, in the hands of chef and landlord Ēriks Dreibants of the Pavāru Māja restaurant in Līgatne and *Slow Food* chef Valters Zirdziņš of B7 restaurant.

In 2022, some seeds found their way to the Eicēni organic farm in Straupe – also a member of *Slow Food Straupe*. Elita and Jānis Reinhardts have been managing the farm for almost 40 years. As it turns out, they’ve long been familiar with the ‘Apple Yellow’ swede – since before the vegetable was consigned to oblivion with the arrival of mass-produced seeds. The swede will now join the other organic vegetables, lettuces and greens making their way to the shops in Riga – Rimi Klēts and Bioss, buyers’ collectives and caterers feeding the tiny mouths at Riga’s kindergartens. The most inspiring deliveries are the “food basket from the farm” kind. The basket contains whatever has grown and ripened at the time. Without specifying an order in advance but based on trust.

In early spring 2024, while this book is being written, the spring onions, spinach and other greens are poking their heads up from the soil in the greenhouses at Eicēni, and the swede is waiting for the soil to warm up to be planted by caring hands and to mature its seeds. I don’t know if other nations have a similar saying, but Latvians say *sirdsdarbs* (labour of love). It’s a job that brings you personal satisfaction rather than money. The swede has happily ended up in the hands of true labourers of love.

**Baiba Smilga,**  
*Slow Food Straupe*



*One of the fundamental roles of the Slow Food movement is to **preserve biodiversity***

as opposed to industrial farming, which grows only profitable plants. This is exactly what our small farms and *Slow Food* chefs do – they enable experiencing, tasting and savouring the smell of both popular and cherished, and forgotten and neglected treasures from our land.





RECIPE  
for 4





**BAIBA SMILGA**

Producer of the Pupas kundze vegan food brand, member of the Slow Food Cooks' Alliance of Latvia



# Swede soup

## COOKING

- 01.** Finely chop the garlic, celery and ginger. Fry in oil, add the sliced carrot half-moons and fry a bit more.
- 02.** Cover with approximately one litre of water, bring to the boil, turn down the heat and boil until the carrots are semi-soft.
- 03.** Use the time to slice the potatoes and swedes. Add them to the carrots along with the boiled beans and salt.
- 04.** Add the cream once the soup is ready. Et voilà!

## INGREDIENTS

- 200g swede
- 200g carrot
- 120g potato
- 140g boiled white beans
- 15g garlic
- 15g celery leaves or stalks
- 10g ginger
- Dash of refined rapeseed oil
- Salt to taste
- Pepper to taste
- 120g single, double or whipping cream



Swede soup wasn't my favourite when I was growing up. It seemed to taste a little sweet and bland. Today, I hear stories like that over and over when I cook swede.

**But the swede was only lacking spices at the time. Start with those!**





RECIPE  
for 4





**BAIBA SMILGA**

Producer of the Pupas kundze vegan food brand, member of the Slow Food Cooks' Alliance of Latvia

# Mashed swede with toasted beans

## COOKING

- 01.** Cut the swede, onion, garlic, apple and rosemary into large-ish chunks and arrange in a roasting pan. Douse in oil and place in an oven pre-heated to 200°C for approximately 25 minutes.
- 02.** During this time, heat a frying pan, add a tablespoon or so of oil, pinches of the spices and hemp seeds, and mix while heating until you begin to notice an intense aroma.
- 03.** Add the beans and toast on a high heat, stirring continuously.
- 04.** Blend the oven-roasted vegetables, keeping some of the nicer-looking pieces of swede for decoration.

## INGREDIENTS

- 200g swede
- 110g onion
- 40g garlic
- 50g apple
- 1 sprig of rosemary
- Refined rapeseed oil for roasting
- Approx. 3g salt
- 200g cooked small white mealy beans
- 20g hemp seeds
- Cumin
- Coriander
- Pepper
- Pinches of salt



## SERVING

Arrange the mash and swede on a plate. Top with beans and a few greens. While this dish is suitable for vegans, who's to say you can't add a juicy slice of roast turkey with a golden crust?





RECIPE  
for 4





INGMĀRS LADIGS

Head chef at Gastronome, member of the Slow Food Cooks' Alliance of Latvia

# Swedes with cheese mousse

## COOKING

- 01.** Whisk the fresh cheese in a food processor. Add the cream cheese, soaked gelatine leaves and grated nutmeg. Mix the ingredients and refrigerate for a couple of hours to thicken. Whisk the cream, add the stiffened cheese mass and whip it all in the mixer.
- 02.** Peel and thinly slice the Apple Yellow swede. Boil the apple juice and spices. Place the swede into the juice and boil until the slices are soft. Keep it in the apple juice infusion.



## SERVING

Put some whipped cheese cream on a plate. Layer with swede slices, sprinkle with nuts and drizzle with birch syrup.

## INGREDIENTS

- 2 small swedes
- 0,5 litres apple juice
- 1 star anise pod
- 1 cinnamon stick
- 2 aromatic peppercorns
- 2 cloves
- 2 slices fresh ginger

### Cheese mousse

- 100 g cream cheese
- 300 g fresh cheese (of the mozzarella kind)
- 3 leaves gelatine (6 g)
- 1 small pinch nutmeg
- 2 tbsp single, double or whipping cream for whipping
- 4 tsp birch syrup
- 1 tbsp toasted hazelnuts



RECIPE  
for 4







**INGMĀRS LADIGS**

Head chef at Gastronome, member of the Slow Food Cooks' Alliance of Latvia

# Fried char fillet with streaky smoked pork and swede mash

## COOKING

- 01.** Peel the swedes and chop into small pieces. Wrap in baking paper and bake for approximately two hours at 160°C.
- 02.** Put the artisan butter in a cast iron pan, add the garlic and thyme, and boil for 40 minutes until the butter turns brown. Strain the butter through a strainer and keep for serving.
- 03.** Finely chop the smoked pork and fry lightly with the chopped onion. Lay the char fillets over the pork and fry the fish on both sides until it's cooked. Add spices (salt, pepper).
- 04.** Smash the roast swedes (or blend in a food processor) until they form a mash.

## INGREDIENTS

- 4 small char fillets
- 4 slices streaky smoked pork
- 1 small onion
- 2 tbsp oil for frying
- 4 medium swedes
- 2 sprigs thyme
- 2 cloves garlic
- 300g artisan butter



## SERVING

Arrange all the ingredients on a plate. Drizzle the swede mash with the hot browned butter.





RECIPE  
for 4





## ĒRIKS DREIBANTS

Proprietor of Michelin green star restaurant Pavāru māja in Līgatne and the 3 Chefs Restaurant, member of the Slow Food Cooks' Alliance of Latvia

# Swede with Lake Burtnieks pike perch ceviche

## COOKING

- 01.** Peel the swede and slice it thinly. Either press the swede into 4 cm circles or chop each slice into four pieces.
- 02. MARINADE:** Pour the quince juice, lime juice and quince syrup into a dish with the chopped coriander. Mix thoroughly. Add salt to taste.
- 03. PIKE PERCH:** Slice the pike perch fillet thinly and finely. Thinly chop the onion into strips. Cut the leftover swede into straws.
- 04. BEFORE SERVING:** Add the pike perch, onion and swede to the marinade and mix thoroughly. Refrigerate for 30 minutes.

## INGREDIENTS

- 1-2 swedes
- 300g pike perch fillets
- 70ml quince juice
- 20ml quince syrup
- 70ml lime juice
- 3 sprigs of fresh coriander
- 1 red onion
- Olive oil
- Salt



## SERVING

Arrange the swede slices on a plate. Cover with the pike perch ceviche and top with additional swede slices. Finish with a drizzle of olive oil before serving.





RECIPE  
for 8





## ĒRIKS DREIBANTS

Proprietor of Michelin green star restaurant Pavāru māja in Līgatne and the 3 Chefs Restaurant, member of the Slow Food Cooks' Alliance of Latvia

# The Pavāru Māja signature *sklandrausis* (vegetable tart)

## COOKING

### 01. DOUGH:

Let the yeast rise. Mix all the ingredients thoroughly, cover the dough with a towel and leave it to rise.

### 02. FILLING:

Bake the whole swedes and potatoes in the oven. Cool, peel and mash. In a saucepan, warm the butter, cream and caraway seeds. Leave for one hour for the flavour to infuse, strain and reheat but don't boil. Put the swede and potato in the food processor and blend, adding the cream and butter mix. Blend until it forms a homogeneous mash.

03. Once the dough is ready, shape it into basket forms on a tray. Bake for 10 minutes at 200°C, fill with the mash and bake for another 10 minutes.

## INGREDIENTS

### Dough

- 0,5 kg coarse wheat flour
- 15 g yeast
- 60 g butter
- 0,25 l milk
- Salt

### Filling

- 4-6 swedes
- 100g potato
- 0,2l single, double or whipping cream
- 100g butter
- 1 tsp caraway seeds
- Salt
- Birch syrup
- Rapeseed oil



## SERVING

Top the *sklandrausis* with the pickled swede and serve with birch syrup and rapeseed oil.





RECIPE  
for 4





**JURIS DUKAĻSKIS**

Head chef at Pavāru māja in Līgatne, member of the Slow Food Cooks' Alliance of Latvia

# Swede and quince juice with linden blossom ice cream

## COOKING

- 01.** Peel the swedes, chop into small pieces and press into juice. Add the quince syrup to the swede juice and boil. Dissolve the potato starch in water and use it to thicken the swede and quince juice.
- 02.** Boil a strong linden blossom infusion. Leave to cool.
- 03.** Whisk the eggs, sugar and cream in a water bath and heat to 68°C.
- 04.** Add the infusion, vodka, glucose and lemon juice. Stir thoroughly until the mixture forms a homogeneous mass. Lastly, put it in an ice cream machine.

## INGREDIENTS

- 1kg swede
- 100ml quince syrup
- 1 tsp potato starch
- 70g water
- 300ml linden blossom infusion
- 200g single, double or whipping cream
- 7 egg yolks
- 100g sugar
- 50g vodka
- 1/2 palmful glucose powder
- 50g lemon juice







RECIPE  
for 4





**JURIS DUKAĻSKIS**

Head chef at Pavāru māja in Līgatne, member of the Slow Food Cooks' Alliance of Latvia

# Swede croquette with pickled swede and parsley oil

## COOKING

### 01. SWEDE CROQUETTE:

Peel the swedes and chop into small pieces. Cover in milk and boil until the swede is soft. Strain, add butter, salt, nutmeg and lemon thyme leaves. Knead into a homogenous mass and leave to cool.

Make balls from the mixture. Whisk the egg. Dip the swede balls into the egg and coat with breadcrumbs. Fry in a small amount of oil until golden brown.

### 02. PICKLED SWEDE:

Toast the coriander and fennel seeds. Cover in water, add the apple cider vinegar, sugar and salt. Bring to the boil and let cool.

Peel the swede, slice into 1mm thick slices and blanch. Cover in the chilled marinade and leave to infuse for at least 24 hours.

### 03. PARSLEY OIL:

Blanch the herbs. Blend the oil with the herbs, garlic, sugar, salt and vinegar. Strain through a coffee filter.

#### Swede croquette

- 800g swede
- 2 sprigs lemon thyme
- 50g butter
- 800g milk
- 2 eggs
- 100g breadcrumbs
- Nutmeg
- Salt
- Oil for frying

#### Pickled swede

- 400g swede
- 50g sugar
- 70g apple cider vinegar
- 1g salt
- 2 coriander seeds
- 2g fennel seeds
- 100g water

#### Parsley oil

- 200g parsley
- 100g dill
- 10g garlic
- 200g olive oil
- 50g apple cider vinegar
- 10g sugar
- 1g salt





RECIPE  
for 4





MĀRIS JANSONS

Proprietor of Kest restaurant, member of the Slow Food Cooks' Alliance of Latvia

# Swede tartare with yogurt sauce

## COOKING

- 01.** Peel the swede and slice into 5 mm slices. Boil in sugar syrup for one hour until cooked. Dry the slices. Dehydrate in the oven at 80°C for one hour. Dice the apple as you would for tartare. Combine the chives, shallots, lime juice and vinegar. Add salt and pepper to taste. Add the rice vinegar, salt and lemon juice to the yogurt to taste.
- 02. NUT CREAM:** Put the cashew nuts in a pot, cover in water and boil for five minutes. Drain. Put the nuts in a blender, add all the ingredients and blend until the mixture becomes creamy. Cool until served.
- 03. HERB OIL:** Heat the oil to 80°C. Transfer to a blender, add the herbs and blend. Strain through a strainer. Cool until served.



## SERVING

### To garnish

- Thinly sliced (2mm) kohlrabi
- Dill

Place the swede tartare in a mould on a plate. Decorate with the kohlrabi slices, nut cream from the piping bag, and dill.

Mix two tablespoons of herb oil with 100ml of yogurt and lightly stir. Pour the mixture around the tartare.

### Swede tartare

- Swede, washed and sliced into 5 mm slices
- Green apple, chopped into 3x3 mm cubes
- 2 tbsp lime juice
- 1 tbsp balsamic vinegar
- 10g finely chopped chives
- 20g finely cubed shallots
- Salt, pepper

### Swede syrup

- 1200ml water
- 200g sugar

### Yogurt sauce

- 200ml yogurt
- 10g rice vinegar
- Salt, lemon juice

### Nut cream

- 200g cashew nuts
- 260ml water
- 3 tsp table vinegar
- 2 tsp lemon juice
- Salt

### Herb oil

- 40g chives
- 50g dill
- 150g vegetable oil



RECIPE  
for 4







**MĀRIS JANSONS**

Proprietor of Kest restaurant, member of the Slow Food Cooks' Alliance of Latvia

# Swede ice cream and Jerusalem artichoke mousse

## INGREDIENTS

- 180g peeled, finely sliced swede
- 250ml milk

### Jerusalem artichoke mousse

- 300g peeled, finely chopped Jerusalem artichokes
- 150g finely chopped shallots
- 300g peeled, finely chopped celeriac
- 15g finely chopped garlic
- 0,5l milk
- 0,5l single, double or whipping cream
- 7g sugar
- 8g gelatine

### Ice cream (enough for 1kg)

- 300g single, whipping or double cream
- 3 egg yolks
- 220ml milk
- 20g glucose powder
- 120g sugar
- Pinch of salt

## COOKING

- 01.** Boil the swede in milk on a gentle heat until soft.
- 02.** On a low fire, stew the shallots and garlic. Add the celeriac and Jerusalem artichokes and stew for 30 minutes. Next, add the milk, cream, salt and sugar. Strain. Add the bloomed gelatine. Fill into a whipping siphon and attach two chargers. Serve cooled to room temperature.



## SERVING

- 80g toasted hazelnuts
- 200g berries and fruit to taste (sea buckthorn, bilberries, mango)
- 20g grated hard cheese (Parmesan style)
- Greens for decoration

Arrange the berries and crumbled nuts on a plate. Dispense some mousse from the whipping siphon. Decorate with grated cheese and greens.



RECIPE  
for 4





PĀVELS SKOPA

Proprietor of the 3 Chefs Restaurant, member of the Slow Food Cooks' Alliance of Latvia

# Quince-glazed swedes with lingonberry sauce

## COOKING

- 01.** Peel the swedes and chop into wedges. Bring a pot of water to a boil, add salt and the swedes. Boil the swedes for approximately 10 minutes or until they can be pierced with a toothpick. Drain the swedes and leave them in the colander.
- 02.** Melt the butter in a pot or pan large enough to hold all the swedes. Once the butter starts to foam, add the chopped rosemary and fry for a minute or so. When the butter begins to caramelise, add the honey and quince syrup. Heat for several minutes until the liquid starts to thicken. Add the boiled swedes and stir to coat evenly in the glaze. Continue to cook until the liquid evaporates and the swedes are covered in the glaze. Transfer the swedes to a roasting tray and spread out evenly. Bake at 190°C for 25-35 minutes until the corners of the swedes start to brown and the parts touching the pan are golden.
- 03. LINGONBERRY SAUCE:** In a saucepan, heat the sugar until it melts and starts to caramelise. Once the sugar has acquired the colour of black tea, add the rosemary and stir for a few seconds. Next, add the lingonberries and port. Let the mixture reach a boiling point again so the stiffened caramel melts. Boil on low heat for 10 minutes. Blend the mixture in a heavy-duty blender and strain through a fine strainer.

## INGREDIENTS

- 1kg swedes
- 30g butter
- 10g rosemary
- 30g honey
- 60g quince syrup

### Lingonberry sauce

- 80g sugar
- 3g rosemary
- 300g lingonberries
- 300g port
- Freshly ground black pepper

## SERVING



Serve the swedes with the lingonberry sauce. This will be a delicious side for game meat, lamb or duck.





RECIPE  
for 4



#### ADVICE

To set up a smoker in your home kitchen, all you need is a saucepan with a lid, a dried juniper branch, a gas blowtorch or lighter and foil. Create a "nest" with the foil. Pour the powdered milk into the nest and place it on one side of the saucepan. Put the juniper on the other side. Ignite the branch using the gas burner or lighter. Cover the saucepan with the lid and let the smoke settle for about 10 minutes. Repeat the process a few more times.

# Swede noodles with truffle and smoked powdered milk

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## COOKING

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- 01.** In a pan, combine the swede noodles and cream sauce, and heat until the sauce starts to thicken. Remove the pan from the heat and stir in the truffle oil and grated hard cheese. Arrange the swedes in a bowl. Sprinkle with the smoked powdered milk, chopped chives and additional grated hard cheese.
- 02. SWEDE NOODLES:** Thoroughly wash and peel the swede, reserving the peelings for the stock. Using a spiraliser, slice the peeled swede into thin, long sheets. Layer the sheets on top of each other and cut into noodle shapes with a knife. Cook the noodles in boiling salted water for one minute, then drain and chill in ice cold water. Set aside any remaining bits for the stock.
- 03. CREAM SAUCE:** Fry chopped onion, garlic and thyme in caramelised butter. Add chopped carrots and celery stalk, and fry until the vegetables are soft. Season with salt and freshly ground pepper, and fry for a few more minutes. Pour in the white wine and let evaporate completely. Add the cream and swede stock, then simmer on low heat for 10 minutes. Blend the sauce and strain through a sieve.
- 04. SWEDE STOCK:** Finely chop the leftover swede bits and place in a saucepan. Add a bit of oil and fry. Add enough water to almost cover the swede. Boil on a low fire for 30 minutes and strain.
- 05. SMOKED POWDERED MILK:** Put the butter in a saucepan and heat over medium heat. Once the butter has melted, add the powdered milk and continue heating, stirring continuously. Heat until the powdered milk in the butter has become golden. Strain the mixture to separate the powdered milk, resulting in two products: caramelised butter and powder. Rest the powder on a paper towel to cool. Transfer the caramelised powdered milk to a smoker and smoke for two hours.

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## INGREDIENTS

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- 200g swede noodles
- 100g cream sauce
- 10g truffle oil
- 30g grated hard cheese
- 3g finely chopped chives
- 10g smoked powdered milk

### Cream sauce

- 50g caramelised butter (refer to how to prepare the smoked powdered milk)
- 50g shallots
- 10g garlic
- Few sprigs fresh thyme
- 50g carrot
- 50g celery stalk
- 50g white wine
- 200g swede broth
- 200g single, whipping or double cream

### Smoked powdered milk

- 50g powdered milk
- 200g butter





RECIPE  
for 2







## RENĀRS PURMALIS

Concept chef at Gatavo dabā, member of the Slow Food Cooks' Alliance of Latvia

# Swede salad

## COOKING

- 01.** Wash the swede and slice thinly (using a vegetable peeler works best). Cover the slices in boiling water and leave for 10 minutes. Rinse under cold water.
- 02.** Use the same peeler to shave the carrot and slice the radish. In a bowl, combine the swede, carrot and cranberries. Add the apple syrup and hemp seed oil, and a dash of raspberry vinegar, lemon or quince juice for tartness.

## INGREDIENTS

- 1 Apple Yellow swede
- 1 carrot
- 5 radishes
- Handful of cranberries
- Pavāru Māja apple syrup
- Hemp seed oil
- Salt

\* You can substitute the apple syrup with maple syrup, birch syrup or the white sour-sweet balsamico cream found at shops. Of course, each syrup has a taste of its own, but you only need a very small amount to emphasise the vegetables' crunchiness.



## SERVING

If planning to eat right away, add salt and serve in bowls.  
If planning to serve in a shared dish, I recommend scattering the salt on top to prevent the salad from going soggy.



RECIPE  
for 2





**RENĀRS PŪRMĀLIS**

Concept chef at Gatavo dabā, member of the Slow Food Cooks' Alliance of Latvia

# Swede steak with red wine sauce

## COOKING

- 01.** The key to this recipe is to freeze the swede the day before use. It will become softer and sweeter.
- 02.** Remove the swede from the freezer a couple of hours before use and leave to defrost. Cut a thick slice. In a saucepan, brown the rest of the swede, the carrot, onion and garlic. Cover in red wine, add a half-litre of water and the herbs and boil for an hour.
- 03.** Use the time to put 100g of butter on a pan and cook the swede on a low fire, turning it over from time to time. It's important to cook it slowly to avoid the butter burning and for the swede to become aromatic and nutty.
- 04.** In the stock saucepan, blend part of the vegetables with a hand blender to thicken the sauce and enrich it with their flesh. Strain the sauce into another saucepan through a strainer and add the brown butter left over from frying the swede. Pour it in slowly, stirring the sauce with a whisk. Add the chocolate, a teaspoon of sugar and a pinch of salt and reduce it to the desired thickness. You can thicken the sauce with flour if you prefer it to be thicker.

## INGREDIENTS

- 1 large Apple Yellow swede
- 1 carrot
- 1 onion
- 1 garlic
- 1l red wine
- 100g butter
- 3 pieces dark chocolate
- Black pepper, bay leaf and rosemary for the stock

## SERVING



Plate the swede, sprinkle with salt and cover in the red wine sauce.





RECIPE  
for 4





**VALTERS ZIRDZIŅŠ**

Proprietor and head chef at B7 restaurant, member of the Slow Food Cooks' Alliance of Latvia

# Oven roasted swede with satay sauce watercress and goat cheese

## COOKING

- 01.** Wash the swedes and bake for 25 minutes at 180°C, skins on. Leave to cool, peel and chop into irregular chunks.
- 02.** Put the goat cheese in a plastic box in the freezer in good time.
- 03.** Pour the coconut milk into a saucepan and boil on a low fire. Add the chopped or torn lemongrass followed by the soy sauce, chilli flakes, lime leaf and peanut paste. Boil for 10-15 minutes until the sauce becomes thicker and brownish red in colour. Strain through a strainer.

## INGREDIENTS

- 4 small swedes
- 100g goat cheese
- 80g watercress

### Satay sauce:

- 500ml coconut milk
- 1g chilli flakes
- 50g lemongrass
- 50g peanut paste
- 1 tbsp light soy sauce
- 1 lime leaf



## SERVING

Pour some sauce on a plate, add the warm swede and decorate with watercress and finely grated frozen goat cheese.





RECIPE  
for 4







**VALTERS ZIRDZIŅŠ**

Proprietor and head chef at B7 restaurant, member of the Slow Food Cooks' Alliance of Latvia

# Pearl couscous with fried swede and Eastern style sauce

## COOKING

- 01.** Wash the swedes and bake for 25 minutes at 180°C. Cool, peel and chop into small cubes.
- 02.** Fry the onion, carrots and mushrooms, add 800ml water, boil the vegetable stock. Later, add the celery stalks.
- 03.** Cover the pearl couscous with water and boil on a low fire for 15 minutes, stirring evenly until almost cooked. Add a pinch of salt, strain and rinse.
- 04.** Pour the white wine into a saucepan and reduce it by half. Add the vegetable stock and spices (garam masala, lemongrass, harissa paste and salt), followed by the cream. Boil until the sauce thickens, and strain. Stir the swede, peeled and chopped mango into the sauce. At the last minute, add the chopped chicory leaves, bring to a boil and serve.

## INGREDIENTS

- 4 small swedes
- 200g pearl couscous
- 150g assorted chicories
- 1 ripe mang

### Eastern style sauce

- 1 onion
- 1 carrot
- ½ celery stalk
- 100g white or chestnut mushrooms
- Salt to taste
- 50g lemongrass
- 4g harissa paste
- 3g garam masala
- 150ml dry white wine
- 300ml single, double or whipping cream
- 10g chives



## SERVING

Top off with chopped chives to taste.



RECIPE  
for 4





JĀNIS SPROĢIS

Proprietor and head chef at Jāņoga restaurant, member of the Slow Food Cooks' Alliance of Latvia

# Swede croquettes with miso paste and burrata cheese mousse

## COOKING

- 01. SWEDE CROQUETTES:** Wash the swedes, place them in foil, drizzle with a bit of oil and salt, wrap and bake for 45 minutes at 180°C. Peel the swedes and put all the ingredients in a blender. Blend until the mixture becomes a homogeneous mass.
- 02.** On a pan, make small pancakes using a Danish Ebelskiver pan for best results. Heat the pan and add a bit of oil to each well. Use a plastic bottle with a small nozzle to pour the swede mixture into each well. Fry over low heat. As soon as the mixture starts to become brown, use a chopstick to turn the pancakes over to form balls. Add more mixture to fill any empty spots as needed. Fry for approximately four minutes.
- 03. BURRATA CHEESE MOUSE:** Place the burrata in a blender, add the salt and slightly heated bloomed gelatine. Blend. Next, pour the mixture into a whipping siphon and use two cream chargers to whip it. Refrigerate the siphon for 20 minutes.

## INGREDIENTS

### Swede croquettes

- 300g/400 g swede
- 180g water
- 30g miso paste
- 2 eggs
- 240g flour
- 30g corn starch
- 3g salt

### Burrata cheese mouse

- 2 packs (or 200g) burrata cheese
- 10g gelatine
- 3g salt



## SERVING

Arrange the swede croquettes on a plate. Spread some of the burrata cheese mousse alongside them. Optionally, sprinkle with tomato or beetroot powder.





RECIPE  
for 4



# Pickled swede with black garlic cream, hazelnuts, pecorino cheese and hemp cream

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## COOKING

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- 01. PICKLED SWEDE:** Peel the swede and slice thinly using a mandoline. Boil the marinade, add the swede and boil for three to four minutes.
- 02. DASHI STOCK:** In a saucepan, make the dashi, boiling the tuna flakes, kombu and water for five minutes. Let cool, strain and add the other ingredients. Boil for six minutes. Pour into a shallow dish and let cool. Blend and fill into a piping bag.
- 03. HEMP CREAM:** Place the cream in cheesecloth and strain for 12 hours. Next, stir in the hemp seed spread and salt, then transfer the mixture into a piping bag.



## SERVING

Arrange the pickled swede on a plate. Squeeze on some black garlic cream, followed by the hemp cream. Sprinkle with toasted hazelnuts and some grated pecorino cheese. Bon appétit!

### Pickled swede

- 2 swedes
- 200g white wine vinegar
- 100g sugar
- 10g salt
- 300g water
- 4 cinnamon sticks
- 5 star anise pods
- 1 tsp coriander seeds

### Black garlic cream

- 60g soy
- 120g cleaned black garlic
- 4g agar agar
- 80g sushi vinegar
- 105g sugar
- 420g dashi

### Dashi stock

- 420g water
- 20g tuna flakes
- 1 small piece dried kombu seaweed

### Hemp cream

- 1kg sour cream
- 100g (1 container) hempseed spread
- 8g salt

# Sweet Swede Story

This booklet is dedicated to the once widely cultivated swede variety in Latvia, 'Ābolu dzeltenie' (Apple Yellow), which is now on the verge of extinction. The booklet explores the variety's origin, valuable qualities, breeding history in Latvia, and provides tips on how to grow them in a home garden.

Members of the Slow Food Cooks' Alliance in Latvia offer 18 diverse recipes to help bring 'Apple Yellow' swede back to our dinner plates.

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 [www.straupestirdzins.lv](http://www.straupestirdzins.lv)

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