

Treats



Tina Nordström with a strawberry cake from her new English food show

A la Chef Tina

During the last few years Swedes have been boasting about their very own TV chef, Tina Nordström. Her wildly popular cooking shows and her recipe books *Tina*, *Jättegott Tina* and *Tinas Mat*, that have sold more than a million copies, have taken Sweden by storm.

Now North Americans can also see what this young Swedish icon is all about, on American Public Television (PBS) that is broadcasting 13 segments of *New Scandinavian Cooking with Tina Nordström* in which the young chef roams all over Sweden, setting up her kitchen at the most incredible sites. The show keeps a quick pace as it culturally, historically and "culinarily" highlights everything from the Ice Hotel in Lappland to the Rocks of Ale - Sweden's Stonehenge at the very southern tip of the country. And there is cute Tina, riding, para-gliding, canoeing, downhill skiing or ice-swimming in a frozen lake, taking you on an exciting journey and giving you an educational experience, not to mention a tantalizing meal.

Tina Nordström grew up in Helsingborg in southern Sweden where her parents ran the famous establishment, Ramlösa

Wårdshus. Her love of good food and cooking came early. From the age of five, Tina began helping out in the kitchen and she still holds a special place in her heart for the cold-buffet recipes she learned early on.

Following her time at chef school in Helsingborg, Tina worked for 10 years in several restaurant kitchens in Copenhagen, and in the south of Sweden. In 2000, her hard work was rewarded when she qualified as one of eight finalists in the prestigious Chef of the Year competition, mak-

ing her the first woman to receive such an honour in 12 years.

Tina's warm smile, outgoing personality and outstanding cooking skills have made her one of Scandinavia's most celebrated TV stars. Her 2001 television series *Mat med Tina Nordström* broke new ground for cooking shows in Sweden. More than 17 percent of the Swedish population watched the first season, and continued watching despite its fairly awkward airtime - Mondays at 9.30pm. By Wednesday grocery chains in Sweden had generally run out of any special ingredient that Tina talked about in her programme. The series, which took its culinary inspiration from all corners of the world, was so successful that Tina was crowned Sweden's most popular female TV host.

If you miss Tina's show, you will soon be able to buy the whole series on DVD together with a lavish travelogue illustrated cookery book with many recipes (www.scandcook.com). Here's a sampler.

♥ HERRING WITH ROASTED GARLIC DRESSING

6 filets of pickled herring
1 cup mayonnaise
1 cup sour cream
6 cloves of garlic

1/2 cup finely chopped parsley
1 finely chopped red onion
Juice and zest from 1 lime
Salt and pepper

In a frying pan, roast the garlic cloves golden brown in a little oil on medium heat. Chop the garlic, and cut the herring in slices of about 2 inches. Mix with the remaining ingredients. Season with salt and pepper. Place in the refrigerator for 24 hours before serving.

♥ SWEDISH HONEYDEW MELON AND CHILI SALAD

1 honeydew melon
1 red chili pepper
1/2 package arugula
Juice and zest of 1 lime
Salt and pepper

Seed and peel the melon. Cut into large chunks. Finely chop the chili (take away the seeds inside as they contain the strongest flavour). Mix melon, chili, arugula and lime juice and zest. Season with salt and pepper.

♥ BLACK CURRANT SCHNAPPS

1 bottle of vodka
1 cup fresh black currants
1 tbsp fresh mint leaves 2 sugar cubes.

Put the black currants and the mint in an empty, clean bottle. Add the sugar cubes and pour in the vodka. Leave this for about 1 week before serving. Serves 4-8

♥ CINNAMON PLUMS AND APRICOTS WITH VANILLA CUSTARD

2 cups dried plums and apricots
3 1/3 cup red wine
1 cup sugar
Zest and juice from 1 lemon
4 cinnamon sticks
1 vanilla bean, cut lengthwise
Vanilla Custard:

5 egg yolks
1/2 cup sugar
2 tsp vanilla sugar
3 1/3 cup whipping cream

Mix plums and apricots, wine, sugar, lemon zest and juice, cinnamon sticks and vanilla bean in a pot and let simmer for 20 mins, or until the fruit is tender. Let cool. Whip the egg yolks and vanilla sugar until smooth and fluffy. Whip cream until stiff and fold into the egg mixture. Arrange the fruit and the custard in alternating layers. Serves 4