

NEW NORDIC DEMYSTIFIED

Denmark pushes the envelope with its distinctive style of cooking that has taken the world by storm. Fareeda Kanga unearths the secrets that have catapulted nouveau Nordic cuisine to the top of the culinary charts.

in its own urban garden—during spring and summer.

The menu is in sync with the seasons, such as milk curd and the first garlic of 2015; and the first green shoots of spring with a scallop marinade. The chefs employ ischniques such as fermenting and pickling that remained previously unfashionable and unheard of.

"Simplicity is a very important part of Nordic cuisine as it utilizes fewer components and relies more upon high quality products, grown under Nordic conditions. The reason for this is that ingredients should be distinct and recognizable, and their preparation and presentation should bring out their local characteristics," says Chef Ashish Bhasin, Executive Chef, Trident BKC, Mumbai.

Preservation techniques, such as drying, fermenting, smoking, salting, pickling and preserving ment, vegetables, truits and fish, have for consuries enabled people to survive long, dark winters. In the Nordic countries, these methods have developed into exceptional ways of adding both cultinary and economic value to their raw materials and are the cornersiones of how the food is prepared.

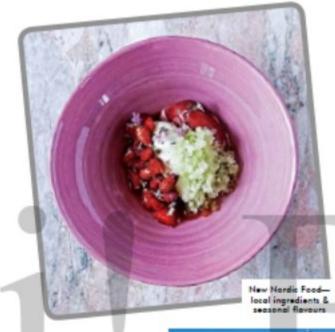
"Some of the well-known ingredients used in Nordic cuisine are cold-water fish, which have taken countries like France by storm. Cod served along with its roe and liver has long been a winter favourite in the north. They now have the opportunity to show what fresh fish is really like, and both demand and status are high," says. Chef Bhastn.

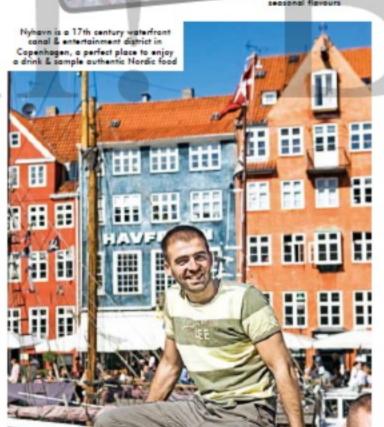
Another interesting ingredient grown in this region cloudberries, grow sparsely in their mountainous regions. Their flavour is unique and they can be stored without any preservatives.

THE NORDIC LINK TO INDIA

On a delayed domestic flight within India (in the course of my research for this article) I accidentally stumbled across a write-up in an inflight magazine on the cuisine of Coorg. Here the dominance of seasonal vegetables like bamboo shoot (May-August), jurgle mango (April-June) or jackfruit (September-December) in local menus is prevalent and only served as a seasonal treat. Kodava cuistine as this type of food is referred to is very partial to pork and game as hunting in the misty hills was one of the main occupations. Camey meats like wild boar are pickled and salied much like the Nordic style or served in a curry.

"Many cuisines around the world share similar styles of food preparation and ingredients although they may have nothing in common ethnically but geographical similarities create a culinary tie, says gournet chef and cookbook author, Karen Anand.





Cuess what you might find on your plate at Noma, one of Europe's most famous restaurants that was ranked as the world's best restaurant from 2010 to 2014 and still in the top three in 2015?

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Like most guests who book a table months in advance, you will be treated to a meal of deep-fried moss, edible flowers and if you are very lucky even live ants?

The opic rise of Noma which serves

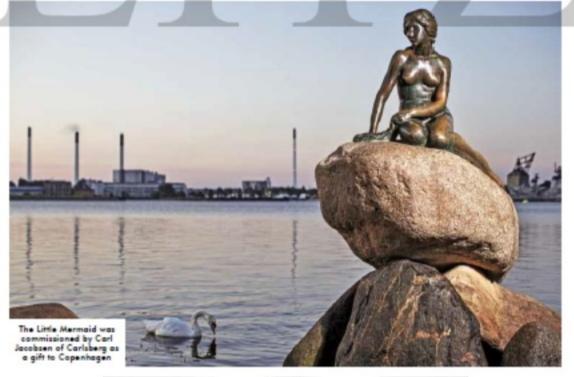
The epic rise of Noma which serves 'New Nordic Cuisine' lead so a revolution in kitchens across the world which were in turn inspired by the revival of this traditional Nordic style of food preparation and curation.

The New Nordic kitchen is characterized by its uniquely Nordic identity among the world's graatest cutsines and by its commitment to organic, sustainable and local products. So basically a New Nordic menu relies on seasonal favourities and serves food based on produce that's available, creating a menu based on supply rather than demand.

"Ingredient driven food is the key," says Chef Kelvin Cheung (Ex-Ellipsis) and currently helming his laiest venture One Street Over. The chef will first figure out what is seasonally prevalent and then style dishes around this fresh produce or caich.

For example at Noma, the restaurant's menu changes with the seasons, with themes based on the forest in the fall, the sea in winter and on vegetables—grown







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a winter favourite in the north. They now have the opportunity to show what fresh fish is really like." —Ashish Bhasin, Executive

Best places to sample new Nordic cuisine:

Chef, Trident BKC, Mumbai

Manfreds
Manfreds is located in the hip street,
Jægersborggade in Nærrebro. The
restaurant locuses on everyday food,
which is aided by modern techniques
and raw materials of the highest quality.
The raw ingredients are biodynamic
vegetables from Kiselgården and
Birkemosgård, roots from Lammefjord,
pig from Hindsholm, lamb from
Havervadgaard, ox from Mineslund
and herbs from the forest.

At Manfreds the wine is natural wine, which has made the restaurant Copenhagen's first natural wine bar.

Address: Jægersborggade 40, 2200 sbonhavn N

København N www.manfreds.dk



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