

LOW CARB HIGH FAT Barbecue

**80 Healthy LCHF Recipes for Summer Grilling,
Sauces, Salads, and Desserts**

Birgitta Höglund

Low Carb High Fat Barbecue

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Foreword by Anna Hallén

I'm delighted to have been asked to write a few words for this book—happy and proud for many reasons. First, because you're now holding in your hands an excellent cookbook by an author who has thorough knowledge of low-carb high fat grilling; better yet, she has firsthand experience of how wonderful this way of eating is, and the vitality and strength it can bring about. I have been fortunate enough to follow Birgitta Höglund's impressive progress for a few years now. I've enjoyed seeing her grow in courage, and go from a state of pain and low energy to the Birgitta of today, who is a fantastic role model for anyone fighting heavy odds. She proves that it is indeed possible to find one's way back from ill-health and truly enjoy life to its fullest.

These are strong words, to be sure, but they aren't empty—I mean each and every one of them.

Furthermore, I'm excited to help spread this knowledge far and wide, and to as many people as possible. The low-carb eating plan, with its natural fats, is a lifestyle choice that is very dear to me. In fact, I myself eat according to LCHF dietary guidelines.

Knowledge about carbohydrates, fat, and protein, and how they work in the human body, has allowed me to finally get off the well-worn yo-yo dieter's track (which was keeping me overweight), to become the healthy, happy, and weight-stable girl I am today. Perhaps not “girl”—I'm not really sure what to call myself. In any case, this is forty-seven-year old Anna speaking.

The three nutritional building blocks (carbohydrates, fat, and protein) are what piqued my interest at the beginning. Later, it became more important for me to understand the actual balance and relationship between these macronutrients in our diet. How much of each are we supposed to eat? What are healthy foods to choose, and what does a nutritionally sound plate look like? It seems that, thanks to our current knowledge and experience, we now have a solid dietary foundation that can be adjusted to most of our individual needs, goals, and preferences.

Today even the smaller details attract my curiosity—the micronutrients such as vitamins, minerals, and antioxidants. Unfortunately, we sometimes overlook them while we're stuck in our hunt for carbohydrates. But these small details are critical if you want to feel your best, and they happen to be an integral part of Birgitta's recipes. She not only creates the tastiest dishes around, she even manages to include all those good-for-you nutrients in a varied, simple, and natural way—as it should be.

Are you ready? If so, follow me on a short tour to discover the world of our foods' tinier components.

Vitamins

Do you know what a vitamin is? The simplest way to define a vitamin is to say that it's a critical, life-sustaining organic compound that we must obtain through eating food, because we are unable make it ourselves. It is a nutrient that is not a carbohydrate, a fat, or a protein. A vitamin isn't a mineral, either. Vitamins are in fact a group of many different

compounds that are collected under a single umbrella term. They can be—and often are—very different from one another.

For example, vitamin D is a hormone, whereas vitamin C and E are also antioxidants. Vitamins can be divided into two groups: water-soluble and fat-soluble. In addition, if you take too many of some vitamins, you run the risk of overdosing, while you can ingest other vitamins in virtually any amount since their toxicity levels are very low.

Minerals

In the next category of micronutrients are the minerals, which are to my mind almost more important than vitamins. It seems that lack of minerals is a more common problem than vitamin deficiency, yet it's still not highlighted to the same extent. Minerals are elements found in the periodic table—the one featured in chemistry class. Trace elements are the same as minerals, and are so-called because we need them in such small amounts. But I'm not going to nitpick here—I will just call them all minerals.

Iron, magnesium, and calcium are examples of minerals. They each play different roles in the body; keep in mind that they have multiple purposes, too, not merely one. What's more, they often work in symbiosis with one another, i.e. calcium helps you tighten your muscles, while magnesium helps them relax. The balance between the two minerals is very important.

Antioxidants

As their name indicates, antioxidants work against oxidation, which is damage inflicted by certain types of oxygen and nitrogen molecules. Other expressions for oxidation are rusting, aging, and going rancid. By consuming antioxidants, we slow down the rate at which oxidation takes place, and in some cases we can prevent it from happening altogether. A healthy body can live to between eighty and one hundred years if it ages normally. The body is amazing: it can produce antioxidants by itself, but with today's stress—whether due to environmental factors or chronic worry—it's not a bad idea to give the body a helping hand. When it's so easy and tastes so good, why not?

Certain vitamins and minerals are capable of fighting oxidation. Selenium is a very important mineral that is also a powerful antioxidant. Selenium belongs to the body's arsenal of natural defenses against cancer.

There are a lot of other elements besides vitamins and minerals that behave like antioxidants. You've surely heard of the benefits of green tea, as well as the healthful properties of colorful leafy vegetables, berries, and cacao. But, you can also find a lot of antioxidants in mushrooms, spices, and herbs.

So is it really that difficult to eat right? It does feel like a big science project to gather all the different elements onto one plate. How did things get so difficult? How did people manage to survive at all before all this information came to light?

Well, earlier on we simply ate what was good for us, we listened to our bodies, and we learned from experience. We ate to feel our best according to our needs and capabilities.

Then nutritional advice came along that turned our concepts about food on their head. We removed much of what was nutritious out of our food—such as fat, for example, which ended up causing a vitamin D deficiency in many people. We increased our food options, but with foods that decreased our ability to absorb certain minerals. Foods that hamper our ability to absorb minerals tend to contain flour, which in turn contains gluten and other lectins. If we choose to eat whole grains, we also end up ingesting phytates, which hinder the body's ability to absorb enough vitally important minerals.

You who are reading this book have probably already corrected these mistakes, and are now eating natural fats and a diet free of flour, gluten, and whole grains. However, many among the low-carb devotees have focused primarily on eliminating carbohydrates from their diets, and have forgotten that we need all these other small, critically necessary elements in our food. Many of them are building blocks essential for energy, happiness, and calm, as well as a fully functional body, and many of them can be found in foods that also contain carbohydrates. In fact, many nutrients can only be found in those types of foods, at least in appropriately beneficial amounts.

So we have to approach this matter from two perspectives: what nutrients are we most lacking in, and where do we find them? Then we turn it around and ask: where do we find all the nutrients in the food we eat to stay healthy? This is not a

complete overview of nutrition, of course, but it is a start, and also a quick reference, on a topic that touches most of us.

Selenium and Iodine

Selenium and iodine go hand in hand; they are critically important for our metabolism. The thyroid produces its hormones from selenium and iodine, and if there's too little of them, you won't generate enough hormones to stay in good health. Where do we find selenium and iodine? You'll find them primarily in shellfish. Sadly, we eat less and less of it in our daily diet. Honestly, how many times do you eat shellfish per week? My guess is that it's seldom enough that I recommend you boost your intake of this important food.

What if you're allergic to shellfish? You can find selenium in Brazil nuts—two to four nuts per day is enough. You'll find iodine in iodine-enriched salt, or in seaweed at the health food store.

Folic Acid

Folic acid is also known as vitamin B9, and it is present in a variety of food. If this is the case, how can we be lacking in folic acid? The problem is that it's heat-sensitive and water-soluble, so it's often destroyed through the process of cooking. When we consume meat (or to be more accurate, the meat's protein) our bodies produce homocysteine. Homocysteine is responsible for blood clots, and as such it is more and more associated with coronary disease. How is this possible, since we've always eaten meat and it is a natural food for us? Well, it still is, so don't stop eating meat; just make sure you're getting enough folic acid, or vitamin B9.

That's not the end of it, though, and it's such a clever set up: meat contains vitamins B6, B9, and B12, all of which remove homocysteine from the body, which is a good thing. However, don't forget that folic acid is heat-sensitive, and some of it is destroyed during the cooking process—especially nowadays when we fry our meat in slices, instead of serving whole roasts as we did in the past. So where else can we get folic acid, or vitamin B9? We can find it in dark green, leafy vegetables such as broccoli, arugula, and spinach. Including leafy greens in our diet is a very smart tactic if we want to stay healthy as long as possible.

Another important point to remember about folic acid is that it is a precursor to serotonin. Serotonin is a neurotransmitter that strongly influences our feeling of wellbeing, and by extension our eating habits, so folic acid is a nutrient we should take care to always get enough of.

Magnesium

Magnesium is a bit of a troublesome element. First of all, it does an enormous amount of good in the body, and has a hand in many things. It influences how we feel, as a lack of it will make our muscles cramp; it affects the nutritional uptake of our intestines; and it is a friend to calcium.

What I think can lead to some confusion here is that the telltale signs of magnesium deficiency are often similar to the signs of a lack of vitamin D. This means that many people supplement their diet with vitamin D when they should be boosting their levels of magnesium instead.

Many magnesium supplements on the market do not work. Getting adequate magnesium through food is always the best choice, but some people still need supplements. So if you need to buy magnesium as a supplement, avoid magnesium oxide, magnesium hydroxide, or magnesium carbonate, as their bioavailability is inferior. That last word, “availability,” indicates how accessible magnesium is to the body; it can only be beneficial to the body if it’s easily accessible. All other combinations are good!

Your body doesn’t absorb what you put in your mouth; it gets what it can and has time to absorb from your intestines.

A lack of magnesium is often manifested through fatigue, feeling out of sorts, and muscle cramps, especially in the legs. The best food sources for magnesium are almonds, pumpkin seeds, cacao powder, Brazil nuts, and basil.

Vitamin D

Vitamin D deficiency is very common in people who follow nutrition advice that emphasizes low-fat diets; research has borne this out. I doubt that anyone who has been eating fat for many years lacks vitamin D. Fatty foods are rich in vitamin D, which in turn requires fat to be properly absorbed by the body.

You can quite easily recognize vitamin D deficiency yourself. Symptoms can include depression, listlessness, pain, and infections; if you take supplements, your symptoms will disappear once your level of vitamin D is back to normal. If they don’t disappear, however, some other cause is likely at

the root of your fatigue and listlessness. If you choose to take supplements, it needs to be vitamin D3.

Good natural sources of vitamin D are: all kinds of fatty fish, such as eel, pike, whitefish, different kinds of herring, and salmon. Vitamin D is also plentiful in mushrooms.

So, what are our top ten food choices? These foods provide us with everything our bodies need!

1. Eggs. They contain every vitamin except vitamin C, and they are a source of perfect protein. If you're lucky enough to have access to hens that have eaten natural chicken feed instead of commercially produced pellets, the eggs will be even better.

2. Shellfish, which is full of nutrient-rich minerals and (very important) selenium and iodine. Mussels, especially green-lipped mussels, contain extra amounts of a unique omega-3 fatty acid that helps keep airways clear and optimizes lung function. But don't concentrate on the green-lipped mussels alone: it's a good thing to make all mussels a staple of your diet.

3. Fish, especially fatty fish (but all fish is good). It contains the right types of omega-3s: EPA and DHA. Vegetable omega-3, also known as ALA (as found in flaxseed oil and food-grade linseed oil) is not the same as the EPA and DHA omega-3s that are found in seafood. We need EPA and DHA.

4. Nuts. I'm always asked "Which nut is the best?" and my answer remains steadfast: "All of them." So mix them to your heart's content. This usually decreases the risk for overeating

them, and you'll get all the minerals naturally without having to keep track of what minerals belong to which nut, and in what quantity. Mix them up to make it easy!

5. Dark green vegetables, including all our delicious herbs. Here you'll find folic acid, vitamin B9, and lots of powerful antioxidants as well as vitamin C. So, what to pick? Here are a few examples: spinach, arugula, parsley, basil, rosemary, thyme, lemon balm, nettles, and kale.

6. All types of vegetables, because we need vitamin C, and because we must keep our digestive system in good working order. You'll find water-soluble fiber in vegetables, which is food for the good bacteria in the colon. When they thrive, so do you. Other examples of fiber include whole flaxseed, psyllium seed, and whole psyllium husk, but these do not contain vitamin C.

7. All vegetables in the cabbage family (brassicas). White and red cabbage, cauliflower, and broccoli are the best; research has shown that cabbage has strong cancer-thwarting properties.

8. All types of onions. Onions feature generous amounts of health-giving properties. Some of these have been proven through scientific research, while others belong to the oral tradition and experience. Whatever the case may be, let onions become a natural staple in your food preparation.

9. Spices and herbs! We're talking both fresh and dried herbs here. They contain a lot of what is good for us. Their main asset is that they're good antioxidants, and the more you include in your dishes, the less

you need to know about each of them to get a healthful helping. While all spices and herbs are beneficial, you only need the right occasion to sample them all. Turmeric is unique; it's a good antioxidant, but it also has antibacterial properties and is an effective anti-inflammatory, too. Unfortunately, despite its many excellent qualities, it isn't possible to simply eat turmeric. (Honestly, how appetizing would it be to eat a bright, yellow food that always tastes the same?) So the best health tip I can offer is to spice up your food, and to sample a variety of different herbs and spices each day.

10. Variety! In the past we ate a little from a lot of different sources. Inversely, today most of us eat a lot from very few sources. This makes for a narrow selection of foods in our diet, which in turn puts us at greater risk for nutritional deficiencies. So it follows that the wider variety of food there is in your daily diet, the healthier your diet will be.

Birgitta has created some wonderful recipes here, which also contain all those micronutrients. It's nutrition at its best and most natural!

Enjoy!

All the best,

Anna Hallén

Introduction

It's given me great pleasure to write the book you're now holding in your hands. It is the culmination of a twenty-year dream of writing my very own cookbook. I'm also very happy and grateful to my friend Anna Hallén for sharing her vast knowledge about diet and all its intricate, different nutrients. She explains simply and intelligibly why it is so good for us to eat a diet comprised mainly of natural foods containing fewer carbohydrates and more natural fats.

My own body has been so much healthier and stronger since I decided, four years ago, to exclude all unnecessary carbohydrates (such as sugar and flour) from my daily meals. Instead, I began eating far more vegetables than I had ever done before, and they have proven themselves worthy complements to the varieties of fish and meat, shellfish, and eggs that I now put on my plate. My diet has become so much more varied, and tastes far better without all the different additives that are included in most commercially prepared foods.

Soon after changing my way of eating, I started to write about it in my blog, Birgitta Höglunds Mat (Birgitta Höglund's Food). My budding interest in low-carbohydrate diets made me want to learn more about this lifestyle, as well as about the lives of our predecessors and their nutrition. In books and on the Internet, I sought out information about foods we've been eating since back when we started to evolve into the thinking human beings we are today, foodstuffs we hunted by simple means, or that we fished for and collected along the coastlines where early settlements took root.

That is how I came to learn about a way of eating many call LCHF (Low Carb High Fat), and others call the “Paleo” or “Stone Age” diet.

I prefer to call it, quite simply, natural nutrition, because it is prepared with as few processed ingredients as possible, and, whenever possible, with ingredients that have been raised organically.

I prefer to buy meat that comes from grass-fed animals (domesticated or wild game), and fish that is line-caught and wild, as opposed to trawled or grown in aqua farms. Eggs come from free-range hens. As much as possible, we should ensure that our food animals are raised humanely and allowed to live natural lives.

Nutritionally, there isn’t a big difference between the Paleo and LCHF diet models. LCHF includes more dairy products and fewer fruits and root vegetables, while the Paleo diet excludes dairy products and embraces more fruits and root vegetables. Both diets are completely gluten-free.

Preparing and enjoying good food made from natural ingredients has been a lifelong endeavor. I grew up rurally, in the mountainous area of north Dalarna, in Sweden, around fifty years ago. There was a lot of game on our menu, as well as fish, vegetables, wild mushrooms, and berries. This was pure, tasty home cooking with very few additives.

My passion for good, natural nutrition led me to become a chef. I spent eighteen years in different restaurant kitchens, many of them featuring high quality, local produce.

But a chef's work involves a lot of heavy lifting, and after injuring my back I was unable to continue working in restaurants. For many years I needed a walking stick to get around; I also put on weight over the ensuing years and was in constant pain. All this changed for the better, however, as soon as I modified my diet, removed gluten and sugar, and started eating the kind of foods we are all meant to eat, i.e., natural ingredients and plenty of natural fat.

Over these last few years I've been fortunate enough to be able to share my culinary knowledge by writing about food. Together with physician Annika Dahlqvist I have written a book about LCHF cooking specifically for seniors, and have even contributed to several books by Anna Hallén. This past year I helped develop recipes for a restaurant called PriMaten, in Uppsala, Sweden; it's a fast food restaurant where the menu features only gluten-free LCHF/Paleo dishes.

Grilling Through the Ages

Grilling food over an open fire has been part of people's everyday existence since we left our primate relatives behind to proceed down our own evolutionary road. Long ago, small groups of hunter-gatherers congregated around open fires to share the spoils from the hunt. Nowadays, we gather around the grill in our gardens. Naturally, men grilled during the hunt too, a habit that is still evident today considering the keen interest they often still take in being the main cook at the grill.

But as common a sight it is to see men around the grill now, it was just as rare to see a woman in a restaurant kitchen in my day. While I was relatively alone in my occupation as a female chef during the 1980s and '90s, I had a great time and

loved my work. So here I am again, entering a world that is still typically male-dominated, this time around the fire, by releasing this book about grilling.

As I've said, this is not a new interest in food; it has been with me since my childhood in the mountains. Food never tasted any better than when eaten by the side of an open fire after fishing, or when it was time to hunt for wild mushroom and pick berries.

My Warmest and Most Heartfelt Thanks Go to:

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Anna Hallén, my dear friend, and mentor in the natural foods, LCHF world.

Micke Eriksson, who adds fantastic life and tastiness to my food with the lens of his camera.

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Thanks to all of you who so kindly let me use your products! With your help my book has become a thing of beauty.

Tips for Successful Grilling

The art of grilling has been appreciated over the entire span of human evolution. To start off with fresh-caught fish, some fresh shellfish, or a not-always-tender piece of meat, and end up with something that's both tasty and easy to digest, is what has kept us grilling our food over glowing coals or a pit full of red-hot stones.

Adding flavor to our food with herbs, fruits, berries, and natural spices is a very long-held tradition. Enjoying the company of friends as food is being cooked is also a throwback from times around the campfire.

Grilling is one of the most easygoing and casual of our social get-togethers today. But grilling only gets better when it's allowed to take its time, so while the coals turn to embers you can prepare a few good sauces and side dishes to go with the main course. The more dishes that make up a meal, the tastier and more nutritious it'll be, too.

How to Reach the Perfect Grilling Heat

To grill successfully, you need a thin layer of embers that are hot, but not burning. Sadly, many people are in too much of a hurry to cook, so the meat ends up getting scorched by red-hot coals.

I'll share some tips with you here so you and your guests can enjoy foods fresh off the grill as fully as possible.

I prefer to use an ordinary charcoal grill because I prefer the taste it imparts. Otherwise, gas grills are very handy and simple to use; you can select your preferred temperature simply by changing the setting.

If you own a gas grill, I'm sure you're already well versed in how it works, so I will focus instead on charcoal grilling.

To reach perfect grilling temperature, you don't need anything besides a charcoal starter, also called a charcoal chimney. Just tear a few pages out of a newspaper, crumple them into loose balls, and stick them on the underside of the chimney. Place the chimney starter and newspaper on a thin, even bed of charcoal on the grill. Now, fill the chimney with charcoal and all-natural briquettes; I usually place some coals at the bottom (as they light up quicker), add a layer of briquettes, and then fill the rest of the chimney up to the brim with charcoal.

This will give you a mix that's easy to light and that will glow over a long time. Start fire to the newspaper through the small holes at the bottom of the chimney, then wait approximately 15–20 minutes until the coals are bright red. If I'm going to grill a large quantity of food, I'll carefully add another layer of briquettes at the top of the chimney when it is really hot and the coals are starting to sink down into the chimney.

Once the coals are glowing brightly, it's time to slowly and carefully pour them into the grill. At this point the charcoal in the chimney starter will be extremely hot, so make sure that there are no unsupervised children anywhere near the grill. Spread the coals evenly with a long-handled grilling spatula,

and let them burn a bit longer until their surface is covered in a layer of grey ash. Then—and not before—it's time to start grilling. Some soaked branches of juniper, sprigs of rosemary and thyme, or smoke chips placed on the grill will add an aromatic and slightly smoky flavor if you grill the food with the lid on.

If you prefer not to use a charcoal chimney, you can opt for several types of electric starters; they also happen to be a more eco-friendly way to get the grill going. This is grilling at its most natural, because you need no chemical starter fluids (which could possibly add an unwelcome tang to the grilled food). If you'd rather have your set-up be even more like an original fire pit, a bed of coal made from charred birch wood is perfect. It takes longer to heat up and requires more tending, but it makes very good embers, and the grilled food tastes fantastic.

When I cook a larger piece of meat, fish, or fowl, I push the coals to the side of the grill (with a spatula or tongs) to make an empty space under which the food will be grilled. This is called indirect heat grilling. By using indirect heat, you significantly reduce the risk of dripping fat starting a fire, and it's easier to avoid overcooking or burning the meat. But keep a spray bottle of water nearby, to avoid singeing the meat in case the fat does catch alight.

You can also push the coals to one side of the grill so the other half is empty. In this way, the food gets a nicely charred surface directly over the hot embers, and then can be moved over to the empty side to continue cooking at a lower temperature.

Marinades, Glazes, and Rubs

I have purposely chosen to make most of the recipes in this book as simple as possible, to illustrate the fact that you can prepare a quick grilled dinner with fresh ingredients, instead of with pre-marinated, tenderized cuts that are becoming more ubiquitous at the meat counter.

Tenderizing means that the manufacturer injects the meat with a lot of salt water. The salt water bursts the meat fibers, which makes most people believe that the meat is tender. That's why I never buy any pre-marinated pieces of meat anymore: I think they taste more like fish balls than a chicken breast or a rack of pork chops.

In my kitchen, you'll find no artificial smoke flavors, no glazes loaded with sugar, and no rubs, spice mixtures, and grill oils full of glutamate (E621) or other flavor enhancers.

And, I use very few of the hotter varieties of chilies.

Instead, I emphasize the taste of grilled food itself, along with nature's own flavors. Different cold-pressed oils, herbs, spices, wine, berries, fruit, ordinary sea salt, and freshly ground pepper are common ingredients in my recipes.

Each ingredient's own character is allowed to develop and bloom in the meat, fish, shellfish, and fowl, instead of everything tasting uniformly spicy, sweet, smoked, or salty.

Most of the commercially available, bottled marinades and glazes contain large amounts of sugar, and a harmful

chemical compound called acrylamide is formed when sugar comes in contact with high heat during the grilling process. So it isn't just that food tastes so much better with homemade marinades, grilled food is considerably healthier, too.

However, it does take a bit longer to infuse meat and fish with adequate flavor when using a homemade marinade, so if you have the time, by all means let the items rest and absorb the delicious flavors for twenty-four to forty-eight hours.

How Long Does It Take to Cook Something on the Grill?

I have made notes in the recipes on the time required to grill different items to my liking. But, perhaps you prefer your meat a little bit more well done, or rare? You'll need to test the recipes to discover your own particular preference.

Most meat tastes better if it's a bit on the rare side, or—according to my personal taste—lightly grilled. Keep in mind that the inner temperature of a food will continue to rise for a while after the meat or fish has been removed from the grill, so take care not to leave anything on the grill for too long.

A meat thermometer is good to have on hand if you're unsure about timing, especially if it's a bigger piece of meat, fowl, or fish. Also, remove the food from the grill and let it rest ten to fifteen minutes under loosely tented foil—this will ensure that your piece of meat will retain most of its juiciness.

Obviously, most food, with the exception of chicken, will be more tender and juicier if cooked at a lower temperature than

what is typically recommended in most cookbooks, on the meat thermometer, or in the instructions.

One last thing: remember to remove all ingredients from the fridge so they have time to reach room temperature before they hit the surface of the grill—that way they'll take even less time to cook.

The recipes in the book are meant to serve four, unless stated otherwise.



While the Grill Is Heating Up



Cucumber Boats with Cream Cheese and Smoked Mussels

Smoked mussels make perfect appetizers to pair with a before-dinner drink. They're very quick and easy to prepare. You can get them ready and store them in the refrigerator under plastic wrap until your guests to arrive.

I have chosen a creamy, organic, fresh cream cheese from Castello, as it is easily piped on to the cucumber boats.

You can also make your own cream cheese—it's very simple to do. You'll find my recipe for cream cheese on [page 60](#).

Cucumber Boats with Cream Cheese and Smoked Mussels

- 1 cucumber, preferably hothouse

- 1 tub of organic cream cheese (or homemade cream cheese)
- 1 can of smoked mussels
- parsley for garnish

Cut the cucumber in half length-wise. Scrape out the seeds with a spoon. Cut the cucumber into inch- or inch-and-a-half-long pieces. Take a small slice off the rounded side on the back of the cucumber piece to make it stable on a platter.

Place the cream cheese in a bowl and whip it with an electric beater until soft and airy. Fill a piping bag fitted with a wide tip. Pipe a rosette of cheese into the hollow side of the cucumber piece.

If you don't have a piping bag, make small eggs of cheese by using a teaspoon dipped in warm water. Leave the mussels to drain in a sieve, and then place one atop each cucumber boat. Garnish with a small sprig of parsley.



Seed Crackers and Spicy-Hot Nuts

Seed crackers, a creamy dip, and my hot and spicy nuts can convert even the biggest snack hound to LCHF.

Seed Crackers

- 1 cup + 1 tablespoon water (250 ml)
- 3½ tablespoons (50 ml) unflavored coconut oil
- 7 tablespoons (100 ml) sunflower seeds
- 7 tablespoons (100 ml) sesame seeds
- 3½ tablespoons (50 ml) flax seeds
- 3 tablespoons unflavored, whole psyllium husk*
- 2 tablespoons fresh thyme, oregano, or chives, finely chopped
- a pinch (1 ml) of cayenne pepper
- ½ teaspoon crushed salt flakes (for example, Maldon Salt Flakes), for dusting the crackers

*Unflavored whole psyllium husk can be found at health food stores or online at netrition.com or iHerb.com.

Preheat the oven to 300°F (150°C). Line a baking sheet with parchment paper.

Pour water and coconut oil in a saucepan and bring to a boil. Meanwhile, mix the dry ingredients (except salt) in a bowl. Pour the boiling water and oil mix over the dry ingredients and mix well. Taste and adjust seasoning if needed. Leave the batter to rest for 5 minutes.

Pour the batter onto the parchment paper on the baking sheet. Place plastic wrap or parchment paper on top of the batter, and roll the batter out in a thin layer with a rolling pin to cover the entire surface of the baking sheet, minimum measurement being 13" x 17" (33 x 43 cm).

Sprinkle the salt flakes evenly over the batter. Bake the batter at 300°F for 45 minutes. Lower the temperature to 125°F (50°C) and leave the crackers to dry for about 2 hours. Let the cooked batter cool and break into uneven pieces. Keep the crackers in a tin with a lid in the pantry; they should keep for a long time.

Dip with Ajvar Relish

- 3½ fl. oz. (100 ml) mayonnaise (see recipe on [page 42](#))
- 3½ fl. oz. (100 ml) crème fraîche
- 3½ fl. oz. (100 ml) Ajvar (or smoked bell pepper) relish, mild or spicy
- 1 teaspoon organic garlic powder
- ¼ teaspoon (1 ml) Worcestershire sauce
- a pinch of salt

Mix all ingredients for the dip and adjust seasoning to taste. Chill.

Hot and Spicy Nuts

- 10 oz. mixed nuts (Brazil nuts, walnuts, and cashews, for example)
- 1 tablespoon coconut oil
- 1 teaspoon paprika
- $\frac{1}{4}$ teaspoon (1 ml) ground cumin
- $\frac{1}{4}$ teaspoon (1 ml) cayenne
- 2 teaspoons salt flakes

Roast the nuts in a dry skillet for a few minutes. Mix in coconut oil and spices, crush and sprinkle in the salt flakes. Stir-fry for one minute and mix well.



Gazpacho with Parmesan Crackers

My gazpacho is more nutritious with the inclusion of almond meal, which is how I ate it on the Spanish island of Gran Canaria. Parmesan cheese crackers (try using the special cheese from the Swedish northern province of Västerbotten, if

you can find it) make the soup an even better starter course for those of us who eat LCHF.

Gazpacho

- 2 tomatoes
- 1 small cucumber
- 1 green bell pepper
- 1 shallot
- 2 cloves garlic
- 1¼ cups (300 ml) tomato juice
- 7 tablespoons (100 ml) almond flour
- 3⅓ fl. oz. (100 ml) olive oil, cold pressed
- 3 tablespoons apple cider vinegar
- ½ teaspoon (2 ml) salt
- ½ teaspoon (2 ml) cayenne pepper

Cut a cross into the top of the tomatoes. Submerge them in boiling water for one minute. Remove them from the boiling water and rinse them in cold water to stop the cooking. Peel the blanched tomatoes, cut them in half, and seed them. Chop the tomatoes into small dice.

Cut the cucumber, bell pepper, shallot, and garlic into evenly sized dice. Place half of the vegetables in a blender, and pour in the tomato juice, almond flour, olive oil, apple cider vinegar, and spices. Process until smooth, and adjust the spices if you prefer more heat, or more tang with added vinegar. Divide the rest of the diced vegetables into small cups or glasses. Top with gazpacho.

Parmesan Crackers

- 7 tablespoons pumpkin seeds
- 3½ tablespoons sesame seeds
- 1 teaspoon unflavored whole psyllium husk*
- 3 oz. (200 ml) Parmesan cheese (or Västerbotten), grated
- 1¾ fl. oz. (50 ml) water
- salt flakes

*Unflavored whole psyllium husk can be found at health food stores or online at netrition.com or iHerb.com.

Preheat the oven to 435°F (225°C). Line a baking sheet with parchment paper. Mix pumpkin seeds, sesame seeds, and psyllium husk in a bowl. Mix in the grated cheese and water. Blend thoroughly with an electric mixer. Let the batter sit for 10 minutes.

Make small round balls from the batter. I managed to make fifteen out of this batter. Place them on the parchment-paper-

lined baking sheet, taking care to leave some space between the balls, as they will spread when they bake.

Bake 12–15 minutes at 435°F. Let cool on rack.



Hot and Spicy Shrimp Kebabs

A quick and tasty appetizer of large shrimp marinated overnight in a spicy sauce and served with homemade mayonnaise.

The shrimp will only quickly touch the embers—just enough to heat them through but not enough to dry them out.

Place the skewered shrimp in a grilling tray or basket and hold them just above the glowing coals; at this point the coals are still too hot to cook the main dish.

Hot and Spicy Shrimps Kebabs

- 2 inches (5 cm) fresh ginger root
- 2 cloves of garlic
- 1 fresh red chili
- 1 organic lime
- ¼ cup (50 ml) mild olive oil, cold pressed
- 1 teaspoon salt
- 2 lbs (800 g) cold water shrimp in the shell
- olive oil for grilling

Peel and grate ginger and garlic. Finely chop the chili and include the seeds for really spicy shrimp, or leave them out if you prefer less heat. Wash the lime and grate the peel finely into a bowl. Juice the lime and add the juice to the peel. Mix

in the rest of the ingredients, except for the shrimp, until the salt has dissolved completely. Add in the shrimp, and stir until the marinade coats them evenly.

Pour the shrimp and marinade into a plastic bag. Leave the bag on a plate in the refrigerator until the next day. Turn the bag over now and then. Put the shrimp into a sieve to drain, and thread them onto skewers. Brush with olive oil.

Place the skewers on a grilling tray or basket, and grill near the glowing coals for about 30 seconds on each side. Serve the shrimp with a green salad, mayonnaise, and lime wedges.

Set small bowls of water and a wedge of lime next to each placemat so your guests can clean their fingers as they are eating.

Serve the shrimp with mayonnaise or coconut curry mayonnaise (see recipes [pages 42](#) and [44](#)).



Basil-Marinated Scallops

Scallops are another delicious treat to enjoy while you're waiting for the coals to reach the right temperature for the main dish. They're called either sea or bay scallops.

Here the scallops are marinated in basil oil, quickly grilled on skewers, and served with a tangy lime aioli.

Scallop Skewers Marinated in Basil Oil, with Lime Aioli

- ¼ cup cold-pressed olive oil infused with lemon
- 1 bunch of fresh basil
- 1 teaspoon white balsamic vinegar
- ¼ teaspoon salt
- ⅛ teaspoon white pepper
- 16 scallops

Remove the basil leaves from the stalks and place them in a food processor or blender. Add oil, vinegar, and spices. Process until the leaves are finely shredded. Let stand until the next day. Pass the marinade through a fine mesh sieve to remove the leaves.

Place the scallops in a plastic bag and pour in the basil oil, saving a small amount to drizzle over scallops at the table. Close the bag and gently move the scallops around in the bag to coat them evenly with oil.

Leave the scallops on a plate in the refrigerator a few hours. Drain the scallops and thread them onto skewers. I use double skewers to make it easier to turn the slippery seafood on the grill.

Brush the grill with oil. Grill the scallops near the heat for 30 seconds on each side. Season them lightly with some salt flakes.

You'll find the recipe for aioli on [page 42](#). Mix the aioli with finely grated peel and juice from an organic lime. Julienne-cut some basil and scatter it over the skewers upon serving.



Raspberry Lime Spritzer

Beer, cider, and sweet drinks are not compatible with the LCHF diet. However, a spritzer made from dry white wine works well because it is low in carbohydrates.

This is a refreshing summer drink to keep you cool while you wait for the embers to heat up.

White Wine Spritzer with Lime and Raspberries

- 2 cups (500 ml) dry white wine
- a scant 1 cup (200 ml) raspberries
- juice from 1 lime
- $\frac{1}{4}$ cup (50 ml) leaves of lemon balm
- 1 bottle club soda, 11 $\frac{1}{8}$ fl. oz. (330 ml)

Mix the wine and lime juice with the raspberries and lemon balm in a pitcher. Leave this mix in the refrigerator for a few hours. Top up with club soda and stir lightly before serving.

I froze borage and raspberries in ice cubes. They taste nice and look pretty when added to the drinks.



Sangria

Many of us have enjoyed a glass of fruity sangria while on holiday in Spain. Unfortunately, it's often loaded with sugar from both the fruit and the added sweetened sodas.

My version of sangria has only a tiny bit of natural sweetness provided by an orange and a lemon. The drink derives a pleasantly spicy taste from cinnamon and star anise.

Sangria

- 1 organic orange
- 1 organic lemon
- 2 cups (500 ml) dry red wine
- 6 star anise pods
- 2 cinnamon sticks
- 1 bottle club soda, 11 $\frac{1}{8}$ fl. oz. (330 ml)

Wash the citrus fruit and slice off a few thin slices from both. Cut the slices in half and cover with plastic wrap. Squeeze the rest of the fruit, and mix the fruit juice with the red wine, star anise, and cinnamon.

Place the pitcher of sangria in the refrigerator for a few hours to let the flavors develop.

Add the lemon and orange slices and top up with the club soda and ice. Stir lightly before serving.



Pale Green Summer Drink

Cucumber and lime are the main flavors of this delectable pale green, alcohol-free drink. Many of us who eat LCHF limit our alcohol consumption for weight management and for general health reasons. This drink also gives the green light to those of us at the party holding the car keys.

A few fresh raspberries atop a straw enhance the taste and make the drink doubly attractive. I make this with tonic water, but if you want to avoid all added sugar, substitute with club soda or diet tonic water.

Pale Green Summer Drink

- 1 large hothouse cucumber
- 2 limes
- 2 bottles tonic or club soda, 11 $\frac{1}{8}$ fl. oz. (330 ml) each, sugar-free
- raspberries for garnish

Peel and slice the cucumber, and juice the limes. Mix in a blender until smooth.

Mix the cucumber and lime blend with tonic or club soda in a pitcher. Serve the drink with ice cubes and raspberries on a straw.



Iced Tea with Peppermint

Why not offer your guest a glass of refreshing iced tea while you wait for the grill to heat up? But don't drink the ready-made product sold in cans—it contains lots of added sugar.

My iced tea gets its fresh taste from lemon and peppermint leaves. I use Earl Grey tea, but feel free to choose your favorite blend. The tea bags should steep in cold water to prevent the tea from turning bitter.

Iced Tea with Lemon and Peppermint

- 4¼ cups (1000 ml) cold water
- 5 tea bags
- 4 sprigs peppermint
- juice of 1 lemon

Pour the cold water into a pitcher and add the tea bags. Leave the pitcher in the refrigerator overnight. One hour before serving, add the peppermint sprigs and lemon juice.

Add ice cubes and serve in glasses garnished with a fresh sprig of mint and a slice of lemon hanging over the rim of the glass.



Water Infused with Berries and Herbs

Ice-cold water flavored with a variety of berries and herbs is one of the most refreshing quaffs you can enjoy on a warm summer's day.

The water will absorb a lot of flavor from the berries if you leave it in the refrigerator to infuse. Frozen berries give off more juice, so if you want water with intense taste and color, opt for frozen fruit, or crush a few of the berries before adding them to the bottle.

Do freeze different berries and herbs in ice-cube trays—they look fresh and inviting in glasses and pitchers. And the carbohydrate count is very low in flavored water, especially compared to Italian sodas and pop.

Pick large, nice sprigs of herbs, rinse them well, and put them in a bottle or pitcher. Add to this about $\frac{1}{3}$ cup (100 ml) berries, top with water, and leave in the refrigerator to chill overnight.

Here are a few suggestions for flavor combinations:

Lingonberries and rosemary

Black currants and a few young leaves from a black currant bush

Blueberries and lemon thyme

Raspberries and peppermint

Red currants and thyme

Sea buckthorn and lemon verbena

Cloudberry and young birch leaves

Cherries and lemon balm

Gooseberries and lavender



Tasty Spreads and Sauces



Mayonnaise and Aioli

It's simple and quick work to make mayonnaise and aioli, especially if you use an immersion blender. When homemade, those sauces are both more nutritious and far better-tasting than anything that you can buy at the store.

To make mayonnaise, I use mild-flavored olive oil. Cold-pressed oils have too strong a taste for this.

Aioli gets its characteristic flavor from olive oil, but I mix in some mild olive oil to make it mellower. These sauces keep for at least a week in the refrigerator.

Mayonnaise

- 2 organic egg yolks

- 1½ teaspoons unsweetened mustard
- 1 teaspoon white balsamic vinegar
- 6¾ fl. oz. (200 ml) mild-flavored olive oil
- ⅛–¼ teaspoon salt
- freshly ground white pepper
- a few drops of Worcestershire sauce

Mix egg yolks, mustard, vinegar, and salt with the immersion blender in a narrow bowl with high sides. Add in the oil very gradually, drop per drop at first, and then drizzle in a fine stream. Blend continuously.

Once the mayonnaise starts to thicken, you can add in the oil in larger quantities. Work up and down the bowl to make sure everything is thoroughly blended. Season with white pepper and Worcestershire sauce. Taste and adjust seasoning if you feel that more vinegar or salt is needed. Put the mayonnaise in a jar with a tight-fitting lid.

Aioli

- 3 cloves garlic
- ¼–½ teaspoon salt
- 3 organic egg yolks
- 5 fl. oz. (150 ml) cold-pressed olive oil

- 5 fl. oz. (150 ml) mild olive oil
- juice of ½ lemon

Grate the garlic very finely, and mix it with ¼ teaspoon salt and the egg yolks in a narrow bowl with high sides.

Add in the oil drop by drop at first, and then drizzle in a fine stream. Blend thoroughly. This is easily done with an immersion blender, but a handheld electric mixer works well, too. Season with lemon and perhaps some more salt, for a pleasant contrast between salty and tangy.

Before serving, leave the aioli in the refrigerator for an hour or so to allow the flavors to develop.



Coconut Curry Mayonnaise

Coconut cream is delicious and also a very good alternative to crème fraîche, if for some reason you wish to limit your intake of dairy products.

This rich and smooth cream is sold in small packages under the name coconut cream. But if you're unable to find this product, the creamy top layer in a can of coconut milk will do the job just as well.

Coconut Mayonnaise with Curry

- 3½ fl. oz. (100 ml) coconut cream, room temperature
- 3½ fl. oz. (100 ml) mayonnaise (see recipe [page 42](#))
- juice of ½ lime
- 1–2 teaspoons curry powder
- salt

Mix the coconut cream and mayonnaise thoroughly for an even texture; season with lime juice and curry powder (to taste), and a pinch of salt.

Leave the mixture at room temperature for a little while to give the flavors time to develop. Store the mayonnaise in the refrigerator, but let it come to room temperature before serving.



Blueberry and Nettle Pesto

A classical Italian pesto made from olive oil, basil, Parmesan, and pine nuts complements many dishes of grilled fish, meat, fowl, or vegetables.

Here I've made two Nordic variations on this nutritious sauce, using ingredients you may be able to pick for free out in the woods. Use gloves when picking nettle shoots to avoid being stung. If you can't find nettles, you can substitute baby spinach.

Both sauces are freezer friendly if you happen to make larger quantities; this way you can defrost a container at any time and enjoy a taste of summer throughout the year.

Blueberry Pesto

- 4½ oz. (200 ml) blueberries
- 1½ oz. (100 ml) Parmesan (or Swedish Västerbotten) cheese, finely grated
- 1⅓ oz. (100 ml) hazelnut flour
- 1 bunch parsley
- 1 bunch lemon balm
- 1 teaspoon white balsamic vinegar
- about ¼ teaspoon salt
- 3⅓ oz. (100 ml) cold-pressed olive oil

Place all ingredients except the oil in a food processor. Process the ingredients to a paste. Pour in the oil in an even stream while running the processor at full speed so that everything is thoroughly mixed.

Taste to see if you need to add additional vinegar or salt. Transfer the pesto to small jars and keep them in the refrigerator (the pesto will keep for a few weeks). Let the sauce come to room temperature for a bit before serving it to allow the full flavor of the sauce to develop.

Nettle Pesto

- 2 cups (500 ml) young nettle leaves or shoots (or baby spinach)
- $\frac{7}{8}$ cup (200 ml) Italian parsley
- a scant $\frac{1}{2}$ cup (100 ml) basil leaves
- 7 tablespoons (100 ml) pumpkin seeds
- $3\frac{1}{3}$ oz. (100 ml), aged Präst cheese (or Havarti)
- about $\frac{1}{4}$ teaspoon (1 ml) black pepper
- about $\frac{1}{4}$ teaspoon salt
- $3\frac{1}{3}$ oz. (100 ml) cold-pressed olive oil

Parboil the nettles in boiling, salted water for 2 minutes. Drain off the water, but save it and use it to make stock for a soup later. If using baby spinach, you don't need to parboil it.

Place the nettles (or baby spinach) together with herbs, pumpkin seeds, cheese, and spices in the bowl of a food processor. Mix the ingredients until all the herbs have been chopped finely, and then add the oil in a thin stream through

the feeder tube. Taste to adjust for salt. Keep the pesto in the refrigerator, but let it come back to room temperature before serving to let the olive oil become liquid again.

Nettle pesto keeps for a few weeks in the refrigerator, but make sure that it's completely covered by olive oil to stop any air from getting to it.



Sea Buckthorn Mayonnaise

The sea buckthorn berry has recently become very popular; that's not surprising since it's very tasty and beautiful, as well as extremely nutritious.

This berry contains high levels of omega-7 fatty acids, which are good for preventing skin problems. Its mineral and vitamin content is also high.

The sea buckthorn grows wild along big stretches of the Swedish coastline. It's sometimes called the Nordic passion fruit because of its intense flavor. It's a very simple sauce to put together, and it's very aromatic thanks to the tartness of the berries. If you can't find sea buckthorn berries, substitute pomegranate seeds.

Sea Buckthorn Mayonnaise

- a scant $\frac{1}{2}$ cup frozen sea buckthorn berries (or pomegranate seeds)
- 5 fl. oz. (150 ml) mayonnaise (see recipe [page 42](#))
- crumbled salt flakes

Mash the berries with a fork in a bowl to extract all their juice. Mix with the mayonnaise. Season with some salt flakes.

Leave the sauce in the refrigerator so that its flavor blooms. Serve the sauce with grilled fish, shellfish, or chicken.



Avocado Salsa

The avocado is the fruit with the highest concentration of fat. Even if you consider it a vegetable, it really belongs in the fruit family. So when you hear the recommendation to eat a lot of fruit and green vegetables, well, this is one of the best choices you can make.

If you only use half an avocado, the other half will stay unblemished in the refrigerator much longer if you leave in the pit.

Fresh cilantro has a very special aromatic taste. Start with a smaller amount of it, and keep sampling the salsa until you reach what you feel is the right amount. Even those who feel a bit ambivalent about cilantro usually enjoy this salsa.

Avocado Salsa

- 2 ripe avocados
- 10 cherry tomatoes
- juice of ½ lemon
- 2 tablespoons cold-pressed olive oil
- 1–2 tablespoons fresh cilantro, coarsely chopped
- about 1 teaspoon crumbled salt flakes
- about ¼ teaspoon white pepper

Cut the avocados in half and remove their pits. Chop the avocado flesh into cubes, and cut each tomato into four pieces.

Place everything in a bowl and pour in the lemon juice, olive oil, the chopped cilantro, and spices. Mix carefully so the avocado pieces don't get mashed.

If you need to store the salsa for a short while, add the seeds back to the salsa to prevent it from quickly becoming discolored and turning brown.



Canarian Mojo Sauce

This highly flavorful sauce is very popular on the Spanish island of Gran Canaria, where it's often served alongside tapas. This one includes almond flour and is my favorite among the different varieties.

Mojo sauce is a delicious accompaniment to different grilled dishes, and makes a fine dip for vegetable sticks and seed crackers (recipe for seed crackers on [page 22](#)).

Canarian Mojo Sauce

- 1 red bell pepper
- 1 yellow bell pepper
- 2 large garlic cloves
- 3⅓ fl. oz. (100 ml) + 3⅓ fl. oz. (100 ml) cold-pressed olive oil, separated
- 1 tablespoon red chili pepper, seeded and finely chopped
- 2 teaspoons dried coriander seeds, finely crushed
- 1½ teaspoons white balsamic vinegar
- about ½–1 teaspoon salt
- 7 tablespoons (100 ml) almond flour

Cut the bell peppers into smaller segments, and finely chop the garlic cloves. Heat 3⅓ fl. oz. (100 ml) olive oil in a sauté pan.

Add the chopped vegetables and the chili to the sauté pan; season with coriander, vinegar, and salt. Let the vegetables brown slightly, and then let them simmer for half an hour, stirring occasionally. Keep an eye on the pan so the contents don't scorch.

Place the bell peppers in a food processor and blend until smooth. Add in the almond flour and remaining olive oil, and process in a few more short bursts. Adjust the seasonings if the sauce needs more salt or vinegar.

Keep the sauce refrigerated—it'll be fine for a few weeks—but bring it to room temperature before serving.



Tzatziki

Tzatziki is one of the classic sauces on a summer buffet table by the grill—a delicious gustatory memory from a vacation in Greece, maybe? Whatever the case, it's a sauce that's easy to prepare that goes well with meat and fish.

I mix Greek yogurt with crème fraîche (or Smetana for a Nordic taste) to get a higher percentage of fat and to give it a creamier texture. Use the larger quantity of garlic if you want tzatziki with more bite. Finely chopped dill or mint makes a nice contrast.

Greek Tzatziki

- 1 hothouse cucumber
- 2–4 garlic cloves
- 1 teaspoon salt
- 3½ fl. oz. (100 ml) Greek yogurt (10% or full fat)
- 3½ fl. oz. (100 ml) crème fraîche (or Smetana)
- 2 tablespoons cold-pressed olive oil
- 1 teaspoons lemon juice
- black pepper
- dill and/or mint, finely chopped (optional)

Coarsely grate the cucumber, press the garlic, and mix the two with salt in a bowl. Leave for 30 minutes. Meanwhile, stir together the yogurt, crème fraîche (or Smetana), olive oil, lemon juice, and pepper.

In a sieve, press the cucumber and garlic to remove the excess liquid, and then add it to the yogurt mix. Taste and adjust for salt, if needed.



Turkish Carrot Sauté

The inspiration for this appetizing sauté comes from the Turkish kitchen. In Turkey, it's often served on the meze buffet table among other small appetizers.

Carrots have a higher carbohydrate content than the other vegetables in this book. But with the addition of butter, which draws out the fat-soluble vitamins in carrots, this becomes a very nutritious and satisfying side dish.

This mix goes well with both fish and meat.

Turkish Carrot Sauté

- 2 large carrots
- 4 oz. (100 g) butter
- ½–1 teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ cup (50 ml) Turkish yogurt
- ¼ cup (50 ml) crème fraîche (or Smetana)

Peel and grate the carrots coarsely. Melt the butter in a sauté pan and add the grated carrots. Season the carrots with salt and cayenne. Let the carrots cook in the butter until softened, about 10 minutes, stirring occasionally.

Remove from the carrots from the heat and stir in yogurt and crème fraîche (or Smetana). Taste and adjust the seasonings if

needed. The sauté can be served as is or blended with an immersion blender until smooth. It is best enjoyed lukewarm.



Sorrel Dressing and Vinaigrette

To walk in nature and forage for fresh ingredients for cooking and eating is a luxury we really enjoy here in the Nordic

countries. Just make sure that what you pick grows far away from busy roads so it will be free from pollution, and tasty.

I always snack on sorrel leaves during my walks in the woods—their fresh tang is especially nice in very early summer. Don't miss the opportunity to pick and freeze them for later; that way you can then enjoy a delicious green dressing any time of the year.

The other salad dressing is a richer variation on a French vinaigrette, which is typically made from three parts olive oil to one part red wine vinegar, seasoned with salt, pepper, and occasionally a dab of Dijon mustard.

Here I've used cold-pressed, lemon-infused avocado oil and some fine, dark balsamic vinegar. Dressing enhances both the taste and nutritional value of a green salad; it makes a great difference from just eating the leaves plain.

Sorrel Dressing

- 1¼ cup (300 ml) tender sorrel leaves
- juice from ½ lemon
- 2 teaspoons white balsamic vinegar
- ¼ teaspoon salt
- 6¾ fl. oz. (200 ml) mild, cold-pressed olive oil

Rinse the sorrel leaves and remove the stalks. Place them in the bowl of a food processor and add lemon juice, vinegar, and salt. Process until the leaves are finely shredded.

Pour the oil carefully through the tube feeder while continuing to process. Keep blending until you have an intensely green dressing, and then let it stand for a while to let the flavors develop. Pour the dressing through a fine-mesh sieve to remove the leaves, and store it in the refrigerator. Let it come to room temperature before serving so the olive oil returns to liquid.

Vinaigrette with Avocado Oil and Balsamic Vinegar

- 3 tablespoons cold-pressed avocado oil, infused with lemon
- 1 tablespoon best-quality, dark balsamic vinegar
- pinch of salt
- pinch of coarsely ground black pepper

Mix oil and vinegar with the spices. Taste and adjust seasoning if needed. Pour the dressing into a small bottle with a cork stopper (this will make it easier to shake the bottle before adding the dressing to the salad). This dressing keeps for a long time at room temperature.



Fresh Cream Cheese with Capers

This spread is delicious alongside fish, or as a dip with vegetable sticks and seed crackers (see recipe [page 22](#)).

It also makes an excellent spread for Parmesan crackers (see recipe on [page 24](#)).

This spread is best made from a natural cheese—you'll get the best taste using a fresh cheese made from tangy and fat-cultured mountain milk. If you can't find this at your local store, you can use full-fat cultured milk (or buttermilk or yogurt) instead.

You can vary the flavors in many ways by, for example, using grated horseradish, chives, garlic, chili, cumin, olives, walnuts, or black pepper.

Fresh Cheese from Cultured Milk

- 2 cups (500 ml) cultured (filmjölkk) milk (or buttermilk or yogurt)
- ¼ cup crème fraîche
- salt to taste

Heat the milk to 122°F (50°C) while stirring. Pour the milk into a coffee filter, and let it drain, resting overnight in the refrigerator.

Pour the cheese into a bowl, stir in the crème fraîche, and season with salt.

Fresh Cheese Spread with Capers and Dill

- 5 fl. oz. (150 ml) homemade cheese, or 1 jar organic cream cheese
- 1 tablespoon capers, finely chopped

- 1 tablespoon dill, finely chopped
- 1 teaspoon mild olive oil infused with lemon
- salt and pepper

Mix all ingredients, except salt and pepper, in a bowl. Mix thoroughly with a wooden spoon or an electric whisk until you have a smooth spread.

Season it with salt and pepper. Go easy on the salt, as capers are already salty.

Form small egg shapes with a spoon dipped in warm water.



Rhubarb Chutney

Most chutney recipes contain a lot of sugar, but mine are naturally sweet from the fruit.

I have used rhubarb, pear, and apple in my recipes, but it's also delicious with cherries, melon, mango, or pineapple. The

fruit adds a lot of flavor and some sweetness. If you're very sensitive to sugar, simply decrease the amount of fruit you use to your own preference.

If you serve a spicy butter or butter sauce with this chutney, the carbohydrate content will stay pretty low overall.

Rhubarb Chutney

- 8¾ oz. (250 g) rhubarb
- 1 shallot
- 2 tablespoons water
- ½ tablespoon acetic acid (spirit vinegar), 12% acidity
- 1 tablespoon chili pepper, finely julienned
- 1 tablespoon fresh ginger, grated
- 1 teaspoon curry powder
- ½ teaspoon salt
- 3½–7 oz. (100–200 g) ripe pear
- 1 tablespoon lime juice

Cut the rhubarb into thin slices and finely chop the shallot. Bring it all to a boil in a saucepan with the water and spirit vinegar. Let simmer for 10 minutes until the rhubarb is soft.

Stir in the chili, ginger, curry powder, and salt. Let simmer over low heat for 20 minutes, stirring occasionally to prevent the mixture from burning.

Peel and cut the pear into small chunks, add it to the saucepan together with the lime juice, and let it come to a boil. Remove from the heat and pour into warm, thoroughly sanitized jars. The chutney will last about a week in the refrigerator. It also freezes well if you want to make a larger batch.

Bell Pepper Chutney with Apple and Pink Peppercorns

- 1 yellow bell pepper
- 1 tablespoon yellow chili pepper
- ½–1 green, tart apple
- 2 inches (5 cm) of the white part of a leek
- 2 tablespoons mild-flavored olive oil infused with lemon
- 1 tablespoon pink peppercorns
- ½ tablespoon apple cider vinegar
- ¼ teaspoon salt

Seed the bell pepper and chili pepper, and dice them finely. Peel the apple, and along with the white section of the leek chop it into small, equally sized dice. Quickly fry the peppers, apple, and leek in the oil and let cook over low heat for 10 minutes, or until the mixture has softened.

Stir in the pink peppercorns, vinegar, and season with salt. Bring the chutney to a boil, and then transfer to warm, dry jars. Screw the lids on tightly and store them in the refrigerator.



Spiced Béarnaise and Chili Hollandaise

Classic butter sauces can make a marvel out of the simplest grilled offering. Here, the sauces' seasonings have been slightly updated.

Reduction for the Béarnaise Sauce

- 2 tablespoons white wine vinegar
- 2 tablespoons water
- 1 tablespoons yellow onion, finely chopped
- 5 whole white peppercorns
- sprigs of parsley

Mix all in a saucepan. Bring to a boil and let the liquid reduce until half is left. Strain through a cheesecloth and pour into a jar.

Spiced Béarnaise Sauce

- 10½ oz. (300 g) butter
- 4 egg yolks
- 2 tablespoons reduction (see preceding recipe)
- 2 tablespoons finely chopped parsley
- 2 tablespoons French tarragon (estragon) in vinegar, chopped (or 1 tablespoon dried tarragon soaked in 1 tablespoon white wine vinegar for a couple hours)

- ½ teaspoon sweet cicely (or dried dill, aniseed, or chives)
- 1–2 teaspoons lemon juice
- a few drops of Worcestershire sauce
- ¼–½ teaspoon salt
- a pinch cayenne pepper

Melt the butter in a saucepan over low heat. Heat some water in another saucepan until simmering, lowering the heat as low as it will go. The water should not boil, as it will be too hot for the yolk mixture.

Mix the yolks with the reduction in a bowl. Place the bowl over the water bath (bain-marie) and whisk until the yolk mixture is as thick as a custard sauce. Make sure the whisk reaches the entire surface of the bottom of the bowl as you're mixing.

Once the mixture has thickened, set the bowl on a dishcloth that's been wrung out in warm water. That way the bowl stands steadily, which makes it easier to whisk.

Pour the yellow clarified butter into a large (4-cup) measuring cup, to make it easier to simultaneously whisk the béarnaise and add the melted butter. Be careful not to add the white sediment at the bottom of the pan.

Pour the butter slowly into the yolk mixture in a thin stream while whisking vigorously. Stir in the chopped herbs, the lemon juice, and the spices. Start with the smaller amount of

lemon juice and salt, taste, and adjust the seasonings if needed. Pour the sauce into a sauce bowl or gravy boat, and keep warmed on the side.

If the sauce curdles, start by whisking a new yolk and a teaspoon of water in a bowl over a water-bath. Then add the curdled sauce to this mix gradually, a little bit at a time.

To make my garlic Béarnaise, I season the finished sauce with 1 tablespoon finely minced garlic, 1 tablespoon finely chopped chives, 1 tablespoon finely chopped lemon balm, and 1 tablespoon French mustard.

Chili Hollandaise

- 10½ oz. (300 g) butter
- 4 egg yolks
- ¼–½ teaspoon salt
- 1–2 teaspoons red chili flakes
- 2 tablespoons lemon juice

Melt the butter over low heat. In a stainless steel bowl over a water bath, whisk together the yolks and the lemon juice. Whisk vigorously until the yolks have thickened.

Follow the instructions in the recipe for Béarnaise sauce on how to add the clarified butter to the egg mixture.

Season with salt and chili flakes, and perhaps some added lemon juice. Leave out the chili flakes if you want a classic Hollandaise sauce.



Flavored Butters

Herb butter is wonderful with just about any savory dish. Feta butter is seasoned with Ajvar relish grilled bell pepper spread that can be found in the vegetable aisle of a well-stocked grocery store or ethnic food store.

Café de Paris butter is typically loaded with ingredients. I've made a simpler version here.

Herb Butter with Feta Cheese and Ajvar Relish

- 5¼ oz. (150 g) feta cheese
- 8¾ oz. (250 g) butter, room temperature

- ¼ cup (50 ml) Ajvar (or red pepper) relish
- a pinch of cayenne pepper

Mash the cheese with a fork in a bowl. Add the butter, relish, and cayenne. For best results, whisk thoroughly with a handheld electric mixer.

Fill small bowls with the butter, or roll it into a log and store in the refrigerator or freezer.

Café de Paris Butter

- 2 tablespoons chopped parsley
- 2 tablespoons chopped chives
- 2 tablespoons chopped thyme
- 2 tablespoons chopped French tarragon (estragon)
- 1 tablespoon finely chopped capers
- 1 tablespoon finely chopped shallot
- 1 tablespoon tomato purée
- 1 tablespoon lemon juice
- 1 garlic clove, finely chopped
- ½ tablespoon paprika
- 1 teaspoon Dijon mustard

- 1 teaspoon Worcestershire sauce
- 1 teaspoon ground turmeric
- about ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground white pepper
- 2 anchovies filets, cut into smaller pieces
- 17½ oz. (500 g) butter, softened
- 1 egg yolk

Put all ingredients, except butter and yolk, into the bowl of a food processor; mix at full speed until they become a smooth paste. Transfer to a mixing bowl, then mix in the softened butter and egg yolk with an electric handheld mixer until it becomes light and fluffy.

Pipe small roses of the butter or fill small bowls. Store the butter in the refrigerator or freezer, but leave it out a little while before serving to allow the flavor of the herbs to shine through.



Herb Butter with Roasted Garlic

One tasty way to enjoy herb butter is to stuff it in seeded, long, pointy sweet peppers (or larger bell peppers cut into segments).

Remove the stalk and scrape out all the seeds from the pepper with a teaspoon. Cut off a small piece at the end of the pepper to make it easier to fill the entire pepper with butter.

Fill the pepper with softened herb butter using a spoon, or pipe it with a piping bag. Press hard on the butter to make it fill the whole pepper without leaving any air pockets. Leave the peppers in the refrigerator a few hours to chill and solidify. Slice with a sharp knife.

Herb Butter

- 8¾ oz. (250 g) butter
- ⅓–½ cup (100 ml) chopped herbs (parsley, lemon balm, thyme, and/or chives, for example)
- 1 teaspoon dried red chili flakes
- ½ teaspoon Worcestershire sauce
- ¼–½ teaspoon crushed salt flakes

Leave the butter at room temperature to soften. Place the butter in a bowl and add the rest of the ingredients.

Mix the butter until light and fluffy with a handheld electric mixer; then stuff bell peppers or add to small bowls. Make a large batch and keep it in the freezer; the butter will keep a long time.

Pan Roasted Garlic Butter

- 4 large garlic cloves
- 1 tablespoon mild-flavored olive oil
- 1 tablespoon lemon juice
- $\frac{1}{4}$ – $\frac{1}{2}$ teaspoon crushed salt flakes
- $\frac{1}{4}$ teaspoon ground white pepper
- $8\frac{3}{4}$ oz. (250 g) butter, softened

Peel and chop the garlic into small pieces. Brown the garlic lightly in the olive oil for 4–5 minutes, without letting it get too dark. Squeeze the lemon juice into the pan and let it cook; season with salt and pepper.

Let the garlic cool and then whisk it into the softened butter. Fill peppers as above, or roll the butter into a log in greaseproof paper, as described below.

Place the butter in one long line in the middle of a piece of parchment paper. Fold the paper over one side and use a broad-blade or chef's knife to nudge the butter into the shape of a log. Roll the paper together and twist the ends in the shape of a holiday cracker. Store the log in the refrigerator or freezer. Allow it to come up to room temperature for a little bit before serving, as it will enhance the flavor more than if it's served chilled.



Chili Sauce and BBQ Sauce

Store-bought chili and BBQ sauces often contain lots of added sugar, whereas mine only have the natural sweetness of tomatoes and bell peppers.

These sauces will only keep for about a week since they don't contain any sugar. Freeze what you're not using in small containers to enjoy later.

Chili Sauce

- 1 red chili, finely chopped
- 2 tablespoons butter
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon ground white pepper
- ¼ teaspoon ground cloves
- 17½ oz. (500 g) canned crushed tomatoes
- 6¾ fl. oz. (200 ml) water
- 2 tablespoons white balsamic vinegar
- 1 teaspoon salt

Cut the chili pepper in half and remove the seeds (leave the seeds in if you prefer a really spicy chili sauce). Heat the butter in a saucepan and add the chili and spices (except the salt). Let this cook lightly for a minute while stirring, to let

the flavors develop. Keep a careful watch on this so it doesn't burn.

Add the tomatoes, water, vinegar, and salt. Bring to a boil, reduce the heat, and let it simmer for half an hour, until the sauce has thickened a little. Stir occasionally so the sauce doesn't stick to the bottom of the pan. Turn off the heat and blend with an immersion blender directly in the saucepan. Taste and adjust seasonings if needed.

Pour the sauce into a quart-size measuring cup, and then with a funnel fill very clean, warm bottles or jars with the sauce. Screw the lid on immediately. Store the sauce in the refrigerator or freezer, depending on how often you plan to use the sauce.

BBQ Sauce

- 1 red bell pepper
- 1 red onion
- 2 garlic cloves
- 2 tablespoons coconut oil
- 6¾ fl. oz. (200 ml) tomato juice
- 1 tablespoon Worcestershire sauce
- 1 tablespoon tamari soy sauce
- 1 tablespoon balsamic vinegar

- 1 teaspoon unsweetened mustard
- 1 teaspoon chili flakes
- ½ teaspoon coarsely milled black pepper
- ¼–½ teaspoon salt

Cut the bell pepper into sections, and coarsely chop the onion and garlic. Quickly fry the vegetables in the coconut oil. Add the tomato juice and other ingredients, using the smaller amount of salt at first.

Let the sauce cook down on low heat for half an hour, stirring occasionally. Taste and adjust the seasonings if you prefer more salt or spice.



Marinated Vegetables

Marinating vegetables is a wonderful way of preserving all the best flavors of summer. The tart, spicy chunks of vegetables make a perfect combo with grilled dishes or a salad.

These vegetables are also good as a fresh, green addition to tapas. As long as the vegetables are completely covered in olive oil, they'll keep for several months in the refrigerator.

Garlic-Marinated Baby Portabella Mushrooms

- 8¾ oz. (250 g) baby portabella mushrooms
- 2 garlic cloves
- 1 fresh chili pepper
- 6¾ fl. oz. (200 ml) cold-pressed olive oil
- 1½ tablespoons white balsamic vinegar
- 2 teaspoons salt flakes
- 5 sprigs thyme

Cut each mushroom into quarters. Place the pieces in a saucepan and cover with cold water. Add 1½ teaspoons salt. Bring to a boil and let boil for 5 minutes. Meanwhile, put together the marinade.

Thinly slice the garlic cloves. Cut the chili in half and remove the seeds (or leave the seeds in if you prefer more spice in the marinade).

Stir the olive oil, vinegar, and remaining salt flakes together in a bowl. Add the sprigs of thyme (chopped fine), and add in the chili.

Drain the mushrooms in a colander and then add them, still warm, to the marinade. Stir so everything is thoroughly mixed.

Ladle the vegetables into jars, and make sure the olive oil covers them completely. If it doesn't, add some more oil. You can use any kind of edible mushroom for this marinade.

Pickled Bell Pepper and Garlic

- 2 red sweet, pointy peppers
- 2 yellow sweet, pointy peppers
- 8 garlic cloves
- 1 fresh chili pepper
- 3½ fl. oz. (100 ml) water
- 3½ fl. oz. (100 ml) apple cider vinegar
- 1 teaspoon salt
- 6¾ fl. oz. (200 ml) cold-pressed olive oil infused with lemon

Remove the seeds and cut the peppers into even, one-inch pieces. Cut the garlic cloves in half length-wise. Cut the chili pepper in half and remove the seeds, or leave the seeds in if you prefer spicier pickles.

Place the vegetables in a saucepan and pour in the water, vinegar, and salt. Bring it to a boil, lower the heat, and let it simmer 20 minutes.

Remove the saucepan from the heat, and let the bell peppers cool in the liquid overnight.

Place the vegetables in a jar, pressing down firmly on them with a ladle. Pour in $\frac{1}{4}$ cup (50 ml) of cooking liquid and top to cover with olive oil. Screw the lid on tightly, and shake the jar to mix contents thoroughly.

It's important to prevent oxygen from seeping into the jar and destroying the peppers. You may have to add more oil to cover the vegetables completely.

Marinated Oven-Dried Tomatoes

- 17½ oz. (500 g) cherry tomatoes
- 2 garlic cloves
- 2 teaspoons salt flakes
- 2 tablespoons chopped fresh oregano or thyme
- about 6¾ fl. oz. (200 ml) cold-pressed olive oil

Cut the tomatoes in half and place them, cut side up, in an ovenproof pan. Slice the garlic thinly and scatter over the tomatoes.

Sprinkle salt flakes and herbs over the tomatoes and garlic. Oven-dry the contents of the pan at 170°F (75°C) for 6 hours. Put the tomatoes in a jar and cover, while still warm, with olive oil.



Three Gratins

It is said that all good things come in threes. That certainly applies to these gratins, which are flavored with three different kinds of cheeses.

First comes a broccoli gratin, covered in creamy blue cheese.

Gratin number two features many Mediterranean flavors: thin slices of grilled zucchini layered with marinated tomatoes, herbs, garlic, lemon peel, and grated Halloumi cheese. On the island of Cyprus—Halloumi's birthplace—it's common practice to serve grated Halloumi with different types of warm dishes.

Last but not least, a creamy daikon radish gratin. It's similar to a potato gratin in both taste and texture, but has only a tiny amount of carbohydrates compared to the starchy potato.

Broccoli Gratin with Creamy Blue Cheese

- 2 heads of broccoli, approx. 4¼ cups (1000 ml) broccoli florets
- 6¾ fl. oz. (200 ml) crème fraîche
- 6¾ fl. oz. (200 ml) grated blue cheese
- ½ teaspoon grated nutmeg
- ¼ teaspoon salt
- ¼ teaspoon ground white pepper

Cut the broccoli into small florets. Save the stalk in the refrigerator for later use (as a good flavoring for soup stock, for example).

Place the florets in a bowl and mix in the crème fraîche and the grated cheese. Season with nutmeg, salt, and pepper, and mix well. Place the mixture in a large, buttered casserole dish or into individual ovenproof dishes, one per guest. Bake for 30 minutes at 350°F (175°C). The salty creaminess makes this a great side dish for fatty fish, pork, or chicken.

Zucchini Gratin à la Mediterranean

- 14 oz. (400 g) zucchini/summer squash, preferably both green and yellow
- 3⅓ fl. oz. (100 ml) julienned, marinated cherry tomatoes (see recipe [page 72](#))
- 3⅓ fl. oz. (100 ml) julienned leeks
- 2 tablespoons chopped parsley
- 2 tablespoons chopped thyme
- grated peel from 1 organic lemon
- olive oil
- 3½ oz. (100 g) Halloumi cheese, grated
- salt and black pepper

Slice the zucchini into ½-inch thick (1 cm) slices. Salt the slices lightly on each side. Let them sit for 5 minutes to draw out their liquid. Rinse off the salt, and leave them in a colander to drain thoroughly.

While the zucchini is being salted, mix together the tomatoes, leek, herbs, and lemon peel.

Brush the zucchini with olive oil and grill 1 minute on each side; season lightly with black pepper.

Butter a gratin dish and place half of the zucchini in a tile pattern on the bottom of the pan, layering the yellow and green slices.

Spread a layer of the tomato mix over the zucchini, and sprinkle half of the grated Halloumi on top. Continue with the rest of the zucchini, tomato mix, and finish off with the Halloumi.

Bake for 20 minutes at 395°F (200°C). Serve with grilled fowl or fish.

Daikon Gratin with Aged Präst (or Havarti) Cheese

- 17½ oz. (500 g) daikon radish
- 1¼ cup (300 ml) heavy whipping cream
- ½–1 teaspoon salt
- ¼ teaspoon ground white pepper
- 2 shallots
- 2 garlic cloves
- 1¼ cups (300 ml) grated aged Präst (or Havarti) cheese

Peel and slice the daikon radish into quarter-inch (1/2 cm) slices. Place the slices in a saucepan and add the cream, salt, and pepper. Bring to a boil and let simmer for about 10 minutes. Meanwhile, slice the shallots and the garlic; add them to the saucepan and let the mixture cook for 5 minutes more. Taste the contents of the pan and add more salt if needed.

Layer the daikon with the grated cheese in a buttered gratin dish. Finish with a layer of cheese to cover. Bake 10–15 minutes at 395°F (200°C) until golden. This gratin is very good with grilled rib-eye steak, roasted pork belly, or hamburgers.



Faux Potato Salad

Before I adopted the low-carb lifestyle, potato salad was a perennial side dish for any grilled fare on the menu.

Today, I don't miss the carbohydrate-laden white tuber at all, as there are so many other tasty veggie alternatives out there.

The following recipe is my version of a “faux” potato salad, made with lightly fried zucchini/summer squash. Together with homemade mayonnaise, Smetana (or crème fraîche), onion, and capers, it's even more appetizing than its original incarnation.

Smetana is a cultured heavy cream with a fat content of 42%, originally from Russia. Crème fraîche will work if Smetana is unavailable in your area.

Zucchini Salad

- 1 $\frac{2}{3}$ cups (400 ml) of diced zucchini
- 2 tablespoons butter
- $\frac{1}{4}$ – $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ – $\frac{1}{2}$ teaspoon freshly ground black pepper
- 2 teaspoons lemon juice

Salad Dressing:

- 3 $\frac{1}{3}$ fl. oz. (100 ml) mayonnaise (see recipe on [page 42](#))
- 3 $\frac{1}{3}$ fl. oz. (100 ml) Smetana (or crème fraîche)
- $\frac{1}{4}$ cup (50 ml) finely chopped onion
- 2 tablespoons finely chopped parsley
- 2 tablespoons finely chopped dill
- 2 tablespoons capers

Peel and dice the zucchini into $\frac{1}{2}$ -inch (1 cm) cubes. Fry them lightly in butter for a few minutes; season with salt, pepper, and lemon juice.

Start off with the smaller amount of salt and pepper, and adjust the seasoning if needed after the salad has been mixed.

While the zucchini cools, mixing the dressing. Then combine the two. Place the salad in the refrigerator for a while to let the flavors develop.



Fish and Shellfish



Herb-Stuffed Brook Trout

My favorite of all seafood dishes is herb-filled brook trout. Its delicate pink flesh has a flavor like no other. I'm very fortunate to have relatives whose fishing rights in the northern mountain rivers of the Swedish province of Jämtland allow me a much-appreciated top up from time to time. Here, I've brushed a large brook trout with melted butter and stuffed it with herbs, salt, and pepper. That's all you need to put a real gourmet dinner on the table.

Although I wouldn't turn down a generous side portion of chanterelle mushrooms, quickly fried in butter, and along with some fresh cheese spread!

Whole Grilled Herb-Stuffed Brook Trout

- 1 large brook trout, weighing about 2 lbs. 10 oz. (1200 g)
- 3½ tablespoons (50 g) melted butter
- 1 bunch lemon balm
- 1 bunch thyme
- 2 teaspoons salt
- ½ teaspoons ground white pepper

Rinse the fish thoroughly inside and out, and dry with paper towels. Brush the whole fish cavity generously with melted butter; season well with salt and some pepper. Stuff the fish with as many herbs as you can fit into its cavity.

Brush both sides of the fish with butter, and season with salt and pepper. Place the fish in a fish basket or holder that has first been greased with butter.

Grill the fish for one minute on each side, near the embers. Then lift the grid a little higher, and grill the fish about 10 minutes more. Turn the basket or holder several times and brush the fish with more butter at each turn. Cover the fish with aluminum foil, and place it beside the embers to let it cook on indirect heat for 5 minutes.

A meat thermometer should read 118.4°F (48°C) when the fish is ready. If you're not using a thermometer, lightly tug the dorsal fin: if it loosens easily, the fish is ready to eat.

Plate the cooked brook trout with fresh herbs and lemon wedges. Serve with chanterelles sautéed in butter, and fresh cheese with dill and capers (see recipe on [page 60](#)).



Hot-Smoked Whitefish on the Grill

Hot-smoked fatty fish is delicious grilled over glowing coals; it's amazing, fast food with lots of flavor. Simply let the fish heat through so it stays moist.

I often have whitefish, but other delicious options are brook trout, salmon, rainbow trout, mackerel, or kippers—the latter being the English name for smoked herring.

I think that 6¼ oz. (175 g), skin and bones included, is a good portion of fish per person for an entrée, and 2½ oz. (75 g) is enough for an appetizer.

Cut the fish into portions, or grill it whole. Brush it with mild-flavored olive oil, put it in a fish basket or holder, and grill it over direct heat: 1 minute per side if the fish isn't too thick, otherwise 2 minutes per side.

Here, I serve the freshly grilled whitefish with a tasty sea buckthorn mayonnaise (recipe on [page 48](#)), and a chard and pumpkin seed salad.



Cod and Fennel Wrapped in Foil

A good way to prepare a cod filet on the grill—to keep it really moist and flavorful—is to cook it wrapped in foil together with some tasty vegetables.

Cod is a very lean fish, but I've increased the fat content of the dish by adding a generous dab of butter and almonds to the foil packet.

This dish can be served with a bowl of aioli or a big dollop of herb butter to make a truly satisfying meal.

Filet of Cod Baked in Foil with Fennel, Asparagus, and Cilantro

- 1 bunch white asparagus
- 7 tablespoons (100 ml) almonds
- 4 cod filets, 5¼ oz. (150 g) apiece
- ¼–½ teaspoon salt
- ¼ teaspoon ground white pepper
- 3 tablespoons melted butter (for brushing the foil)
- 6¾ fl. oz. (200 ml) julienned fennel
- ¼ cup (50 ml) julienned leek
- ¼ cup (50 ml) coarsely chopped cilantro leaves
- 4 pats of butter (to place on top of the fish)

Break off the woody base of the asparagus spears, and peel the spear from just under the top and down. Cut the asparagus

into 1-inch pieces and parboil them in salted water for 2 minutes. Drain well. Cut the almonds in half lengthwise.

Lay out four pieces of heavy-duty foil, each measuring 12 inches x 18 inches (30 cm x 45 cm). Fold the edges in about 1 inch to make them stronger for when the foil is pressed together. Season the fish on both sides with salt and pepper.

Brush melted butter down the middle and on one half of the sheet of foil; place a small mound of julienned fennel, leek, and asparagus on the foil. Salt lightly. Place the fish on top of the vegetables, and scatter almonds and cilantro over the fish. Cut a few slices of butter and lay them on top of the fish. Fold the other half piece of foil up over the fish so that their edges meet. Fold in the three open edges of foil together, a quarter inch at a time, until you're up against the fish.

Set the parcels on the grill, with the grate set a little above the embers. The fish will be ready in 10–12 minutes. You can open a packet of foil after 10 minutes to see if the fish is white and firm. Place the packet on a plate, cut a cross in the foil, and open it up when it's time to serve it.

Serve with aioli (recipe on [page 42](#)) or butter.



Fish Skewers Marinated in Saffron

Saffron yellow skewers with salmon and pollock become party fare when paired with creamy chili hollandaise sauce. Here, I've chosen the back piece—it makes nice even cubes to thread on the skewers.

I only have fish on these skewers, because it grills far more quickly than vegetables; they wouldn't have time to cook. If you still want some grilled vegetables to go with this dish, make up a few vegetable skewers with, for example, bell peppers, onion, and mushrooms; make sure to grill those skewers separately from the fish.

Grilled slices of blanched fennel also make a very nice side dish.

Salmon and Pollock Skewers Marinated in Saffron

- 1 teaspoon saffron threads
- 3⅓ fl. oz. (100 ml) mild-tasting olive oil
- 2 tablespoons finely chopped dill
- 2 tablespoons lemon juice
- 10½ oz. (300 g) filet of salmon, preferable wild caught
- 10½ oz. (300 g) filet of pollock
- salt and pepper

Using a mortar and pestle, grind the threads of saffron with a pinch of salt. Mix it with the oil, dill, and lemon juice. Cut the fish into 1-inch (3 cm) cubes. Place the cubes in a plastic bag and pour in the marinade.

Carefully move the cubes around inside the bag to coat the fish evenly with the marinade. Place the bag in a bowl in the

refrigerator, and let sit as long as 8–10 hours. Turn the bag over a few times during this time.

Place the fish in a colander and let it drain. Thread the cubes on skewers. Brush the fish and the grill basket or holder with oil. I often use a holder or a basket for grilling fish, because the meat can be more delicate and thus easily fall apart when turned.

Place the skewers in the basket or holder; season with salt and pepper. Grill over direct heat for 2 minutes, turn the basket/holder and finish grilling the skewers 2 more minutes on the other side. Leave the fish a short while over indirect heat to finish cooking it without drying it out.

Sever with chili hollandaise (recipe on [page 65](#)).



Serrano Ham–Wrapped Pollock Filets

Pollock belongs to the cod family of fishes, but the flesh is a bit tougher so it's very good for grilling.

As it's a very lean fish, I brushed it with flavored olive oil and wrapped it in Serrano ham.

A garlic béarnaise sauce and radishes sautéed in butter enhance the flavor and fat content of this dish even further.

Filets of Pollock Wrapped in Serrano Ham

- 4 pieces of pollock, 5¼ oz. (150 g) each
- 2 tablespoons cold pressed-olive oil infused with lemon
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 large slices of Serrano ham
- 1 bunch of radishes
- 3 tablespoons butter, browned

Remove the skin from the fish with a filleting knife. Brush the fish filets with olive oil and season with salt and pepper. Wrap the Serrano ham tightly around the filets, and fasten with toothpicks. Now, brush the ham with more oil.

Brush the grates of the grill with a bit of oil. First grill the filets for 1 minute on each side over direct heat. Raise the grate up, and grill the fish on slightly lower heat for about 8 minutes. Turn a few times during this time.

If you want to use a meat thermometer, the fish is ready at 122°F (50°C). Keep in mind the temperature will continue to climb a bit after you've removed the fish from the heat.

Cut a bunch of radishes in half lengthwise, and sauté them for a minute in 3 tablespoons of browned butter; season lightly with salt and pepper. Grilled broccoli is also a very tasty side dish to this fish. Try serving the fish with garlic béarnaise sauce (recipe on [page 64](#)).



Grilled Tuna Steaks

Tuna's texture is so different from other types of fish that it's more reminiscent of a slice of turkey breast. Tuna belongs to the mackerel family and contains nearly as much fat as salmon.

The steaks need only a short spell on the grill, so this is really fast food once the prep work is done.

Skewers of Grilled Tuna Steak and Halloumi

- 4 tuna steaks, 5¼ oz. (150 g) each
- 3⅓ fl. oz. (100 ml) mild-flavored olive oil infused with lemon
- 1 bunch green asparagus
- 4 thin slices of hot-smoked pork belly
- 3½ oz. (100 g) Halloumi cheese
- 4 long sprigs of rosemary
- 1 teaspoon salt
- ½ teaspoon ground white pepper

Place the tuna on a plate. Brush both sides generously with the lemon-flavored olive oil. Don't salt the fish until it's on the grill, as the salt might dry out the fish.

Snap off the woody ends of the asparagus and blanch the stalks in salted, boiling water for 1 minute. Drain. Rinse the asparagus in cold water to stop the cooking.

Make 4 asparagus bundles by wrapping the asparagus with the slices of smoked pork belly, and secure them with toothpicks.

Cut the Halloumi cheese into even, inch-wide cubes (2 cm x 2 cm).

Scrape off the leaves from the sprigs of rosemary, leaving some at the top. Thread the cubes of Halloumi onto the sprigs, doing this as carefully as you can so as not to break the cubes of cheese.

First, set the asparagus and the Halloumi on the grill, and let them get good color all over. Keep them warm on a sheet of foil on the side of the grill with indirect heat while you grill the tuna. Brush the hot grill with oil and place the fish onto the grill; season with salt and pepper.

Grill the fish for 1 minute on each side over direct heat. The fish should still be red on the inside or it will be too dry.

If you want your fish cooked a bit longer, leave it for short while on the side of the grill with indirect heat; this will help it stay moist.

Serve the tuna immediately with the skewers of Halloumi, the asparagus, and a bowl of bell pepper chutney (see recipe on [page 62](#)).

It is, of course, always nice to serve fish with a flavorful herb butter. (You'll find recipes for several varieties on [pages 66](#) and [68](#).)



Mussels in Cream

Moules marinière is a hearty, Belgian dish made from fresh mussels cooked in white wine, butter, garlic, and herbs.

This absolutely delicious starter course works well on the grill, too. I've added heavy whipping cream to my variation, so we'll call the dish moules crème instead.

Cook the mussels in a cast iron pot that has warmed up on the grill while the coals were being lit.

Moules Crème

- 1 mesh bag of fresh mussels weighing about 2.2 lb (1 kg)
- 1 shallot
- 2 cloves of garlic
- 2 oz. (50 g) butter
- $\frac{2}{3}$ cup (150 ml) dry white wine
- $6\frac{3}{4}$ fl. oz. (200 ml) heavy whipping cream
- $\frac{1}{4}$ cup (50 ml) finely chopped thyme
- $\frac{1}{4}$ cup (50 ml) finely chopped chives
- $\frac{1}{4}$ cup (50 ml) finely chopped parsley
- about 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper

Scrub the mussels thoroughly with a bristle brush. Discard any mussels with broken shells. Some mussels might be slightly ajar but will close if you press the shells together. If they don't close, discard them as well, as you don't want to run the risk of having a bad mussel in the pot.

Chop the shallot and garlic finely. Brown the butter lightly in the cast iron pot, without browning it too much. Add the shallot and garlic, and sauté for a few minutes until they're translucent but not browned. Pour in the wine, bring to a boil, and add the mussels. Cover with a lid and bring to a rapid boil for about 5 minutes, until all the mussels have opened.

Fish out the mussels with a slotted spoon, and place them in a stainless steel bowl, keeping them warm on indirect heat next to the embers. Discard any mussels that did not open.

Pour the cream into the pot, bring it to a boil, and let simmer for 5 minutes. Stir in the chopped herbs, salt, and pepper, taste, and season with more salt if needed. Serve the broth in bowls with the mussels placed around the edge. Garnish with a few sprigs of fresh herbs.

If you don't have a cast iron pot, you can also make the broth in a saucepan on the stovetop. Heat the broth later in small bowls made from folded foil, one per guest. Place 3 sheets of foil one on top of the other, and crush the edges together to mold into the shape of a pot. Place it on the grill's grate nearest the embers, then fill it with a ladle of broth and add in the cooked mussels to be heated.

This dish is also excellent served as entrée. Simply double the recipe and use two bags of mussels instead of one.

If you prepare the dish in the paleo style without cream, it will be even more delicious if served with an aioli (you'll find the recipe on [page 42](#)).



Grilled Crawfish

We humans have eaten shellfish since time immemorial, which has helped us evolve into the thinking beings we are today. That's why they're also a good choice nowadays for those among us who wish to follow a diet similar to that of our ancestors. Here is a recipe for an appetizer that uses traditional crawfish, but prepared with a twist.

Grilled Crawfish with Browned Chive Butter

- 16–20 large crawfish
- 3½ oz. (100 g) butter
- 3⅓ fl. oz. (100 ml) finely chopped chives

Horseradish Chili

- 3⅓ fl. oz. (100 ml) chili sauce (see recipe on [page 70](#))
- 2 tablespoons grated horseradish
- 1 tablespoon lemon juice

Place the crawfish on a cutting board, backs on the board. Grip the crawfish firmly and cut it in half lengthwise with a sharp knife. Place the crawfish on a platter.

In a saucepan, lightly cook the butter until it's golden; remove it from the heat and add in the chopped chives.

In a separate bowl, stir together the ingredients for the horseradish chili.

Grill the crawfish, meat side down on the grill's grate, over hot coals for 30 seconds. Turn the crawfish and brush the tail with butter. Grill for another 30 seconds (if you leave the crawfish on too long they'll become dry and tough).

Serve the crawfish alongside the butter and the horseradish chili in small bowls. Use a small fork to spear the crawfish and dip them in the sauces. Parmesan crackers are good with this dish (recipe on [page 24](#)).



Meat and Poultry



Grilled Rib Eye

I typically like to grill fatty cuts of meat, because the marbling adds so much flavor and juiciness compared to filet mignon or other types of steak, which can often be rather lean. If you can buy meat from grass-fed, free-range animals, its flavor and nutritional profile will be far superior.

I season these slices of rib eye simply with salt and freshly ground white pepper, which enhance the meat's own flavors; a spicy marinade could easily overwhelm this dish.

I prefer cuts to be on the thick side so they're as juicy as possible. The weight per portion will consequently be a bit higher than your typical rib eye, which is usually around 5¼ oz. (150 g), but don't pass up the opportunity to enjoy some of the best food you can throw on the grill.

Grilled Rib Eye with Café de Paris Herb Butter

- 4 thick slices of rib eye, 7 oz. (200 g) each
- 2 tablespoons cold-pressed olive oil, for brushing
- a generous amount of salt and freshly ground white pepper

Place the meat on a cutting board and let it to come to room temperature. Brush with olive oil and season with salt and pepper.

Brush the hot grates of the grill with some oil, and set the meat down on the grill over direct heat for 2 minutes. Turn the meat and cook on the other side for 1 minute if you want the meat to be rare. Grill the cuts for 2 minutes on each side if you prefer your meat medium, and 2 additional minutes if you want it well done.

Good side dishes for rib eye include grilled mushrooms, a few chunks of bell pepper with slightly charred skin from the hot coals, and a green salad.

By all means, serve the freshly grilled meat with a flavorful Café de Paris herb butter (recipe on [page 66](#)).



Spareribs with Chili Glaze

In contrast to most store-bought specimens, my glaze is made entirely without sugar. It'll keep for a few weeks in the refrigerator.

Spareribs with a Chili Glaze

- 3½ fl. oz. (200 ml) chili sauce (see recipe on [page 70](#))
- ¼ cup (50 ml) cold-pressed olive oil + more for grilling
- 2 tablespoons gluten-free tamari soy sauce
- 2 teaspoons Worcestershire sauce
- 1 rack of thin spareribs, approx. 2⅔ lbs (1.2 kg)
- salt and pepper for seasoning

In a bowl whisk together the ingredients for the chili glaze. Brush the glaze on both sides of the spareribs, saving about ¼ cup (50 ml) for grilling.

Put the meat in double freezer bags and set it on a platter. Marinate for 24 to 48 hours in the refrigerator for the best flavor. Turn the bag now and then, and remove it from the fridge plenty of time before grilling.

Wipe off most of the marinade from the meat with paper towels; season with salt and pepper, and brush generously with oil. Move the coals toward the sides of the grill, leaving an empty space in the middle for the spareribs. Let the coals get covered in gray ash before setting the ribs down above the empty spot, meaty side down.

At the beginning, the grate should be set down close to the embers so the meat can develop some color. Grill the spareribs for 3 minutes, turn them, and grill on the other side for 3 more minutes. Repeat this step once more (6 total minutes).

Brush some saved glaze onto the meaty side of the spareribs and grill them for another 2 minutes. Now move the grate to the highest level up from the coals, turn the ribs, and cover them with heavy-duty foil. Let them rest for 10 to 15 minutes.

Separate the ribs with a sharp knife. Serve them with the “faux” potato salad ([page 76](#)) and chili sauce ([page 70](#)).



Pork Collar with Black Currant Glaze

Bottled, store-bought glaze typically contains a lot of sugar. This is a double-whammy when you take into account its high carbohydrate load, in addition to the carcinogenic chemical compounds that develop in the meat when this added sugar heats up over the grill.

This glaze, however, is made from black currants and lime, and is totally free of added sugar. It infuses the pork with a delectably tangy flavor.

Grilled Pork Collar with Black Currant Glaze

- 1 organic lime
- 6¾ fl. oz. (200 ml) black currants
- 1 teaspoon Worcestershire sauce
- ½ teaspoon coarsely ground black pepper
- 4 slices of pork collar, 5¼ oz. (150 g) each; if bone included, 7 oz. (200 g)
- salt and pepper for seasoning
- mild-flavored olive oil for brushing

For the glaze, wash the lime and grate its peel. Squeeze the juice into a saucepan. Add the lime zest, black currants, Worcestershire sauce, and black pepper, bring to a boil, and

let simmer for 10 minutes. Pass the contents of the pan through some cheesecloth, and pour the glaze into a glass jar.

Season the meat with salt and pepper, and brush it generously with black currant glaze on both sides, making sure to save some for the grilling. Place the meat in a plastic freezer bag and leave it to marinate for a few hours (preferably longer) in the refrigerator.

Wipe the marinade from the meat with paper towels and brush it with olive oil. Brush the grill's grate with some oil before setting the meat on it over direct heat.

Grill the meat for 2 minutes on each side, and lightly season again with salt and pepper. Brush the glaze on the slices, turn them, and grill for 1 additional minute on each side.

If you're grilling bone-in pork collars, leave them for a few minutes more on the side of the grill, over indirect heat, or under cover over low heat, to give the meat a bit more time to cook through along the bone.

Serve the pork collars with the remainder of the glaze, a green salad, and some grilled slices of daikon radish. Herb butter also works well (recipes on [page 66](#)). Another excellent side dish for the glazed pork collar is a broccoli gratin with blue cheese (recipe on [page 74](#)).



Greek Souvlaki

For us Swedes, souvlaki and tzatziki are the two dishes that bring to mind a vacation in Greece. I learned this simple recipe when I worked in a Greek restaurant here in Sweden.

I use fresh pork tenderloin, which I marinate in lemon and oregano. Buy two larger tenderloins so you'll get nice even slices for the skewers.

Souvlaki

- 1 lb. 5 oz. (600 g) pork tenderloin
- juice of 2 lemons
- ¼ cup (50 ml) cold-pressed olive oil
- 2 tablespoons dried oregano
- salt and freshly ground black pepper

Trim the membranes off the tenderloins. Slice each tenderloin into 8 even slices, about 1 inch (3 cm) thick. Freeze the end pieces for use at a later time. Set the meat on a platter and squeeze half the lemon juice over it. Drizzle on some olive oil and half the oregano; season lightly with salt and pepper.

Turn the meat and sprinkle it with the remainder of the lemon juice and oregano; season with some salt and pepper on this side, too. Cover with plastic wrap and leave the meat to marinate at room temperature for one hour to let the lemon and herb flavors infuse the meat.

Thread the slices of meat onto skewers, brush with olive oil, and grill 2 minutes per side over direct heat. Season with some more salt and black pepper.

Pork tenderloin can dry out very quickly if it's grilled for too long, so let the skewers rest for a little while over indirect heat on the side of the grill to keep the meat juicy.

Pair this dish with grilled slices of eggplant and bowls of tzatziki sauce (recipe on [page 54](#)). A Greek salad with lots of feta cheese, olives, and finely sliced red onion also makes a perfect LCHF side dish.



Coffee-Marinated Pork Belly

This fresh pork belly derives its taste from a different type of marinade, one that combines coffee with cinnamon. It imparts a very full flavor to the pork.

I like to bring a whole slab of pork belly with me on my trips to the berry-laden woods by my cottage, which is located up north in the Swedish province of Dalarna. The meat grills slowly over nice embers left over from an open birch wood fire.

The process of cooking pork belly can't be hurried, but once it's ready to eat there is nothing left to do but slice it and eat it with a cup of coffee. It certainly has an edge over the ordinary hot dog, and is an absolute delight after a long day spent in the woods.

Grilled Pork Belly Marinated in Coffee

- 3⅓ fl. oz. (100 ml) strong, brewed coffee
- 2 tablespoons tamari soy sauce
- 2 tablespoons cold-pressed mild-flavored olive oil
- 2 teaspoons cinnamon
- ½ teaspoon ground white pepper
- 1½-lb. (700-g) slab of pork belly, in one piece with the rind attached

Mix the ingredients together for the marinade in a bowl. With a sharp knife, make closely spaced incisions in the pork rind. Set the pork belly in a plastic freezer bag and add the marinade. Close the bag tightly, and gently rub the pork belly to make sure the marinade gets into the cuts in the rind.

Leave the pork belly in the bag on a plate in the refrigerator to marinate for at least 24 hours, preferably longer.

When ready to cook, wipe off the marinade with paper towels, and cut the meat into $\frac{3}{4}$ -inch (2 cm) thick slices. Grill them over direct heat for 2–3 minutes on each side to give the meat some color.

If you want to grill the pork belly in one piece, do so over indirect heat, or over low heat on a gas grill. Move the coals to the sides of the grill and make an empty, coal-free space for the meat. Turn the meat several times while grilling to prevent it from scorching. Cooking will take about 30–40 minutes, depending on the thickness of the pork belly.

Use a meat thermometer if you like, and insert it into the middle section of the meat. When the temperature reads 149°F (65°C), cover the meat with foil and let it rest next to the grill for 10 minutes.

Cut the meat into slices and serve them with a blue-cheese broccoli gratin (recipe on [page 74](#)).



Lamb Chops Marinated in Red Wine

I often look to the kitchens around the Mediterranean for inspiration. These lamb chops soak up all the flavors of a red wine, olive oil, garlic, and coriander seed marinade.

This recipe comes from the island of Cyprus, where these spices are very commonly used in long-cooking stews made with tougher cuts of meat, making them taste heavenly. The bell pepper sauce, Mojo, is a souvenir from a trip a bit further south, to the Spanish island of Gran Canaria.

Grilled Lamb Chops with Mediterranean Flavors

- 2 garlic cloves
- 6¾ fl. oz. (200 ml) dry red wine
- 3⅓ fl. oz. (100 ml) cold-pressed olive oil + more for grilling
- 2 tablespoons crushed coriander seeds
- 1 teaspoon coarsely ground black pepper
- 8 double-cut lamb chops
- salt for seasoning

Peel and slice the garlic cloves. Mix all ingredients for the marinade in a bowl. Place the lamb chops in double plastic freezer bags and add in the marinade; it's safest to double-bag all this to avoid losing any of the tasty marinade if the bones of the chops poke a hole in one of the plastic bags. Close the plastic bags and rub the chops a little to coat the marinade evenly. Place the bags of chops on a platter and keep them in the refrigerator for a few hours, preferably overnight if you have the time.

Drain the meat thoroughly and wipe the marinade off with paper towels. Brush the chops with olive oil, and brush the grill's grates with olive oil too.

Grill the chops 2 minutes per side over direct heat; season with salt. Move the grate up to a higher, slightly cooler spot, or reduce the heat on a gas grill. Grill the chops until ready, about 6–8 minutes, depending on if they're cut thick or thin. Turn them a few times while cooking.

Place the chops, covered with foil, next to the grill. Let them rest for about 5 to 10 minutes to give the meat time to cook up around the bone. The meat will be at its best if it's slightly pink inside, so don't over-grill it. If you use a thermometer, the meat is ready when it reads 131–140°F (55–60°C), depending on how well done you like it.

Serve the lamb with avocado, browned garlic butter (recipe on [page 68](#)), and Canarian Mojo sauce (recipe on [page 52](#)).



Turkish Lamb's Liver

Alanya, in Turkey, is my home during several winter months, and one of my favorite restaurants there serves this well-spiced lamb's liver. The diced liver is sautéed in butter and served with a salad of arugula, red onion, and lemon. At

home, I occasionally prepare it as finger food to go with a glass of wine.

For this dish, I slice the liver and leave it to absorb the flavors of the spices before I take it on a quick trip over the hot grill. If you can't find lamb's liver, calf's liver is a fine substitute in this case.

Grilled Liver the Turkish Way

- 1 lb. 5 oz. (600 g) lamb's or calf's liver
- 2 lemons, cut in half
- 1 tablespoon chili flakes
- 2 tablespoons dried oregano
- 2 teaspoons salt flakes
- olive oil for brushing

Slice the liver into $\frac{3}{4}$ -inch-thick (2-cm) slices. Place them in a bowl and squeeze lemon juice over them. Season with chili, oregano, and crumbled salt flakes. Mix thoroughly. Cover the bowl with plastic wrap and leave it in the refrigerator for a few hours.

Place the liver in a colander to drain thoroughly. Remove most of the oregano with a paper towel so that it doesn't burn while grilling. Brush the slices with olive oil.

Preferably, grill the liver in a grill basket brushed with olive oil, 1 minute per side, very close to direct heat. Then let the liver rest for a while away from the heat so it retains its juices and stays slightly pink inside.

Serve the liver with grilled eggplant and onion, with garlic butter or herb butter on the side (recipes on [page 68](#)).



Elk Burgers

Elk and other wild game are among the most nutritious foods available. In the woods, the animals subsist on branches, herbs, and leaves that are a part of their environment. This diet produces both extremely flavor- and nutrient-rich meat.

Ground meat of wild game is often very lean, so to make it juicier and more filling we need to mix it with some ground pork.

Remember not to overcook it on the grill, or it will quickly dry out.

Grilled Elk Burgers with Goat's Cheese and Blueberry Pesto

- 1 organic egg
- 1 tablespoon unsweetened mustard
- 1 tablespoon finely chopped parsley
- 1 tablespoon finely chopped rosemary
- 1 teaspoon salt
- ½ teaspoon coarsely ground black pepper
- 14 oz. (400 g) ground elk meat
- 7 oz. (200 g) ground pork
- oil for grilling

- 4 slices goat cheese

Whisk together the egg, mustard, herbs, and spices in a bowl. Crumble the ground meat into smaller pieces. Work all ingredients together quickly and thoroughly to get an even mix, and let it rest in the refrigerator for about half an hour.

With the mix, make up four burgers and flatten them. Brush the heated grate with oil and place the burgers on top.

Grill the burgers quickly, 2 minutes per side, over direct heat. Leave the burgers, higher up and at lower heat, for 5 minutes so they stay juicy. Add more salt and pepper while grilling.

Just before serving, open the grill basket and cover each burger with a slice of goat cheese.

Side dishes that work well these burgers are slices of grilled cauliflower, blueberry pesto (recipe on [page 46](#)), and aioli (recipe on [page 42](#)).



Hamburgers Wrapped in Bacon

For many, a juicy hamburger on some crusty warm bread, slathered with mayonnaise and chili sauce, is a perennial favorite meal from the grill. Prepared my way, it will also be a very good choice if you've stopped eating unnecessary carbohydrates and breads made from cereals.

Here, the hamburger bread is baked with almond meal, the chili sauce is entirely sugar-free, and the mayonnaise is homemade; this will make it a dish you can enjoy often.

Grilled Hamburgers with Classic Side Dishes

- 1 lb. 5 oz. (600 g) ground chuck with high fat content (preferably freshly ground)
- 1 egg
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 teaspoon Worcestershire sauce
- 4 slices bacon or hot-smoked pork belly
- 2 tablespoons mild-flavored olive oil for brushing

Crumble the ground meat into small pieces in a bowl and mix it well with the egg, salt, pepper, and Worcestershire sauce. Let the mixture rest for half an hour in the refrigerator; this will allow it to hold together better while grilling.

Dip your fingers in cold water, and shape the ground meat into four, somewhat thick patties. Wrap the slices of bacon all around the edge of each patty and fasten with a toothpick. Flatten the burger slightly with your hand.

Brush the burgers generously with oil on both sides. Brush some oil onto the hot grate of the grill, too. Use a grill basket if you have one—it'll make grilling the burgers easier.

Place the burgers on the grill and cook for 3 minutes on each side over direct heat. Then place them over indirect heat, or lower the temperature on a gas grill. Let them cook for 2 more minutes on each side.

If you're unsure if the hamburgers are cooked through, use a thermometer; it will register 136°F (58°C) when the hamburgers are cooked medium. If you want them well done wait, until the thermometer reads 149°F (65°C).

Taste-test a hamburger grilled to medium. They are far juicier than the ones that have been grilled longer.

Serve the hamburgers in freshly toasted buns with crisp lettuce and tomato. Grilled onion slices are good too, unless you prefer raw onion rings.

For an even more flavorful burger, melt a slice of cheddar over the patties toward the end of grilling the meat.

Mayonnaise, chili sauce, and salted cucumbers make great sides (recipes for the sauces on [pages 41](#) and [70](#), respectively). Coleslaw is also very tasty (recipe on [page 134](#)).

Hamburger Buns

Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.

- 3 eggs
- 6¾ fl. oz. (200 ml) almond flour
- 3 tablespoons unflavored, whole psyllium husk*
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ cup (50 ml) cold water
- sesame seeds, for garnish

*Unflavored whole psyllium husk can be found at health food stores or online at netrition.com or iHerb.com.

Beat the eggs thoroughly with a handheld electric mixer. Stir together all the dry ingredients, except for the sesame seeds, in a bowl. Mix the water with the egg batter, and then add in the dry ingredients. Mix well.

Leave the batter to rise for 5 minutes. Use two wet spoons to form four round bun shapes on the prepared baking sheet. Wet your hands and shape them evenly. Flatten them to give them the authentic appearance of hamburger buns. Sprinkle them generously with sesame seeds.

Bake at 350°F (175°C) for 20 minutes. Let cool on a baking rack. Cut the buns in half and grill the cut surfaces just before serving.



Lamb Sausage with Skagen Shrimp Salad

Many of us in Sweden have enjoyed a grilled sausage with a side of shrimp salad, bought from a food truck as a late night snack. A somewhat strange combination perhaps, but it's still a very enjoyable treat. My make-at-home version, however, will guarantee that the sausage and small Swedish Skagen shrimp salad are a cut above. I consider this dish a poor man's surf and turf.

Grilled Sausage with Skagen Shrimp Salad

- 6¾ fl. oz. (200 ml) homemade mayonnaise (see recipe on [page 42](#))
- ¼ cup (50 ml) finely chopped dill
- 1 tablespoon finely chopped shallot

- 14 oz. (400 g) cooked peeled shrimp (small shrimp if you can find them)
- juice of ½ lemon
- salt and pepper
- 4 sausages with high percentage of meat and fat
- olive oil for brushing

Mix mayonnaise, dill, and chopped shallot. Chop the shrimp coarsely and fold them into the mayonnaise. Season with lemon juice, salt, and pepper. Place in the refrigerator for a while to let flavors meld.

Slash the sausages on the diagonal, making slits just shy of ¼ inch (1 cm) deep. Place them on a hot grill and brush on some oil. Grill for 2 minutes on each side over direct heat.

Move the sausages to a cooler side on the grill, and leave them a few minutes until they are completely warmed through.

Serve the sausages with a dollop of shrimp salad, and why not add a tangy cabbage salad with cumin seeds and bacon (see recipe on [page 134](#))?



Rosemary-Marinated Turkey Skewers

I often make these skewers on winter evenings in Turkey; we eat a lot of turkey meat during our stay there. Turkey breast has a coarser meat texture than chicken, and both the consistency and flavor are reminiscent of fresh ham.

Turkey meat is excellent for grilling, either on skewers or in slices.

Grilled Turkey Skewers Marinated in Orange and Rosemary

- peel and juice from 1 organic orange
- ¼ cup (50 ml) olive oil infused with lemon
- 2 tablespoons finely chopped rosemary
- one turkey breast, 1 lb. 5 oz. (600 g)
- 2 yellow bell peppers
- salt and pepper
- olive oil, for brushing

Grate the orange peel finely, and mix with the juice from the orange and the olive oil. Stir in the rosemary. Dice the turkey breast in 1-inch (3 cm) cubes. Place them in a plastic freezer bag and pour in the marinade. Close the bag and mix the turkey cubes and marinade to coat.

Place the bag in a deep plate and leave it in the refrigerator, preferably for 24 hours. Turn the bag a few times during this time.

Dice the peppers evenly, also in 1-inch (3-cm) cubes. Place the turkey pieces in a colander to let the marinade drain thoroughly.

Alternately thread turkey meat and bell peppers onto the skewers. If you use wooden skewers, you'll need to let them soak in water for about half an hour before using them, or they can easily catch fire from the heat of the grill. Season the skewers with salt and pepper, and brush on some olive oil.

Brush some oil on the hot grill. Cook the skewers over direct heat, 1½ minutes per side, 6 minutes altogether. Place the skewers on the side of the grill, over indirect heat, for 5 minutes. If you use a meat thermometer, the meat is ready when the thermometer registers 158°F (70°C).

Serve the turkey skewers with avocado salsa (recipe on [page 50](#)) and feta cheese butter (recipe on [page 66](#)).



Chicken Schnitzel

During the winters in Turkey I often buy fresh produce at the local vegetable markets and grass-fed meat at the butcher. There I'll find nice chicken schnitzels made from chicken breast, or boned chicken thighs that have been pounded flat.

Each shop has its own special recipe for spice rub, which is used to season the meat. Unfortunately, a lot of the rubs contain MSG (monosodium glutamate), so I buy my chicken unseasoned and then make my own spice mix, which I keep in a jar. The spice mix is perfect for rubbing onto the chicken, which I then brush with some oil and set on the grill. It's fast, good, and simple food.

Grilled Chicken Schnitzel with Turkish Spice Rub

- 2 tablespoons dried thyme
- 1 tablespoon chili flakes
- 1 tablespoon paprika
- 2 teaspoons organic garlic powder
- 4 chicken breasts, 5¼ oz. (150 g) each
- salt
- olive oil

Mix the spices for the rub and pour it into a jar with a lid. This batch will make enough rub for several meals; it's particularly good with pork.

Place the chicken breasts on a cutting board, and place your hand on top with a steady grip. With a sharp knife, slice the breasts along the middle, from the thinner end toward the thicker, long side. Don't cut straight through the meat; leave about ¼ inch (1–2 cm) attached.

Fold out the meat and flatten it with your hand. If the chicken breast is very thick, place a piece of plastic wrap on top and hit it hard with the bottom of a saucepan to flatten the meat. Season both sides of the meat with about 2 teaspoons of the spice rub and work it in thoroughly on both sides. Salt and brush on olive oil.

Brush some oil onto the hot grill, and set the chicken schnitzels on top. Grill for 2 minutes on each side over direct heat. Move the grate up to its highest position, or turn off the heat if you're using a gas grill. Leave the chicken on the grill for 2 minutes.

Serve feta cheese butter (recipe on [page 66](#)) and, why not, a coleslaw with pesto (recipe on [page 135](#)) as side dishes to the chicken schnitzel.



Stuffed Chicken Thighs Wrapped in Parma Ham

Boneless chicken thighs are very juicy and flavorful when served fresh off the grill. Here I've concocted a stuffing of Parmesan, herbs, and almond flour. All is then wrapped in Parma ham, so this dish has many flavors typical of the Italian kitchen.

It's a slightly more sophisticated dish to prepare compared to the other recipes in this book, but it is well worth the time and prep work.

Chicken Thighs Stuffed with Parmesan and Almond Filling, and Wrapped in Parma Ham

- 3½ fl. oz. (100 ml) finely grated Parmesan
- 6¾ fl. oz. (200 ml) almond flour
- 1 egg yolk
- 2 tablespoons finely chopped thyme
- 2 tablespoons finely chopped basil
- 8 boneless chicken thighs
- 1 teaspoon salt
- ¼ teaspoon coarsely ground black pepper
- 16 slices of Parma ham
- olive oil for brushing

Mix together the grated Parmesan, almond flour, yolk, and herbs to make the filling. Knead the mixture into firm dough. Shape the dough into 8 balls equal in size. Flatten them slightly into oblong shapes.

Season the chicken thighs inside and out with some salt and pepper. Place a piece of the filling into the hollow from the removed bone, and firmly press the meat around the dough to cover.

For each chicken thigh, set two slices of Parma ham down on a cutting board in the shape of an X. Place a chicken thigh in the middle of the X.

Fold the edges of the ham over, alternating the slices, to make a parcel around the chicken thigh. Secure the edges with a toothpick, and pinch the edges to make sure that the packet will hold together. Place the wrapped chicken thighs in the refrigerator for an hour to firm them up so they hold their shape once they're on the grill.

Brush the packets with olive oil, and grill each side for 2 minutes over direct heat. Move the grate up one step and grill them for 15 minutes on lower heat. Turn them several times while they cook. Then let the chicken rest on the side of the grill over indirect heat. Cover with foil and let the chicken cook for another 5 minutes. If you want to check for doneness with a meat thermometer, the chicken will be ready when the thermometer reads 176°F (80°C).

Slice the packet on the diagonal to expose the stuffing. Serve with aioli (recipe on [pages 42](#)), marinated cherry tomatoes (recipe on [page 72](#)), and broccoli. The zucchini gratin (on [page 74](#)) is also a good complement to the meal.



Vegetable Dishes and Salads



Grilled Beefsteak Tomatoes

These tomatoes are very easy to prepare, but the addition of cheese gives them added complexity. They make an excellent side dish or appetizer.

Select your favorite cheeses and let them melt a little over the warm tomato. I choose a blue cheese and a goat cheese from a local dairy here up north in the Swedish province of Jämtland.

Grilled Beefsteak Tomatoes with Melted Cheese

- 4 slices of blue cheese
- 4 slices of goat cheese
- 4 beefsteak tomatoes

- olive oil for brushing
- salt flakes and coarsely ground black pepper
- 2 tablespoons roasted sunflower seeds
- 2 tablespoons chopped chives
- 2 tablespoons cold pressed olive oil
- 1 tablespoon balsamic vinegar

Leave the cheese out of the refrigerator so it comes up to room temperature. Slice the tomatoes into $\frac{3}{4}$ -inch (2-cm) slices from their thicker, middle section. Brush with olive oil. Season with some crushed salt flakes and pepper.

Grill the tomatoes for 1 minute per side on a hot grate brushed with olive oil. Turn the slices over carefully with a frying spatula. Season lightly again, and place the cheese on the tomato. Grill for 30–45 seconds, just enough to get the tomatoes heated through, then move them carefully to a heated platter. Sprinkle with sunflower seeds and chives, and drizzle with olive oil and vinegar. Serve immediately.



Feta Baked in Foil

This delicious dish is one of my wonderful souvenirs from a vacation in Greece. There, restaurants often serve this dish as an appetizer, either grilled in foil or as a gratin in a ceramic bowl.

Feta Cheese Baked in Foil, from the Grill

- 1 green bell pepper
- 1 red bell pepper
- 1 small yellow onion
- 2 blocks of feta cheese, 5¼ oz. (150 g) each
- 1 small bunch of fresh oregano
- ¼ cup (50 ml) cold-pressed olive oil

Tear off four sheets of foil approximately 10 inches (25 cm) square in size.

Slice bell peppers and onion thinly. Cut the blocks of feta in half and place one half on each piece of foil. Pile the slices of bell pepper and onion onto the feta. Sprinkle with oregano leaves, and finish with a drizzle of olive oil.

Pinch together the edges of the foil to make packets, and grill them for 7–8 minutes, until the cheese is warmed through. Place the packets onto plates and let your guests savor the cheese straight from the packet.



Oyster Mushroom Burgers

This mushroom burger is beloved by vegetarians and meat-eaters alike. With its satisfying combination of Halloumi cheese, oyster mushrooms, egg, and ground hazelnuts, the texture isn't far off that of an ordinary hamburger, but it is far more flavorful.

Mushroom burgers can be a bit tricky to grill because they burn easily. To avoid this, I grill them on a buttered piece of foil placed on the grate of the grill, and not too close to the embers. You can also pre-cook them in a sauté pan and then finish them off in a grill basket over the embers.

Mushroom Burgers

- 7 oz. (200 g) oyster mushrooms
- 2½ inches (5 cm) of leek, white part only
- 2 garlic cloves
- ¼ cup (50 g) butter, for sautéing
- ¼ teaspoon salt
- 1 teaspoon chili flakes
- 1 cup + 1 tablespoon (250 ml) hazelnut flour
- 8¾ oz. (250 g) Halloumi cheese
- 3 egg yolks + 1 whole egg
- ¼ cup (50 ml) coconut flour
- ¼ cup (50 ml) chopped parsley
- 2 tablespoons French tarragon
- butter, for brushing

Chop the mushrooms into small dice, and finely chop the leek. Mince the garlic. Brown the butter lightly and sauté the leeks for a few minutes to sweat them, not to brown them. Add in the mushrooms, season with salt and chili flakes, and let cook over medium heat for 5 minutes, stirring occasionally to avoid burning. Pull the pan from the heat, and mix in the hazelnut flour. Let cool.

Meanwhile, grate the Halloumi coarsely. Mix the cheese, egg yolks, and the whole egg, coconut flour, and herbs in a bowl and mix well. Add in the sautéed mushroom-leek mix, a little at a time, and make sure that everything is thoroughly mixed.

Taste and season it with more salt if needed, although you might not have to, as Halloumi is already quite salty. Let the mixture rest for half an hour. Wet your hands and then shape the mix into eight burgers. Flatten them so they're approximately 1¼ inches (30 mm) high.

Tear out two big pieces of foil, place one on top of the other, and fold in the edges to make the sheets stay together. Brush the sheets generously with melted butter. Place the foil on the grate of the grill, and let the butter brown slightly. Place the burgers on the foil, and grill for 2–3 minutes on each side; season lightly with salt and pepper.

If you want more color on the burgers, place them directly in an oil-brushed basket and grill 1 minute per side over direct heat. Serve the burgers between slices of grilled zucchini and onion rings that have been soaked in cold water.

Turkish carrot sauté (recipe on [page 56](#)) and garlic butter (recipe on [page 68](#)) are both delicious accompaniments to these burgers.



Grilled Portabella Mushrooms

The portabella is a type of mushroom that is allowed to grow very large before being harvested. The segments on the cap's underside give the mushroom its dark brown color. I leave them on when grilling because they contribute to the rich, meaty flavor.

This firm mushroom is excellent for grilling, but it needs to be brushed with a generous amount of melted butter so it doesn't dry out while cooking.

Here, I'm serving it with side dishes that are full of flavor and high in nutritional value.

Grilled Portabellas with Asparagus, Garlic Butter, and Toasted Macadamia Nuts

- 3½ oz. (100 g) garlic butter (see recipe on [page 68](#)), divided in half
- ¼ cup (50 ml) cold-pressed olive oil
- 8 portabella mushrooms
- salt and pepper
- 1 bunch tender, green asparagus
- 1¾ oz. (50 g) macadamia nuts
- 3½ fl. oz. (100 ml) nettle pesto (see recipe on [page 46](#))

Melt half of the garlic butter and mix with olive oil. Brush the top and the underside of the mushroom caps; season with salt and pepper.

Snap off the woody ends of the asparagus stalks, and brush the asparagus with the melted butter/olive oil mix. Salt lightly. Place the fresh macadamias in a dry pan, and roast them in a 400°F (200°C) oven for 10 minutes.

Grill the mushrooms for approximately 5 minutes on each side, until they're nicely colored and well cooked through, which intensifies their flavor. Brush them a few times with the garlic/oil mixture.

Grill the asparagus next to the mushrooms. They'll be ready after about 1 minute on each side.

Take two portabella caps and press them together with macadamia nuts and a slice of garlic butter, which will melt into the caps. Place the asparagus on the side and drizzle over them with nettle pesto.

A mixed salad with marigold leaves and lemon juice makes a beautiful counterpoint to these mushrooms.



Cabbage Salad x3

There's plenty of room for different varieties of cabbage salad in a diet low in carbohydrates. White cabbage was often recommended to diabetics as a replacement to potatoes, as it doesn't raise blood sugar.

Cabbage salad with hot-smoked pork belly comes from Austria, where it's popular to season both sauerkraut and fresh white cabbage with cumin seed.

Cauliflower salad is common in countries around the Mediterranean, too, and a variation of it features a bit of heat contributed by chili pepper.

The third salad is influenced by America. It's a mild-tasting, creamy, green coleslaw with our nettle pesto.

White Cabbage Salad with Hot-Smoked Pork Belly

- 4 slices hot-smoked pork belly
- 1 teaspoon cumin seeds
- 4¼ cups (1000 ml) finely shredded white cabbage
- 6¾ fl. oz. (200 ml) finely julienned leek
- 3 tablespoons mild-flavored olive oil
- 1 tablespoon apple cider vinegar
- ¼ teaspoon salt
- ¼ teaspoon coarsely ground black pepper

Cut the pork belly in thin strips, place them in a cold frying pan, and turn the heat on under the pan. Sprinkle in some cumin seeds. Fry the pork strips until they're nicely browned;

stir them occasionally to prevent the strips from burning. Remove the pan from the heat and let it cool a little.

Meanwhile, mix the shredded cabbage and leek with oil, vinegar, salt, and pepper in a bowl. Fold in the browned pork strips together along with the rendered fat from sautéing, and mix well. Taste for added seasoning, if needed.

Cauliflower Salad with Paprika and Chili

- 4¼ cups (1000 ml) cauliflower florets
- 2 red long, pointy bell peppers
- 1¾ oz. (50 g) butter
- about 1 teaspoon salt
- ½–1 tablespoon chili flakes
- 2 tablespoons apple cider vinegar
- 3⅓ fl. oz. (100 ml) chopped Italian parsley
- cold-pressed olive oil, for drizzling

Drop the cauliflower florets in salted, boiling water and parboil for 2 minutes. Drain well.

Seed and cut the bell peppers into four sections lengthwise, and then cut the quarters into strips.

Brown the butter in a pan and add in the bell pepper strips and the cauliflower.

Season the vegetables with salt and the smaller amount of chili flakes. Sauté them for a few minutes, shaking the pan from time to time.

Pour in the apple cider vinegar and let it cook in. Taste and add more salt and chili, if needed. Let cool and then, just before serving, stir in the chopped parsley. Drizzle some (preferably) cold-pressed olive oil over the salad for extra flavor and nutrition.

Coleslaw with Nettle Pesto and Mayonnaise

- 4¼ cups (1000 ml) finely shredded white cabbage
- 3⅓ fl. oz. (100 ml) mayonnaise (see recipe [page 42](#))
- 3⅓ fl. oz. (100 ml) nettle pesto (see recipe [page 46](#))
- ¼ cup (50 ml) toasted sunflower seeds
- salt and ground white pepper to taste

Place the shredded cabbage in a bowl. Knead the cabbage thoroughly with your hands to make it softer and easier to mix with the mayonnaise. Mix in mayonnaise, pesto, and sunflower seeds; season with salt and pepper.



Brie and Strawberry Salad

This is a flavorful and fresh salad that's also a nutritious and satisfying side dish. You get all these benefits by adding brie, walnuts, and pumpkin seeds to the salad.

The slightly tangy taste of sun-ripened strawberries fully enhances the greens. Oak leaf lettuce is full of flavor and adds both nutritional value and beautiful color, turning this salad into a small work of art.

Oak Leaf Lettuce Salad with Brie and Strawberries

- 1 head oak leaf lettuce, washed
- 3½ oz. (100 g) brie cheese
- 8 strawberries

- 3½ fl. oz. (100 ml) walnuts
- 2 tablespoons pumpkin seeds
- ¼ cup (50 ml) Italian parsley
- 2 tablespoons cold-pressed olive oil
- 1 tablespoon lemon juice

Line the sides of a bowl with beautiful oak leaf lettuce leaves. Shred the rest of the lettuce and set it in the middle of the bowl. Cut the cheese into small slices and the strawberries in quarters.

Scatter the cheese and strawberries evenly over the lettuce. Sprinkle the nuts and pumpkin seeds over the top. Strip the parsley stalks of nice leaves and sprinkle them over the salad. Drizzle on some good olive oil and lemon juice right before serving.



Smoked Pork Belly and Mozzarella Salad

My daily meals include all manner of vegetables in different colors and shapes. When the summer heat is in full swing, salads make the best side dishes.

A satisfying green salad is a nice complement to many grilled dishes, or makes a great starter while the coals are heating up. Eating different types of green leaves is a very simple way for us to take in a lot of important vitamins.

Good fats and proteins are present in the mozzarella and hot-smoked pork belly. I often add some fruit for an extra touch of flavor to my salads, but this one works even for those of us following the strictest LCHF regimen.

Green Lettuce with Asparagus, Mini Mozzarellas Balls, and Smoked Pork Belly

- 4–5 thin slices of smoked pork belly
- 1 bunch tender, green asparagus
- 1 package mini mozzarella balls
- 4-inch (10-cm) piece of leek
- 8 cherry tomatoes
- 1 head green lettuce (Lollo Bianco, Lollo Rosso, or romaine lettuce work well)
- ½ bunch of basil
- 3 tablespoons of mild-flavored olive oil
- 1 tablespoon apple cider vinegar

Cut the pork belly into very thin strips and place them in a cold frying pan. Turn the heat to high. Brown the strips until they're really sizzling. Remove the pan from the heat and let cool.

Snap off the woody ends of the asparagus and boil in salted water for about 3–4 minutes. Drain and rinse in ice-cold water to stop the cooking. Drain thoroughly, and then cut on the diagonal in strips of 1 inch (3 cm).

Set the mozzarella in a colander to drain. Rinse and julienne the leek, and cut the tomatoes into quarters.

Line the edge of a salad bowl with pretty lettuce leaves taken from the heart of the lettuce. Shred the rest into smaller pieces and place inside the bowl, alternating with basil leaves, tomatoes, asparagus, mozzarella, pork strips, and leek.

Garnish with a few nice asparagus tips. Sprinkle with pork strips and basil leaves. Drizzle on some mild olive oil and vinegar right before serving.



Grilled Halloumi and Pomegranate Salad

Halloumi is one of my favorite cheeses. Here, its chewy saltiness is paired with pomegranate, one of my favorite fruits.

I always bring back pomegranate vinegar from my trips to Turkey, but it is available in ethnic food shops that sell Middle Eastern foods or olive oil/vinegar shops. Make sure you get true vinegar made from reduced pomegranate juice. Unfortunately, there are many types of pomegranate vinegar that are loaded with added sugar.

Pine nuts are not nuts—they're seeds from pinecones. Many who are allergic to nuts can therefore still eat pine nuts.

Halloumi, Pine Nut, and Pomegranate Salad

- 1 head of romaine lettuce
- 8 yellow cherry tomatoes
- 3 tablespoons pomegranate seeds
- 3½ oz. (100 g) Halloumi cheese
- 2 tablespoons pine nuts
- 2 tablespoons cold-pressed olive oil
- 1 tablespoon pomegranate vinegar
- fresh parsley leaves and mint leaves

Place lettuce leaves on a platter. Cut the tomatoes into quarters and place them on top of the lettuce.

Remove some seeds from a pomegranate. The easiest way to do this is to slice off a piece at the top and then make two

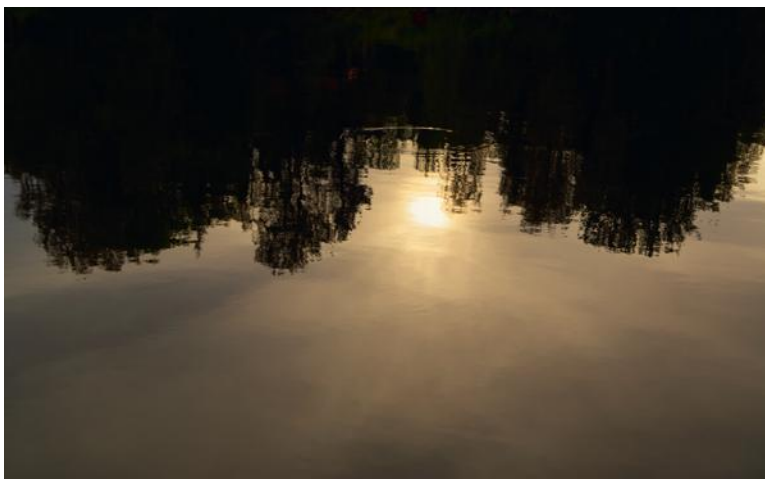
vertical cuts, approximately 1½–2 inches (4–5 cm) apart. Place the pomegranate in a plastic bag and break off the wedge that has been cut out. This will make it easy for you to pick out the seeds without having the juice squirting all over.

The pomegranate will keep for quite a long time if you keep it in the plastic bag in the refrigerator. When you need some more seeds, simply make a new cut and break off the piece.

Grill the Halloumi cheese and add it on top of the lettuce; sprinkle pomegranate seeds and pine nuts all over the top. Drizzle olive oil and pomegranate vinegar over the salad, and garnish with parsley and mint.



A Sweet Ending



Ice Chocolate Truffles with Cloudberryes

This truffle is a real treat to pair up with a cup of coffee after a grilled meal. It's also a genuine health food made from the darkest chocolate, cold-pressed coconut oil, egg yolks, and cloudberryes from a mountain swamp.

Even dark chocolate often contain lots of added sugar, so make sure that you opt for varieties with the highest cacao content you can find.

Ice Chocolate Truffles with Cloudberryes

- 3½ oz. (100 g) dark chocolate (85–90% cacao)
- 1⅓ fl. oz. (40 g) cold-pressed coconut oil

- 2 organic egg yolks
- 3½ fl. oz. (100 ml) cloudberry (or yellow raspberry)
- a pinch of crumbled salt flakes
- unsweetened cocoa powder

Break the chocolate into small pieces and melt it together with the coconut oil over low heat. Meanwhile, whip the egg yolks until very thick with a handheld mixer.

Mash the cloudberry lightly and mix them in with the salt and the chocolate/coconut oil mixture. Salt brings out the chocolate flavor even more, thereby making the truffles even more delectable.

Stir some of the chocolate into the yolks and keep stirring until smooth. Then fold in the remaining melted chocolate; the truffle mixture thus becomes nice and smooth. Fill small confectionary paper cups with the chocolate, as you would for ordinary candy preparation.

You can also leave the truffle mix to sit for a few hours in the refrigerator until it thickens. Use a melon baller or a teaspoon dipped in lukewarm water to make small balls. Place the truffles on a platter and put them back in the refrigerator to chill again. Sift some cocoa powder over the truffles through a tea strainer just before serving.

Store the truffles in the refrigerator or freezer, and remove them a little before they are to be enjoyed. Sift some more cocoa powder over them at that point.



Grilled Berry Dessert

I have the luxury of making delicious desserts with berries that I have picked myself. We are so fortunate in Sweden to have a law called the “right of commons,” which among other things allows people to pick all kinds of edibles such as berries, nuts, fruits, and mushrooms that grow in the wild, as long as

they're not on the endangered species list. It's a benefit we've enjoyed and taken advantage of since way back in time. And not only do we get to glean edibles outside or from our gardens, the exercise we take while harvesting is free of charge, too.

This dessert is as easy to put together as can be, and yet its flavor is exquisite. A LCHF lifestyle can accommodate berries in small amounts, as they aren't as loaded with carbohydrates like other fruit.

Warm Berries with Dark Chocolate and Cardamom Cream

Set out one piece of foil per guest measuring approximately 8 inches (20 cm) square, and place 3⅓ fl. oz. (100 ml) fresh berries in the middle of each piece of foil. I used wild raspberries, bilberries (blueberries), red currants, and sea buckthorn in my packets.

Place a few pieces of coarsely chopped dark chocolate (85–90% cacao) on top of the berries, which will add smooth sweetness and intricate flavors when it melts down into the fruit.

Fold the foil over the berries and pinch the ends to close the parcels. Place them on the grate of the grill over cooling embers, and leave to heat up for about 2–3 minutes, depending on how many embers are still left. The berries should reach no higher than lukewarm temperature, and all the chocolate should melt.

Place the berry packets directly onto dessert plates, open them, and serve with a bowl of crème fraîche seasoned with some ground cardamom and vanilla powder.



Cheese Platter

A tray of fine cheeses is the perfect dessert for those of us who follow an LCHF lifestyle. If the cheese (preferably from sheep's or goat's milk) is locally made, so much the better. A well-ripened, sharp, hard cheese would work well here, too.

To change things up from the usual combo of crackers, pears, grapes, and marmalades, I choose to serve cheese with black currants, radishes, and tart bell pepper chutney, which is naturally sweet from the inclusion of a bit of diced apple (the recipe for the chutney is on [page 62](#)). My seed crackers (on [page 22](#)) are also a nice addition; bake them without any seasoning except salt, so when they're served with cheese, the cheese flavors take center stage.



Coconut and Vanilla Pannacotta

Many of us associate pannacotta with intensely sweet desserts. This particular pannacotta, made in the LCHF way, derives its natural sweetness from coconut cream and vanilla bean.

This dessert is also fine if you follow a paleo/stone age diet, because the pannacotta is dairy-free.

No sugar and no cream, and yet it still tastes like pannacotta—everyone who has tasted it has declared it delicious.

Coconut Pannacotta with Vanilla Bean

- 2 packets coconut cream, 1 cup (250 ml) each
- 2 sheets of gelatin (or about 1½ teaspoons powdered gelatin)
- 1 vanilla bean

Coconut cream can usually be found with Thai foods at well-stocked grocery stores. Otherwise, use the thick layer of cream at the top of canned coconut milk.

Soak the sheets of gelatin in a bowl of cold water for 5 minutes. If using gelatin powder, follow the instructions on the packaging. Pour the coconut cream into a saucepan and let it melt over low heat. Cut the vanilla bean in half and add it to the cream. Bring the cream to a boil, and let it simmer over low heat for 5 minutes, stirring occasionally.

Remove the saucepan from the heat and remove the vanilla bean. Scrape out the vanilla seeds and return them to the cream while whisking. Wring out the gelatin (if using sheets) and add the gelatin to the warm coconut cream.

Let cool for a little while, stir thoroughly and pour the cream into glasses or dessert cups. Chill in the refrigerator for 3–4 hours until it has gelled.

Serve with fresh berries.



Grilling Vegetables



In this chapter you'll find tips on cooking vegetables that didn't fit in with the veggie recipes; these vegetables are delicious when grilled all the same. Most vegetables are very tasty simply when grilled as is, while others need to be salted or blanched or parboiled first.

Ordinarily, I grill vegetables in a foil pan or a basket specially made for grilling vegetables. There are several types of metal baskets, complete with holes that let the vegetables char without falling into the embers.

Brush the vegetables and the pan with mild-tasting olive oil, preferably one flavored with lemon. Plain oil with added crushed cloves of garlic, some finely chopped chilies, crushed saffron threads, or fresh herbs is also good to add to whatever vegetable is going on the grill.

Drizzle on some fine vinegar and sprinkle salt flakes onto the grilled vegetables; this brings out the flavors even more. Or simply squeeze on some lime or lemon juice. A pat of butter, plain or seasoned, adds a final, satisfying mouthfeel.

Apple – Cut the apples into quarters, and cut out their core so the pieces lay a bit flatter. Brush with melted butter, add a pinch of salt, and grill for 3–4 minutes on each side. Grilled apple is excellent with all kinds of pork dishes.

Asparagus – Both green and white asparagus make a great side dish for any grilled main course. First, snap off the woody end of the stalks. White asparagus stalks need to be peeled from just under the top and down the stalk. They also need to be parboiled for 3–4 minutes in boiling, salted water, slightly longer if the stalks are thicker.

Green, tender asparagus can be grilled directly; simply brush on some oil, season with a bit of salt, and place them in a vegetable grill basket or directly on the grill's grate. Roll the stalks on the grate to ensure that they color evenly all around. Grill green asparagus for 2–3 minutes; do the same with parboiled white asparagus.

Bell Peppers – All types of bell peppers become intensely flavorful when grilled whole until the entire surface of their skin turns black. Once charred, place the peppers in a bowl and cover with plastic wrap for 15 minutes. This makes it easy to remove the blackened skin and get at the juicy flesh.

Bell peppers can also be quartered, seeded, brushed with oil, and grilled for a few minutes on each side. Or, dice them and slip them onto skewers.

Broccoli – Separate the broccoli into florets and cut the larger ones in half. Brush with oil, and season with salt and pepper. Grill the broccoli as you would cauliflower, but this time be a bit more cautious when using the direct heat. The small broccoli florets tend to burn easily, and then taste slightly bitter.

Cauliflower – Separate the cauliflower into smaller florets. Brush with oil and season with salt and chili flakes, which adds a lot of color and flavor to an otherwise rather pallid vegetable.

Grill the florets over direct heat for 5 minutes. Turn the florets with a frying spatula a few times during cooking. Leave the cauliflower over indirect heat until it is as soft as you like.

Daikon Radish – Daikon does well when grilled, but requires parboiling for 5 minutes in boiling, salted water. Then brush with butter or oil, season with salt and pepper, and grill for 8–10 minutes, depending on the thickness of the slices.

Eggplant – Cut eggplant into slices $\frac{1}{2}$ – $\frac{3}{4}$ inch (1–2 cm) thick, across or lengthwise. Salt generously on both sides, and let them sit for half an hour. Wipe off the collected liquid; this removes the eggplant's bitter taste, and makes it even tastier when grilled. Brush the slices with seasoned oil and grind on some pepper. Grill 5 minutes on each side over direct heat or until the eggplant is soft, which is when it's at its best.

Small eggplants are very nice when left intact and grilled. Poke a few holes in the skin with a toothpick. Grill them over direct heat for 15 minutes, turning several times while cooking (the eggplant's skin will turn completely black).

Move the eggplant to the side of the grill to finish cooking, 30 minutes over indirect heat. Keep turning it now and then to grill it evenly. When it's done, cut it in four pieces lengthwise, drizzle with some olive oil, and sprinkle with salt flakes.

Last but not least, here is another very common way to eat eggplant in Turkey: Let the eggplant cool, slice it lengthwise, and scoop out the flesh with a spoon. Cut the flesh into smaller chunks and combine it with oil, lemon juice, and minced garlic. This eggplant dish acquires a deliciously smoky flavor when grilled.

Fennel – Parboiled slices of fennel are tasty as a side dish that goes particularly well with fish and chicken. Cut the fennel in half lengthwise, and place the pieces in boiling, salted water.

Parboil the fennel for 3 minutes; drain well. Brush with oil, preferably seasoned with saffron, and season lightly with salt and pepper. Grill over direct heat for 3 minutes on each side.

Garlic – Garlic baked in foil tastes wonderful. Cut the head in half, place a pat of butter and some salt onto each cut side; wrap in a small sheet of foil, one for each half of garlic. Pinch the foil together to close securely, and grill the packets for 20 minutes near the embers. Serve the grilled garlic straight from the foil, accompanied by extra butter and salt flakes.

You can also parboil whole heads of garlic in boiling, salted water for 3 minutes. Cut the heads in half, brush with olive oil and place the cut side directly against the surface of the grate. Grill for 3 minutes on each side.

Place the garlic on a platter. Drizzle some olive oil on top and season with salt flakes and finely chopped herbs. Use a fork to pluck the grilled garlic straight from the skin. This is a superb accompaniment to grilled lamb, beef, or pork.

Green Beans – Trim off the pointy ends. Place the beans in boiling, salted water. Blanch them for one minute, then pour the green beans into a colander and rinse them immediately in cold water. Make bundles of six or seven beans by wrapping them in a slice of bacon and fastening the bundle with a toothpick. Brush with oil and grill over direct heat, 2 minutes per side.

Lemon – Cut organic lemons into 1-inch (3 cm) thick slices. Brush with oil and sprinkle generously with salt flakes. Grill over direct heat until the slices are quite colored, at least 5 minutes on each side. Let them sit for a while over indirect heat, until they become very soft. Grilled lemon is exceptionally tasty when squeezed over fish, shellfish, fowl, and pork.

Miscellaneous Mushrooms – Mushrooms are at their tastiest when they're brushed with butter before hitting the grill, but seasoned oil works perfectly well, too. Mushrooms absorb a lot of fat while cooking, so brush on more butter or oil as you go.

Larger mushrooms such as portabellas and oyster mushrooms are delicious when grilled whole. I usually cut button mushrooms and wild mushrooms into smaller pieces. Season them with salt and pepper.

Larger mushrooms need 3 minutes on each side over direct heat, but then let them cook for a while on indirect heat. Grill smaller mushroom pieces in a vegetable basket or in a foil pan for 5 minutes over direct heat. Turn the pieces a few times with a frying spatula.

Onions/Scallions/Spring Onions – Grilled onions lose a lot of their sharp taste and become very mild and sweet. Peel large onions, yellow or red, and cut them into $\frac{3}{4}$ -inch (2-cm) slices. Brush with oil and season with salt and pepper. Grill the slices for 3 minutes on each side over direct heat. Leave the slices over indirect heat for a while to finish cooking.

Scallions, also known as spring onions, are very good to grill whole. Cut off the top of the green part, and grill as you would slices of onion. Smaller onions can be parboiled unpeeled in boiling water for 2 minutes. Drain them thoroughly in a colander. Brush with oil and grill for 10 minutes until the outer skin turns black. Turn the scallions several times while cooking.

Tomato – Grilled tomatoes have a delectably tangy flavor. Cut them in half or in thick slices and season with salt and pepper, chili pepper, or herbs. Grill for 2 minutes each side, or less if you are grilling slices. Don't allow them to get more than just warmed through, or else they'll turn mushy. Cherry tomatoes can be grilled whole, still on the branch, in a vegetable basket.

Zucchini/Summer Squash – Cut slices $\frac{1}{2}$ – $\frac{3}{4}$ inch (1–2 cm) thick across or lengthwise. Brush with oil and season with salt and pepper. Some squeezed lemon, chili pepper, and/or garlic are also good for seasoning these slices. Grill over direct heat,

2–3 minutes on each side, until the slices have developed a nice color but are not too soft.

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