

Jämtland Härjedalen

GASTRONOMY

ENGLISH EDITION

FÄVIKEN

MAGASINET

Magnus Nilsson

a passionate chef

LIGHT NIGHTS

at the rapids

BAMBOO EMPEROR

Japanese discipline

& subtle flavours

AGATON

the real thing and

prize-winning coffee

UNPASTEURISED

TREASURE

the scent of

coagulated sunlight

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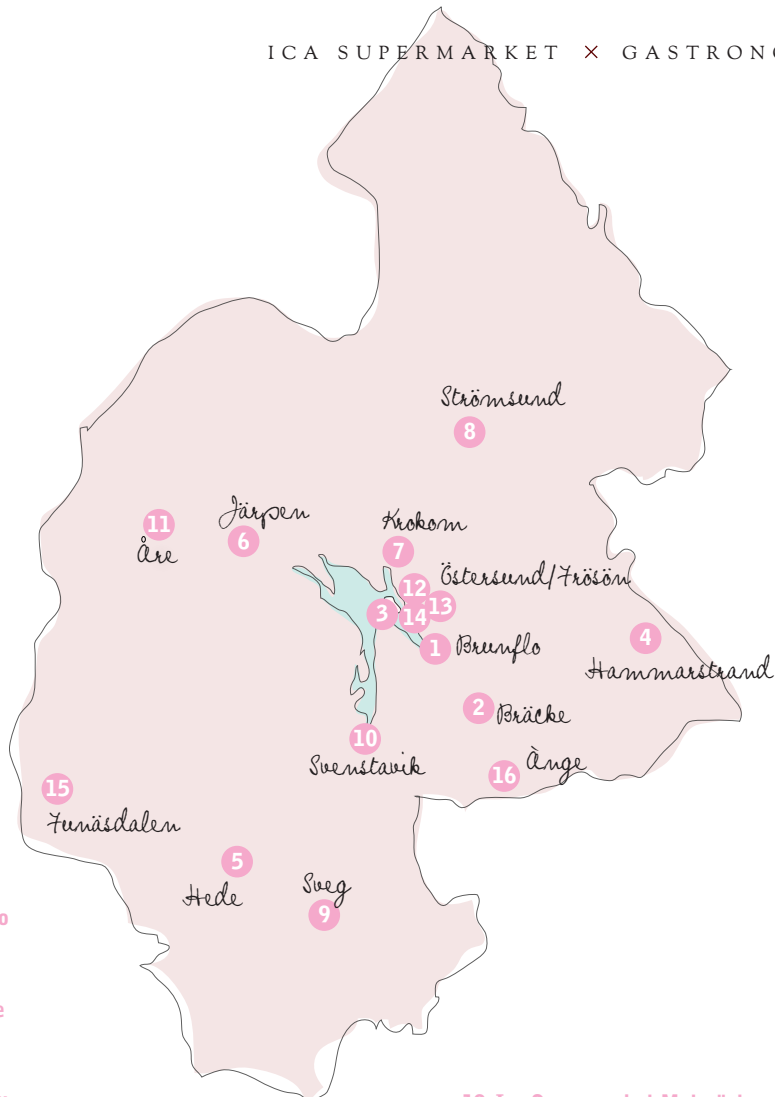


We love local

Jämtland is a fantastic culinary region, where a love of real food has resulted in world-class products. We want this to be obvious in our stores as well, which is why we work with local suppliers from around the county – so that you can enjoy top quality ingredients and genuine artisan foods. And there's another advantage: when you buy our local products you're supporting food production that is conducted with care and respect.

Welcome to our stores!





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GASTRONOMY Jämtland Härjedalen



Cover photo Tina Stafrén

The cover photo was shot on the shore of Lake Storsjön, looking towards Oviksfjällen. Shirt and shoes from Lundhags, trousers from Klättermusen and stove from Trangia.

Model: Ebba Víctor

Make up: Bitte, Turkos

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Visit our Facebook page. Search for Gastronomy Jämtland Härjedalen. Read more and book your culinary adventures at www.jamtland.se

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– *this is the place you've always longed for, even before you knew it!*

Are you a foodie or an outdoor enthusiast, or both? If so, Jämtland-Härjedalen is your paradise on earth, your gastronomic treasure trove. Its treasures and pleasures are hidden in the forests, the mountains, the people, lakes and villages, and in the beautiful little City of Östersund, at the heart of it all.

Hopefully, this magazine will help share our treasures and will interest you in visiting or even moving here. It's been said that "You can live your dream anywhere", and this region offers the right conditions for making your dreams come true. And here is where many wonderful people really are living out their dreams. You'll meet some of them on the following pages. The authenticity, poise, and the relaxed attitude of people here make it straightforward to live, work, enjoy and experience Jämtland-Härjedalen.

The soils and the landscape are among the most pristine on the planet, the changing seasons and the wilderness outside the door make every day an adventure. Jämtland-Härjedalen is proud to be part of Sápmi, the land of the Sami; this is a place where you can savour Sami cuisine and the Sami people's relationship with nature and their traditions and knowledge.

Almost every village in our region is home to skilled culinary artisans and small-scale farmers who, with a light touch, create the most amazing products and ingredients. Some products are incredibly innovative and inventive, while others are made using ancient methods and recipes that have been passed on from generation to generation.

There are restaurants that food enthusiasts flock to, eager to taste the most extreme form of Nordic cuisine, where the ingredients are gathered under the eaves and the menu is based upon year-round self-sufficiency. It's also possible to eat at home with local families; here you'll find a gastronomic spirit, food, drink, and culinary experiences that have given the region an international reputation as an exciting and creative gastronomic region.

TRY SWEDISH – try the treasures and pleasures of the GOOD* life in an amazing region.



Mårten Wikner Editor in chief - Gastronomy Jämtland Härjedalen. Tourism developer of culinary travel.



Fia Gulliksson is a food entrepreneur and the Food ambassador of Jämtland with a passion for sustainable gastronomy.

*) Tasty, sustainable, healthy



19



54



118



10



104



36



28



76

Contents

10 THE BAMBOO EMPEROR

– Japanese discipline & subtle flavours

19 UNPASTEURISED TREASURE

– the scent of coagulated sunlight

28 BEER RENAISSANCE

– big beers from small breweries

36 JAZZKÖKET

– mellow tones in the heart of Östersund

54 A LIGHT NIGHT'S FISHING

– at the rapids

76 FÄVIKEN MAGASINET

– long-haired chef serves proper food

104 THE REAL THING

– and price winning coffee in Funäsdalen

118 FAIR GAME

– elk, our gastronomic heritage

A person wearing a blue jacket is pouring liquid from a pot over a pan of food in a forest setting. The background is a lush green forest. The text "TRY SWEDISH!" is overlaid on the image, with a Swedish flag icon next to the word "TRY".

TRY SWEDISH!

Jämtland Härjedalen
GASTRONOMY

Unique gastronomy

BY: MARIT SIGURDSSON

It's not only the residents of Jämtland and Härjedalen that think their region is special in terms of its gastronomy. UNESCO has appointed Östersund a "Creative City of Gastronomy" and it was also named Sweden's Culinary Capital in 2011.

The Creative Cities Network is a global network that was launched by UNESCO, the UN's educational, scientific and cultural organisation, in 2004. The network's aim is to encourage exchanges and development within seven different categories: literature, film, music, crafts and folk art, design, media arts and, last but not least, food culture/gastronomy.

More than 29 cities around the world have now been named as Creative Cities, with only two others in addition to Östersund being awarded membership within gastronomy: Popayan in Colombia and Chengdu in China. Cities in Japan, France and Italy are currently applying to become members of the network, but the criteria are tough.

"Writing the application was a solid piece of work, mapping out all the county's gastronomic activities, where we are now and where we're going. It took a whole year, with Dag Hartman doing most of the writing," says Fia Gulliksson, culinary creator.

In order to receive membership a city must be able to show that its culinary culture is characteristic of the region and the city, and that there is a tradition of culinary art rooted in local ingredients. This gastronomy should also be marketed on a broad front and knowledge passed on in the culinary world through education. All the hard work on the application was fruitful and, in June 2010, Östersund was awarded membership with the following motivation:

"Östersund, a rural and sparsely populated region, has a longlasting culinary tradition and benefits from a unique gastronomic culture based on locally produced sustainable food. The city's support to gastronomic entrepreneurs and farmers through guidance, training support and product development is admirable and the resulting culinary traditions, tightly linked to the surrounding nature is expected to bring Östersund's distinctive profile as a gastronomic city to an international level."

"It was incredible when we received the award," says Fia. "The feeling was that anything is possible!" Membership in the network doesn't only mean honour and publicity, but also that you can benefit from the experience gathered in the network, share your own and develop new opportunities for creative tourism. "We have started a cooperation with China and a deputy minister for business has already visited us," says Fia.

Increased awareness

The application to become Sweden's Culinary Capital was relatively easy, as all the facts were at hand. And, at the time of writing, the year as Culinary Capital 2011 has just been summarised.

The recent media spotlight on Jämtland has already had concrete results that indicate increased awareness of the importance of local food, according to Fia. This is true at all levels: from consumer purchasing habits, to the tourism industry which is introducing food in its products, to schools and public spaces, to political decision-making.

"These awards are a testimony to the treasures that lie hidden in our forests, in the mountains, in the soil, in our artisan foods and our fantastic ingredients. It also boosts self-confidence, which means that more people from Jämtland and Härjedalen are proud of their region and want to pass on these treasures to our children in the same superb condition they were in when our parents loaned them to us," concludes Fia.





“Even I thought it was a bad idea”

- Tim on opening a restaurant in Grytan

THE BAMBOO EMPEROR

T A K E M I K A D O

Newsweek calls it “the best Japanese restaurant outside Japan”. Its founder, Tsukasa “Tim” Takeuchi, stands in the kitchen – a thorough, ambitious chef with a big helping of humility.

BY: LOUISE TORESSON, PHOTO: SANDRA PETTERSSON

The Mikado in Östersund is a celebrated and popular restaurant. The need to order your meal in advance has increased its mystique and its owner, Tim, is a relatively little-known figure. He has an aura of respect and when we arrive at the restaurant for our highly anticipated visit, the sense is almost that of a religious experience. We are prepared for tough Japanese discipline at the restaurant and that we should follow directions. A kimono-clad woman shows us to our table in the minimalistic restaurant. We start by ordering drinks and are recommended Japanese beer and sake, which

are traditionally served lukewarm in a small vessel.

“A BEAUTIFUL COUNTRY WITH BAD WEATHER”

Dinner lives up to all our expectations. Each course that is served on the beautiful porcelain is exquisite, both for the taste buds and the eye. Tsukasa “Tim” Takeuchi was born and raised in Japan, where his father was a skilled chef and ran a restaurant. At that time Tim had no plans to follow in his father’s footsteps; he dreamed of becoming an artist and moved to Germany to go to art school in Berlin. But Tim

found German difficult and instead he started at an international school in London. While in Europe he also visited Stockholm, Sweden, and found “a beautiful country with bad weather”. However, his fate had already been decided, as he had met his future wife, a Swede. Because Tim had learned a lot from his father and was interested in food, it was natural for him to start working in restaurants.

He had the chance to move to New York, but for love’s sake he moved to the country with bad weather. The job offers continued, from both Canada and France, but instead Tim chose to open a Japanese restaurant in Grytan, 15 km south-west of Östersund.

Grytan is, well, what could you call it... perhaps a small town, or a village, or perhaps just a place you pass through, with around 160 inhabitants. That’s 4½ people per hectare, so it’s not exactly crowded. Few people thought Grytan was a good place for a Japanese restaurant, so there was not really cause for celebration.

“Even I thought it was a bad idea,” says Tim, and laughs. Despite this, Mikado opened in 1987, and there were tough times.

“In Japan there’s a saying, ‘ishi no ue ni san nen’, which means that it takes three years of sitting on a stone before it warms up. In Grytan it took five,” says Tim, and his whole face lights up in a smile.

ARTISTIC CHEF WITH SWEDISH FAVOURITES

Tim has used even the hard times well. During slow periods, he spent time studying and developing his skills. He travels regularly to Japan to find inspiration and learn new skills. He is now perhaps one of the world’s best Japanese chefs and there are no limits to his precision and discipline. His artistic streak is expressed in the food’s presentation. Each dish that is served is a work of art and Tim’s skills with a knife are astounding. In just a few seconds he can carve a butterfly from a carrot and sails from a daikon. Food preparation is looked upon differently in Japan, and there have even been artists’ grants awarded to chefs by the state to help preserve traditional skills. Just like in Sweden, there is no longer time to make complicated or time-consuming meals at home. The fast food industry has grown and it is common to buy dinner in large stores that specialise in ready meals. Even in Tim’s house, dinners consist of food other than carved carrots. His Swedish favourites are clas-

sics such as pickled herring and black pudding with lingonberry jam, and these are often served for dinner.

NEWSWEEK PRAISES MIKADO

After the first five years of struggle, Mikado becomes a success. Newsweek calls it the world’s best Japanese restaurant outside Japan. Critics shower it with praise and its reputation reaches far outside the county borders. But, on a March Sunday in 2007, the restaurant is completely destroyed in a fire. No one is hurt, but many items with great sentimental value are lost forever, like the dolls that were handmade by Tim’s mother. It is devastating for Mikado, but it rises from the ashes - this time in a newly built Japanese temple in the old military base in central Östersund, with views of Lake Storsjön and the mountains.

Tim has not let his previous successes go to his head. He still has the same enthusiasm about the food and does everything himself in the kitchen. Guests must book their food three days in advance in order for Tim to order fresh ingredients and carefully prepare each dish. His working day starts at 9 a.m., when he collects the vegetables, and does not end until the guests have gone home and the restaurant is cleaned.


The restaurant is closed on Sundays, but that doesn’t mean it’s a day off. This is when Tim cleans the already gleaming kitchen so that everything is clinically clean. There are no spots or marks here; the work surfaces are empty and each item has a place on a shelf or in a cupboard.

HUMILITY AND CONCERN LEADS TO GREATNESS

The same thoroughness applies to the restaurant. Each guest is important to Tim and he wants everyone to be satisfied. After every dinner he comes out and thanks the guests before they leave.

“You can’t be totally sure that all the guests are happy,” says Tim when I ask if he ever has dissatisfied guests. “No one can win all the time” he continues, and I can see that this is a concern he carries with him. He wants every single person who comes to his restaurant to be content when they leave; it’s not about earning money or winning prizes, it’s about doing a good job and having satisfied guests. However, it’s probably this concern and humility that is the reason for his greatness. And this is what makes him Take Mikado, the Bamboo Emperor.

takemikado.se



*“The best Japanese
restaurant outside Japan”*
Newsweek

KOLBULLEN

– a greasy story

BY: LOUISE TORESSON

PHOTO: SANDRA PETTERSSON





Once upon a time, kolbullen was a food for charcoal burners and lumberjacks. Nowadays it is eaten on excursions and as festival food. This simple food has a rich history and many followers.

KOLBULLEN

THIS RECIPE MAKES A
BATTER FOR
APPROXIMATELY
4 KOLBULLEN

400 G AMERICAN PORK,
SALTED PORK OR BACON.
600 ML WATER
400 ML FLOUR
1 TSP SALT

SERVE WITH
LINGONBERRY JAM.

It's unclear whether Jämtland has a national dish, but a leading candidate has to be kolbullen – thick pancakes served with bacon and lingonberry jam. Every winter there are long queues in Badhusparken in Östersund, as young and old patiently stand in the smoke of the fires for a quarter, half or whole kolbulle with lingonberry jam. During the summer they are sold during the Storsjöyran music festival to fill the stomachs of hungry festival goers. Kolbullen are loved all year round.

Kolbullen were first discovered in Hälsingland, but soon spread to Jämtland, becoming daily fare for lumberjacks and charcoal burners during their long periods in the forests with no access to fresh ingredients. Kolbullen were fried in the cabins over the open fire that was also the only heat source. They were often made up to three times a day; an energy-rich but unbalanced diet that created vitamin deficiencies and gum disease.

Then, as now, the batter is a mixture of water, flour and salt, preferably made a day in advance. A frying pan was heated over the fire and the bacon was fried first. Amerikafäsk was a type of salted pork that had a long shelf life; this was commonly used and was perfect for taking into the forests. This dry salted, firm pork was originally from the US, thus the name, but eventually production started in Sweden. Amerikafäsk is still available, but nowadays smoked and diced pork is often used for kolbullen. When the pork has fried, the batter – which is now thick and smooth – is added and properly browned in lard or cooking oil.

Nowadays there are probably people who turn their noses up at this stodgy pancake that pretty much drips with fat, but kolbullen have still survived the storms of the LCHF and Atkins diets. After all, after standing in the smoke of the fire, it is wonderful to receive piping hot kolbullen in an already greasy serviette. Salty, crispy and oh so heavenly.



Instructions for making the tastiest kolbullen.

- Use hardwood for the best fire*
- Use a large cast iron frying pan with sloping edges.*
- Prepare the batter the day before and store in a plastic PET bottle for easy handling.*
- Let the flames from the fire come up around the frying pan.*
- Brown the pork until crispy and then add the batter*

At Jamtli Historieland you can visit lumberjacks and listen to their stories of life in the forests was like in the 1940s. You'll even have the chance to taste traditional thick bacon pancakes – kolbullen.



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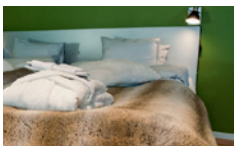
Our restaurant serves dishes that are influenced by cuisine from around the world, especially from this local region. It's here where we also find our produce, the inspiration for our menu and the secret ingredient that makes eating here so special – one of the best views in the world. The same view can also be enjoyed from our hotel rooms, if you wish to stay the night. Visit www.kallautolodge.com for more information.

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Sinnenas väg – a route for the senses

Those who want to taste Raftsjöhöjden's cheeses will be pleased to know the farm shop is open during the summer, the elk hunt and at Christmas, and has more than 1000 visitors each year.

In the summer you can take a voyage of discovery through the beautiful agricultural villages of northern Jämtland. Follow "Sinnenas väg", where the dairy, Raftsjöhöjdens Gårdsmejeri, is one of five tourist destinations along the route.

www.sinnenasvag.se

Unpasteurised treasure

BY: MARIT SIGURDSON PHOTO: TINA STAFRÉN

"It's the circumstances of the goats' life that give the cheese its character," says Gert Andersson of Raftsjöhöjden. They produce cellar-matured goat cheese, a product with such significance for the region's culinary culture that it's a designated Presidia of the Slow Food movement.

“Rudolf Steiner, who is the founder of anthroposophy, says that a farmer does not make his or her products, such as milk, but that he or she creates the conditions in which products arise.”

We have gone to Raftsjöhöjden to talk to dairy farmer Gert Andersson about cheese. Goat cheese, to be specific. Isa, a beautiful white goat, who is featured on the cover of this magazine, bleats obstinately when we arrive at the forest grazing land where the photo shoot is to take place. Gert shows our model, Sara, how to place Isa over her shoulders and keep a firm grip on the goat's front and hind legs. Sara is wearing a beautiful bridal tiara made from birch roots, but when the goat starts nibbling the headpiece we have to remove it. How about Sara holding the goat in front of her instead?

“Nah, that's so 1900s,” says Gert without a trace of irony in his voice. “This is how to carry goats.”

Three good processes

A good cheese is created through three transformation processes, says Gert with concentrated enthusiasm a short while later, as we're sitting in his beautiful family farm and tasting cheeses.

The first is how milk is made: how grass becomes milk. The process differs depending on whether the animals graze on natural pastures or live in a monoculture next to the farm, which is the industrial method.

“20 per cent of taste comes from the milk and 80 per cent of the taste comes from the microorganisms that the animal picks up from its surroundings, and which the goat is already carrying before it gets milked.”

The second transformation is about breeding developments, and the breed of animal you choose.

“We've had goats in this area for 5,000 – 6,000 years. That's such a long time!” says Gert excitedly. “And it's mankind's relationship with the goats over that time that has given us what we call native breeds. This is why the goats are so

Cheese talk...

127,000

In the 1920s, there were 127,000 goats in Jämtland.

Today there are approximately 1,500 in Jämtland and 3,000 goats in the country.

3

Your body is made up of approximately 3 kg of lactic acid bacteria.

Cheese has three age groups: young (6-10 weeks), mature (2-5 months) and aged (5 months, 1, 5 years).

Good bacteria

Unpasteurised cheeses are not necessarily risky – quite the opposite. The good bacteria in the milk, such as *Lactobacillus lactis*, survive, which helps to counteract *Listeria* and *E. coli* bacteria.

well adapted to grazing in these environments, because kids were bred from the best mothers.”

Interbreeding with other races may reduce the quality of the milk. For example, industrial milk production has led to cows being bred to become like American Holstein cows, says Gert, which generally provide poorer milk than our original native breeds.

“There's been a miscalculation, thinking in volumes, getting greater quantities of milk, rather than its sensory and nutritional qualities.”

If, like Gert and Gunilla, you have native breed goats that can eat roughage, meaning they can be outside when there's no snow and in the winter they can eat hay from the land, the milk is better quality. The proteins coagulate better and the fats in the milks are the Omega-3 type – two crucial ingredients of good cheeses.

The third transformation process is lactic acid fermentation. This begins when microorganisms are transferred to milk at milking time, mostly from the teat.

“When you draw down the milk, it's a physical-chemical element,” explains Gert. The teat is like a sponge, which can accumulate other microorganisms, lactic acid bacteria, yeast and mould. These microorganisms are present during curdling, when the acid culture is formed and, along with the effect of the rennet, make the proteins coagulate, and they are also present in the cellar where the cheeses mature. During the time in the cellar, enzymes form on cheese's surface and gradually penetrate the whole cheese.

Jämtland mountain cheese

Gert and Gunilla produce around 20 different cheeses, most from goats' milk. One of the cheeses is a cellar-matured goat cheese that was appointed a Presidia product by the Slow Food movement around 5-6 years ago. Apart from cellar-matured goat cheese, in Sweden only *suovas* has otherwise received this status. Both these products are strongly rooted in their region's food culture.

“This has been the traditional cheese of Jämtland and Här-

Presidia, for long-term culinary enjoyment

The Slow Food movement was founded in Italy by Carlo Petrini to protect traditional and sustainable artisan foods. The products are listed in the Ark of Taste – food that you would want to take onto Noah's ark. In addition, 300 foods from around the world (150 from Italy) have been chosen as Presidia products, which are in danger of disappearing. Presidia means bastion, and the project aims to protect unique agricultural landscapes, production methods and threatened plant and animal species.



A young cheese, just eight weeks old: Blå Cecilia, made from mountain cow milk from Jan and Berit Runsten in Alsén. In eight months it will be at its best.

jedalen since the 1300-1400s. These cheeses are known as mountain cheeses.”

“Cellar-matured goat cheese has been made in different ways on different farms,” says Gert. Unlike French cheeses, which were developed around monasteries with a strong written culture, knowledge in Swedish agricultural society was transferred orally from one generation to another, and each farm did things a bit differently. The aim is for this tradition to be preserved, so Presidia does not decide exactly how the cheese is to be made.

Gert and Gunilla are constantly working to optimise the conditions for their goats and thus their cheeses. The equation is simple, says Gert: “The better the milk, the better cheeses you can produce, and the better the cheeses the more they can be matured in a range of ways.”

Gert likes all kinds of cheeses, but his favourite varies depending on the season. “In the spring, when the first cream cheeses are ready, then they are best. And at Christmas, when it's cold out, then it's great to take a blue cheese and use it for cooking. And in the summer, it's nice to drink rosé wine with

a tasty, soft cheese in a camembert-style.”

Outside the cellar, Gunilla is standing and packing cheese. Cheese that will fly off the shelves for Christmas.

“The soft earth of the cellar is like a soundbox, where three basic criteria are required to produce a good sound,” says Gert and opens the solid wooden door. “High humidity, so that the moulds don't die, the correct temperature, around 10-12°C, so the lactic acid bacteria continue to work, and oxygen exchange so that there is not too much cheese in relation to the oxygen supply. This creates too much ammonia and the mould dies. If these criteria exist, the microorganisms that mix with the milk can develop into fine quality cheeses.

We put our heads in the soundbox where hundreds of cheeses are maturing. Our nostrils are filled with the scent, of all the good conditions that gathered in Isa's and the other goats' milk. To use Gert's expression: It is the scent of coagulated sunlight.

kullensgardsmjeri.se



Photo: Andreas Göransson

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The pleasant days and light evenings of summer are the best time to discover new places to visit.

From Tivarsgården you can look across the water of Lake Storsjön, savouring a delicious cheese plate and a glass of wine. Welcome to Norderön's gastronomic jewel: Tivars Gårdsmejeri.

Food is served just a stone's throw from the shoreline and there are magnificent views of the mountains in the distance. The menu includes the dairy's own cheeses, but the restaurant also serves deli plates, pies and plenty else. It is fully licenced and offers both wine and beer with the food.

Order a cheese plate and a glass of wine, carry it to the water's edge and take a seat to enjoy the farm's produce. Cool your feet in the refreshing water, idly throw some pebbles and listen to the plopping noise. Then you've enjoyed summer in Jämtland at its best.

tivars.se



Prickly perfection

A tasty place to visit, just a stone's throw from the city. Tina's sea buckthorn orchard, JämtTinas Havtorn, in Slandrom is somewhere you just have to visit if you're in Östersund – not just to sample some fantastic flavours, but also for the idyllic, tranquil surroundings. In the summer there is a certified organic greenhouse with a café where you can savour sea buckthorn in all its forms. If you would like closer contact with the spiny plants, you can settle down among the rows of trees. The farm shop has more unusual products on offer than those usually found in delis. Tina is, as she says herself, "mad about sea buckthorn", and it's easy to be caught up in her enthusiasm.

www.jamttina.se



Exquisite and in demand

Örtagård Öst is a phenomenon; the brothers who left their professions - croupier and electrician – to take over the family farm in Öster Övsjö, now have the world, or at least Scandinavia, at their feet. Örtagård Öst produces a great range of products, including berry and fruit wines and mead in the sister company, Jämtlands Vingård. Many of the finest delicatessens and most popular restaurants sell products from the little Jämtland village. They supply mead to Fäviken Magasinet, as well as charcoal from the farm's charcoal kiln. In Stockholm, their products are found at numerous restaurants, including Grill, Fredsgatan 12 and Smak på restaurangen. However, the biggest feather in their hat is probably Noma in Copenhagen, ranked as the world's best restaurant, which buys goods from the two brothers in Öster Övsjö.

nordictaste.se



BYHUSET – a place for new design

Byhuset is located in scenic Rödön, 10 km west of Östersund and five minutes' drive from Åre-Östersund Airport. It is a wonderful place to visit for children and adults alike, with great coffee and cakes, inspiring exhibitions and real treats for those who are interested in design and décor.

Byhuset's café serves delicious baked goods, fresh sourdough bread and simple but delicious summer food with a local influence. All the bread comes from the farm bakery, is made from organic ingredients and has no artificial additives, just natural goodness.

Formbutiken, the design boutique, sells Byhuset's hand-thrown stoneware series Matro, clothes, furniture and interior design products that are made to last, both in terms of form and function. This is a place to relax, renew your wardrobe and find inspiration for creative social spaces.

Since it opened in 1995, Byhuset has hosted a number of art and design exhibitions. Over the years it has displayed many skilled local and internationally recognised designers, photographers and artists. The contrast between pared down modernism in old surroundings, displaying the unexpected and combining different forms of expression, has become Byhuset's hallmark.

byhuset.se



Skärvångens bymejeri

Every year, around 15,000 people visit Skärvångens bymejeri, Skärvången's village dairy, in Krokom Municipality. In the summer there are daily tours of the dairy and a popular cheese buffet is served in the greenhouse. Products from the village are available in the shop, including bread, cheese, jams and preserves, charcuterie, etc.

bymejeriet.se



A taste of everyday life

The height of everyday luxury – plat du jour at home with a family in Östersund. Eight families are opening their homes and welcoming dinner guests from near and far to their tables. Guests will enjoy a different, personal culinary experience with a Jämtlandic touch, whilst meeting new people and getting to hang out in the kitchen and socialise. The host family composes the menu on the basis of their selected favourites, making each dinner unique. An added bonus is that every meal is made using ingredients from Jämtland. Guests can expect a fascinating evening with good food and hospitality – and perhaps a surprise or two!

jamtland.se/gastronomy



Manhattan in Östersund

Clarion Hotel Grand Östersund presents Kitchen & Table by Marcus Samuelsson. The hotel's popular restaurant now has an additional boost from star chef Marcus Samuelsson and Clarion Hotel's new restaurant concept, Kitchen & Table. The menu is spiced with dishes from Manhattan, but retains its popular Jämtlandic dishes.

Clarion Hotel Grand Östersund's new restaurant, Kitchen & Table, is part of a larger concept influenced by the international and culinary melting pot that is Manhattan. The restaurant has a relaxed atmosphere, right in the city of Östersund. Hotel guests, whether groups or solo travellers, can enjoy well-prepared food, while locals visit the restaurant to socialise over dinner or a cocktail in the bar. Popular dishes using local ingredients are combined with Manhattan influences that bring new flavours and favourites to the menu.

Marcus Samuelsson has cooked for US President Barack Obama and runs the celebrated Red Rooster restaurant. His inspiration comes from New York, and now he's bringing his influences and interpretations from Harlem, China Town and Little Italy to this restaurant in Östersund.

kitchenandtable.se



RAMUNDBERGET
1936

With the new cableway from Fjällgårdstorget to the top it will be both closer and more of Ramundberget - Summer and winter



HEAVEN & HELL

Thanks to the popularity of microbreweries, “live” beer has experienced a renaissance – beer has become high culture. At Sweden’s most prestigious brewery, Jämtlands Bryggeri in Pilgrimstad, the fermentation tanks are bubbling. They are adding to their family with Baltic Stout and are hoping for a heavenly response.

BY: JANNA THALÉN PHOTO: TINA STAFRÉN, BJÖRN EKLUND

The award-winning pride of Pilgrimstad – Jämtlands Bryggeri – is located in a factory building on the other side of the railway. Inside the weathered brick walls, in a chilly warehouse, large sacks of malt are piled in the middle of the floor, delivered straight from the maltster, Thomas Fawcett & Sons Ltd in Castleford, England. For every beer that is brewed, almost a tonne of malt is crushed and then mixed with water, yeast and hops in carefully selected volumes. The recipe for a prize-winning beer might seem simple, but behind each bottle of live beer is true craftsmanship and a passion for the drink that is beginning to make its mark in finer bars.

Peter Dahlström, from Jämtlands Bryggeri, isn't surprised. He has been in the business for 25 years and seen the trend approaching; “strong lager” will soon be a thing of the past. “Nowadays most people are amazingly knowledgeable and well-read. The

enormous interest in food and locally-produced ingredients has also generated an interest in artisan beer. People are increasingly trying out new varieties and have discovered that beer has a great deal of flavour,” he says.

Despite its 700,000 litres per year, Jämtlands Bryggeri is still one of the new generation of Swedish microbreweries. Production has remained relatively steady over the last few years and among their eleven beers is Hell, which has more than once been named the best Swedish beer. Its distinct hop aroma and bitterness have made this pale lager the favourite of beer connoisseurs and, along with its opposite pairing, Heaven, which is a bottom-fermented dark lager with clear roasted notes, the beer's success was guaranteed. It was the then master brewer, David Jones, whose sure hand and English heritage, created some of the brewery's most popular flavours. The present master brewer, Mats Nyström has con-



tinued the tradition and developed Steamer, a pale lager with a fruity aroma which honours the old steamers. Baltic Stout was also launched just in time for Midsummer, a dark top-fermented beer, powerful and full of flavour with a marked bitterness.

In the brewery, Marit Lof strides around in welly boots. She is a self-taught brewer with many years' experience of the craft and is the one who ensures that the complicated chemical process results in a beer according to the master brewer's recipe. It is very labour intensive work and Marit regularly leaves our conversation to check the temperature in the shiny fermentation tanks. When asked why beer from Jämtland stands out from its competitors, she says that water is an important element – the clear spring water from Pilgrimskällan – but also that the flavours are well-balanced.

“We brew beer that suits every type of beer drinker. It is non-pasteurised and has no additives or preservatives, which gives it more flavour even

“Nowadays most people are amazingly knowledgeable and well-read. The enormous interest in food and locally-produced ingredients has also generated an interest in artisan beer.”



if its shelf life isn't as long. Then there's the type of yeast that's used, but that's secret so I can't say anything about that,” she says with a laugh.

Pale lager is what sells best, making up almost 95 per cent of sales in Sweden. However, as more and more microbreweries are producing their own recipes, there is an increasing demand for darker beers and unusual flavours. Despite this, microbreweries' production is just 2 per cent of total sales in Sweden – but Peter Dahlström thinks that live beer is here to stay.

“In many restaurants, having a beer list is now as natural as having a wine list, and restaurateurs like to order their own labels for their favourites. Our next step is to add an organic live beer to the range,” he says, and hurries away to hand out beer labels to a curious, beer-loving passerby.

jamtlandsbryggeri.se

Big beers from small breweries

There is a great interest in artisan brewed beer and Jämtland now has seven microbreweries. The first was **Jämtlands Bryggeri**, which started operating in the mid-1990s. **Klövsjö Gårdsbryggeri** has seven products in its range, including **Oppistuggu Gårdsale** which is brewed from equal parts German ingredients, English tradition and Klövsjö's mountain waters. In Revsund you'll find **Bakgårdens lilla Pikobryggeri**, which brews everything from cloudy wheat beer to the blackest of stouts. **Jemtehed & Brande** in Grytan has surprising product names like **Naughty Burts' Brown** and **Mighty Mofaza**. **Rävns & Skatans Bryggeri** is located in Frösön and is among the newest start-ups with IPA and stout in its range. **Jormbryggeriet** in Jormlien offers three types of beer: a pale lager, an ale and a dark stout. And, in Huså, there is **Åre Bryggcompagni**, which calls itself a nanobrewery and has recently launched its first product – **St John Northern Brown Ale**.



892 Milk Stout from KGB, Staffes jazzklubb IPA from Baggården, APA (American pale ale) from Rävns & Skatan, Steamer Lager from Jämtlands Bryggeri, Mighty Mofaza (hoppy pale ale) Jemtehed & Brande.



Full-service tasting

If you'd like to enjoy a full-service culinary journey with an expert guide, then a Taste Workshop is what you're looking for. This is a tasting concept that originated in the Slow Food movement; it's not just about taste, but also about provenance, culture and history.

kulttur.se



grändens deli
PASSION FOR DET GODA

Crème
de la crème

BY: TINA STAFÉN PHOTO: BJÖRN EKLUND

The tastiest, the best and the oddest things you can take home from a visit to Jämtland are found in Östersund's delis. Take a tasting and shopping tour through the centre of Östersund and enjoy flavours that last.

We suggest that you start at Mittpunkten, the mall at the eastern end of the city centre, from where it's just a stone's throw to Grändens deli. Continue the tasting tour through the city, preferably with a detour down Hamngatan if you are interested in Jämtlandic art. The framer's, Svenssons, offers colourful works by the county's pride, one of Sweden's most celebrated naïve artists, Primus Mortimer Pettersson.

If you continue all the way down to the marina you come to Storsjöhyttan, the county's first studio glassworks which, among many other things, makes its own series of drinking glasses, Jämtlandsservisen. If you'd like to combine your Jämtlandic flavours with an eastern element you can pop into Österns livs on the way back to the pedestrian area. Once back on the pedestrianised Prästgatan, you'll be met by the scent of freshly ground coffee coming from Telo Gott, the city's oldest confectioner.

We recommend stopping at Gaupa on the way to Ost & Vilt. It's a store that sells the best local arts and crafts, with everything from homemade socks to incredible fabric and sheepskin blankets. If you walk westward towards the square, Stortorget, you'll soon arrive at Ost & Vilt. This is where you must remember to try goike suovas... or delicious bear sausage, smoked reindeer heart or tasty berry drinks. If you take the pedestrian street back through the city you can finish your tasting tour at Grändens delikates, which has a wide range of Swedish and foreign goods. Gifts with great flavour are among the best things you can take home from a visit to Jämtland.

Ost & Vilt offers high quality products, primarily from local food artisans. There are many exciting flavours to discover and its selection of reindeer meat is the best in the city. The cheese and charcuterie is sold over the counter, and naturally you get to sample the food before you buy. You can also book cheese or charcuterie tastings, where you and your companions can nibble your way through the exclusive products. Tastings are booked via the shop.

ostochvilt.se

Grändens deli is a complete deli, filled with culinary pleasure. It boasts a great range of the finest foreign products imaginable, as well as local, such as deli baskets, olive oils, salami and panettone.

grandensdeli.se



TeloGott has something for every bon vivant – you can browse through a hand-picked range of coffee, tea, confectionary and cigars. The shop always has freshly roasted coffee beans; they are sold whole, or you can have them ground in the shop. You might just discover an unknown favourite among the hundred-plus tea varieties on the shelves.

telogott.se



DISCOVER
Jämtland Härjedalen



Photo: Jonas Kullman

www.jamtland.se

ELDRIMNER

It's no accident that Jämtland is at the leading edge of artisan food production – and it's no accident that there are now almost 200 artisan food businesses in rural Jämtland.

The region has an unbroken tradition of small-scale farming, artisan foods and unique culinary practices, and it has Eldrimner – the Swedish National Centre for Small Scale Artisan Food. Eldrimner attracts people from all over Sweden, people who want to learn about the various aspects of artisan foods: dairy, charcuterie, bread, berries, fruit and vegetable processing and fish processing. Culinary artisanship results in unique products that have a flavour, quality and identity, where the human hand is present throughout the production chain. The resource centre offers knowledge in a range of forms, both in the early stages and the development of artisan food businesses, through advisory services, study visits, development work and knowledge exchanges.

“We are rebuilding our training centre in order to meet increasing interest and requirements. We'll then be able to offer more courses and higher quality. There will be a charcuterie, a dairy, a bakery and facilities for processing fruit, berries and vegetables,” says the head of operations, Bodil Cornell.

Bodil is Eldrimner's founder and, ever since the end of the 1970s, she has been dedicated to the growth and development of artisan foods – firstly, and for many years, only in Jämtland and primarily with farm dairies. She soon realised that if you can make cheese, you can also produce fantastic charcuterie, sourdough bread, exquisite jams and all types of drinks, such as fruit nectars, to name just a few of the riches of artisan food production. The successes in Jämtland meant that Eldrimner became the Swedish National Centre for Small Scale Artisan Food.

Eldrimner is a leader in the development of artisan food production throughout Sweden. Over the years the centre has become linked to an impressive network of Europe's foremost experts in artisan foods, experts who also teach courses and training sessions. Eldrimner works closely with business, where many food artisan entrepreneurs also function as advisors. The centre's steering group consists of artisan food producers from every industry, from different parts of Sweden, and also has five specialist advisors who are important in maintaining Eldrimner's courses, as well as providing knowledge and working on the issues brought up by artisan food producers.



Bodil Cornell -founder of Eldrimner – the Swedish National Centre for Small Scale Artisan Food, located in Ås, 10 kilometres north-west of Östersund.

www.eldrimner.com



MELLOW TONES AT

Jazzköket

The courtyard at Prästgatan 44 in Östersund could just as well be in Brooklyn, New York, but the burger on the menu comes from mountain cows and reveals the true location of Jazzköket. Lean back and relax in a place where the food and music combine to form a great experience.

BY: EMELIE STRAND, JANNA THALÉN
PHOTO: TINA STAFRÉN, BJÖRN EKLUND

“The guests’ chatter and enticing aromas from the kitchen mix with Monica Zetterlund’s soothing voice.”

The restaurant opened last November, with a façade decorated with pictures of jazz musicians – a hint of what’s hidden behind the door. This is where the creative duo of Stoffe Andersson and Fia Gulliksson – or the chef and banquet cook, as they call themselves – opened Jazzköket (‘jazz cuisine’). Stoffe described the concept as “genuine, with plenty of love and presence.”

“When we found the premises we realised that we could do something really cool. And it’s exceeded our expectations, largely thanks to the chefs and us being a strong team. Everyone has the same passion and ambition.”

The uniquely decorated restaurant has two areas, Matsalen och Vardagsrummet – dining room and lounge – with an open kitchen and bar at its heart. There is a bakery in the cellar, where the restaurant’s sourdough bread is made, but Stoffe and Fia hope that the bakery will move to new premises next to the courtyard in the autumn.

My shoulders drop as I walk through the door to Jazzköket. It feels as if I’m in a good friend’s living room, and I have to stop myself from kicking off my shoes and curling up on the sofa. There are well-stocked bookshelves, potted plants in the window, odd pieces of furniture mixed with modern designs, magazines on a table. The guests’ chatter and enticing aromas from the kitchen mix with Monica Zetterlund’s soothing voice. I say hi to the chefs who wave back – the relaxed atmosphere is complete.

The restaurant’s food philosophy includes “great little touches” as Stoffe puts it. The focus is on local, organic ingredients and the idea is that really

good food should be accessible to everyone. Beef from mountain cows, souvas toasties or Fångsten (the Catch – what the mountain waters offer on the day) might be on the menu one week. New flavours appear the following week. A few tables can be booked, but otherwise you just turn up and, if it’s full, you simply share a table with others.

Cool cats at Foodjam

Foodjam is occasionally organised in Matsalen. This is a food ‘improv’, during which various creators – a food producer, a farmer, chef, baker, culinary artisan, author, artist or musician, along with Jazzköket’s chefs – create a unique menu in front of the guests: a “gastro experience”. Since it opened, Jazzköket has hosted twelve foodjams and they will continue in the autumn.

“They’ve been incredibly popular. Recently we had Peter Blombergsson, a duck breeder who served duck eggs and duck liver,” says Stoffe.

But what about the music? Black and white photos of the jazz greats hang on the walls and there is a small stage in a corner. This is home to Staffes Jazzklubb, the establishment’s own jazz club, which is artist Kajsa-Tuva Henriksson’s way of honouring her father. Over the years he had collected a priceless trove of pictures, books and discs from the world of jazz. Jazz musicians come here from near and far, but the club’s members can also book a night for playing their own favourite records.

Music is a vital ingredient at Jazzköket, along with the food and surroundings – and meetings between people. Lean back, close your eyes and relax.

jazzkoket.se



Jazzkøket



Leikstjóri
GÅ TILL GULEBYNS
FÖR NÄSTA LEDRÅD

FOODSTOCK - a culinary market with the rock stars of food!

The last Saturday in May saw the inauguration of an entirely new culinary market in Jämtland – Foodstock. Food ambassador Fia Gulliksson and her restaurateur colleague Kristoffer “Stoffe” Andersson, from Jazzköket in Östersund, thought it was time to bring the important figures in the food industry into the spotlight.

“Everyone knows about Woodstock, where an American farmer let his land be used for a festival that celebrated musical stars and influenced a whole generation. Jazzköket now wants to do the same thing for the region’s food,” explains Fia.

At Foodstock, visitors meet food ‘rock stars’: farmers, chefs, bakers, culinary artisans, growers and processors. In the courtyard at Jazzköket the crowds can enjoy themselves, tasting, smelling and shopping.

Come here to fill your larder with products that can be hard to find in the shops, local ingredients that are of top quality and have plenty of flavour. Well-hung beef, birch sap syrup, duck eggs, organic hens’ eggs, herbs, cheese, butter, sourdough bread baked in a stone oven, honey and flour are some of the ingredients you can buy from Foodstock.

The idea is for visitors to meet the people behind the food and to enjoy a wonderful culinary experience. If hunger strikes while you’re there (always a risk...) local street food is on sale. The courtyard also has a stage where pretty much anything could happen!

“We’ll see where it goes – the idea is that a continuation will develop during the autumn,” concludes Stoffe.

There are two opportunities to visit Foodstock in Jazzköket’s courtyard during the summer – the last Saturdays in June and July, from 11 am until 3 pm.



ARTISAN CHEESE

Robert and Kristina Åkermo welcome you to Oviken Ost, where taste is everything. The surroundings are stunning and this is a place where everybody can find their own little piece of heaven.

PHOTO: STEPHANE LOMBARD, TINA STAFRÉN

Oviken Ost is a dairy – the name means “cheese from the village of Oviken”. Oviken Ost was founded in 2002 and produces artisanal cheese and other dairy products from sheep and cow milk. They supply fine restaurants with suckling lamb and other lamb products, such as kidneys and sweetbreads. Their cheese is made using only milk from their own dairy sheep, which graze around the farm; the cow’s milk is purchased from a nearby farm. All the cheeses are made by hand from unpasteurised milk, as the raw milk is of the highest quality and the aim is to retain all its flavour and properties.

The farm has belonged to the Åkermo family since the 1350s. It is located at the southern end of Lake Storsjön, near the city of Östersund in central Sweden. Agriculture has been conducted in the area since the Middle Ages and the calcareous and fertile soil offers an excellent environment for growing crops with which to feed livestock.

Oviken Ost has about 90 acres of fields and manages approximately 2000 hectares of forest. They also have their own summer pastures in the nearby mountains. Both the farm and the dairy have heating and hot water supplied by a wood chip boiler fuelled with wood from their own forest.

The number of animals on the farm varies during the year. During the breeding season, February to April, they have about 450 ewes, of which about 250 are young ewes. There is a cull and 300-350 ewes give birth in early July. They milk 200-250 ewes from August to early February (200-220 days of lactation). During the summer they have 500 to 600 suckling lambs.

Kristina is a veterinarian and Robert an agricultural engineer. Leaving employment to found Oviken Ost was an ideal way for them to combine their interest in animals and farming with their passion for good cheese and artisan food. Between 1995 and 1999, Kristina and Robert made a number of studies in dairies and farms across Sweden and northern Europe.

Unable to find a milk sheep breed with the desired genetic qualities in Sweden at that time, they decided to engage on their own long-term breeding plan. They began by crossing Nordic ewes with a purebred East Friesian dairy ram and also imported semen from Holland. In 2006 they were able to buy six unrelated purebred Dutch rams in Finland and crossed them with the Nordic breed. From 2008 they have been able to start selecting the animals that have the best milking properties, those which are to give a good amount of milk with high fat and protein levels. They also need to be good mothers. The goal is to be able to milk 200-250 ewes, each providing 500 to 600 litres of milk, per year.

Cheese from Oviken Ost is highly appreciated and is served in many restaurants in Jämtland and in the rest of Sweden. Their products are available in good delicatessens, but the best way to experience them is simply to take a trip to Oviken Ost among its pastures, with the mountains in the background.



LORD OF THE SQUARE

Far from scaled-down design concepts and lit by chandeliers, classically prepared ingredients are served with new accompaniments.
Welcome to Sir Winston Upstairs.

BY: JANNA THALÉN PHOTO: BJÖRN EKLUND



In the late summer of 1897, a group of distinguished gentlemen leave Järpen by horse and carriage. They journey onwards via Lake Kallsjön on a boat and take a steam launch over the next waters. Seven hours later, after a short walk and a row boat across Lake Äcklingen, the group arrives in Kolåsen, 1500 feet above sea level. They are welcomed by restaurateur Elisabet Hertzström, who has been tasked with housekeeping for the four English gentlemen during their stay. For the young Winston Churchill, this is an eagerly-awaited trip.

At that time, Jämtland was famous for its excellent hunting and fishing, and leave from his service in India had made the trip possible. Hunting went well and Churchill enjoyed preparing food. Little did the local population guess that the cheerful chap staying in Fiskarstugan would eventually become prime minister of Britain and have a decisive role in bringing role peace to Europe.

The Sir Winston restaurant is on Östersund's city square, in a building from 1890. Last November, Sir Winston Upstairs opened in premises one floor up from the street, made by joining two high-class apartments. The décor is a grandiose celebration of the era of Sir Winston Churchill's visit to Jämtland, with beautiful Art Nouveau carvings, gold ornamentation and period printed wallpaper made in the old-fashioned way. The heavy oak tables and dining chairs with leather seats make the rooms feel rich and cosy. There are original chandeliers hanging from the ceiling and heavy curtains with magnificent tassels complete the picture. Sir Winston gazes across the room from a black and white photo on the wall – there's no doubt that he would have liked it here, with a coffee and cognac to his trademark cigar.

Head chef Jimmy Kjellberg adds a modern touch to the concept. With his tattooed arms casually placed on the oak table, he describes Sir Winston's food philosophy. Just like the other restaurants in the Sir Winston sphere, its philosophy is based on using local ingredients as much as possible. Both à la carte and specially-designed tasting menus are served. There is nothing over-complicated; guests should recognise what they

see on their plates but be surprised by the side dishes and flavour combinations. Kjellberg hopes to inspire guests to try something new, and to a question about his favourite side dish he laughs and says laconically "asparagus".

“Creative flair is great, but nothing beats fresh greens.”

Since Sir Winston Upstairs opened, it has received a great deal of publicity. The unique surroundings, one floor up from the noise of the street, offer a more private dining experience, which attracts businessmen, individuals and families with small children. It's possible to book a room of your own; "Sir Winston" for larger groups of up to 24 people, or the more intimate "Jaktrummet" (hunt room) for smaller groups. The idea behind a chambre séparée also comes from around the turn of the last century and is part of what the management of Sir Winston have chosen to call "private-dine". Henrik Hvald has been there from the very start, and explains:

“There are many trends in the restaurant business and recently the focus has been on fine dining. We want to develop that concept by adding the feeling of being at home, eating a well-prepared meal in private surroundings.”

I lean back and close my eyes. I'm transported back to the height of the steam era and the famous Stockholm Exhibition. The background noise, the rhythm of a cane tapping on the parquet. I can hear the chefs at work in the open kitchen.

The mountain char from Landön is perfectly tender. I savour the large green mussel and smile when I see the side dish – buttered asparagus. The chocolate and caramel cake for dessert satisfies every sinfully sweet desire and the cool cherry sorbet with salty caramel sauce is a surprise, just as Jimmy planned. When I eventually step out into the sunshine in the square, among skateboarders and the people enjoying their lunch breaks, I can't help but wonder what Sir Winston himself would have said about the restaurant upstairs. He would probably have put back his head with a giant, rolling laugh and given the V for victory sign.

sirwinston.se



Head chef Jimmy Kjellberg



A scenic landscape featuring a dirt road that curves through a forest of trees with autumn foliage. In the foreground, there are utility poles and a small wooden shed. The background shows rolling hills and mountains under a clear sky.

JOURNEYING IN A LAND OF ENTHUSIASTS

BY: LOUISE TORESSON PHOTO: TINA STAFRÉN

We take a trip to two places where a love of raw ingredients is set centre stage: a Sami restaurant, Hävvi, in Glen and Wikners in Persåsen, where we can enjoy Leif Wikner's feeling for and love of... wood.

We leave Östersund behind us, turn off road 321 and continue westwards on “Fäbodvägen” (the shieling road), a gravel road that winds 50 km up into the mountains of Oviksfjäl- len, passing a number of shielings. The sun shines on the green grazing land and now and then a cow stops and looks at us as we drive past. Even though they should be used to cars, we still feel as if we have surprised them.

We continue towards our first destination, deep in the mountains: Glen. Glen is a small Sami village with a Sami preschool. The Southern Sami language and culture are central to the preschool's activities; the children spend a great deal of time outdoors and learn about what nature can offer. They become aware of where food comes from and how to prepare it: everything from berries and mushrooms to reindeer, which have always been part of Sami culture. They even get to be there when the reindeer that will provide the school with meat for the next year are slaughtered. It is a great approach and something that many preschools could learn from – but this isn't just a preschool.

Sami cuisine

Elaine stands in the kitchen, a perky, cheerful young woman who found love with Thomas, a Sami from Tossåsen Sami vil-

lage. For Elaine, who was an experienced chef, it was natural to learn about the Sami food culture. She is now so comfortable with it that she has opened Hävvi, a Sami restaurant, here on the pleasant premises of the preschool. Hävvi means ‘of course’ in Southern Sami, even if it doesn't feel quite so ‘of course’ to us that you can run a Sami restaurant here, far from the major tourist spots.

But the more we see of Elaine, the more we understand its potential, and finally we can also say ‘of course’. Because Sami cuisine is largely composed of what the mountains and reindeer husbandry can provide, proximity to the ingredients is valuable. The menu has every imaginable variation of mountain food and forest morsels, such as elk, reindeer and char.

One of the items on the menu catches my interest immediately: pancake of reindeer blood, always with crispy edges, served with preserved lingonberries. When a menu promises crispy edges I just have to try it – and when the pancakes were served that promise was kept in abundance. Sweet and salty at the same time, and incredibly tasty. Apparently, this is a favourite with the preschool children too, and I can't resist comparing it with my memories of the school canteen's black sausage, which had neither taste nor crispiness.

As we've travelled all this way, we have to



try another dish – and when we eat Elaine’s boiled and salted reindeer tongue with blood dumplings, mashed root vegetables and horseradish butter, we understand how talented she really is. The reindeer tongue was fantastically tender and I had never before eaten such an airy mash and such smooth horseradish butter. Still, some foods require getting used to; the blood dumplings just weren’t for me, but that doesn’t have anything to do with Elaine’s cookery skills.

I ask Elaine whether fillet of reindeer is what she considers the finest dish, but she just laughs and shakes her head. “Reindeer fillets are served in fancy restaurants, but they’re not food for special occasions for the Sami – then it should be slow cooked,” says Elaine, adding firmly, “With dumplings.”

I glance shamefaced at the remains of the

dumpling that I left on my plate and move quickly on to dessert. This is angelica sorbet, which has a refreshing and surprising flavour. In traditional Sami medicine, the angelica plant is regarded as having many healing properties and is used to help both stomach ache and rheumatism. I don’t suffer from either, but my sorbet is still enjoyable.

Touch wood

We conclude our flavourful visit to Hävi and journey back along Fäbodvägen to visit Persåsen. Stepping into Wikners in Persåsen is like stepping into a world of wooden handicrafts. Wherever you look there’s another lovingly carved detail. Mr Leif Wikner is the man responsible for most of the pieces and who started the business. Nowadays he runs the establishment, which



"In traditional Sami medicine, the angelica plant is regarded as having many healing properties."

has food, accommodation, a gift shop and art exhibitions, with his sons, each of whom has found their own way to look after their father's work.

Leif immediately takes us to the workshop, where he is going to guide us in the art of woodworking. We are going to make our own chopping boards, something that many companies and groups do when they visit Wikners. When we get to the workshop, it's as if the already cheerful Leif lights up a bit more. It is obviously his paradise and he enjoys talking about his craft. When he shows me what I consider to be a fairly hopeless bit of wood, his experienced eye is seeing something else. He sees the wood's natural shapes and rings and starts creating from there. It's this eye that has made him the artist he is.

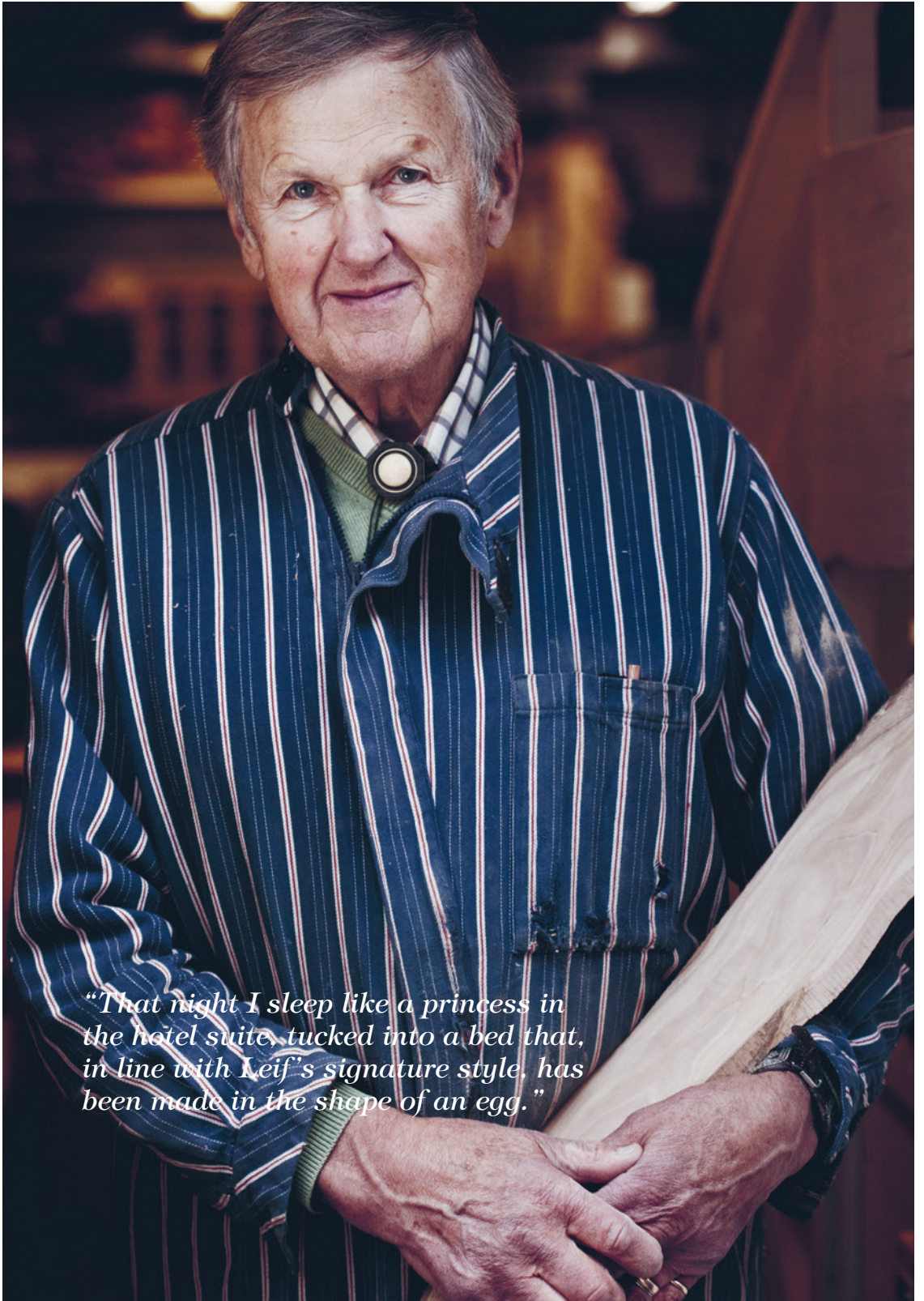
Even if the wooden crafts are worth a visit in themselves, you shouldn't miss the restaurant. Its modern architecture and warm décor make it a milieu with a true Persåsen atmosphere. We savour a dinner with the tastes of Jämtland: tasty cheese pie made from Oviken cheese, and char with whey butter sauce.

That night I sleep like a princess in the hotel suite, tucked into a bed that, in line with Leif's signature style, has been made in the shape of an egg. The perfect end to an interesting, insightful and, above all, inspiring day.



havviiglen.se
persasen.se





“That night I sleep like a princess in the hotel suite, tucked into a bed that, in line with Leif’s signature style, has been made in the shape of an egg.”



A person wearing a white cap, a brown jacket, and green gaiters is walking away from the camera on a dirt path through a dense forest. The path is covered in fallen leaves and twigs. The forest is filled with tall, thin trees and thick undergrowth. Sunlight filters through the canopy, creating a dappled light effect. The overall mood is serene and adventurous.

Midnight fishing on Ammerån

Arguably one of the best things about the Swedish summer is how light the nights are. A great way to take advantage of them is to head to the nearest rapids with a fly rod in your hand. Come with us to the river Ammerån, where we don't only learn fly fishing, but also how to gut and clean our catch.

TEXT: LOUISE TORESSON PHOTO: TINA STÅFRÉN



“There’s something special about running water,” he says. “It leaves no one unaffected.”

Let's start from the beginning: I'm not a practiced fisherman. My experiences reach as far as impatient angling from a jetty on tranquil summer evenings with a spinning rod. But there is something about fishing that has a hold on me, as if there's an unspoken agreement between nature and fisherman, as if a game is being played and you're constantly being challenged. And the winnings go straight to the person who plays the right cards. The excitement builds as you search for the perfect cast and read the conditions. This is why I'm full of anticipation ahead of tonight's fly fishing. It is an overcast afternoon in June. The news promised better weather, but it doesn't seem as if that

promise will be kept, and one can't help but wonder if the Swedish summer is already over, even before it arrived. But suddenly the clouds part and rays of sunshine through the refreshing summer air, warming rays that will light the evening for us for many hours to come.

Birger Ajax and Björn Von Essen from Ammeråns fishing camp meets us on the road and we drive behind them, down towards the river. My low-slung little car works hard on the bumpy forest track, but we soon park and walk the final kilometre along a trail. We arrive at a wind shelter on a bend in Ammerån. The sixty-kilometre-long river flows from the mountains, down through the forested landscape



and finally empties into the river Indalsälven.

Unregulated water for log driving

Ammerån was used for log driving until the end of the 1960s. In order to collect the water in an even channel with a fast current, the river's tributaries were blocked and stone caissons were built. The changes affected the fish population and both grayling and trout need a varied habitat for hunting and protection, which declined during the 1900s.

However, the river has never been harnessed for hydroelectric power and, as one of Sweden's few unregulated rivers, Ammerån has been the topic of research projects and doctoral dissertations. This has resulted in an attempt to restore the rapids to how

they were before the log driving era, so that the fish will thrive... yes, like fish in the water.

We stand along the rapids and Birger, who runs Ammeråns fishing camp, has himself been involved in the battle to keep the river unregulated. The rapids are part of his being, evident in the way he gazes across the waters. "There's something special about running water," he says. "It leaves no one unaffected."

Birger is also the one who gives me a basic course in fly fishing. According to him, women tend to find fly fishing easier than men, as their movements are smoother. The sweeping, rhythmic gestures of the rod are also the reason that fly fishing is so beautiful to watch. Getting the line to cut the air in an even arch and landing the fly correctly on running water is about *fingerspitzengefühl* and timing.

It takes a few casts, but Birger helps me with suggestions and guidelines and, above all, encouraging words that make me think that maybe I could be the



best beginner ever. Every cast challenges me to do better next time, to reach further out and turn the rod at just the right time. The Swedish summer evening starts to show its best side and evoke the feeling that one of the mythical beings drawn by John Bauer could appear at any time. Still, even if the weather gods are with me, my luck at fishing is glaringly absent, but the others have had better luck and we return to the wind shelter to cook the catch.

Björn is responsible for cooking, something he is used to as he once taught chefs at Lernia. His philosophy is that food should be simple but tasty, which he demonstrates tonight. Once the fire has burned down to the perfect barbecue coals, he starts with a sauce that is not only easy to prepare but is also easy to carry in a backpack. The base is crème fraîche combined with chopped chives, caviar, salt and pepper.

Once the fish is gutted and cleaned, he puts it skin-side down on the grill rack. As soon as it's

cooked, he removes the rack from the coals and throws on a spruce twigs that quickly ignite and form dense white column of smoke. The grill rack goes back on the coals, but this time the fish is flesh-side down to give it the flavour of smoked spruce. A few minutes are enough for it to cook.

The fish is cleaned and put on soft unleavened bread - and the result is so delicious! The smoked fish flavour marries well with Björn's sauce and we enjoy the food, each with a cup of freshly boiled coffee from the huge coffee pot. The hearty meal around the fire, with the June sun glittering on the rushing Ammerån leaves nothing to be desired. It doesn't bother me that I wasn't the one who caught the delicious fish, it tasted wonderful anyway. The night is here but the light hasn't left us. It is a Swedish summer night and it is absolutely delightful – just as it should be.

ammeransfiskecamp.com

Birger's top fishing tips!

- Don't stress, wind down, enjoy the surroundings and be at peace with yourself. Stressing does you no good in Ammerån.

- Choose a good spot and have the patience to remain there, there's no point in running around. Of course, if you want to get to know the river its best to move around, but staying in one place gives better fishing. A strike period lasts for about ten minutes. Ask local fishermen and try to get their advice.

- You must be in harmony, and have time. If you don't think you'll catch any fish then you probably won't.





Drömfiske

In Jämtland and Härjedalen you can fish whenever you want, all year round. There's something for everyone, whether they be serious game fishermen or true novices, as each season offers unique fishing in fish-rich waters accompanied by extraordinary scenery.

dromfiske.info



Bjorn's barbecue tips

- *Mix a sauce using crème fraîche, chopped chives, caviar, salt and pepper. A variation is to mix in lime zest, runny honey and salt. Both sauces go well with fish.*
- *If you want to broil the fish you can put sesame seeds on it, but then no spruce twigs are needed.*
- *BBQ foil is easy to carry with you if you want to fry the fish over the fire, and chicken wire works well as a grill rack.*
- *Everything tastes better around a fire and beside a river.*

RÖNNGÅRDEN

*Stay in grandmother's cottage and walk
among berry plantations and preserves*

BY: CATARINA LUNDSTRÖM, LOUISE TORESSON,
PHOTO: MÅRTEN WIKNER, SANDRA PETTERSSON,



Rönngården is in the village of Litsböle, 20 km north of Östersund. It's a fantastic place, up high with extensive views of the mountains, and with forests and the river Indalsälven within reach. You can stay in grandmother's cottage and visit Berit's favourite places.

"I've lived here for 42 years and love this place. Just think of all the people who have walked here before me – my mother-in-law, grandmother and grandfather. I feel responsible for carrying this on, ensuring that it doesn't decay and become overgrown. There's the land, the farms and the houses – and no one makes anything of it," says Berit Henriksson from Rönngården. She and her husband Per have lived together on Rönngården since 1969. It is her husband's family farm and it was his grandmother and grandfather who built the newest house on the farm.

Berit saw its potential and in 1995 she took the plunge and quit her job. The business idea

had been germinating for a while. The idea was to use the cultivable land for some type of crop and processing. The attraction lay in making use of nature's own ingredients and being able to work outdoors and have time to enjoy nature. To gain knowledge and inspiration, Berit did a course in horticulture and small-scale food production that was arranged by Eldrimner - the Swedish National Centre for Small Scale Artisan Food.

Her vision and dreams have now come true. Rönngården combines food processing and a farm shop with farm stay accommodation and guided walks. It's exactly as Berit wanted it to be. Its foundation is the organic cultivation of berries and vegetables. She is self-sufficient in carrots and currants, but also grows onions and beetroot, gooseberries, apples, cherries, plums and strawberries. She also tries to find time to pick the forest berries: bilberries, lingonberries, cranberries and cloudberry. She creates her goods in the production kitchen - marmalade, jam, chutney, pickle, preserves, juice and nectar. One of the most sought-after products is her carrot marmalade with cloudberry and her classic cloudberry jam. Berit's products have been a success; the jams and marmalades are often served in restaurants and sold in several stores around Sweden, including in the farm shop at home on Rönngården.

"I mostly use old recipes but always without



preservatives. No artificial additives here,” she says, laughing. Her knowledge is a combination of traditional skills, theoretical knowledge and international inspiration. She learned a great deal from her mother, especially since she was the oldest of six children and often had to help around the house. After finishing compulsory school she, like so many of her generation, went to housekeeping school, which added to her stock of knowledge.

At Rönngården you don't just get see the production side of things, you can also stay overnight in grandmother's cottage. Staying in an old house that has its history in the walls is a fantastic feeling. The grandparents' old wedding photo hangs on the wall, and the cottage feels personal and lived in – you can be part of their lives. Berit is a member of Sweden's farm stay organisation, Bo på Lantgård, and she is an excellent hostess who talks about outings and walks in the surrounding area. At home on Rönngården, Berit has cleared a marked trail especially for her guests. “I offer guided walks, where I talk about the surroundings, nature and local history.” Along the way, you'll learn about herbs and edible plants. The walk ends often with a great foot bath at home on the farm, reviving tired feet in hot water infused with herbs picked beside the path. Visiting Berit is sensory experience, with the warm hospitality, the wonderful flavours, all in harmony with the peace and beauty of Rönngården. Rural Swedish summer at its very best.

ronngardenjamtland.se







thriving, sweaty and absolutely wonderful

Surprising festival cuisine at Yran

Lady Gaga's done it, so has Pattie Smith. And so have the Pet Shop Boys, Bryan Adams and The Pretenders. Over the years, international celebrities have followed on from each other at Storsjöyran, one of Scandinavia's biggest music festivals, which this year celebrates its 30th anniversary. For one week in July, central Östersund becomes a thriving, bubbling, sweaty and absolutely wonderful festival area. Apart from the two days of the festival, the high point of the 'Yran' week with about 70 acts on eight stages, Klubbländ and Krogstråket are also held. The latter, a string of pop-up restaurants along the waterfront, has expanded every year with more restaurants and more luxurious settings between Marité and Badhus Park. Tourists from distant places rub shoulders with those returning home for the holidays and enthusiastic residents at the ten or so restaurants that are specially built for every Yran week. Forget about the usual festival fare of grubby beer tents and greasy fast food; instead think of professional restaurateurs, waterside socialising, comfortable lounges and the summer's best bars. Since it started in 1983, Yran has had more than 1 million visitors. This year's Yran starts with Krogstråket on 19 July and concludes with the festival weekend of 26-27 July.



COPPER GLOW

The design hotel Copperhill Mountain Lodge may belong to the Nordic region's biggest hotel chain, but that hasn't stopped Johan Jonsson and company from focusing on Jämtland in the kitchen.

BY: MARIT SIGURDSON

PHOTO: TINA STAFRÉN / VISIT SWDEN



“The objective is that guests will experience a unity in everything, from the food and service to their surroundings.”

The south-western slope of Förberget is still a construction site. We slowly bump our way up along the corrugated dirt road where containers and newly built villas share the exclusive view down towards the lake. To the right, a view of the mountain of Åreskutan emerges, and soon the big hotel appears: Copperhill Mountain Lodge. It cost SEK 800 million to build and, when the doors finally opened, in the midst of the financial crisis, it almost immediately encountered financial problems.

Still, inside the foyer this story is soon forgotten. The fire crackles in an enormous fireplace and, next to the chimney, a 200 sq. m. wall of copper reflects the light of the open-plan ground floor.

Too good to resist

We meet the hotel's Food and Beverage Manager, Johan Jonsson from Frösön, and sit down with a cup of coffee in the area of the lounge known as the Library, with a view of Åreskutan.

“This is where we'll have a modern restaurant where we serve set menus,” says Johan. “The food will be more exclusive and use ingredients from Jämtland and Trøndelag.”

Johan's job is similar to that of a restaurant owner, except that he has the hotel and the Nordic Choice chain to support him,

he explains. Being part of a chain provides security, rather than restricting freedom. Johan can choose himself which suppliers he wants to work with – and, as far as possible, that means local ones. This is simply because the local artisan food is too good to resist, in his opinion. The meat is sourced from Fjällbete and Sää dairy farm, processed meat comes from Fågelberget in Gäddede and a newly opened charcuterie in Undersåker, mushrooms from Järpen, quail from Mattmar, cheeses from Oviken and so on.

“There's no need to buy French cheese,” says Johan, “unless you absolutely must have a specific type of cheese that's not available here. And Fjällbete's lamb is the best lamb I have ever eaten. I don't know whether that's because I eat it here or because I know they have grazed around the building.”

Locally-produced ingredients are easy to find in Åre, according to Johan, who lived further south in Sweden for a number of years, and has also run Krakas krog on the island of Gotland. He noticed a significant difference when he started working in Åre.

“Gotland has great ingredients but they are so difficult to obtain. There are suppliers everywhere in Jämtland, as well as logistics that make it incredibly easy to get hold of items too,” says Johan enthusiastically. “So much has happened during the years I was away.”



The fire crackles in an enormous fireplace and, next to the chimney, a 200 sq. m. wall of copper reflects the light of the open-plan ground floor



Running a restaurant in a large hotel chain also gives John and his colleagues to space to experiment with concepts and to develop the best menus.

“Few people are lucky enough to have the chance to test the food as we do,” says Johan.

A cheery trio

Johan wants us to meet his colleagues and saunters through the Fireside lobby bar to the Niesti restaurant. Wearing jeans, a plaid shirt and welly boots, he is an easy-going, relaxed figure in the high-class hotel, not exactly how you'd picture a gastronome who has received awards from the prestigious White Guide. Johan introduces us to the restaurant manager, Karin Hillström, who is standing polishing the glasses ahead of the evening's dinner. Soon, head chef Tobias Andersson appears out of the kitchen. The trio provide positive leadership with an unpretentious attitude which influences the restaurant and the other employees.

The four restaurants at Copperhill Mountain Lodge should, in different ways, meet the demands of a large target group. Johan's role is to be creative and generate ideas, and dialogue with Tobias and Karin should result in the ideas that can be implemented.

“The objective is that guests will experience a unity in everything, from the food and service to their surroundings. We're now investing in permanent staff that will along the long-term development of the kitchen and restaurant,” says Johan.

We stand and chat with Karin and Tobias about seasonal menus, winemakers and Jämtland's commitment to food. It's getting dark outside and the restaurant is enclosed in the warm glow of copper lamps. This significant design hotel has enticed us to the table and shows that there it's more than just gold that glitters.

copperhill.se





*“There are suppliers everywhere in Jämtland,
as well as logistics that make it incredibly easy
to get hold of items too.”*

THE SWEDISH CHEF

By: Marit Sigurdson Photo: Erik Olsson

According to the guide “The world’s 50 best restaurants”, Jämtland’s Fäviken Magasinet is one such establishment, having taken 34th place on the list for two years in a row. The influential Zagat guide has named Fäviken Magasinet as one of the world’s ten hottest restaurants, with third place on its list.

The spotlights of the culinary world are focused on the Nordic region, and recently they have shone extra brightly on Fäviken Magasinet. More than 100 million people have been able to read about Magnus Nilsson, the long-haired chef from Frösön, Jämtland – a media-fuelled journey into the world that has taken not least him by surprise.

At just 30 years of age, Nilsson is being talked about as the new René Redzepi, head chef at Noma in Copenhagen – a comparison that really says something. In context, the culinary style that Magnus represents can be categorised as authentic cuisine or, more specifically, New Nordic – as people from Jämtland say themselves, “rektún mat” (proper food). It is down-to-earth cookery, where old techniques rather than new ones are used in a refined but playful manner.

Fäviken Magasinet is distinguished by how the raw ingredients are sourced from the surround-

ing estate and the nearby Norwegian coast. “The consumption of such rare delights as wild trout roe served in a pig’s blood crust, different varieties of lichen or succulent scallops cooked in their juices, reinforced the vital fact that food should reflect its origins and celebrate the subtle changes that terroir has on produce, including wine,” wrote The Wall Street Journal in an article about 2011’s most influential culinary trends.

Magnus Nilsson is a chef who is passionate about serious cookery, and it is the quality and creativity of his work that is talked about. The Guardian newspaper describes Magnus as “the rising star of Nordic cooking” and a “long-haired leader of the Swedish chapter of the new Nordic food movement”. He explained his most important insight to the newspaper: that it is in limitations that creativity is born. “If you have everything to hand, at least for me, there is no reason to develop. If you want acidity, you just squeeze a lemon. If you don’t have lemon you need something else.”

The availability of raw ingredients is limited for natural reasons at Fäviken, but a short growing season is no barrier to great culinary experiences. Magnus Nilsson has proved that.

favikenmagasinet.se









Naturens mästerverk

-nature's masterpieces

The Duck Man, or Peter Blombergsson as he's really called, is a man whose philosophy could be summed up as 'no talk and all action'. He has a strong relationship to the natural world and his vision of using the earth's resources in a sustainable manner is even stronger – which is perhaps why his products are appreciated by some of the best restaurants in the world.

The mountains of Jämtland are where he breeds ducks, runs egg production and produces an incredible product: birch syrup. His products are supplied to Fävikens magasinet and, a few times a year, Peter packs a crate and travels down to Copenhagen. The customer eagerly awaiting this Jämtlandic poultry farmer is the renowned Noma restaurant.

Peter describes birch syrup as "forest oil". Production of these valuable drops is demanding. Sap must be tapped from the birch trees during a short period of the spring, after which it is boiled a number of times. After long and careful processing, just one per cent of the raw ingredient is bottled. Birch syrup is sold by Grändens delikatesser in Östersund, as well as by selected delicatessens in Sweden and Denmark. It is also on the menu at Fävikens magasinet.

Find Peter on facebook:
Naturens mästerverk



CHEERS

–Schnapps tasting at Buustamon

It has to be admitted that distilling alcohol is something that many amateurs in Jämtland and Härjedalen have done. In the villages there are many people who have had a little domestic distillery in the cellar. Not many of them were on the right side of the law, but Buustamon's distillery, halfway up the mountain of Åreskutan, is one of them – and you can visit for a schnapps tasting.

BY: LOUISE TORESSON

PHOTO: TINA STAFRÉN / VISIT SWEDEN, SANDRA PETTERSSON

Buustamon is a little off the beaten track, which gives the visit an extra thrill. The mountain farm is halfway up Åreskutan and in the winter you have to cover the last stretch on a snowmobile or in a snowcat to get to the farm on the treeline. What was originally a little waffle cabin has been extended over the years, and now has a hotel, restaurant and its own distillery.

It is easy to be comfortable here and to feel at home. The rural, rustic décor feels warm and cosy thanks to the sturdy floorboards and details like the rag rugs on the seats. The rooms are small and personal, and at the foot of the bed is a red bobble hat. “You have to wear a bobble hat if you’re going to sit in a hot tub outdoors in the winter!” is what we’re told. Obvious, really.

We go down the stairs to the schnapps cellar, where the distillation and tasting take place. Distilling spirits is a slow process that has a number of different stages before the spirits are drinkable. At Buustamon they do everything themselves, from making mash to bottling and labelling. They use natural

flavourings such as lingonberry, elderflower, blackcurrant, cumin, dill and absinthium. “But the most important thing is to use good water, which is just what Buustamon has access to,” says our guide, Martin. However, the resources aren’t infinite. The season lasts from spring until late autumn: when the water freezes there’s no more distilling, which limits the year’s production. This means that each batch is unique; this year’s Hojt will not taste like last year’s.

We get to discover all the types the distillery currently has, as the range varies according to what ingredients are available – but how do you actually ‘taste’ schnapps? It’s not as far removed from beer or wine tasting as you’d think, and it’s exciting finding flavours and nuances in schnapps that you don’t initially know about. Nor do you need to be a spirits devotee to appreciate a schnapps tasting; even those who don’t ordinarily drink a lot of spirits can enjoy the stories, anecdotes and tales that we get to hear.

The distillery has existed for thirteen years. It took a long battle for such a small

Drinking schnapps with starter and dessert suddenly seems completely natural.





player to be able to legally distil spirits. It was Buustamon's "pappa", the late Jan Florin, who was the driving force behind the process to realise his vision of Buustamon's own distillery. It took three years and permits from no less than seven public authorities to be able to start the business. It now has three classic drinks: Årevodka, Buustasup and Hojt, which can be bought at the off-licences in Åre, Järpen and Östersund.

Here at Buustamon, the tasting moves on to a wonderful dinner accompanied by the various schnapps, which we now know inside out. Drinking schnapps with our starter and dessert suddenly seems completely natural.

buustamonsfjallgard.se

Buustamons Fjällgård is on the way to Ullådalen, Åre. Their products are available at off-licences in Åre, Järpen, and Lillänge in Östersund.

“When the water freezes there’s no more distilling, which limits the year’s production”



BUUSTAKESK
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Fair trade, sustainable and beautiful.

Kretsloppshuset in Mörsil is a role model for the type of organic philosophy that is now almost fully integrated in Jämtland's culture. This is a place in which the entire natural cycle has a place, and also has enough space for a restaurant, garden and shop. The garden is enchanting and beautifully composed. The restaurant and café are located in the conservatory, where grapes and peaches tempt visitors. The restaurant serves food that is good for people and the environment. The aim has been to unite artisan foods, ecology, local production, health, the environment and beauty, and Kretsloppshuset has truly succeeded. A visit here is a pleasure for all your senses – and they serve the biggest, crispiest waffles ever.

kretsloppshuset.com



Forest schnapps

Gran Zirup, which is spruce syrup, has a unique flavour that someone once described as a taste of “chainsaw and spruce forests”. That may not sound delicious, but there is an element of truth to it. It tastes like the scent of a deep, ancient coniferous forest, and it takes you straight out to the wilderness.

Gran Zirup is produced by Skogens Sköna Gröna and is sold in a number of stores in Östersund, as well as at Skansen and Urban Deli on Nytorget, Stockholm.

skogensskonagrana.wordpress.com

The schnapps glasses are part of Storsjöhyttan's Jämtland series. www.storsjohyttan.com

The cone is locally produced and sourced from a spruce.

4 CL VODKA
2 TSP GRAN ZIRUP



Åre Höstmarknad – a vibrant happening

Åre Höstmarknad – Åre's autumn market – is the single biggest event in Jämtland during the autumn. A vibrant, colourful happening for the entire family, and so much more than an ordinary market, it is a popular harvest festival with local stallholders selling arts and crafts and locally-produced food. There's a motor fair, musical entertainment, sheepdog trials, helicopter rides, autumnal menus at the restaurants, activities, a home and leisure fair, outlet shopping, great evenings out and much, much more. 27-29 Sept 2013

arehostmarknad.se



Small-scale but with feeling – for the sake of good taste.

Alsen's chocolate workshop – Tinas praliner – is in the heart of Jämtland's mountainous landscape. This is where exclusively designed chocolates and truffles are produced.

Its products are found in good delicatessens, in cafés and in hotels around Sweden and, of course, in Jämtland. A unique collection of confectionary is created through solid workmanship and inspiration from the natural world.

Karl von Linnaeus named cocoa *Theobroma cacao*, which means the food of the gods, something that Tinas praliner has taken to heart. What all Tina's products have in common is that they are handmade, uniquely designed – and divinely delicious.

tinaspraliner.se

Huså Bröd

In this bakery on the “rear” of Åreskutan, in the mountain village of Huså, crispbread and savoury biscuits are baked in inspiring ways, innovatively developed from tradition recipes. They use exciting new-old flours and a modern eye for what contemporary people want.

Huså Bröd works with as many organically-produced ingredients as possible and with locally grown cumin from Inderøy, Trondheimsfjorden in Norge. Huså Bröd's desire is to be a farm bakery that works to preserve craftsmanship on the basis of small-scale organic principles, as well as to inspire social development that allows people to live and work in rural areas.

We believe you should enjoy flavourful experiences with bread that is baked in the wilds with love.

husabrod.se





Photo: Mattias Fredriksson

BIKE
Jämtland Härjedalen
www.jamtland.se

Njarka Sami Camp

an experience for the heart and the head

When you arrive at Njarka, Sami life is not the first thing you think of, it's the place. Njarka means promontory in Southern Sami. It is a tranquil place where reindeer wander freely. The visitor steps straight into the wilderness and the mystique of old traditions.

BY: LOUISE TORESSON,

PHOTO: TINA STAFRÉN / VISIT SWEDEN

SANDRA PETTERSSON

PICTURES FROM THE MERA RESEANLEDNINGAR PROJECT,
THE COUNTY ADMINISTRATIVE BOARD OF JÄMTLAND







The colourful traditional dress that many people associate with the Sami people is nowhere to be seen at Njarka Sami camp. This is a place in which you come up close to the everyday life of the Sami and their traditions, observing and finding out about their work. There's no one here who projects an image of Sami life, here you get to see the reality of it.

Maud Mattsson meets us when we arrive in Njarka. This is her life's work and she shows us around the area at a brisk pace. She holds armfuls of reindeer lichen, steps into the forest and calls the reindeer. The ground thunders as they come rushing over and my heart jumps when I realise I'm surrounded by reindeer with magnificent antlers.

Njarka is a unique attraction. You can get close to the reindeer without fences or gates, and you can try everything from throwing a lasso to lighting the fire in the *kåta* (Sami dwelling).

The large octagonal *kåta* has an exhibition of Sami handicrafts with shaman's drums, wooden mugs and beautiful knives made according to South Sami tradition. You can find out about the Sami household and taste candied angelica. The plant grows by streams and is dried after being harvested. The stately angelica plant was expensive merchandise in the 11th century and has been used as a medicinal plant by the Sami.

The Sami have always been attracted to places

that have a sense of harmony, and this is just what you experience at Njarka. Gliding onto the lake, Håggsjön, in a canoe is wonderful. The leaves of the trees are reflected in the water, alongside the clouds in the sky. Breathe in the calm and quiet while gazing at the scenery. The still water and the silence around Njarka bring peace to the soul.

At the end of the promontory is perhaps Sweden's most beautiful new *kåta*. Despite being newly built it has strong links to its site. All the timber comes from the surrounding area and the work was carried out by local craftsmen. The *kåta* is rented to overnight guests; a unique type of accommodation for those who want a very special experience.

The perfect end to the day is sitting around the fire in the *kåta* that is used for gatherings. Naturally, a black pot of boiled coffee bubbles on the fire. Maud talks about Sami culinary traditions, how the entire reindeer was used from top to toe, with nothing wasted. Sitting in a *kåta* is democratic; all visitors are equally important and there are no corners in which to hide. In a *kåta* you sit eye to eye, and there is companionship. A great deal in the Sami camp takes place around the fire; you hear stories and tales that have passed from generation to generation. Gazing into the fire gives a magic atmosphere and the place makes the stories come alive.

njarka.se





Mikael Kühne is Härjedalen's food ambassador and a perfectionist in terms of both ingredients and composition.

Vemdalen

– a journey through Narnia to Nirvana

BY: MARIT SIGURDSON AND LOUISE THORESSON PHOTO: TINA STAFRÉN

We decided to embark on a journey in search of indulgence. Our taste adventure starts at Storhogna Högfällshotell & Spa, an oasis where relaxation and mountain activities go hand in hand. The road to Storhogna evokes thoughts of C. S. Lewis's magical world of Narnia; trees stand like frosted sculptures along the road and the air is biting clear. The whole world stands still as the cold creeps down to -25°C, but it is astoundingly beautiful.

At Storhogna, a warm and welcoming atmosphere greets us when we check-in. Excellent hospitality is a hallmark of Storhogna and perhaps it's why so many people return, year after year. Our room has a balcony onto the glazed atrium and, dressed in bathrobe and slippers, we relax to the sound of a babbling brook after a much needed spa visit. It's easy to wind down at Storhogna, there's something special in the air and tranquillity creeps through your body. Everyday life's demands feel incredibly far away and the lush indoor environment is a thrilling contrast to the biting cold winter landscape that we travelled through to get here.

Dinner is served in the restaurant in the atrium. Cellar Master Peter Dahlbäck and his team do a sterling job in providing Storhogna's guests with a complete experience. Food is an important part of staying here, and the evening's menu is served with pride. We start the meal with Jerusalem artichoke soup, smoked char and a herb oil. The main course is a braised steak from Norrland, served on potato cake, yellow haricot beans, porcino and beurre noisette. We end our feast with a mouth-watering dessert; lingonberry cheesecake with rosemary caramel and homemade almond wafer. The drinks are perfectly selected for each dish and our journey of indulgence has started in the best possible way. When

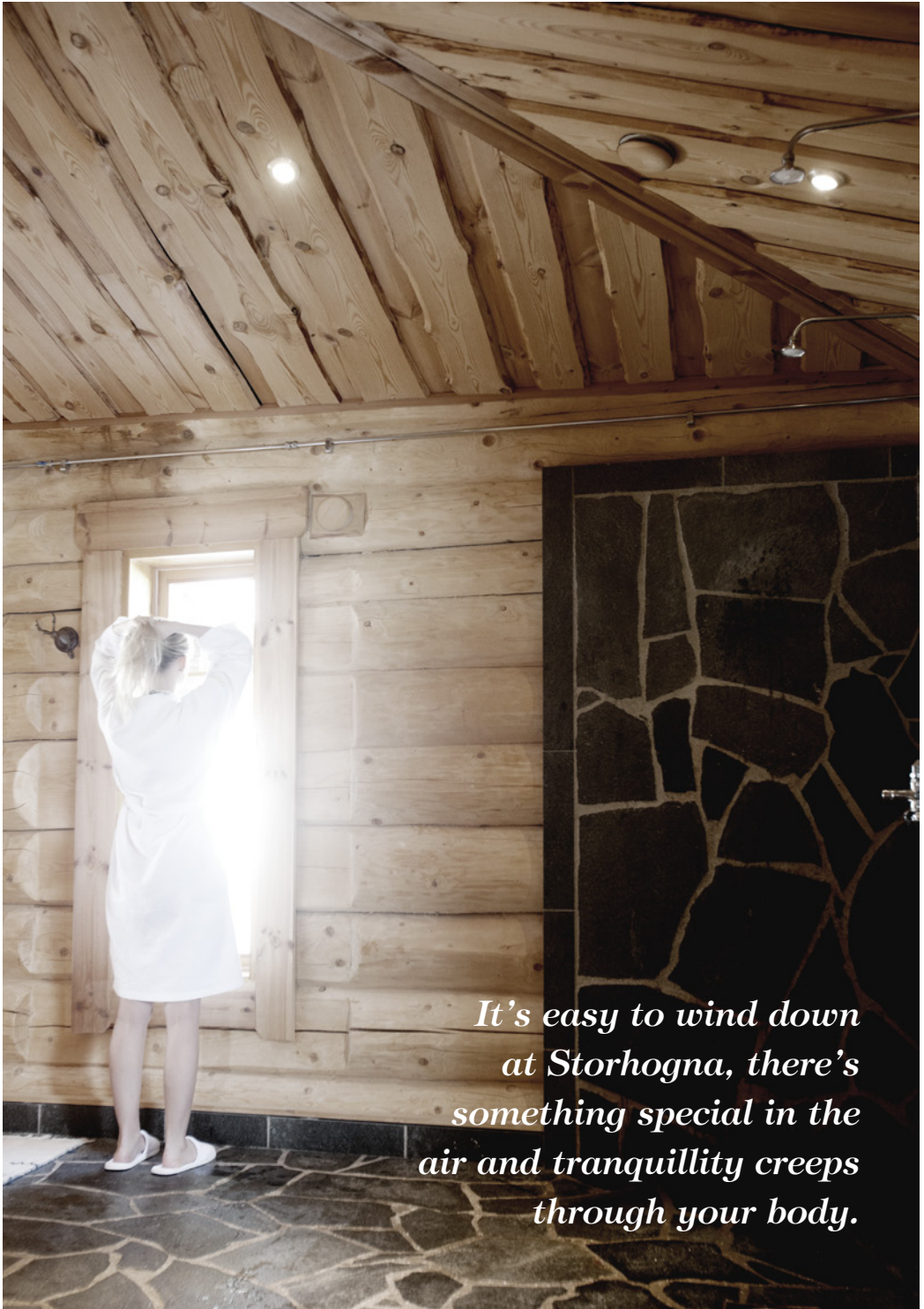
we creep into bed we leave the balcony door ajar, the sound of gently running water lulling us to sleep – we dream of the white expanses around us and rosemary caramel.

It must be the mountain air that does it...

When we wake up, the sun is shining in a blue sky. The snow is blindingly white and it's a perfect day for our outing. We snap on our skis and head out on the 3.5-kilometer-long trip to the nearby Sami camp. It is a beautifully calm day and is easy going even for a novice skier. When we arrive at the camp, we are greeted by a crackling fire and the smell of waffles. After enjoying a waffle, one so crunchy that it must be the mountain air that does it, we sit in the sun and just listen to the silence. We don't need to hurry back; the trip back to the hotel is easy and the hill we climbed on the way up will be a lovely downhill run on the way home. It's with a little reluctance that we leave Storhogna behind us, but we have more tasting stops on our journey.

We drive to Klövsjö. The village has been called Sweden's most beautiful village and has recently become established on the county's gastronomic map. At Stenugnsbageriet in Klövsjö we meet the baker Erika Dillner who, along with pastry chef Nathalie Persson, opened this stone oven bakery in 2009. The counter holds freshly baked sourdough breads, sandwiches, gorgeous cakes, chocolates and biscuits. The scent is seductive, to say the least.

A stone oven bakery has its special advantages, explains Erika. "We bake the bread on stones in the oven, which means it gets a lovely crust and keeps better. And all the flour we use is sourced from Jämtland. We are also reducing the amount of yeast we use, because we have such a fine flour to make sourdoughs with."



*It's easy to wind down
at Storhogna, there's
something special in the
air and tranquillity creeps
through your body.*



KAFFE/THÉ	18:-
FJÄLLLATTE	30:-
ESPRESSO	25:-
CAFFELATTE	30:-
CAPPUCCINO	25:-
CAPRILATTE/ ^{CAPRI-} _{CHINO}	30:-
BONDALÉ	28:-
KLÖVSJÖBRYGD	28:-
MINERALVATTEN	15:-
SMÖRGÅS	40:-
SAFT	10:-



She says that though there are only 300 people in village, the bakery has done really well. “On Fridays we’ve started serving stone-baked pizza with tasty local charcuterie and cheeses.”

We each order a sandwich made from Erika’s cranberry bread, a mixture of crushed rye, sourdough, milk, rye and wheat flour, sea salt and beautiful red lingonberries. The bread recently won a silver medal in the Swedish Championships for artisan food. As for the toppings, we find a delectable cheese from another of the village’s renowned food artisans: Kullens farm dairy, which is our next stop.

The view from Kullens farm dairy is astounding; giving you mountains and valleys all in one go. Intrigued, we enter the farm shop and have to duck our heads to get through the door. Inside, we are surprised what looks like a rural market hall and a café where you can order a latte made using the farm’s milk.

A cheese buffet has been laid out upstairs, and right then and there I fall in love...with a cheese. It’s Helvetica, a semi-soft cheese made using milk from mountain cows, with flavours that go straight to the heart. Naturally, there are also delicious cheeses made from the milk of the farm’s native breed goats.

Kullens farm dairy is a success story. Its main characters are Stephen Palosaari and Leif Engman who, seven years ago, moved here from Stockholm with their animals. Now they do what they can to keep up with demand for their twenty or so cheeses. But when a cheese runs out, it’s run out. Stephen explains: “There’s nothing we can do. We can’t speed up the process, the cheese has to take its own time.” Kullens has 35,000 visitors per year, an incredible number, but now we’re here it suddenly feels reasonable. We go to the barn to see the cows and goats that graze at the shieling, a few kilometres away, during the summer. It’s evident that the animals are worth more than just producing ingredients for Leif and Stephen, and it’s probably this genuine care for the

animal that creates the true quality of the cheeses and our whole experience of the farm.

It’s getting dark when, an hour later, we arrive at Vålkojan for our dinner and an overnight stay before our journey home. Through the dining room windows, we see the last of the daylight on the river and the winter landscape. A fire and plenty of candles create a soothing ambience. This was once a waffle cabin, and waffles are still served during the day – as well as a café menu that can compete with good restaurant à la carte menus. Owner Mikael Kühne is Härjedalen’s food ambassador and a perfectionist in terms of both ingredients and composition. Tonight’s menu offers the area’s most delicious artisan food in fascinating dishes. For example, smoked reindeer from the smokery in Bruksvallarna is mixed into Vålkojan’s version of Skagen dressing, goat cheese from Herrö goat farm is combined with hot beetroot and Byvallen’s almond potatoes are made into gnocchi.

You have to wait for the food at Vålkojan, but we have no objections. It’s worth waiting when each dish is cooked from scratch. Even the water is carbonated and bottled here. Full of delicious mountain fish and sleepy from the day’s experiences, we take the short walk to our cabin. We decide that tomorrow morning we will each buy a sandwich for the journey home: “Forest King”, on dark rye bread with homemade elk liver pate, crispy bacon, oak leaf lettuce, pickled red onion and rosemary.

Jämtland’s flavours flirt with both tradition and modernity. We want them to linger during the journey home...

storhogna.com
kullensgardsmejeri.se
klovsjostenugnsbageri.se
valkojan.se

GINGER SNAPS FROM
KLÖVSJÖ STENUGNSBAGERI

MAKES ABOUT 140 BISCUITS

250 ML BROWN SUGAR

75 ML GOLDEN SYRUP

75 ML WATER

150 G BUTTER AT ROOM TEMPERATURE

1 TBSP CINNAMON

½ TBSP GROUND GINGER

1 TSP GROUND CLOVES

1 TSP CARDAMOM

½ TSP BICARBONATE

700 ML STONEGROUND FLOUR

USE ORGANIC INGREDIENTS.



Pour the brown sugar, syrup and water into a saucepan and bring to the boil.

Combine the butter and spices, then add to the saucepan and leave to melt. Then leave the mixture to cool without stirring it. Mix the bicarbonate with about 600 ml flour. Add to the syrup mixture and combine to make a smooth dough. Add more flour as needed. Cover the dough with clingfilm and leave in the fridge for a few hours, preferably until the following day.

Baking: Preheat the oven to 175°C, roll out the dough until 3-4 mm thick and cut into biscuits. Bake for 8-10 minutes.

Best eaten with a glass of cold milk.



HIKE

Jämtland Härjedalen





SPARKLING GOLD

Made from pure birch sap tapped from Jämtlandic birch trees, SAV Sparkling is a bubbly Scandinavian surprise – a simple soul in exclusive packaging.

BY: JANNA THALÉN PHOTO: BJÖRN EKLUND

Hardy, tenacious birch trees grow in the mineral-rich soils around Lake Storsjön in Jämtland. In the spring, when the frost has left the ground, the trees drink the crystal clear mountain waters and then slowly transform them into sap. This sap is tapped and refined using an original recipe from 1786. The result is a sparkling birch sap wine that has no equivalent anywhere else in the world.

When environmental engineer Peter Mosten was tasked with indexing the extensive archive of the Swedish chemist and researcher Gunnar Jegrelius, he stumbled over a recipe copied from a book from 1785. His curiosity was aroused and he decided to try to make the drink that was described, though it took more than a decade before he was able to present the

sparkling wine that is now in worldwide demand.

Rich in natural sugars, calcium, phosphor, magnesium, manganese, zinc and iron, sap is a valuable ingredient, and perhaps it's this that makes a glass of SAV Sparkling unlike anything else. Its colour is unique, golden yet ethereally transparent. It has a refreshing scent, with elements of citrus, almond and bread, with an attractive tone of birch sap. The drink has a clear citrus flavour and mushroom nuances, like the forest mushroom's faint almond scent, as well as plenty of herbs.

SAV Sparkling is produced according to "méthode traditionnelle" and spends two years ageing on the lees before being released on the market. SAV Sparkling should be served well-chilled.

Sav Snaps™ – Distilled spirit of Sav

Sav Snaps is a development of Sav Sparkling. As the raw ingredient is seasonal and doesn't grow on trees, the number of bottles of Sav Snaps is limited. Sav Snaps is available at a number of Systembolag (state off-licences) in Jämtland, as well as available for order throughout Sweden. You can even enjoy it at selected restaurants. Keep an eye out!

Sav Snaps is a unique schnapps made from pure birch and herbs from the mountains of Jämtland. It has a clean, mild taste of juniper berries, vermouth, birch sap and herbs with a balanced, rounded aftertaste.

sav.se





Tusen – one reason to love Ramundberget



The real thing

– and prize-winning coffee

Culinary experiences are found at different altitudes in the village of Ramundberget, from Össjöstugan on the open mountainside, via Tusen on the treeline, down to the slope restaurants of Solbrännet and Rudolf. But it's down at the high class Agaton that you really work your gastronomic muscles. Unbuckle your ski boots and walk in, so you'll have something to tell your grandchildren.

BY: MARIT SIGURDSON PHOTO: TINA STAFRÉN

The guests glide hither and thither between Fjällgården, the lift and the ski tracks. In the little village of Ramundberget, most places can be reached on skis – with no, or with pleasurable, effort. Strong sales arguments for ski enthusiasts are the natural snow on the slopes and 300 km of groomed cross-country trails. Whatever the level of skiing interest, it's the small scale that gives this mountain village its charm, and those looking for a true culinary atmosphere have also come to the right place. Ramundbergets Alpina is a company with ambitious restaurateurs, and something for every palate and budget.

We start from the top and at the simple end, on the mountainside, where Össjöstugan serves waffles and hot chocolate to cross-country skiers and snowmobilers. Just below there, but still at an altitude of 1000 m., is the architect-drawn Tusen. Inspired by a Sami *kåta*, or dwelling, its style plays with perspectives, where the white window frames contrast with walls covered with birch bark. Guests are shown to their tables and if the restaurant is full, a waiting list is drawn up and you can ski another run, avoiding queues and providing more peace in which to eat.

Restaurant Rudolf is down at the lift's valley station, and is a combination of a heated rest area and slope restaurant, right next to the lift. Its neighbour is Solbrännet, which serves a well-prepared skiers' lunch.

Straight over the road we find Fjällgården, in the heart of the village. We walk into the spacious lobby and turn left into a small and charming bar. Restaurateur Hampus Thunholm stands there cutting ice. He's just received an order for one of the world's most famous and popular drinks: Old Fashioned.

"We like to serve the classic drinks," says Hampus. "You don't need to have lots of juice and fruit. And Old Fashioned is a good first order that reveals the quality of the bar."

Most of the guests going through the bar are on the way to Mor Britas, a roomy restaurant on two floors, where hotel residents with full-board eat breakfast and lunch buffets and are served dinner, with access to an ambitious wine cellar.

The high note: Agaton

However, it's the small, winter-open, top class restaurant Agaton, behind the timber wall of the bar, which

"We keep down the number of ingredients and avoid dribbling sauces on top. We want to let the food taste as it should."

is the reason we're here. An intimate atmosphere surrounds the tables, simply set with embroidered runners that provide a relaxed feel of "grandma's house". Dark old-fashioned colours can be seen in the light of oil lamps and candles. A portrait on the far wall shows the founder, Agaton, who, Mona Lisa-like, monitors the room with an ambiguous expression.

We have ordered Agaton's tasting menu, and on our table we each have an envelope containing a simple piece of paper that presents the menu. But the evening begins with a few dishes that aren't listed. Hampus places in front of us a plank of butter-fried bread, calf tail paté, pork loin, reindeer heart and "Trollkory" – sausage made from cow stomach and reindeer. The beef comes via the head waiter's father, in nearby Bruksvallarna, and the reindeer meat is from Handöl. The accompanying beer is from the US Flying Dog brewery, half wheat and half ale.

The next dish on the table is a tartare of Japanese freshwater shrimp and finely sliced fillet of veal. And so it continues. We have sausage made from veal, garlic and parsley with chanterelles and black sausage from reindeer, served with classic champagne. This is followed by a scallop, harvested by divers off a Norwegian island, served in its beautiful shell and flavoured just by itself; the roe is freeze-dried and grated on top. We eat its flesh with our hands in two mouthfuls. It is tender and has, unlike the frozen food section's scallops, fibres as if it were a piece of marine meat.

A few dishes later, Hampus shows us raw pieces of veal that he then minces using the old mincer on the neighbouring table, while his colleague browns butter over an open flame. A tartare with vendace roe, crème fraîche and red onion is composed in front of us. It's ridiculously good, the sweet butter merging with the salty roe and smooth, fatty meat. We are served a







“It’s incredible to be able to show our coffee experience to more people. It also shows that things don’t just happen in the big cities.”

different drink with each dish, selected with a true feeling for providing a totally astounding culinary experience.

In the same spirit as the menu on the envelope, where only the primary ingredient is listed, the food at Agaton is characterised by respect for the ingredients. In its simplicity, the food is superb and the method used to present it provides plenty of potential for Hampus to talk about its origins and preparation.

“You should know what you eat,” says Hampus, “So we keep down the number of ingredients and avoid dribbling sauces on top. We want to let the food taste as it should.”

Flavour fest

The flavour fest continues and we eat veal sweetbread with Jerusalem artichoke purée, pickled chanterelles and a consommé made from veal, chanterelles and shiitake that has been strained through minced veal. The dish is spiced at the table with a mushroom salt that is shaken from a small fabric bag.

An unexpected entrance is made by Agaton’s kebab of suckling lamb from Delsbo, boiled in wine and herbs, tossed in a chilli glaze, with bone marrow mayonnaise, mangold and gently dried plum tomatoes that add both sweetness and acidity. The bread comes from Ramundberget’s bakery in Funäsdalen.

After-dinner coffee

We have been at the table for five hours and tasted more than ten dishes, mostly starters, and drunk

about as many drinks. The three desserts are really more than we have room for, but they are delicious with the Austrian dessert wine from Kracher and we just have to finish them off.

Coffee is something that Hampus takes very seriously and, in March 2013, Agaton won the Year’s Best Coffee Experience at the White Guide gala.

“It’s incredible to be able to show our coffee experience to more people. It also shows that things don’t just happen in the big cities. We hope that more people will be interested and visit Ramundberget to test our unique, prize-winning coffee,” says Hampus.

Hampus is always on the hunt for interesting suppliers and pride of place among his finds is the newly opened roaster Stockholm Roast. Agaton’s “Chäfskaffe” is brewed on the table in front of us. Hampus first pours hot water through the filter to rinse away any substances from the bleached filter and to heat the pot, before measuring out the Ethiopian coffee.

“The water we brew with is 93 degrees, both to reduce the risk of scalds and to bring out the flavours. Some people think it’s cold, but the guys at Stockholm Roast think it should be drunk at 65 degree. This coffee is of such high quality and so carefully roasted that it doesn’t extract so many bitter flavours, which makes it fine to drink cold,” says Hampus.

There really is something special about sitting down and being served great food, whilst the host takes his time to lovingly present it and to answer our questions about every dish. It’s a kind of generosity that makes the heart swell, as if it had also been nourished. We love Ramundberget.

ramundberget.se

Rudolf serves fast food that is the real deal. The hamburger is made from beef from Bruksvallarna, smoked reindeer, cheddar, gherkin mayonnaise and horseradish, and the bun was baked in the restaurant's bakery.

MÄNIS • näbb • öron

HÄRLEN

Schaffelbrot
CHEFF: AIB

Pjältrösting
i bröd!

edlith.
en svensk restaurang

Bara äkta vara.

B.A.K.
Bak
Äkta
Kärl

Sika ut göra, egras, bi
sika ut saktart bal
bröd. B. A. K. Fund
Levenerar, Öve
hela tiden



Vi lever för framtiden. Att med omsorg & respekt
& plönydr utå vägs dröje. Att boga ta ut sändingarna och
våra och er behålla något nytt och ättla.

FJÄLLNÄS

The last stretch along the lake to the hotel is the perfect place to wind down after the descent from the mountain. Approaching Fjällnäs Högfjällshotell after a cross-country ski trip from Bruksvallarna, wearing a simple backpack, feels really good; in keeping with the spirit of this historic “health tourism” hotel.

TEXT & PHOTO: JOCKE LAGERCRANTZ

We had set our sights on Sunday brunch and, despite being a bit late, we are well within the opening hours. The meal is to be savoured with phlegmatic Sunday calm, served in the dining room and lounge that have been carefully preserved, despite extensive renovations, since coming into the Bertmar family's ownership.

There are many dishes on the grey linen tablecloths in the light dining room, as far as possible created and served as small portions. There is heavenly black pudding made from reindeer blood, French toast served with preserved cloudberries, a cured loin with salt, cumin and fennel, a little like pastrami, and roast beef from Flon... enough to make a tired skier very satisfied with life.

Jacob Brännberg and Staffan Degerfors have worked together for about ten years, with the last two years at Fjällnäs Reserve 1882. Jacob is formally head chef, but it's really just paperwork. The more time we spend in their company and listen to their conversations about food and cookery, the more a symbiotic relationship emerges, in which their shared foundation is set firmly in solid craftsmanship – one that continuously develops due to playfulness and exuberant ideas.

The owners have adopted this approach and have made it financially possible for Jacob and Staffan to create from scratch, maintaining high quality in both

preparation and ingredients. The lack of a traditional menu allows a lot of flexibility and freedom in designing residents' dinners. The availability of ingredients is allowed to influence and create new dishes as Jacob and Staffan act as each other's sounding boards.

“Yes, there are one or two people who are bit suspicious of something like tongue, but we're usually able to prove that even that can be prepared to satisfy most people's tastes,” says Jacob. “We have many regular customers and they have definitely learned to trust our judgment. We like frying tongue to give it a crispy surface and a creamy inside.”

I'm offered a taste. My previous experiences of tongue have resulted in associations with aspic and jellied meatloaf, but the slices that gently fall apart under my knife render me speechless for a moment. Maybe it's more like duck liver? Semi-processed?

“Ah, that would be the milk,” laughs Staffan.

“No, we don't use any processed ingredients, which is down to personal pride”, says Jacob. “Sure, we make it ‘hard’ for ourselves – cooking bouillon our way takes 36 hours, but if I didn't have the chance to run an ambitious kitchen I might as well stack shelves in a cold store.”

I get the feeling that it's also about the creative, secure atmosphere that Jacob and Staffan have developed – were one without the other then life in the kitchen would be significantly poorer.





There is still snow on the cold frames, where white and savoy cabbages, lettuce and herbs will grow for a few brief, light summer months. Jacob and Staffan enjoy supplying the kitchen with ingredients from their gardens or from mushroom-picking trips to the Norwegian side of the border.

“We are almost self-sufficient for chanterelles,” says Staffan with some pride. “Nor should we forget meadowsweet, which is fantastic for cocktails – and along with cloudberry and yogurt it makes a dessert right from the mountains of Härjedalen.”

Fjällnäs rhubarb, which Jacob thinks is really special, maybe because of the light summer days, is turned into jam and served with local cheeses.

In the summer, the guys lay nets in the nearby lake, Malmagen, pulling up trout, char and grayling; the catch pretty much covers the snow-free months. “Occasionally a burbot comes up as well, but we haven’t served one – yet,” says Staffan. “We want to serve fish as a main course every other day, and we can do this fairly self-sufficiently during the summer. During the winter we source our fish from Norway.”

Cooperation with local producers has increased

quality, particularly as regards meat. Yngve Ström, from Flon in Bruksvallarna, supplies beef; he and the guys discuss fat structures and suitable slaughter times to get meat that has the optimal taste and tenderness.

“Our last cow weighed at 536 kg and had perfect marbling. Besides the normal cuts like fillet, entrecote and steak, which we serve as they are, slow-cooked brisket has been the favourite of both us and our guests. It’s epic! It stands overnight, for 10-12 hours at 78° C and is left to cool in its juices.

All reindeer meat comes from Lennart Blindh. “We order something and it’s on the worktop 45 minutes later, that’s what I call service,” laughs Jacob.

Thinking about reindeer makes Staffan say, “Actually, we do use some semi-processed products – souvas, a lightly smoked top round cut, incredibly tender and with an almost exotic taste, could strictly be regarded as semi-processed. Likewise the smoked pork from Bruksvallarnas Rökeri.”

fjallnas.se

White gold

Sav Sparkling is a full-bodied, carbonized drink created from traditional recipes. Sav is drawn from only the finest specimens of Jämtlands birch trees.

Its crystal clear in colour and as glistening as white gold with tiny bubbles and sparkle.

The aroma is clean and complete with hints of golden apples, mushrooms and hints of floral.

Serve ice cold – pure refreshment

Read more at sav.se

”Pure Delight”

Sav Sparkling is now available at Systembolagets ordering catalogue

Art: nr. 7788.

Order online at sav.se

Sav™ art nr. 7788 | 750 ml | 12,5% | Price 329:-



Alkoholkonsumtion under graviditeten kan skada barnet.

MOUNTAIN & LAKE

Emil was just a teenager when the Bertilsson family upped stakes and moved from Limmared and, like the rest of the family, he was focused on skiing – it was the purpose of the move to Funäsdalen.

TEXT & PHOTO: JOCKE LAGERCRANTZ

A restaurant, Skoogs Krog, was for sale, and with it was an apartment large enough to accommodate the five members of the family. With hindsight, we can be thankful that the idea of converting the restaurant into rented apartments remained an idea. For the last year Emil has been head chef at Skoogs and Gamla Veras, as well as at two other restaurants with up to eight chefs that have been incorporated into the business group.

“For me, Skoogs is our flagship, an evening restaurant with a little more ambition,” says Emil modestly. Many people would probably call it ‘fine dining’, but Emil doesn’t like that expression. “There’s nothing snooty about what we do here. I simply want to develop what Anders Johnsson, the old head chef and still my mentor, began with clean, good flavours. I’m developing my own style and I enjoy experimenting.”

I receive a small lecture about how he’s trying invent different methods for extracting flavour from cloudberries, so he can use them more when cooking. When I ask him how he goes about it, he becomes secretive and changes the subject. He excuses himself suddenly and disappears into the kitchen. After five minutes he’s back with a beautiful glass jar with white, misty contents. With a mischievous sparkle in his eyes, he asks me to open it. Up rises the unmistakable scent of alder wood smoke; when smoke clears, small morsels of meat and fish reveal themselves.

“We call it Mountain & Lake. I smoke the reindeer topside and rainbow trout for a minute – and I think we’ve created something that appeals to both the eye and the palate.”

It’s a signature dish that is very simple and has distinct, clear flavours, stemming from a tradition of smoked food and presented in a modern and exciting way.

From continually hanging out on the ski slopes as

a youngster, Emil now tackles his work as a chef with the same energy and determination. One or two eyebrows were raised when a greenhouse was built on the restaurant’s land, as a more hip emphasis could have been expected from a 20-year-old, rather than green fingers and soil under his nails. But Emil has proven his stamina and three years later the garden has expanded with a number of vegetable beds. Herbs, carrots, potatoes, various lettuce varieties, peas and cabbages are now harvested during the summer and autumn.

When asked what motivates him, the answer is quick: “Quality and flexibility! I have control and can manage my own ingredients. If I want milder thyme, I harvest earlier; if I want flowers, well, then I can get them if I wait.”

When Emil’s legs need a rest from the garden, he heads to the cloudberry marshes and chanterelle patches. With the rest of the family helping, particularly his maternal grandparents, Skoogs Krog is self-sufficient in both mushrooms and wild berries.

Emil grumbles a bit that it can be difficult to guarantee a regular supply of wild-caught fish, but adds that the rainbow trout he buys from the fish farm in Ljusnedal is of consistently high quality.

“I know Beppe and Daniel respect how everything in nature is interlinked,” says Emil, and is lyrical about reindeer meat from Lennart and Niklas Blindh. “These are world-class ingredients. We’re talking about a respect for animals and nature that has been passed down through the generations; long-term, sustainable work with great passion. What Niklas and Lennart don’t know about the mountains and reindeer husbandry, no one else knows either. It’s fantastic meat that can be endlessly varied...”

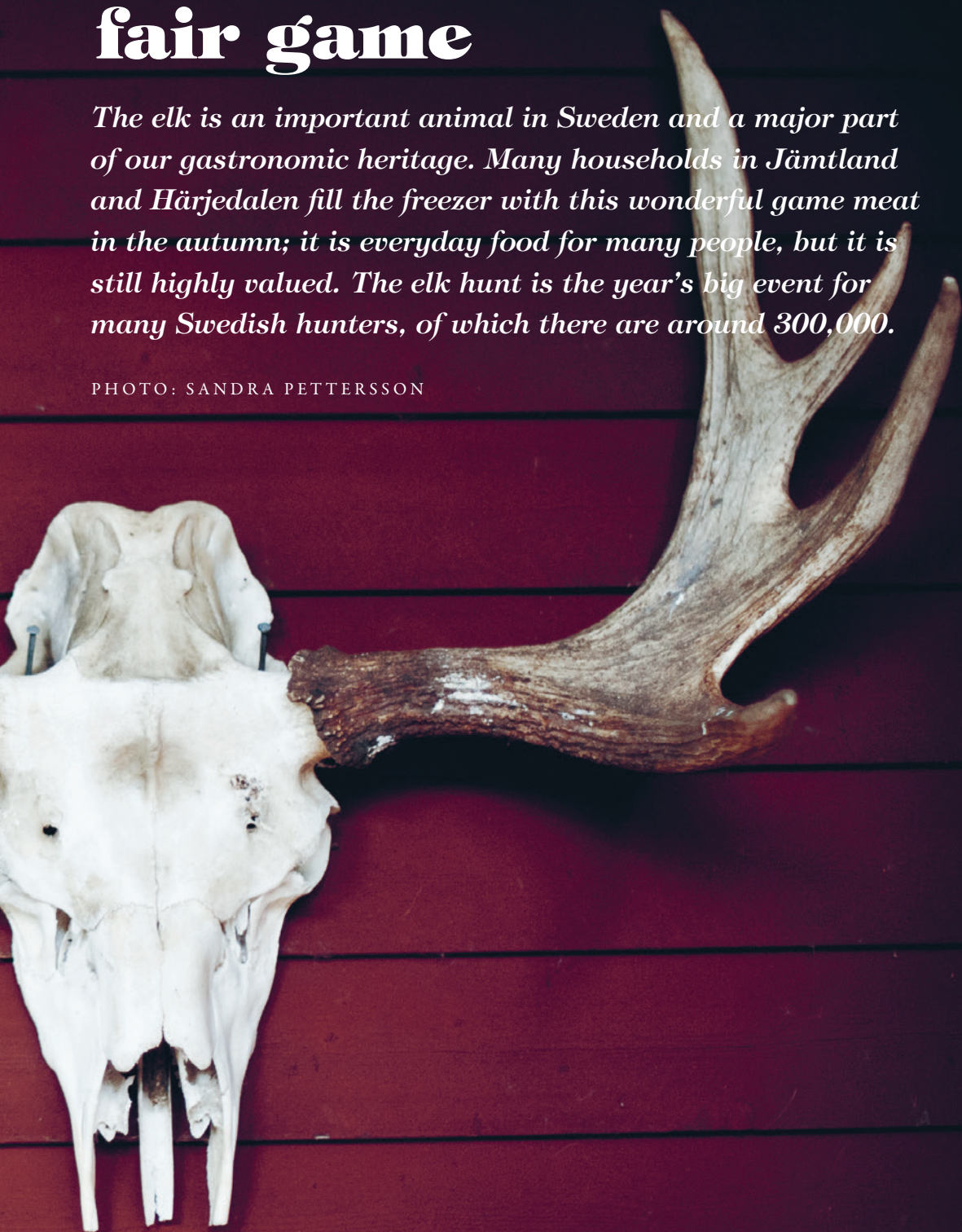
skoogskrog.se



fair game

The elk is an important animal in Sweden and a major part of our gastronomic heritage. Many households in Jämtland and Härjedalen fill the freezer with this wonderful game meat in the autumn; it is everyday food for many people, but it is still highly valued. The elk hunt is the year's big event for many Swedish hunters, of which there are around 300,000.

PHOTO: SANDRA PETTERSSON





13,251

elk were shot in Jämtland during the 2012 elk hunting season,

4%

of all the meat that is eaten in Sweden, 4% (16,000 tonnes) comes from game. The majority of this is from elk: 11,000 tonnes.

70%

70 per cent of all Swedes eat game at least once a year. 50 per cent would like to eat more game.

9 days

The average Swedish hunter spends about 9 days per year hunting elk.

1.5 billion

The Swedish elk hunt is valued at around SEK 1.05 billion.



Take some reindeer home.

Smoked reindeer heart, reindeer salami, dried reindeer steak and dried reindeer sausage.
All products from Ost & Vilt, Östersund.

Drunk on good food

A visit to Jämtland without experiencing a dinner of reindeer meat is almost a sin. For those visitors who eat meat, that is. Reindeer meat has to be experienced and where better to do it than in genuine reindeer grazing lands?

Gudrun Thomasson runs Thomassongården, a Sami camp in Mittådalen, during the summer. In the autumn, winter and spring, Gudrun has a store in Norrviken, Sollentuna, where she sells products from the lakes and mountains: fresh and frozen reindeer meat, an assortment of fish, game birds and much more besides. Gudrun has extensive knowledge of Sami culinary traditions and on one occasion I was able to share a fantastic, flavoured journey with her – she showed me the versatility of reindeer meat.

She made Italian classics such as carpaccio and osso buco in a new way. Traditional Sami fare such as clear broth with marrowbone and an old-fashioned slow-cooked stew with dumplings were some of the stops we made on our journey through reindeer meat's versatility. Roast reindeer with blackcurrant gravy, reindeer fillet on a bed of potatoes and Provencal herb butter, all made by Gudrun with a gentle hand that created a magnificent taste experience. We ended the evening with an unusual pizza, where reindeer mince took centre stage, complemented by sun-ripened tomatoes and Jämtland-grown basil.

Few of the journeys I have taken through tastes and flavours have been able to measure up to the day I tasted almost all the reindeer cuts. Gudrun described the experience as getting drunk on food, and that's just what it was. The finest dish I can offer my guests is goike-suovas, dried and smoked reindeer meat, preferably a top round cut. It is most comparable to its Italian cousin, bresaola, but goike-suovas is a notch higher on my taste scale.

Reindeer meat is easy to cook. The only thing to think about is to cook it gently and with care, and dare to throw caution to the wind when it comes to seasoning. It rarely goes wrong with our red gold: reindeer meat.

Tina Stafren, reindeer-meat-loving photographer

GAALTJIE

South Sami cultural centre



Are you interested in or want to know more about the South Sami culture? In Östersund, Gaaltije is a living source of knowledge for those who are interested in South Sami culture, history and businesses. Gaaltije's door is open to everyone who wants to find out about what's going on in Saepmie and to acquire knowledge and information. The shop has books, literature, Sami music and crafts.

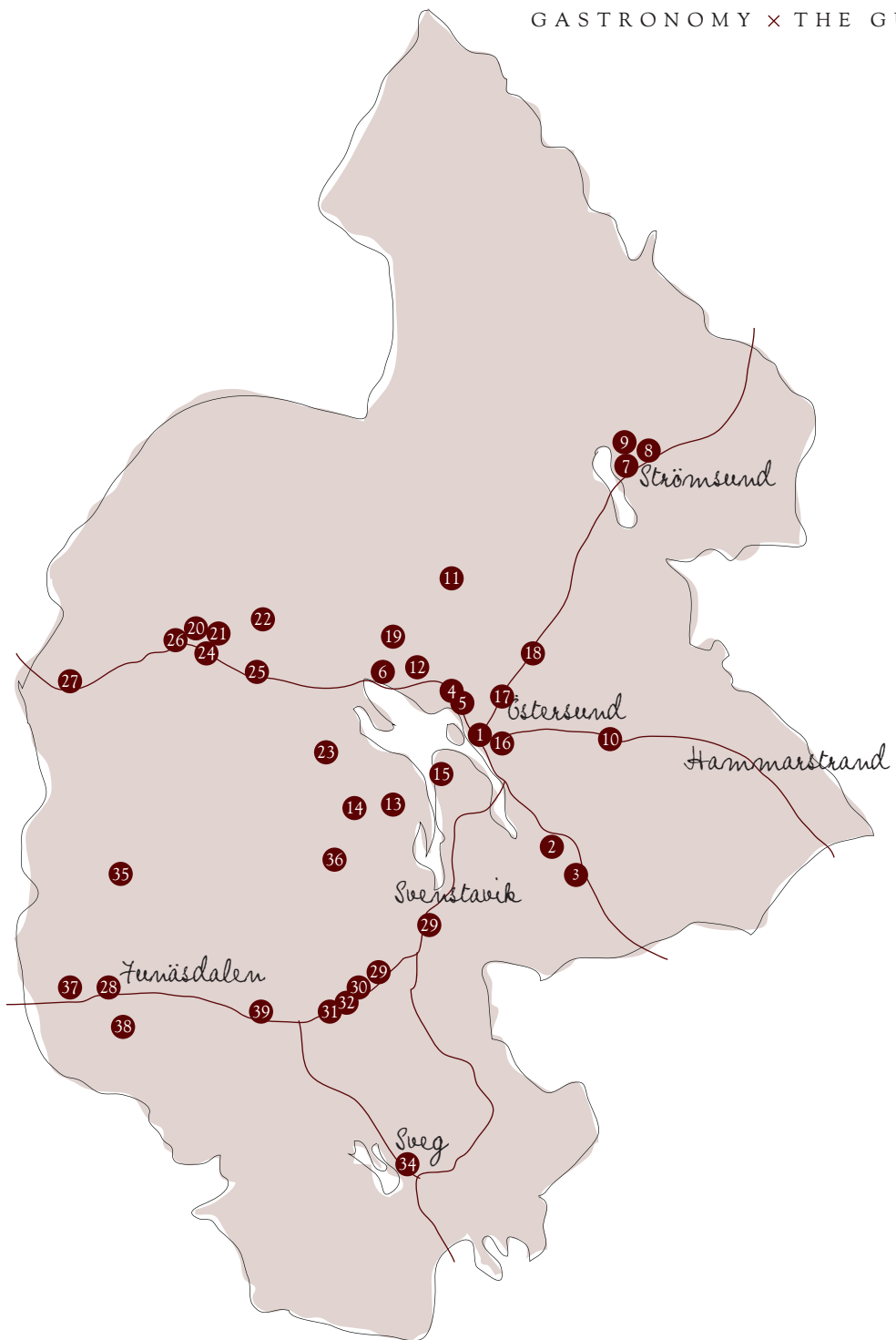
www.gaaltije.se

THE GUIDE

Jämtland-Härjedalen is a treasure trove if you have a culinary interest, regardless of whether you want to search out new adventures when you arrive or book some gems in advance. This guide will take you to beautiful scenery, unique accommodation, enjoyable activities, warm hospitality and fascinating gastronomic experiences. Bon voyage!

- | | | |
|---------------------------|-------------------------|------------------------------|
| 1. Tösernas Delikatesser | 6. Trangia | 23. Fjällgården |
| 1. Tages Konditori | 7. Hedmans Delikatesser | 24. JoPe Fors & Fjäll |
| 1. Jazzköket | 8. Strömsunds kommun | 25. Åre kommun |
| 1. Woolpower | 9. Hillsands Getgård | 26. Buustamon |
| 1. Frösö Handtryck | 10. Ragundadalen | 27. Restaurant Flamman |
| 1. Hotell Gamla Teatern | 11. Skärvången | 28. Härjedalens fjällmuseum |
| 1. Clarion Hotell Grand | 12. Lailas Catering | 29. Guldbyns |
| 1. Brunkullans Krog & Bar | 13. Wikners | 30. Klövsjöfjäll |
| 1. Daajroe | 14. Hävvi i Glen | 31. Åtgården |
| 1. Brunkulla gård | 15. Orrviken Struts | 32. Klövsjö Panorama |
| 1. Café Torgbrinken | 16. Skogens Sköna Gröna | 33. Storhogna |
| 1. Matskräet | 1. Sav | 34. Herrö gårdsmejeri |
| 1. Törners | 1. Kulitur | 35. Ramundberget |
| 1. Gaupa | 17. Rönngården | 36. Börtnans Fjällvattenfisk |
| 1. Storsjöhyttan | 18. Sekelhuset | 37. Fjällnä |
| 2. Jämtlands Bryggeri | 19. Wången | 38. Lofsödal Panorama |
| 3. Bakgården | 20. Grädda Åre bakery | 39. Per Hans Lantbruk |
| 4. Ava Garden | 21. Copperhill | |
| 5. Lugnets Naturprodukter | 22. Kall Auto Lodge | |

The numbers show where in the region the visitor attractions are located. Please visit the company's website for an exact location.



TIPS!

More gastronomic attractions can be found at:
www.jamtland.se/gastronomy



Tösernas Delikatesser

– *exquisite flavours*

Tösernas Delikatesser is all about creating something as tasty as it is beautiful. We let ideas flourish using inspiration from international travel and an enthusiasm for new flavours. The results are a surprising combination of urban beats and Jämtlandic and Scanian food traditions.

TÖSERNAS DELIKATESSER

www.tosernas.se



Sweet kisses from Frösön

– *baked with love*

A wide range of breads, cakes and pastries. Classic favourites and new treats, varied according to the season and celebration. Everything is made by experienced hands in our own bakery, with love and care that dates back to 1952. Don't miss our very own "Frösökyssar" – kisses from Frösön.

Tages
Konditori & Kök

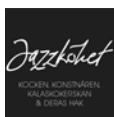
Frösövägen 32, Frösön · +46 (0)63 51 84 07 · info@tages.se · www.tages.se



Jazzköket

– *uncomplicated local food*

Ranked as Östersund's top restaurant by Tripadvisor. Most ingredients are sourced from our region and the ones that aren't are all organic. Why? Because we want to do our bit for a healthier, better tasting future – besides which, we enjoy food with its own identity and plenty of taste. Weekly live music, Foodjam and Foodstock.



Prästgatan 44, Östersund · +46 (0)63 10 15 75 · www.jazzkoket.se



Factory outlet

– *Woolpower*

Socks, thermal underwear and warm clothes made here in Östersund from fine, terry-knitted merino wool. Woolpower's warm and comfortable clothing is made in a terry knit known as Ullfrotté Original. Our factory outlet sells seconds garments and odd sizes at great prices.

Open: Mon–Fri 10 am–6 pm and Sat 10 am–3 pm. Welcome!

Woolpower
ÖSTERSUND

Chaufförsvägen 29, Östersund · +46 (0)63 14 85 30 · www.woolpower.se



Swedish Fabric Pattern Art

- *handprinted in Sweden by us*

Frösö Handtryck - the oldest Swedish textile handcraft printmakers - is today a colourful and expressive design company on the island Frösön in lake Storsjön. Through our hands we have passed on an important heritage of Swedish art and design to people, homes and workspaces all over the world. Under the brand "Frösö Handtryck" you can find our own collections of fabrics printed with patterns designed exclusively for us by prominent Swedish artists and designers.

Welcome to visit our factory and shop.

FRÖSÖ
HANDTRYCK

Frösö Park, Byggnad 114, Frösön · +46 (0)70 331 0772 · www.frosohandtryck.com



Accommodation – Food – Conference

- *welcome to Gamla Teatern, the "old theatre"*

This beautiful property once belonged to the Good Templars, but was converted to a hotel in 1993. It has 64 rooms, conference facilities, a banqueting hall and a restaurant. In the summers the Theatre Garden opens and becomes Östersund's oasis.

GAMLA TEATERN

• ÖSTERSUND •

Thoméegränd 20, Östersund · +46 (0)63 51 16 00 · www.gamlateatern.se



Clarion Hotel Grand Östersund

- *welcome to "Kitchen & Table"*

Experience Clarion Hotel Grand Östersund's new restaurant concept, "Kitchen & Table" signed master chef Marcus Samuelsson. The flavours of multicultural Manhattan meet local ingredients from Jämtland, such as cloudberry, reindeer and the Sweden's tastiest cheese.



KITCHEN & TABLE
ÖSTERSUND

BY MARCUS SAMUELSSON

Prästgatan 16, Östersund · +46 (0)63 55 60 00 · www.kitchenandtable.se/ostersund



Brunkullans Krog & Bar

A charming restaurant with 19th century style. Lunches are a la carte and the kitchen serves brasserie-inspired food. During summer we are proud to present the city's cosiest outdoor seating. Welcome!

Brunkullans
krog med bar

Postgränd 5, Östersund · +46 (0)63 10 14 54 · www.brunkullanskrog.se



When you see the Daajroo symbol – you know that it's an authentic Sami product

Sometimes a different perspective is needed to develop, and Sami knowledge enriches society. The Daajroo symbol on a product or service guarantees that it looks to the future, but that its roots are in Sami culture.



www.gaaltije.se



Brunkulla Gård

– tranquillity and taste for lasting memories

Bed & Breakfast and conference facilities at one of Jämtland's oldest homesteads, where organic sustainability is theme. Local ingredients are used in the food. The farm, livestock, wood-fired sauna and proximity to lake Storsjön are a fabulous experience. Welcome!

Brunkulla Gård

ekologisk gård med människor som älskar livet på landet

Fannbyn 120, Frösön · +46 (0)70 570 43 82 · www.brunkullagard.se



Café Torgbrinken

It's said that we...

... make Östersund's tastiest buns, authentic homemade coffee and cakes with a touch of something special. All served in cosy surroundings with art displayed on the walls, in a beautiful garden or as a take-away.

Opening Hours: Mon-Fri 6:30-17:00, Sat-Sun 11:00-16:00.

Torgbrinken

Brunflövägen 15, Östersund · +46 (0)63 12 97 63 · www.torgbrinken.se



Jämtland's culinary artisans

This map will help you find Jämtland's culinary artisans and their products, which have unique flavours, qualities and identities. Many culinary artisans offer a range of activities for visitors. Call and ask them!

Map available from tourist offices in Jämtland.

**Mat
skrået**
FÖR MATHANTVERKARE I JÄMTLANDS LÄN


Regionförbundet
Jämtlands län


Europeiska jordbruksfonden för
landsbygdsutveckling: Europa
investerar i landsbygdsområden

Matskrået, Liv Ekerwald · +46 (0)10 225 3201



Welcome to Törners!

Törners opens up the opportunities for delightful breaks and life's enjoyable moments with an invite to their very own confectionary products and large selection of warm dishes, salads and sandwiches. We promise to deliver a classic but modern experience, with an eye for detail.
www.tornerskonditori.se



TÖRNERNS

TÖRNERNS KONDITORI Storgatan,
TÖRNERNS CAFÉ & TÖRNERNS DELI Mittpunkten, Östersund



Restaurant Hov at Jamtli

– *exceptional food in a fantastic atmosphere*

Take a moment to relax and experience a place in which exceptional cooking and local ingredients take precedence on the menu. Table service and a great atmosphere, and why not something good to drink with your food too.
A hearty welcome from Helena & Fredrik and staff.



+46 (0)63 15 01 03 · mariebykok@gmail.com · www.jamtli.com



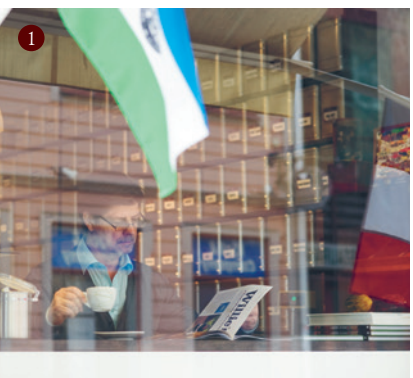
Jamtli, Museum of the Year

Jamtli, the county museum in Östersund, has been named 2013's Museum of the Year. It is renowned for its constant renewal and innovation, and has been a driving force for the region and an inspiration for museums in general. The organisations behind the award are the Association of Swedish Museums and the Swedish section of the International Council of Museums (ICOM).

Visit Modern Society 1975 – a living museum! Meet a family with teenage children in a detached house and an idealistic young couple in a “green wave” cottage.



+46 (0)63 15 01 00 · info@jamtli.com · www.jamtli.com



TeloGott

– *the city's sweetest shop*

A wonderfully cosy boutique for exquisite tastes - with divine flavours and heavenly scents, as well as a select range of coffees, teas and cigars. The fine chocolates, pralines and truffles are always appreciated, whether to treat yourself or for special occasions.

TeloGott

Prästgatan 40, Östersund · +46 (0)63 12 13 41 · www.telogott.se



Coffee and light lunches

– *in a homely atmosphere at Café Otto*

Enjoy a coffee break at Östersund's largest outlet for local indulgences. Our range includes coffee from Åre Kafferosteri, sourdough breads from Frejas Bakeri, homemade cakes with flour from Ångsta Kvarn, unleavened bread from Tallmons, charcuterie from Hedmans Delikatesser and chocolates from Tinas praliner. Summer opening hours: Mon-Fri 10-18. From September we are also open Sat & Sun 11-15. Welcome!

Café OTTO

Länsbiblioteket (Rådhusgatan 25–27), Östersund · +46 (0)63 10 77 07



En liten röd

A quiet, intimate restaurant that specialises in steaks and fondues. The perfect choice for a romantic dinner, corporate dinners, etc. Fully licenced. Reservations necessary.



Brogränd 19, Östersund · +46 (0)63 12 63 26 · www.enlitenrod.se



Jewellery from Östersund

– *a heart of snow exclusively from us*

The unique heart of snow, designed by Torbjörn Edström comes in both silver and gold. The series consists of a necklace, earrings, rings, bangles, pins, brooches, tie-pin and cufflinks. We invite you to buy a memento from Östersund! Visit our webpage and order online or email from info@svedberghsguld.se

Your jeweller since 1920's.



PILGRIM



Prästgatan 40, Östersund · +46 (0)63 51 16 26 · www.svedberghsguld.se



Tunnbröd Chips

– *traditional food in a new light*

Mörsjö Deli takes northern Sweden's food traditions onwards in a new light. They take soft unleavened bread, deep fry it and add flavours. The result is crispy, crunchy chips that are great with any buffet, cheese plate or drinks. Try the new Jämtlandic nachos!

Mörsjödeli *Jämtlandiska* **Nachos**

Frösön · +46 (0)63 10 12 60 · www.morsjo.se info@morsjo.se



Storsjöhyttan

– *Glassworks & Shop*

Storsjöhyttan AB, Jämtland's first studio glassworks, opened in the autumn of 1995 in the old power station by Östersund marina. Welcome – come and watch how glass mass is shaped into beautiful, unique objects that are then sold in our shop. Open Mon–Thu, 10 am–5 pm; Fri 10 am–4 pm and Sat 11 am–3 pm. Ulla, Nilla and Anna Lena.



Hamnen, Östersund · +46 (0)63–13 36 30 · www.storsjohyttan.com



Jämtlands Bryggerier

– *prize-winning, hand-brewed live beer*

Jämtlands Bryggeri creates its prize-winning live beer using spring water from Pilgrimskällan. The beer is brewed in small amounts, with care and by hand, and the carefully selected ingredients are of the highest possible quality. That's why we can offer the best range of beers in Sweden.



www.jamtlandsbryggeri.se



Bakgården i Revsund

– *food for all senses*

Bread, food, music and beer. The essentials of a good life. At Bakgården, Kerstin prepares delicious meals and bakes hearty sourdough bread. Gustav plays the trumpet and brews beer. We like to use local organic ingredients whenever possible. Now and then we hold courses and tastings for food, bread and beer.



BAKGÅRDEN

i Revsund

Revsund 220, Gällö · +46 (0)76-835 64 08 (Kerstin) · www.bakgarden.se



LRF Jämtland

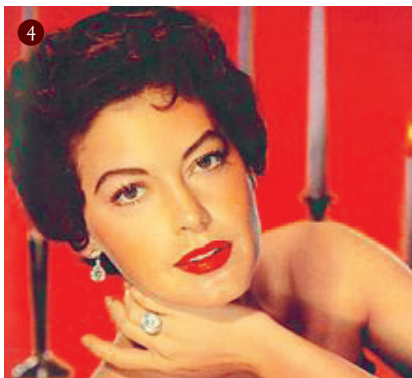
LRF Jämtland and the Federation of Swedish Farmers promote a healthy, natural environment and aim to produce food and natural products.

We are focused on the future and believe that bio-energy, increased food production and improved food quality are essential ingredients for sustainable development - in Jämtland and the world.



FEDERATION OF
SWEDISH FARMERS

www.lrf.se/jamtland



AvaGarden

– *an atmospheric hotel*

We have decorated Hotellet AvaGarden in the spirit of the fantastic actress Ava Gardner, with a classic retro feeling and a mini-museum in her honour. You'll stay in pleasant surroundings close to Avaviken and the restaurant creates and serves meals to suit all taste buds, with food prepared using local ingredients.



Dvärsättsvägen 58, Dvärsätt · +46 (0)640 186 66 · www.avagarden.se



Lugnets Naturprodukter

– *naturally luxurious cosmetics*

Our products are an alternative to traditional cosmetics. We offer the chance to enjoy natural luxury, beneficial for the wellbeing of both body and soul. The ingredients are selected to be good for the skin and for the environment. Look after your skin and treat yourself to high class products. Order via our website or buy from our retailers.

Lugnets
NATURPRODUKTER

Lugnet, Dvärsätt · +46 (0)70 349 10 35 · www.lugnetsnaturprodukter.com



Trangia Stoves

– *quality stoves with tradition*

The Trangia stove has been the natural choice of storm-proof stove for half a century, and is now used by outdoor enthusiasts around the world. We have more than 80 years' accumulated experience and expertise due to our closeness to the mountains for practical testing, a combination of modern technology and design, and constant product development.

Our approach to quality has put its stamp on the entire manufacturing process, from the choice of materials to function. This means that we offer a lightweight, simple and above all reliable outdoor stove – whatever the weather.



Trangia AB, Trångsviken · +46 (0)640 68 13 30 · www.trangia.se



Hedmans Delikatesser

– *crafted with tradition and quality*

We specialise in charcuterie of the highest quality, with a tradition that dates back to the early 1900s when Hugo Hedman arrived in Strömsund and started Hedmans Charkuteri. He was one of the first people to establish an inspection agency, so the butchered animals were inspected and tested for the overall health by a veterinarian – that time's seal of quality. Grandfather Hugo was one of the first people in Sweden to manufacture canned meat products. Norrland sausage filling and jellied pork became favourites of lumberjacks, log drivers and construction workers

Our family has always discussed charcuterie processing and the importance of the quality of local ingredients. Only the best is good enough. Traditions are passed down through the family; my father Carl-Eric and my uncle Lars dedicated their working lives to the charcuterie business, so I am now the third generation in the profession.

In 1994 I took the initiative and founded Hedmans Delikatesser. A new, EU compliant factory was built in Strömsund and we now have a range of around 15 different products, which we sell to retail delicatessens, and to large-scale caterers, municipalities and county councils. In November 2009 I was awarded the status of Master Craftsman, which was the first time in 25 years it was awarded in charcuterie.

We produce meat, pork and game products with good nutritional values and low fat percentages. Our products can be found in good supermarkets.



www.hedmansdelikatesser.se · hedmans.delikatesser@telia.com



Do you dare to be traditional?

– *welcome, come and explore Strömsund*

Nature is our pantry. Grouse and reindeer roam the mountains, cloudberries and chanterelles grow wild, elk and bear walk the forests among bilberries, raspberries and lingonberries; the rivers teem with game fish such as trout and char, but also are dotted with bass, pike, grayling and whitefish. Traditions and artisan foods are our livelihood, with award-winning cheeses, wholesome unleavened bread, tasty meats, eggs from contented chickens and ostriches, and authentic berry products, all made with much love and genuine ingredients...



Strömsunds Tourist Bureau: +46 (0)670 164 00, turistbyra@stromsund.se, www.stromsund.se/vagardu

Gäddede Tourist Bureau: +46 (0)672 105 00, gaddede.turistbyra@stromsund.se, www.frostviken.se



Strömsunds
Kommun
Stracjmien tjeelte

www.stromsund.se/vagardu



Artisan cheese from Hillsand

– *dairy and farm shop*

At Hillsands Getgård we create handmade cheeses from unpasteurised goat and cow milk. We welcome visitors. We are situated in the small village of Hillsand, close to Ströms Vattudal, 50 km north-west of Strömsund. The shop is always open when we are home, but please call before visiting.



Hillsand, Strömsund · +46 (0)70 344 20 33 · www.hillsandsgetgard.com



Ragundadalen

Ragundadalen is home to the “dead falls”, as well as to a collection of the best foods from Jämtland & Härjedalens larder, enough to satisfy even the most seasoned epicure. Spend days relaxing in the remarkable scenery and indulging in the local produce.

We recommend a combined culinary journey through Ragunda and Strömsund. Welcome!



www.ragundadalen.se



Why not?

Why not have a fascinating day in the artisan food village of Skärvången?

In the village dairy you can watch and listen to the village’s milk being turned into cheese.

In the village charcuterie you can see how the village’s meat becomes smoked and dried delicacies.

All our products are available in the shop.

Everything can be tasted and savoured in the cafe.

In the shieling, Sörbodarna, you can relax and get close to the goats.

Take road 360 (Fiskevägen) towards Valsjöbyn, Skärvången is on the way.

Opening times and news at www.bymejeriet.se



Skärvångens Bymejeri, Föllinge · +46 (0)645 401 40 · www.bymejeriet.se



Lailas Catering & Farm Boutique

Lailas Catering & Farm Boutique is located on Road 666. I offer handicrafts, home baking and flour from Ånsgta Kvarn, as well as local products such as cheese from Skärvångens bymejeriet and pork from Alsen. I'm best known for my rolled wafers, baked using my grandmother's recipe, which have been sold at markets and shops for generations. We bake and make cakes to order. Signed from the road when open.

Lailas Catering & Farm Boutique

Valne 219, Nälden · +46 (0)70 663 07 41



Wikners in Persåsen

Welcome to a wonderful combination of fantastic arts and crafts and delicious cuisine. Artworks and a fascinating documentary showcase local craftsmen. Art, design, accommodation and conference facilities, we have it all! Call us or visit our website for opening times and other information.



Persåsen 336, Oviken · +46 (0)643 44 55 50 · www.persasen.se



Sami tastes and adventures

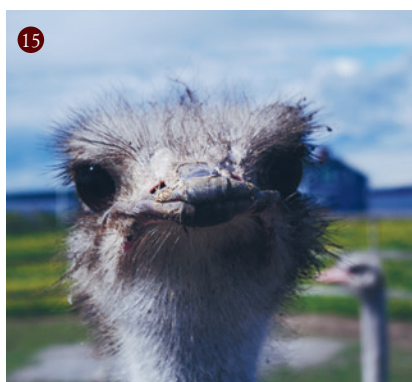
– *at Hävvi in the mountains of Oviken*

We are found in Glen, a Sami conservatory 50kms from Persåsen. You can stay in our newly renovated cottages, take your pick from our fishing and hunting adventures and dine heartily. The restaurant serves exclusive dishes from our own ingredients sourced from the mountains around us, such as reindeer, moose, char, berries and chanterelles. The reindeer enclosure has tame reindeers. Open year round. Visit our webpage for exact times.



Hävvi i Glen

Glen 565, Åsarna · +46 (0)70 600 64 76 · www.havviiglen.se



Ostriches in Orrviken

Welcome to our ostrich farm! We breed our own animals and sell fresh and smoked ostrich meat. There is a café that serves ice cream, cakes and buns, as well as sandwiches made with ostrich eggs and meat, and products made from egg shells and ostrich oil. We are open all summer, 12 noon – 8 pm.

Orrviken Struts

Nygården 306, Orrviken · +46 (0)70 682 16 93 · www.orrvikenstruts.se



Jämtland Smakar Gott®

- *Jämtland on a plate – Jämtland tastes great*

Jämtland Smakar Gott (Jämtland tastes great), regional delicacies accompanied by stories about the producers. Gran Zirup and other flavourful local products. Tastings often organised in association with Hotel Emma in the heart of Östersund, a friendly and charming hotel characterised by exceptional service.

Skogens Sköna Gröna®

+46 (0)70 541 71 92 · www.skogensskonagröna.info.se · www.hotelemma.com



White Gold

Sav Sparkling is a full-bodied, sparkling drink made from a traditional recipe, using sap drawn from only the finest specimens of Jämtland's birch trees. It is crystal clear in colour and glistens like white gold, with tiny bubbles and sparkles. The aroma is clean and rounded with hints of golden apples, mushrooms and floral hints. Serve ice cold – pure refreshment.

Sav Sparkling is now available via Systembolaget's catalogue, art. no. 7788. Order online via sav.se.

Sav™

www.sav.se



Kulitur Culinary Tours

- *offers activities that focus on local food and drink, culture & history*

Interesting experiences take place around lakes, mountains and forests in partnership with creative culinary artisans, fascinating restaurants, prize-winning breweries and knowledgeable guides.

Book for 2013 – 2014:

The Brewery Bus Tour 9 am–4.30 pm:

Visit two local breweries, guide on the coach, lunch, beer tasting, film & slide show.

Culinary Safari in the City of Östersund 5–10.30 pm:

Five dishes in five restaurants in five hours with an evening tour of Östersund's restaurants & entertainment, going back to year 1786.

The Culinary Bus Tour around Lake Storsjön 8 am–4.30 pm:

A daytrip that includes lunch, a guide and visits to local culinary artisans

Taste Workshop 6–7.30 pm:

An enjoyable talk and tasting event with local ingredients.

Kulitur
Culinary tours

+46 (0)70 677 84 32 · info@kulitur.se · www.kulitur.se



Rönngården organic farm

– *with a farm shop and Bed & Breakfast*

önngården is an organic farm in the village of Litsböle, 20 km north of Östersund. A fantastic place, up high with a view of the neighbouring mountains, and within a stone's throw of forests and the river Indalsälven.

Stay in "Grandmother's Cottage", learn how to make jams and marmalades or take a guided walk in the forests and learn about the flora and authentic Jämtlandic food crafts. Our marmalades, preserves, juices and chutneys are made with berries and produce from our own garden. Products are sold under the "Samriker Jämtland" certification and can be purchased in our farm shop, open 4 June to 14 September, 12:00-17:00 daily. At other times please call in advance or make an appointment.




Rönngården
JÄMTLAND

+46 (0)70 393 00 68 · berit.ronngarden@gmail.com · www.ronngardenjamtland.se



Sekelhuset lunch & café in Lit

Experience a serene, old-fashioned atmosphere with delicious home-made food, freshly baked bread, butter biscuits and organic coffee. Book a 3-course dinner and add the experience with a glass of wine or beer. Enjoy the view of the river Indalsälven from our balcony. Welcome from Ulrika and staff.



Nybyvägen 6 A, Lit · +46 (0)642 106 45 · www.sekelhuset.se



Wången

– *full horsepower*

This is the only place in the county that offers you the chance to take a break from a conference and experience the thrill horses galloping past. Exhilarated and content, continue with wholesome local food before finally rounding off the day with complete rest and relaxation.



Wångens Wårdshus · +46 (0)640 174 17 · www.wangen.se

20



A village bakery

– *where the breads are baked with love*

Welcome to Grädda – Åre's bakery and café with a personal touch. Try our popular sourdough bread, filling and beautiful, with its very own shape and flavour. Our softer bread is baked using stone-milled rye flour. At Grädda we enjoy experimenting, so we often try out new flavours or breads.

Call in and stop for a coffee break. We have enormous cinnamon buns, delicious cardamom swirls and classic pastries. We recommend our almond biscotti with cloudberry crème. We have a range of cakes and meringues, many with modern mousse bases and attractive decorations.

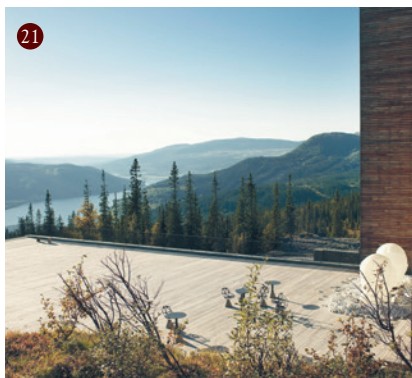
Patio breakfasts, lunches and coffee every day, with the sun on your face. See you soon!

grädda  åre
BAGERI & KONDITORI

Årevägen 150 (Brunkullan, between the village square and Fjällbyn), Åre
+46 (0)647 515 15 · www.gradda.se

Foto: Maria Riedl

21



Copperhill Mountain Lodge

– *extraordinary dining with a mountainous backdrop*

Superb cuisine in a mountain environment, inspired by nature and local culture. Incredible views and hiking trails right outside the door. Award-winning spa, modern art and incredible architecture and design. More information about summer and autumn deals at copperhill.se.



www.copperhill.se

22



Kall Auto Lodge

– *Local produce. World class views.*

Food that stimulates your body and senses, prepared using local products and inspired by dishes from every corner of the world. Bon appétit!



www.kallautolodge.com · +46 (0)647 411 00



Fjällgården Gräftåvallen

– *naturally wholesome*

Beautifully situated above the treeline, perfect for hiking, fishing and all types of skiing. Offers accommodation and serves good food made using ingredients sourced from the forests, lake and mountains. Certified by "Smakriket Jämtland". Make sure you don't miss out on our popular HotRock evenings. Open almost year round.



Gräftåvallen · +46 (0)643 520 12 · www.graftavallen.se



Adventure in Åre's mountains

– *year round on nature's terms*

JoPe Fors & Fjäll will take you on an unforgettable experience through the natural world. We offer white-water rafting on three rivers, white-water kayaking, river boarding, climbing, caving and activities for school trips. In the winter we arrange ice climbing, snowmobile trips, ice cave tours and limestone caving. Our guides have many years' experience, are well-trained and have great local knowledge.



Hopsbacken 7, Undersåker · +46 (0)647 314 65 · www.jope.se



Local production

– *at the highest level*

Since Åre's tourism boom, opportunities to savour excellent local foods have multiplied. Buustamons Fjällgård, Tännforsen, Åre Chokladfabrik, Huså Bröd and Kretsloppshuset in Mörsil are all examples of companies that have made local production into great success stories.

Financial sustainability is a critical element of sustainable development and, in Åre Municipality, the prospects are looking good for local food production due to expansive tourism.

Are you considering developing a local food product or something else that could be an exciting idea? Contact Jan Andersson, on +46 (0)647 167 37 or jan.andersson@are.se



Åre Municipality · +46 (0)647 161 00 · www.are.se · www.are360.com



26

Experiences at a high level

Summer Season 11 July – 11 August.

Hotel, Bed and Breakfast from Thursday – Sunday. Restaurant open Fridays and Saturdays. Daytime 12:00-16:00, drop-in's for coffee and waffles. Evening meals 18:00-22:00. Pre-order our three course meal and we offer a sauna and hot tubs from 15.00 to 19.00.



**BUUSTAMONS
FJÄLLGÅRD**

Buustmon 142 · Åre +46 (0)647 531 75 · www.buustamonsfjallgard.se



27

FLAMMAN STORLIEN

Restaurang Flamman offers produce from the region's forests, mountains and waters. Dishes are served in a classic and nouveau manner. See www.whiteguide.se and flamman.nu for more info.

Open: Dec-April, July-Aug, Sep-Nov. By agreement at other times.

Directions: From the E14, 1.5 km to Storlien's centre. Welcome!



Vintergatan 46, Storlien · +46 (0)703 220 81 · info@flamman.nu · www.flamman.nu



28

Härjedalens Fjällmuseum

– *a museum for the whole family*

Outstanding collections are displayed in captivating, interesting exhibitions. A museum for everyone that focuses on the lives of mountain farmers, the Sami and working folk. One of the oldest museum collections displayed in one of Sweden's most modern museums.

The children's favourite is the secret passage, taking them a century back in time as they climb through the fairy passage up to the shieling cottage.

Next to the museum is a park in which you can stroll between timbered houses that date back to 16th century. In the summer, exciting activities and exhibits are arranged for children and adults, such as baking and handicrafts, such as weaving, spinning and felting wool, or carving hooks and handles.



Rörosvägen 30, Funäsdalen · +46 (0)684 164 25 · www.fjallmuseet.se



29

Guldbyns

– *food artisan of Jämtland*

Guldbyns drinks are produced in Åsarna, an hour from Östersund. They are made from plants and berries that grow in the forests and meadows around the village. We also have our own organic cultivation, where rhubarb and blackcurrants patiently ripen through the long cool summer days.

To retain as much as possible of the flavours that nature has given these berries and flowers, we carefully refine them by hand-pressing and carefully pasteurising them. Sometimes we add fresh organic fruits and spices for an extra flourish. We do not add any flavourings, colouring or artificial additives. We find that it's just better that way, with much more real taste.

Guldbyns drinks are found at Systembolaget, good restaurants and specialist shops and delis.

Guldbyns is a certified Food Artisan and a member of Äkta Vara



Guldbyns

JÄMTLÄNSKT MATHANTVERK

Idrottsvägen 6, Åsarna · +46 (0)708 94 12 88 · info@guldbyns.se · www.guldbyns.se



30

Nothing has changed

– *but everything is new*

Welcome to our restaurant at Hotell Klövsjöfjäll in magnificent Klövsjö! Johan Andersson runs the restaurant with the help of a crew of culinary enthusiasts, serving local specialties and tasty classics. Welcome!

Klövsjöfjäll

JÄMTLANDS HEMLIGHET

+46 (0)682-41 31 00 · www.klovsjofjall.se



31

Waffles and Pastries

– *in the beautiful village of Vemdalen*

Enjoy pastries, sandwiches and delicious drinks in stunning surroundings. Take a coffee break by an open fire or outside in the garden. We serve fresh waffles made using our grandmother Anna's recipe, with homemade preserves and cream. You can also buy pastries and delicatessen boxes to take home.

Åtgårdens Café

Main Road 16, Vemdalen · +46 (0)684 304 51 · www.atgarden.se



Klövsjö Panorama Mountain Lodge

– *experience our genuine mountain atmosphere*

Fully fitted apartments for rent in the heart of the Swedish mountains. Open fireplace, sauna, quality beds, several bathrooms, broadband, stereo and several TVs – choose Klövsjö Panorama for your next quality vacation.



Lilla Panoramavägen 3, Klövsjö · +46 (0)709 423 298 · www.klovsjopanorama.se



Storhogna Högfjällshotell & Spa

– *where the road ends and the mountains begin*

This is the place where two worlds meet and exclusive opportunities are born. An alpine world invites you to go hiking, fishing and golfing, as well as offering spa treatments, pool and sauna. The acclaimed restaurant in the atrium also has an indoor stream with trout; it is a full-board restaurant that serves dishes made from local ingredients. Samiviset, the Sami camp, is a waffle cabin on the mountains, a 3 km walk from the hotel.



+46 (0)682 41 30 30 · www.storhogna.se



Herrö Gårdsmejeri

– *the best for everyone*

KRAV certified - for the environment's and the animals' sake. Cheese – for a heavenly taste. Goat yogurt – for its mild taste and consistency. Goat meat – from goats that lived happy lives. Goat leather – for beauty and a good use of resources. Vegetable rennet – for vegans and everyone else. Products available at selected shops in Stockholm, locally and at the farm dairy. The farm shop is open every Tuesday, 11-18, and by agreement at other times.



Herrö 175, Sveg · +46 (0)70 537 76 81 · www.herrogardsmejeri.se



Ramundberget

– *a place that thinks differently!*

An authentic, small scale alternative for those looking for something other than the mass-produced or easily consumable. We will never be the place for everyone, but for a growing number we seem to be the only place they can think of. Open winter and summer for skiing, hiking, running, cycling, canoeing, spa treatments and so much more.



+46 (0)684 66 88 00 · facebook · www.ramundberget.se



Exclusive fish boutique in Börtnan

– *Gold medallist in the Swedish Culinary Championships*

At Börtnan we offer fresh char and rainbow trout from flowing cold water. Cold and hot smoked in our own smokery. We serve cured, local delicacies of the highest quality. Opening hours Monday – Friday, 8.00 – 16.00, year around. Welcome!



Börtnan · +46 (0)687 330 50 · www.bortnanfisken.se



Fjällnäs Est. 1882

– *an exclusive experience in a unique wilderness*

Attracts those seeking seclusion, contemplation and the natural world – all year round. Welcome to our landscape and mountains; experience how your senses become alive in this immense and unspoiled wilderness.



Fjällnäs
Est. 1882

+46 (0)684 230 30 · stay@fjallnas.se · www.fjallnas.se



Lofsdalen Panorama

Adventure packages, bear safaris and accommodation in our exclusive timbered cabins. We cater for conferences, weekend events with drinks tastings, triathlons and other activities.

We also produce bespoke packages.

Fjällripan Lodge lies picturesquely on the shore of fish-rich Lofsjön, with easy access to hiking, skiing, shops and restaurants. All cabins have wireless internet, verandas and barbecue areas.



Lofsdalen · +46 (0)76 142 20 50 · www.lofsdalenbooking.se



Meat from Per-Hans Lantbruk

– *Exceptional Tasting from KRAV-livestock in Härjedalen*

Our dairy cows roam freely in the forests for 5-6 months of the year, during which time they time calve their young. They graze naturally, the meat an exceptional. It is finely marbled and is hung to tenderise for 14 days, before being butchered and vacuum sealed for freshness.



Hede, +46 (0)73 097 90 67 · info@per-hans.se www.per-hans.se



www.jamtli.com



Party, Conference and Gastronomic Bliss at Restaurant Hov

Celebrate the highs of life by inviting Hov – Ostersunds oldest restaurant. Hosts Helena Akerbrant and Fredrik Oberg welcome all guests to Jamtli's Church, a stunning venue, meant for a wedding, civil ceremonies, baptisms or naming ceremonies.

Table bookings> +46 63 15 01 03. Church Reservations +46 63 15 01 07

Artisan Food is Their Success



PHOTO Stéphane Lombard

A normal day at work

7:00 The milk goes straight from the cow to curdling.

7:10 pH value and temperature is controlled, lactic acid bacteria and mold culture is added.

7:40 Rennet is added.

8:00 Check the time of flocculation on the milk.

8:45 Cutting the coagulated milk.

8:45 to 10:15 Continuous stirring and heating.

10:15 The pH value is controlled and the curd is separated from the whey. The curd is placed in moulds and turned three to five times during the day and salt is added.

The cheese is matured at about 10 ° C in high humidity. After about three weeks the cheese is stored at 6–8 ° C, while waiting for the right taste.

www.eldrimner.com

We would never be where we are today without Eldrimner.

Ingela Mårtensson

Ingela Mårtensson and Urban Olausson at Tivars Gårdsmejeri (The Dairy of Tivars) gains knowledge and inspiration from Eldrimner – National Swedish Center for Artisan Food, situated in Ås just outside Östersund. Eldrimner conveys the knowledge about artisan food that is needed both at the start and in the development of the company.

Eld
rimner

The National Swedish
Center for Artisan Food



Länsstyrelsen
Jämtlands län



Europeiska jordbruksfonden för
landsbygdsutveckling. Europa
investerar i landsbygdsområden.

Adventurous Country Life

Adventure Package, bear safari and accommodation in our exclusive timber cottages.

We cater for conferences, weekend events combined with various drink tastings, triathlons, bear safari's and other activities. We tailor make package to suit you.

Contact us to find the package that suites you.



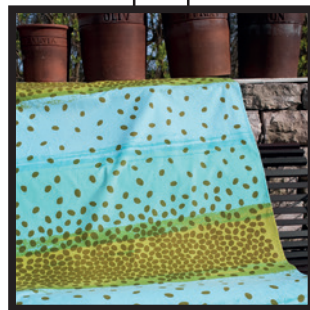
Lofsdalen Panorama-unmatched views and hiking trails from your doorstep.

Fjällripan Lodge lies quaintly at the shores of fish rich Lofssjön, with walkways to hikes, ski slopes, shops and restaurants.

All cottages have wireless internet, balcony's and grill stands.

Tel: +46 (0)76 1422050 • www.lofsdalenbooking.se

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**Succé för
vår uthyrning!**
Nu kan du även köpa ditt boende.
Mer info på hemsidan.

...och ved ingår

Hyr en lägenhet hos Klövsjö Panorama nästa gång du skall till fjällen – självklart ingår ved.



Klövsjö Panorama är ett unikt boende – redan vid ankomst känner du skillnaden. Alla lägenheterna har en stor öppen spis och generösa ytor för att umgås. Självklart är det ski-in/ski-out med egen pulkabacke runt hörnet. Flera badrum, bastu, bredband, musikanläggning, premium sängar från Carpe Diem – detta är något av det som ingår hos Klövsjö Panorama. För tiden i lägenheten är minst lika viktig som tiden i backen.

Läs mer på www.klovsjopanorama.se


KLÖVSJÖ PANORAMA
MOUNTAIN LODGE & RESORT