Cooking according to COS

Introduction

‘Cooking according to COS’ is an introduction and exclusive insight into the philosophy and creativity of the hospitality concept by COS: COS CANTEEN.

COS CANTEEN is the answer to the newfound relation between fashion and food. This small handout tells the story behind the concept and features 6 recipes of dishes served at COS CANTEEN. Each of these recipes revolve around one main ingredient: Nordic ingredients which have been linked to COS garments based on color and/or structure.
Philosophy

Inspired by architecture, design and arts, COS carefully curates the modernist lifestyle by the reinterpretation of classics.
Cooking according to COS

The Story

Recent years have seen a major shift towards a broader consideration of our foodways and interdisciplinary collaborations with chefs, designers, artists, industrialists, manufacturers and architects. This huge market shift in the role food plays in our lives and culture had led to the fact that food is the new fashion: chefs are celebrated designers and eating and entertainment has become haute couture.

Since both the food - and fashion industry celebrate beauty, mark the season and embrace reinvention, COS CANTEEN acted on this cultural shift by linking food to fashion. Based on the color and/or structure of the COS garments, ingredients from the Nordic region are selected to compose the menu. But reinterpreting the COS collection is not the only way in which the brand philosophy is extended. COS CANTEEN is also a modern interpretation the classic canteen concept, meaning clear design elements from canteens are incorporated in the interior.
Classified by color, this underdog vegetable has a saturated, bright magenta color. It is one of the most heavily colored food found in nature. Within the New Nordic Cuisine, the turnip is either pickled and eaten raw or boiled and made mash from. In summer, tender and fresh baby turnips can be eaten whilst the mature turnip suits to the warm winter diet. This nutritionally rich vegetable has a sweet yet slightly peppery taste.
The Turnip

*Turnip stuffed with dried fruits*

MEAT | SERVES 4 | 35 MINUTES

**Ingredients**

- 4 turnips
- 2 slices of smoked bacon
- 1 tbsp pine nuts
- 1 tbsp crushed almonds
- 1 tbsp hazelnuts
- 1 tbsp golden raisins
- 4 dried apricots, diced
- 1 stock cube
- olive oil, thyme
- brown sugar or honey

**Method**

1. Wash the turnips, scoop out the centre and cut the turnip flesh into small cubes. Blanch the cubes for 5 minutes using a steamer pan or salted boiling water.

2. Cut the bacon into small pieces. Heat some oil in a frying pan and brown the bacon with the turnip cubes. Add the other ingredients, the crumbled stock cube and 100ml of water. Sprinkle with the crumbled thyme and sugar/honey, and leave to caramelize slightly over a medium heat.

3. Stuff the turnips with the mixture, put the “lids” back on and cook in the oven at 180°C for 10 to 15 minutes. Serve at once.
The characteristic bright orange color of fresh salmon is in stark contrast with the soft more pink color of the cooked salmon. Salmon is a very popular food, just in Norway, over 120,00 wild salmons are caught each year. Classified as an oily fish, salmon is considered to be healthful due to the fish’s high protein, and omega-3 levels. Smoking of the salmon is the preferred technique within the New Nordic food movement.
The Norwegian Salmon

*Beetroot cured salmon with fresh horseradish and bitter leaves*

**FISH | SERVES 4 | 10 MINUTES + (24HRS)**

**Ingredients**

The Cure

- 500 gms salmon
- 2 tbsp Maldon salt
- 2 tbsp white sugar
- 1 tbsp black pepper
- 1 tbsp Aquavit
- 1 fresh beetroot

The Salad

- 300 gms mixed salad
- 4 roasted beetroots
- Fresh horseradish

**Method**

1. Slice the beetroot extremely thinly and place half at the bottom of a small dish that will hold the salmon.

2. Mix the sugar, salt, pepper in a bowl. Place 2 tablespoons of the mix on top of the beetroot and now lie the salmon on top, place the rest of the cure mix on top of the salmon followed by the beetroot.

3. Pour the Aquavit over the top. Cover with foil and place in the fridge for at least 24 hours with some weights on top.

4. After curing, slice the salmon as thinly as possible.

5. Serve the salmon with salad leaves, roasted beetroot and a grating of fresh horseradish with a very simple olive oil dressing. Or serve with a mustard dressing.
The deep purple color identifies the truffle potato. These tiny subterranean tubers are eaten during winter and have a full, smokey and grounded taste. In the New Nordic Cuisine, this potato is either roasted or used in mashes and soups.
The Purple Potato

*Purple potato and scallion soup*

VEGETARIAN | SERVES 4 | 45 MINUTES

**Ingredients**

1 tbsp butter
1 bunch of scallions
2 1/2 lbs mixed potatoes
3/4 cup vermouth
1 1/2 cups full cream
2 cups chicken broth
2 tsp of salt
1 tsp of black pepper

**Method**

1. Separate the purple potatoes from the white and yellow potatoes. Cut all potatoes into 1/2 inch pieces.

2. Slice the scallions thinly.

3. Melt the butter in a large pot over medium heat. Add 3/4 of the sliced scallions and saute for a minute.

4. In a separate smaller pot, add the purple potatoes, cover with water and bring to a boil. Cook until almost fork tender. Strain when done and set to the side.

5. Add the remaining ingredients to the large pot, stir together and bring to a boil.

6. Reduce heat and simmer for 15 minutes. Add purple potatoes and remaining scallions just before soup is done cooking. Blend the mixture, let it cool slightly and serve.
The clear scaled body classified the herring by structure. Within the New Nordic food movement the fish is eaten in many different ways: Pickling, fermenting, smoking, boiling, grilling are just some of the ways to prepare a herring. Herring is one of the main ingredients in Nordic diets and is available all year around. The fish’s habitat is North Atlantic oceans, including the Baltic sea.
The Atlantic Herring

Pickled herring on rye bread with red onion and dill

FISH | SERVES 4 | 50 MINUTES (+12 HRS)

Ingredients

12 herring filets
3 glass jars (500 ml)
marinade

For the marinade

3 shallots
600 ml vinegar
400 gms sugar
5 bay leaves
1 tsp allspice
1 tsp mustard seeds

thump size of ginger
1 tsp pepper
1/2 tsp dill seeds
1 tsp coriander seeds
2 spings thyme
2 crushed chilis

Method

1. Preparing the marinade: slowly heat the vinegar and sugar in a steel or enamel-coated pot. Once the sugar is completely dissolved, add the other ingredients, and leave over low heat for about 5 minutes.

2. Remove the pickling marinade from the heat and allow to cool completely.

3. Meanwhile, clean and fillet the herrings. With a sharp thin knife, cut off the head, and make an incision into the belly. Remove the innards.

4. Cut off the tail and fins, and make a deep cut along the top of the fish. Working with your fingers, carefully pull one filet off the fish, then gently pull the spine off the second filet. Use a small knife to cut out bones and trim off excess skin.

5. Cut each filet into three or four pieces.

6. Place the herring pieces in the jar, alternating between layers of fish and pickled onions.

7. Fill the jar with pickling liquid. Make sure the liquid is cold.

8. Place a lid on each jar and refrigerate for at least 12 hours before eating.

13. Serve 2-3 pieces of herring on buttered Danish rye bread with a few slices of red onion and dill.
The soft and almost wool-looking gills characterizes this winter wild mushroom. It fruits in fall and winter across Scandinavia and has a brownish cap. Within the New Nordic Cuisine wild mushrooms are well represented. This particular specie is loved for its soft and milky taste.
The Oyster Mushroom

Herb crepes with wild mushrooms

VEGETARIAN | SERVES 4 | 60 MINUTES

Ingredients

- 3/4 cup milk
- 3 large eggs
- 1/2 cup bread flour
- 1/4 tsp sugar
- 1 tsp chopped tarragon
- 1 tsp chopped chives
- 1 1/2 cup of maitake mushrooms
- 1 1/2 cup of oyster mushrooms
- 1 tbsp olive oil
- 1 pound of camembert
- 2 cups mustard green
- 1 cup baby spinach
- salt and pepper
- butter

Method

1. Place milk, eggs, 1/3 cup flour, butter, sugar, and 1 teaspoon salt in a large bowl; combine well using a whisk or an immersion blender. Add the herbs and let stand 15 minutes.

2. Place a pan over medium heat and add some butter. Add a scant 1/4 cup batter and quickly swirl to coat the bottom of the pan. Cook until edges begin to dry, about 1 minute. Using your fingers or tongs, turn crepe, continue cooking about 15 seconds more, and then transfer to a plate. Repeat process with remaining batter, stacking each crepe on top of one another as you work.

3. Preheat oven to 200°C. Place all the mushrooms in a large bowl. Drizzle with olive oil and season with salt and pepper; toss to combine. Spread mushrooms on a rimmed baking sheet in an even layer; transfer to oven and roast for 10 minutes. Remove from oven and let cool slightly.

4. Place a crepe flat on work surface. Spread 1 tablespoon cheese evenly over three-quarters of the crepe. Top with about 2 tablespoons mushrooms. Starting with the covered portion, roll crepe toward the uncovered portion and place seam-side down on a baking sheet. Repeat process with 11 crepes. Transfer filled crepes to oven until heated through, about 5 minutes.

5. Meanwhile, place mustard greens and spinach in a large bowl. Add 1/4 cup marmalade and season with salt and pepper; toss to combine. Divide greens evenly between 6 plates and top each with 2 crepes. Spoon any remaining marmalade over crepes and serve immediately.
Classified by its sharp lines and geometric shapes, chocolate is a much loved ingredient in Scandinavia. Although the cocoa bean does not originate from Northern Europe, Scandinavian people are sweet tooth's. Desserts are a well respected part within the New Nordic food movement.
The Cocoa Bean

Chocolate potato chips with anice and fennel seeds

VEGETARIAN | SERVES 4 | 60 MINUTES

Ingredients

2 bintje potatoes
3 1/2 cup olive oil
400 extra dark chocolate
20 gms cocoa butter
4 gms anice seeds
4 gms fennel seeds

Method

1. Peel the potatoes and slice them finely into cold water. Leave the slices in cold water until the starch has rinsed out and then pat dry.

2. Heat the oil carefully in a deep fryer to approximately 170°C and fry the potatoes until crisp. Cool on grease-absobent paper.

3. Melt the chocolate and the cocoa butter and bring to 50°C. Temper it to 25°C and then increase the temperature back up to 30°C. Pull the potatoes through the tempered chocolate to cover them completely. Let them cool on a tray. Sprinkle the anise and fennel seeds over the potatoes before they have cooled completely and serve.
Aquavit
Aquavit is a traditional flavoured spirit that is principally produced in Scandinavia, where it has been produced since the 15th century. For cooking use a strong flavoured one for a full taste.

Bintje potatoes
Bintje is a potato variety bred in the Netherlands. Bintje produces large oval-shaped tubers with pale yellow skin. This creamy and yellow-fleshed potato is specially good for roasting and making fries.

Cup
Cups over the world vary in volume. In Europe, it is more or less 225 ml

Gms
Gramms

Lbs
Pounds

Maldon Salt
Maldon salt is sea salt produced by the British company ‘Maldon’, est. 1882. Its soft white flaky crystals are free from artificial additives, giving Maldon Sea Salt a distinctive texture and salty flavour, which means less is required.

Mixed potatoes
A mix of white, red and purple potatoes

Tbsp
Tablespoon