

FBI

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ICE

Rick Li feat. friends





W E L C O M E

The global food system is intricately woven into the fabric of environmental sustainability. From the cultivation of ingredients to the transportation and distribution processes, the ecological footprint of our meals is vast. The demand for mass production and the commodification of food often result in unsustainable farming practices, deforestation, and the depletion of natural resources. As Western consumers who are accustomed to simply grabbing pre-packaged meats out of the fridges of Whole Foods, we must confront the reality that our choices shape our own lives and the landscape of our planet.

Fire on Ice is not simply a collection of recipes, but a narrative born from an odyssey across the landscapes of northern Europe. The dishes encapsulated in these pages are not mere recipes; each recipe tells a story not just of flavors but of the landscapes, traditions, and people behind the ingredients. They are snapshots of the author's encounters with the culinary tapestry of the region, from Scandinavian metropolitans to the arctic lands of the Sámi people.

Beyond the allure of flavors, our focus is resolute on unraveling the ethical dimensions inherent in each dish. From the lands and waters that yield our ingredients to the global footprint of our culinary choices, this cookbook delves deep into the intricate connections between cuisine and the pressing ethical considerations that surround our food choices.

To navigate the intricate landscape of food, environmental justice, and ethics, consumers must become informed advocates. Join us on this gastronomic expedition, where each dish is a chapter in a broader discourse on ethical sourcing, responsible consumption, and the global impact of our food systems.

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Ice, the crystalline maestro of nature's symphony, orchestrates a ballet across landscapes. In the embrace of winter, ice veils the earth, transforming familiar landscapes into ethereal realms of silence. As winter's chill envelops, ice becomes a survivalist's hymn, teaching humanity the art of adaptation. As we venture across the land and the waters, the glistening silver landscape itself becomes the backdrop of human nourishment.





KNÄCKEBRÖD ON STOCKHOLM LAKE

Knäckebröd on Stockholm Lake

A simple recipe for Swedish Crispbread featuring dark rye.
To be enjoyed around a fire on a frozen lake for a quick picnic lunch with fellow lake explorers. Serve with cheese and lentil stew.

INGREDIENTS	INSTRUCTIONS
• 1 cup dark rye flour • 1 cup all purpose flour • ½ cup rolled oats • ½ teaspoon fine salt • 1 teaspoon sugar • 2 teaspoons instant dry yeast • ¾ cup milk • 2 tablespoons unsalted butter melted and cooled, plus more melted butter for brushing • Large sea salt crystals for sprinkling	1 Whisk flours, oats, salt, sugar and yeast together in a large bowl. Stir in milk and butter. Knead briefly in the bowl with hands until the dough comes together (dough will be quite stiff and a bit sticky). Cover and let rise at room temperature for 1 hour. 2 Preheat oven to 375 degrees. Divide dough into 6 equal pieces and cover with plastic wrap. Working with one piece of dough at a time, roll into a thin round on a sheet of parchment paper. 3 Roll with a kruskavel or poke all over with a skewer or fork. Cut a 1 inch hole out of the center using a biscuit cutter. Brush both with butter and sprinkle with sea salt. 4 Transfer parchment paper to a baking sheet. Bake until golden brown and crispy, about 12-15 minutes. Transfer to a wire rack to cool. Repeat with remaining pieces of dough.



CHEESE PLAY IN THE FJORD





ATTER
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Cheese Platter in the Fjord

A symphony of traditional Norwegian goat cheese of various ages, as well as the spectacular Norwegian brown cheese accompanied by deer sausage and crackers. To be enjoyed along a boat ride in the fjords with friends. Serve with hot beverage.

INGREDIENTS	BRUNOST
- Brunost (Norwegian Brown Cheese) - Goat Cheese (light, medium, and very aged) - Norwegian cracker - Deer meat sausage - Hot currant juice	Brown cheese, or “brunost” in Norwegian, is a distinctive dairy delicacy with a rich history deeply ingrained in Norwegian culinary traditions. This unique cheese is created through a process of caramelization, where the whey leftover from cheese production is simmered until it transforms into a sweet, caramelized substance. The resulting cheese has a characteristic brown hue and a sweet, caramel flavor profile. Its origins trace back to the 1860s, with Anne Hov, a farmer’s wife, who accidentally caramelized leftover whey from cheese-making. Over the years, brown cheese has become an integral part of Norwegian culture, enjoyed both as a spread on bread or crackers and as an accompaniment to various dishes.



MUSTIK



**ANNI'S
PELLILLINEN
KAPIIRAKKAA**



Anni's Pellillinen Mustikkapiirakkaa

A recipe for Anni's traditional Finnish blueberry pie. To be enjoyed around a fire after
an ethical husky sleigh ride in the company of a herd of huskies.
Serve with hot blueberry juice.

"Literally the best thing I've ever tasted in my life." - Ian



INGREDIENTS

- 1 cup of butter
- 3 cups of flour
- 1 ¼ cups of sugar
- 2 teaspoons baking powder
- 1 ½ teaspoons baking soda
- 2 teaspoons vanilla
- 1 cup buttermilk
- 2 eggs
- 1 teaspoon cinnamon, cardamom, or similar
- 3 cups blueberries (can be frozen!)
- 1 tablespoon potato flour

INSTRUCTIONS

- 1** Melt the butter. Combine flour, sugar, baking powder, and baking soda. Mix in the butter to the dry ingredients. Split the above mixture into two parts.
- 2** Beat together the eggs, buttermilk, and cinnamon/cardamom. Take the slightly bigger portion of dry mixture and gently fold the egg-milk mixture into it. Spread that base dough on a baking tray (roughly 12x14 inches).
- 3** Mix the blueberries and potato flour, add them over the base dough. Sprinkle the other half of the dough - which should be crumbly - over the top.
- 4** Bake at 375F in the bottom of the oven for 15-20 minutes. Let cool, and serve with custard or ice cream.



Fire, the paradoxical force of nature embodies both destruction and creation. In its fiery choreography, it sweeps through the forests, consuming the old and paving the way for new beginnings. It is the transformative force that rises from the ashes, breathing life into the ecosystem.

Much like ice, fire compels humanity to understand its capricious nature, harness its energy, and turn it into a source of life-sustaining nourishment. Amidst the untamed landscape of the outdoors, the hearth becomes the center of a shelter, shaping the narrative of human existence against the grand tapestry of the wilderness.



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FOOD

the Sámi Way

Indigenous communities, deeply rooted in their ancestral lands, exemplify a profound connection to sustainable food practices, particularly hunting, foraging, and fishing. Among these communities, the Sámi people of Northern Europe stand as guardians of a centuries-old tradition, where the ecological and ethical dimensions of acquiring food are seamlessly interwoven with cultural preservation.

For the Sámi, fishing, hunting, and foraging are not merely activities but an integral part of their identity and survival. These practices harmonize with nature by centuries of wisdom passed down through generations. The ecological positivities of Sámi food-gathering practices become evident in their sustainable approach. The Sámi, intimately acquainted with the delicate balance of Arctic ecosystems, adhere to seasonal patterns, use traditional methods, and emphasize a deep respect for the environment. Their practices prioritize not only the sustenance of their communities but the preservation of the very landscapes that define their cultural heritage.

Ethically, the Sámi approach to food-gathering reverberates with a sense of responsibility and respect for all living beings. Informed by a deep spiritual connection to the land and a profound understanding of the interconnectedness of life, the Sámi practice ethical hunting and fishing, ensuring that the welfare of the environment and the creatures within it is prioritized. Their choices are guided by a holistic worldview that transcends the utilitarian approach often associated with super-market purchases.



In contrast, the purchasing of mass-produced foods from supermarkets introduces a discordant note into this harmonious system. Industrialized food systems often lack the mindfulness inherent in traditional, earth-centric practices, leading to ecological degradation and a disconnection from the sources of sustenance.

In the development of the recipe ~Improvised Arctic Char Stew~, the author had the privilege to utilize a hand-caught arctic char from a frozen lake in the land of the Inari Sámi. In the original recipe, all parts of the fish, including its soft scales, skin, head, and bones, were all taken advantage of in the making of the dish.

As our world becomes increasingly consumerist, we strongly encourage our reader to take great care of the sourcing of our main ingredient - the fish. Venturing into nature and catching one's own fish is undoubtedly the best approach to this recipe. Fish acquired this way is likely to be the freshest and takes the least toll on our ecosystem. However, catching and killing a fish is not for everyone, and this is not to say that fish purchased from a fish monger or grocery store is unethical. Whatever your preferred method of food-sourcing may be, we urge our reader to comprehend that we are not entitled to our planet's resources, and recognize that lives were given/taken to sustain our own. Therefore, when you follow this recipe, or any in this book, execute them with an appreciation for the lives that were taken, and celebrate each ingredient to its fullest.





Improvised Arctic Char Stew

An improvised recipe inspired by the hearty Arctic Finnish fish and vegetable stew and the French technique of stock-making. The recipe is perfect for a post-fishing dinner, with the flexibility to adapt to all species of fish and vegetable on hand. To be accompanied by crusty country breads and enjoyed with loved ones.

INGREDIENTS	INSTRUCTIONS
For Fish Stock • 1 arctic char or any fish, whole • Neutral or olive oil to cover bottom of pan • 1 cup chopped yellow onion • 4-5 chopped garlic cloves • 1 cup dry white wine • 1 1/2 gallons water • 12 black or pink peppercorns • 2-3 bay leaf • parsley, whole For Stew • 1 1/2-2 cups cubed potatoes • 1 cup cherry tomatoes • 1-2 chopped leek • 1 tablespoon unsalted butter For Garnish • 1/2 lemon • freshly chopped dill, parsley, chives	1 Butcher and clean fish, fillet with skin on. cut skin-on fillets into bite-size pieces. Cut bones and tail into chunks and cut the head in half. Lightly salt. 2 Cover bottom of pan with oil, sear fish bones and head until golden brown. Transfer out of pan and sauté onions. After onions turn translucent and start to brown, add in garlic. Sauté until golden brown and deglaze with wine. Once alcohol is cooked off, add back fish bones and head, peppercorn, bayleaf, and parsley. Cover with water and bring to simmer for 30 min up to an hour. 3 Once fish stock is complete, salt to taste. Add in potatoes and simmer until tender, then add in other stew vegetables. Finish with butter once vegetables are cooked to desired doness. 4 Garnish with lemon juice and aromatics.

A close-up, low-angle shot of a white dog's face, likely a husky or similar breed, looking directly at the camera. The dog's fur is thick and white, with some darker patches around its eyes and ears. Its eyes are a light brown color. The background is a snowy forest with many trees covered in snow. In the distance, another white dog is visible, standing next to a person who is kneeling in the snow. The overall scene is bright and wintry.

CH

ULTIMATE

A close-up, profile shot of a man with a full brown beard and glasses, looking down. He is wearing a black knit beanie and a red and white striped scarf. The background is a snowy forest with snow-covered trees and a path.

HARLIE'S

POTATOES

Charlie's Ultimate Potatoes

The ultimate roast potatoes by the one and only **Charlie Loynes**. With great passion and admirable skill, Charlie is a multit talented master of the kitchen and beyond. The usual potato serves the role of a side dish, however, these immensely, explosively flavorful potatoes deserves the spotlight of an Entrée any day.

INGREDIENTS	INSTRUCTIONS
• Maris Piper potatoes (also Yukon Gold) • Bicarbonate of Soda • Olive oil • Vegetable oil • Salt • Pepper • Woody herbs (rosemary/thyme) • Garlic use own discretion for measurements	1 Oven on at 200C Peel potatoes and cut into pieces. Size of piece will have a small impact on cooking times by the principles remain the same. Add to pan of cold water, put over high heat until boiling, then turn down to simmer over medium. Add bicarbonate of soda once water is boiling. 2 Boil potatoes for about 15-20 minutes, or until softened on the edges. You're looking for a fluffy edge but no disintegration. 3 Strain potatoes, put in a pan and add salt and pepper before tossing them around the pan to add extra fluff to the edges and to spread the seasoning. Cover with a towel and put somewhere cold ideally (by a window in the winter) 4 Put vegetable oil and olive oil into roasting tray (something non-stick ideally) 2/3 vegetable, 1/3 olive oil ratio. Enough so that there is a consistent layer of oil across the pan. 5 Once pan is hot enough that there's a serious sizzle when you add the potatoes, add them all to the tray (BE CAREFUL). 6 Roast for an initial 25-30 mins. You're looking for some colour to be starting to hit the potatoes and they should release easily from the bottom of the pan. 7 flip them all individually with a fork "because I like to make sure each side is getting pan contact." Throw them back in the oven for 10-15 min, then repeat the process until they're browned all over. You'll know when they're done. Add garlic and woody herbs, toss together, and put back in the oven long enough to cook the garlic (not long!) 8 Another sprinkle of salt and pepper and serve immediately.



Credit

Recipe ~ Knäckebröd on Stockholm Lake ~ from True North Kitchen. "Rye and Oat Crispbread." <https://true-north-kitchen.com/rye-and-oat-crispbread/>.

Recipe ~ Anni's Pellillinen Mustikkapiirakkaa ~ from Anni, translated by Dr. Becca Farnum. Image from K-Ruoka. "Pellillinen Mustikkapiirakkaa." K-Ruoka, <https://www.k-ruoka.fi/reseptit/pellillinen-mustikkapiirakkaa>.

Recipe ~ Charlie's Ultimate Potatoes ~ from Charlie Loynes. Image from Cookie and Kate. "Roasted Potatoes Recipe." Cookie and Kate, <https://cookieandkate.com/roasted-potatoes-recipe/>.

Memories with Parker Armstrong, Jake Barber, Sarah Beckage, Tori Bucklen, Taylor Byrne, Eleni Cooper, Jordan Daglio, Ian Donella, Eve Friend, Ryan Helfenstein, Polina Ilyin, Rachel Kelly, Ruochen Liao, Sheridan McGadden, Grace Miner, Ainslee Santa Corce, Ciana Steller, Charlie Loynes, and Dr. Becca Farnum.





