

NORTHERN DELIGHTS

After a hard day's fishing and trekking, there's nothing better than feasting on the pop-up gastronomy of Sweden's Jämtland County, says **Rachel Walker**

THE New Nordic movement has made Scandi cuisine so 'hot' that there's a year-long wait for a table at Sweden's cult 16-seat restaurant Fäviken. But now you can jump the queue and head to laidback pop-up Krus, which is run by the Fäviken team.

The café, which is just five months old, sits in the Swedish wilderness at the foot of the biggest chairlift in the mountain resort of Åre. It shares suppliers with Fäviken and also benefits from the surplus of world-class chefs who flock to Jämtland County, northern Sweden, to work alongside head chef Magnus Nilsson.

Each morning, Krus takes delivery of breads and pastries from the restaurant's bakery, and their chefs prepare the small selection of dishes that offer a taste of Fäviken: toast with soft-boiled egg, cold smoked cod's roe spread or steamed cabbage and onions in whey sauce (from £4.75, krusare.se/krus). I'm here for the sticky buns swirled with dark malt, black-crustured sourdough and steaming bowls of seeded porridge.

As night falls, the café is then handed over to one of the Fäviken chefs. Its latest guise, Uvisan (set menu £55, svartklubbare.se/uvisan), launched in December and has seen Latvian-born sous chef Uvis Janicenko fuse Japanese cooking with Jämtland produce – think moose sukiyaki and lichen-topped cocktails. There's still speculation about what will happen when it closes next month – the evening pop-up might be handed on to another Fäviken chef, though there are whispers of something more permanent.

'Åre always had high gastronomic standards but Fäviken helped put us on the map,' says manager Maria Wiklund. Now it's not just skiers or hikers but foodies who are flocking to Åre, lured by the 50 restaurants and bars that have taken root in this small resort.

Jämtland County is home to world-famous chefs – Niklas Ekstedt as well as Nilsson – and the capital city, Östersund, is one of five Unesco-designated cities of gastronomy. In this part of northern Sweden, native ingredients have been used out of necessity, long before the 'New Nordic' movement shone a spotlight on Scandi cuisine.

After a day of trekking and fishing, we head to a remote wood cabin – restaurant Håvvi I Glen – that chef Elaine Asp runs with her reindeer herder husband Thomas Johansson (mains from £25, tasting menu £165,



Savoury treat:
Coffee and
cheese, anyone?



Remote: The Håvvi I Glen restaurant uses Sámi cooking techniques



Easyjet offers return tickets from London Gatwick to Åre Östersund from £62, easyjet.com



havviiglen.se). She uses traditional Sámi techniques: hot smoking meats in a lavvu and baking breads with reindeer blood.

'I close the restaurant in October to fill the freezer,' says Asp as she presents a charcuterie board that signals the new season: hot smoked reindeer heart, elk bresaola, salted and smoked tongue.

'The Sámi people move with their reindeer herds, which makes it hard to cultivate vegetables or carry heavy bags of berries on long journeys,' she adds. It means the dishes are protein-heavy and reliant on foraged ingredients. Our feast finishes with a scoop of cloudberry and sea buckthorn garnished with a curl of caramelised angelica. Then there's a wooden

bowl of coffee, with cubes of halloumi-like cheese dropped in, giving it a delicious savouriness.

We step out into the late evening light and wonder at the remoteness. After a day of trekking and fishing under a vast blue sky, London couldn't feel further away.

Our last night is spent in Buustamons Fjällgård lodge, part way up Åreskutan Mountain (from £185 per night, buustamonsfjallgard.se). We are met by a caterpillar-tracked lorry that winds up into the hills, where an outdoor hot tub looks out on the wilderness and a candlelit dinner of prawns and bleak roe is served by candlelight.

It's a reminder of how everything in Jämtland is firmly rooted in its surroundings. No identikit gastronomic getaways, no crowded bars – only a taste of the true north.

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Traditional: Chef Elaine Asp runs Håvvi I Glen

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