



LES STROUD'S
WILD HARVEST

Wild Blueberries on Whipped Sour Cream | Botanical Syrup | Crispy Reindeer Lichen & Beaked Hazelnuts in Browned Butter

By Chef Paul Rogalski



Serves 4

This is a simple layered dish with complex and complimentary flavors. While small in stature, wild blueberries are amazingly flavorful and intensified by the botanical syrup. The velvety texture of the whipped sour cream smooths out the fruit flavors and the beaked hazelnuts and lichen add a shortbread flavor and a nice crunch. Browned butter is nutty and delicious but be sure you don't overcook it. It can go from brown to black in a few short minutes. For the record it might have happened to me once.

For this dish you will need a bowl and a whisk to mix the cream and a heavy pan that you can place over the fire. I like a cast iron pan for this. Cooking over an open fire is easy, but you need to manage and leverage the heat of the fire effectively and be prepared to move quickly. You will need a sturdy grill that is strong enough to handle the weight of your pan and that can be set up directly over the fire. Remember butter is fat and fat can ignite.

2 cups of wild blueberries, cleaned

Botanical Syrup (you can make this in advance, yields approximately 1³/₄ cups)

2 cups of white sugar

2 cups of water

A handful of sarsaparilla, smashed

1/4 cup of sweetgale leaves

1/4 cup of sweet fern leaves

Juice of 2 lemons

A pinch of salt

Whipped Sour Cream

1 cup of whipping Cream, 36% butter fat minimum

1 cup of sour cream

3 tablespoons of liquid honey

A pinch of salt



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Crispy Reindeer Lichen & Beaked Hazelnuts in Browned Butter

6 tablespoons of butter, unsalted

1 cup of reindeer lichen, cleaned and torn in small pieces

4 tablespoons of beaked hazelnut meat

A sprinkle of sugar

For Syrup: In a medium sized pot, add water, lemon juice, sugar, a pinch of salt and the sarsaparilla. Bring to a simmer and add the sweetgale and sweet fern. Continue simmering until reduced to 1/3 of the original volume. Allow to cool. Strain and set aside.

In a bowl, whip cream until soft peaks form. Add honey and pinch of salt and stir in sour cream. Spoon cream mixture evenly among 4 serving dishes and spread around with the back of the spoon. Add a layer of blueberries to each dish and drizzle with 2 tablespoons of the botanical syrup.

Melt butter in a pan over medium-high heat. Once butter starts to foam, the pan is hot enough to add the lichen. Do not overheat the butter. Crisp the lichen quickly. This should take only 30 - 60 seconds. Remove the lichen from pan and sprinkle with sugar. Add the hazelnuts to the melted butter and fry until slightly brown. Remove nuts from heat and spoon over the whipped sour cream, blueberries and botanical syrup. Top with the crispy reindeer lichen and its ready to enjoy!