

**Preparation**

30 minutes

Cooking

approx. 18 hours

Makes

6–8 portions

Roast moose steak *tjälknöl*

Tjälknöl**Pickled red onion****Panzanella*****Tjälknöl***

approx. 2 ¼ lb. (1 kg) frozen

roast moose

4 cups (1 liter) water

2 ¾ tbsp. (50 g) salt

3 ½ tbsp. (50 ml) soy sauce

1 tbsp. sugar

1 garlic clove

1 tsp. crushed black pepper

1 tsp. dried thyme

Pickled red onion

2 red onions

¾ cup + 4 tsp. (200 ml) water

7 tbsp. (100 ml) strong

vinegar, 12%

6 tbsp. (90 g) sugar

Panzanella

8 slices day-old white bread

6 red tomatoes

6 yellow tomatoes

1 cucumber

¾ cup (150 ml) red wine

vinegar

¾ cup (150 ml) olive oil

7 oz. (200 ml) pickled

red onion (see left)

1–2 bunches green

asparagus, boiled

8 heads grilled gem lettuce

4 shredded scallions

fresh herbs (e. g. basil,

chervil, parsley)

salt and black pepper

Tjälknöl is frozen moose or other meat roasted at very low temperature—a perfect summer dish if you have a bit of moose left in the freezer. I love bread in all its forms, and if you haven't tried making salad of day-old bread, I think it's definitely time you tried panzanella.

Preheat the convection oven to 160 °F (70 °C).

Place the frozen meat in an ovenproof dish. Cook in the oven for approximately 8 hours.

Bring the marinade ingredients to the boil then leave to cool. Place the baked meat in a bowl and pour over the brine.

You can also put the meat in a vacuum bag or resealable plastic bag. Leave the meat to marinate in the refrigerator for at least 10 hours. Wipe off the meat with paper towels, cut into thin slices, and serve.

Peel and shred the onion. Measure out the other ingredients into a saucepan and bring to a rolling boil. Place the onions in a bowl and pour over the warm brine. Allow to cool and store in the refrigerator.

Dice the bread or tear it into large pieces and place in a large bowl. Rinse and quarter the tomatoes and cucumber and add to the bread. Add vinegar, olive oil, salt, and pepper. Add the remaining ingredients and stir. Season and serve with the meat.