

Norwegian-Style Charcuterie Board

Meats:

Fenalår (Cured lamb leg with Mambo)

Spekepølse (Cured sausage with Pu-erh Hazelberry)

Gravlaks (Cured salmon with Green Rooibos Bonita Tea)

Cheeses:

Gjetost (Brown cheese with a caramel-like flavor – Whole Foods)

Jarlsberg (Mild, nutty cheese)

Nøkkelost (Spiced cheese with cumin and cloves - Online)

Nuts:

Almonds

Hazelnuts

Walnuts

Fruits and Vegetables:

Lingonberries

Cloudberries

Cucumber Slices

Radishes

Pickled Beets

Crackers and Breads:

Flatbrød (Norwegian flatbread)

Knekkebrød (Crispbread)

Rye Bread

Dips and Spreads:

Mustard Dill Sauce with Green Rooibos Bonita Tea

Herbed Cream Cheese with Chamomile Tea

Lingonberry Jam with Berry Blast Tea

Jams and Chutneys:

Cloudberry Jam with Honeybush Tea

Blueberry Chutney with Blueberry White Tea

Fenalår

A traditional Norwegian cured leg of lamb, Fenalår is a flavorful and tender meat. This recipe uses a blend of spices and Mambo tea to create a deliciously aromatic treat.

Prep Time: 30 minutes

Cook Time: 7 days (curing time) + 2-3 months (drying time)

5 lbs leg of lamb, hip joint removed
1 C sea salt
1/4 C sugar

2 T pink curing salt
2 T juniper berries, crushed
1/4 C Mambo Tea, finely ground

Prepare the curing mixture Combine sea salt, sugar, pink curing salt, crushed juniper berries, and ground Mambo Tea in a bowl.

Cure the lamb Rub the curing mixture evenly over the leg of lamb, ensuring it is well coated. Place the lamb in a large resealable plastic bag, removing as much air as possible.

Refrigerate and cure Refrigerate the lamb for 7 days, turning it over every day to ensure even curing.

Dry the lamb. After curing, remove the lamb from the bag and rinse off the curing mixture under cold water. Pat the lamb dry with paper towels. Hang the lamb in a cool, dry place (or in the refrigerator) for 2-3 months, or until it has lost about 30% of its weight.

Slice and serve. Once dried to your liking, slice the Fenalår thinly and enjoy as part of a charcuterie board.

Spekepølse

A traditional Norwegian cured sausage, Spekepølse is a savory and flavorful treat. This recipe uses a blend of spices and Pu-erh Hazelberry tea to create a deliciously aromatic sausage.

Prep Time: 30 minutes

Cook Time: 7 days (curing time)

5 lbs ground pork and beef mixture
1/2 C kosher salt
1/4 C sugar
2 T pink curing salt

1 T black pepper, coarsely ground
1 T garlic powder
1 T mustard seeds, crushed
1/4 C Pu-erh Hazelberry Tea, finely ground

Prepare the curing mixture Combine kosher salt, sugar, pink curing salt, black pepper, garlic powder, crushed mustard seeds, and ground Pu-erh Hazelberry Tea in a bowl.

Mix with meat Thoroughly mix the curing mixture with the ground pork and beef mixture until well combined.

Stuff into casings Stuff the seasoned meat mixture into sausage casings, twisting into 6-inch links.

Refrigerate and cure. Place the sausages on a wire rack set over a baking sheet. Refrigerate for 7 days, turning occasionally to ensure even curing.

Slice and serve. After curing, slice the Spekepølse thinly and enjoy as part of a charcuterie board.

Gravlaks

with Green Rooibos Bonita Tea

Prep Time: 20 minutes

Cook Time: 48 hours (curing time)

2 lbs salmon fillet, skin on
1/2 C kosher salt
1/2 C sugar
2 T pink curing salt

1/4 C Green Rooibos Bonita Tea, finely ground
1/4 C fresh dill, chopped
1 lemon, zested

Prepare the curing mixture Combine kosher salt, sugar, pink curing salt, ground Green Rooibos Bonita Tea, fresh dill, and lemon zest in a bowl.

Cure the salmon. Place a large piece of plastic wrap on a baking sheet. Spread half of the curing mixture on the plastic wrap. Place the salmon fillet on top, skin side down. Cover the salmon with the remaining curing mixture, ensuring it is evenly coated.

Wrap and refrigerate Tightly wrap the salmon in the plastic wrap. Place a second baking sheet on top and weigh it down with cans or a heavy skillet. Refrigerate for 48 hours, turning the salmon over after 24 hours.

Rinse and dry After 48 hours, unwrap the salmon and rinse off the curing mixture under cold water. Pat the salmon dry with paper towels.

Slice and serve. Thinly slice the cured salmon with a sharp knife. Serve on the charcuterie board.

Mustard Dill Sauce

with Green Rooibos Bonita Tea

Prep Time: 10 minutes

Cook Time: 0 minutes

1/2 C Dijon mustard
1/4 C honey
2 T white wine vinegar
1/4 C Green Rooibos Bonita Tea, brewed

and cooled
1/4 C fresh dill, chopped
Salt and pepper to taste

Prepare the sauce In a bowl, combine Dijon mustard, honey, white wine vinegar, brewed Green Rooibos Bonita Tea, fresh dill, salt, and pepper. Mix until smooth.

Serve. Transfer to a serving bowl.

Herbed Cream Cheese

with Chamomile Tea

Prep Time: 10 minutes

Cook Time: 0 minutes

8 oz cream cheese, softened
2 T Chamomile Tea, brewed and cooled
1 T fresh chives, chopped

1 T fresh parsley, chopped
1 † garlic powder
Salt and pepper to taste

Prepare the spread In a bowl, combine cream cheese, brewed Chamomile Tea, fresh chives, fresh parsley, garlic powder, salt, and pepper. Mix until smooth.

Serve. Transfer to a serving bowl.

Lingonberry Jam

with Berry Blast Tea

Prep Time: 10 minutes

Cook Time: 30 minutes

2 C lingonberries (fresh or frozen)
1 C sugar

1/4 C Berry Blast Tea, brewed and cooled
1 T lemon juice

Prepare the jam In a pot, combine lingonberries, sugar, brewed Berry Blast Tea, and lemon juice. Bring to a boil, then reduce heat and simmer for 30 minutes, stirring occasionally, until thickened.

Jar the jam Pour the hot jam into sterilized jars, seal, and let cool.

Cloudberry Jam

with Honeybush Tea

Prep Time: 10 minutes

Cook Time: 30 minutes

2 C cloudberry (fresh or frozen)
1 C sugar

1/4 C Honeybush Tea, brewed and cooled
1 T lemon juice

Prepare the jam In a pot, combine cloudberry, sugar, brewed Honeybush Tea, and lemon juice. Bring to a boil, then reduce heat and simmer for 30 minutes, stirring occasionally, until thickened.

Jar the jam Pour the hot jam into sterilized jars, seal, and let cool.

Blueberry Chutney

with Blueberry White Tea

Prep Time: 10 minutes

Cook Time: 45 minutes

2 C blueberries (fresh or frozen)
1 C sugar
1/2 C white vinegar
1/4 C Blueberry White Tea, brewed and cooled
1/4 C golden raisins
1/4 C candied ginger, diced

1 T mustard seeds
1 † ground cumin
1 † ground coriander
1 † chili powder
1/2 † ground cardamom
Salt to taste

Prepare the chutney In a large pot, combine blueberries, sugar, vinegar, brewed Blueberry White Tea, raisins, ginger, mustard seeds, cumin, coriander, chili powder, cardamom, and salt. Bring to a boil, then reduce heat and simmer for 45 minutes, stirring occasionally, until thickened.

Jar the chutney Pour the hot chutney into sterilized jars, seal, and let cool.