

Wild Viking Recipes

Baked Sea Serpent

Preparation: *Man your ship and head for the open ocean. Use one medium-sized virgin for bait, and you should soon have a nibble. Note: Sea serpents from the Baltic have a more delicate flavour, but Atlantic sea serpents are larger, and you can loot Ireland on the way, making the Atlantic sea serpent much better value for money.*

Failing that, catch some salmon fillets in your local supermarket.

- Salmon fillets
- Spinach (fresh or frozen)
- Crème fraiche or soured cream
- Salt and pepper

Fry the salmon fillets in butter and arrange them in a pie tin. Lightly blanch some fresh or frozen spinach and spread it in a thin layer on top of the fish. Mix a teaspoon of salt into a pot of crème fraiche or soured cream and pour on top. Season with a little freshly-ground pepper.

Bake at 200° for 20 minutes. Serve with boiled new potatoes.

Note: *If you plan to serve this dish to your worst enemy, you may use tinned spinach.*

Moose in Cream Sauce

Preparation: *Grab your bow and arrows, head out into the woods and shoot a moose. If you can't find a moose (or can't be asked to carry a moose all the way home), shoot a turkey. And shoot some onions and mushrooms while you're at it.*

- Ca. 500g Turkey breast
- Ca. 250ml Crème fraiche or soured cream
- 2 medium-sized onions
- Ca. 500g Mushrooms
- Mixed herbs, salt and pepper

Slice the onions and fry over a high heat. Cut the turkey breast into bite-sized pieces, add to the onions and fry until lightly browned and cooked throughout. Add the sliced (or diced) mushrooms and fry until nice and brown. Pour on the crème fraiche and season to taste with the herbs, salt and pepper. Take off the heat just before the sauce comes to a boil.

Serve on a bed of rice.



Viking Apple Cake

Preparation: *Invalidate your neighbour and plunder the following:*

For the cake:

- 2 cups self-raising flour
- 1½ cups sugar
- ½ cup margarine
- 2 eggs
- 3 cups diced cooking apples
- 1 teaspoon vanilla essence
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- pinch of salt

For the sauce:

- 3 tablespoons butter
- 2 tablespoons milk
- 1 cup muscovado sugar (or brown sugar)



Prepare a spring-clip cake tin by greasing the sides and lining the bottom with baking parchment (the cake is *very* sticky).

Mix sugar and margarine until thick and creamy, then add the eggs and vanilla essence.

Add the rest of the dry ingredients slowly, until you have a smooth dough. Fold in the apple pieces.

Bake at 180° for 25 minutes.

While the cake is baking, prepare the toffee:

Slowly melt the sugar, butter and milk in a saucepan, taking care not to let the toffee come to a boil.

When the cake has been in the oven for 25 minutes, take it out and spoon the toffee on top. Return the cake to the oven and bake for another 25-30 minutes.

Allow the cake to cool before attempting to remove it from the tin. Serve with clotted or whipped cream.

Rye Bread

Preparation: *This recipe needs a little skill, so consult your local wise woman on how to prepare a yeast dough.*

- 2 packets bread yeast
- 50g margarine or butter
- 500 ml milk
- 2 tablespoons golden syrup
- 2 teaspoons ground aniseed & fennel or five spice powder
- 2 teaspoons salt
- 500g plain wheat flour
- 500g rye flour

Melt the butter and mix with the milk and syrup. The mixture must be lukewarm – heat if necessary. Mix the dry ingredients in a separate bowl, then add the liquid. Mix and knead thoroughly. The dough should only just *not* stick to your hands; add some lukewarm water if it's too dry or some wheat flour if it's too soggy.

Leave to rise in a warm place for 40 minutes.

Divide the dough into four pieces and roll out into 1 cm (1/2 inch) thick round cakes. Stab repeatedly (and violently) with a fork. Cover with a towel and leave to rise for another 30 minutes.

Bake at 200° for about 20 minutes. The loaves are ready when light brown and sounding hollow when tapped.

GRRRR!

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