



IKA Culinary Olympics 2024

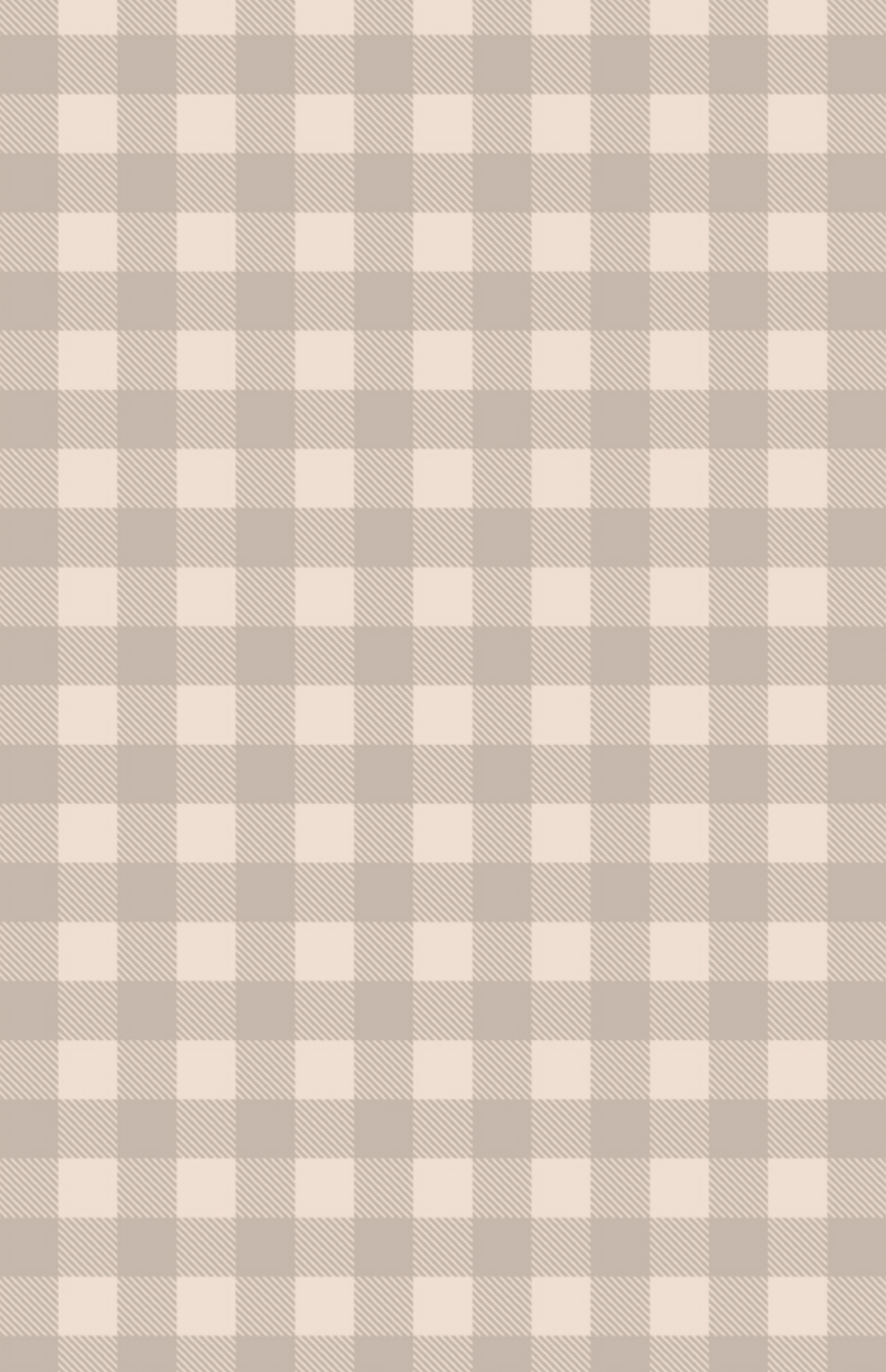


THE CONCEPT BOOK
OF RUSTIQUE ELEGANCE

BY THE NORWEGIAN CULINARY TEAMS

RUSTIQUE
ELEGANCE

Flavours from the North



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HANDCRAFT, ART AND PASSION BY THE NORWEGIAN CULINARY TEAMS



Let's pay homage to the rustique and to the enduring magic of a cuisine that brings us back to our roots that can be found in the rustique elegance of handcraft, art and passion.



Dear culinary enthusiasts, chefs and esteemed collaborators

I am proud and humbled to present the Norwegian Culinary Team's theme for the IKA/Culinary Olympics 2024 - "Rustique Elegance" - a journey to the heart of our culinary traditions.

Rustique Elegance has been designed specifically for this event. It is a unified concept that presents our culinary heritage and ingredients as a complete experience of our identity and expression. The theme extends over the menus in all five competition categories in which the Norwegian Culinary Teams compete

Rustique Elegance embraces the beauty of imperfection. It is a celebration of the natural world, where the grain of wood, the texture of fabric, and the patina of metal tell stories of time and tradition. Rustique cooking, with its unpretentious simplicity and honest flavours, is the embodiment of humble elegance. It represents a journey back to basics, where the quality of ingredients takes centre stage, and techniques passed down through generations are cherished. At its core, it's about using the freshest and finest ingredients to create delicious and soul-warming dishes.

So, as we embark on our culinary adventures, let's pay homage to the rustique and to the enduring magic of a cuisine that brings us back to our roots that can be found in the rustique elegance of handcraft, art and passion.

We will serve you these specially selected Norwegian produce; That we are really proud of.

Higland lamb from Lom- Fjordtrout with vendace roe from the inland- Black-currant- Halibut from the deep coast og Rogaland-Jerusalem artichokes rom Gyda farm- Cherries from Hardanger- "Liveche" chicken- Beetroots from the south of Norway- King crab from Varanger- Scallops from Hitra- Raspberries from Lærdal- Young cattle and a lot of fresh seasonable vegetables from around. They will be taken care of with: Handcraft, a lot of passion and be treated as art.

Thanks to NKL and everyone in the NKL partner program for the power and resources we need to realise the ambitions of the Norwegian Culinary Teams in Stuttgart.

Culinary greetings,

Gunnar Hvarnes
Manager Norwegian Culinary Teams





INGER RENATHE OSTMO
Captain Cc



GRETHE WAAGE RAFAELSEN
Chef Cc



TORÉ STALSBERG
Chef Cc



ANETTE MYHRHAGEN
Chef Cc



VILDE NISTAD STRANIUS
Pastry Chef Cc

The concept of
COMMUNITY
CATERING



Restaurant of Community Catering

PART I. STARTER

OUR ARCTIC BOWL

Carbohydrates

Pearl couscous with ginger and chives

Vegetables and salads

Seasonal salads with broccolini, radish, apples and knotted cabbage

Protein

Soft boiled quail egg with herbs and crushed edamame beans

Sauce

Horseradish sauce with lemon

Topping

Roasted almonds with sea salt

Pastry

Crispy sticks with kimchi sesame





Restaurant of Community Catering

PART 2. MAIN COMPONENT

TRIO OF NORWEGIAN WINTER VEGETABLES

*Butter glazed mini celery root, Jerusalem artichoke confit,
pickled red onion*

Celery cream and fresh shoots

Served in a buckwheat tartelette





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*Restaurant of Community Catering*

## MEAT SIDE DISH

The chicken leg mousseline

*with tarragon, garlic, roasted skin and wild mushrooms*



Ovo-lacto vegetarian side dish

Lightly smoked beetroot

*with deep fried bun with creamy eggs and kale*







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Restaurant of Community Catering

STARCH SELECTION 1

Local “Golden eye” potatoes
with Brussels sprouts and herbs

STARCH SELECTION 2

Norwegian Barley “tabbouleh”
with lentils, celeriac, fennel and gremolata

SAUCE SELECTION 1 - PREFERRED FOR THE CHICKEN

Tarragon emulsion

SAUCE SELECTION 2 - PREFERRED FOR VEGETARIAN

Roasted walnut vinaigrette with brown butter



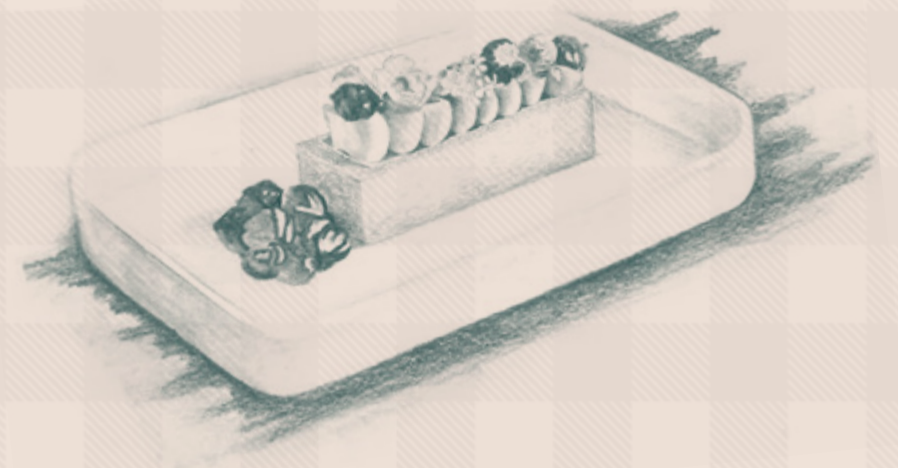


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*Restaurant of Community Catering*

# MINI DESSERT

Chocolate Delice

*with chocolate sponge and hazelnut cream  
Black currant compote*







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Restaurant of Community Catering

HEALTHY CONFERENCE SNACK MENU

CHEFS CHOICE

Crispy pita snacks

with smoked salmon, wasabi and cream cheese



VEGAN SNACK

Nordic soft taco

green pea guacamole, roasted chickpeas and sprouts



LOW SUGAR, HIGH ENERGY

Soft chia pudding

with fresh berries, yoghurt and granola



CHRISTER RODSETH
Captain Jr



HÅVARD ONSOYEN
Chef Jr



ANDREAS FJELLHEIM
Chef Jr



TRYM KARLSEN
Chef Jr



CHRISTOFFER GREINER FALSET
Chef Jr



NORA KRØGSTAD
Chef Jr



MARTINE ESPELAND
Pastry Chef Jr

The concept of
**TEAM
JUNIOR**





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*Chefs Table*

## FINGERFOOD

### COLD FINGERFOOD

**Crispy cornet**

*Vendace roe, sour cream and radishes*

**Arctic king crab**

*Dill croustade and marinated sprouts*

### HOT FINGER FOOD

**Warm bun**

*Filled with potato cream and leeks*

**Fried chicken wings**

*with aromatic pepper glaze*



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Chefs Table

COLD FESTIVE PLATTER

Lightly cured trout
with traditional Norwegian spices

Pickled cucumber
with fennel compote and apple

Oyster emulsion
with horseradish

~

Charred turbot stuffed
with scallop mousseline

Pea pod
with citrus, baby leaves and sturgeon caviar

Yuzu vinaigrette
with lemon drop chili



~~~~~  
*Chefs Table*

# PLANTBASED INTERMEDIATE COURSE

Mushroom “puff”

*Filled with shiitake and creamy sunchokes*

Pickled sunchoke

*Lovage mayonnaise and wild mushroom “caviar”*

*Sunchoke and truffle gravy with lentils*





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Chefs Table

MAIN COURSE

Braised Norwegian brisket

with Madeira and thyme

Pan fried sirloin with aromatic oil

Potato "ravioli"

Filled with beef stew and pickled red onion

The vegetables

Beetroot, kale and emulsion with white asparagus

Braised beef jus with mustard seeds



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*Chefs Table*

# DESSERT

## Sour cream mousse

*With lemon curd and demerara sugar  
Black currant liqueur sauce*

## Hazelnut sandwich

*Dark chocolate ganache and hazelnut praline cream*

## Warm cake

*With caramel, sea salt and hazelnut  
Blackcurrant sorbet with yoghurt*





RESTAURANT <sup>OF</sup> NATIONS

JUNIOR MENU





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## *Hot Kitchen menu*

### STARTER

#### Flavours from the forest

*Wild mushroom bun with truffle «caviar» and lentils*

#### Vegetable confit

*Sunchokes from Gyda farm with garlic and thyme*

#### Pea salad

*Crushed peas with tarragon, lemon and pea shoots*

#### Emulsion with white asparagus

*Sunchoke "gravy"*





## *Hot Kitchen menu*

# MAIN COURSE

### **From the coast**

*Pan roasted Sterling halibut with caramelized scallop skin*

### **Poached halibut mousseline**

*Fennel, bleak roe, and winter cabbage*

### **Variation of artichokes**

*Pickled, creamy and crispy*

### **Potato aligoté**

*With aged cheese and glazed red onions*

*White wine sauce with Pernod and brown butter*





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## *Hot Kitchen menu*

# DESSERT

**Cherry and sour cream mousse**  
*Feuilletine and crispy meringue*

**Warm pie**  
*Caramelized hazelnuts and citrus curd*

**Hazelnut shell**  
*White chocolate ganache and caramel*

**Marbled cherry**  
*Cherry sauce with rum*

*Hazelnut ice cream*





SEBASTIAN MYHRE  
Captain Sr



EINE SOFIE SUNDE  
Chef Sr



SINDRE HIELSETH  
Chef Sr



RUNAR HELGELAND  
Chef Sr



SIMEX JOHANSEN  
Chef Sr



PANUPHONG PHENGPHEN  
Pastry Chef Sr



BENJAMIN GRØNVED  
Pastry Chef Sr

SHOWPIECE  
Nils Flatmark  
Rohitha Kumara

*The concept of*  
**TEAM  
SENIOR**









# Chefs Table

## BREAD, DIP AND BUTTER

Warm milk bread  
*Served with tarragon dip and whipped porcini butter*



# FINGERFOOD

## COLD FINGERFOOD

Radish crudité  
*Smoked salmon, fresh cheese and horseradish*

Arctic king crab  
*Avocado, crispy puff and finger lime*

## HOT FINGER FOOD

Quail "farci"  
*Plum glaze and toasted brioche*

Savoury choux  
*Vendace roe and artichoke cream*



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Chefs Table

COLD FESTIVE PLATTER

Cured Norwegian fjord trout

Seasoned with aquavit and warm spices

Baby cucumber with vinegar, caviar and sprouts

Classic sour cream sauce

Baked Sterling White Halibut

with marbled scallop mousseline

Variations of cauliflower with creamy egg yolks

Sea buckthorn vinaigrette with shallots and ginger

Seasonal salad

Cress and salads with lemon vinaigrette





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*Chefs Table*

# PLANTBASED INTERMEDIATE COURSE

Deep fried bun *with crushed peas*

Marinated peas *with aromatic oil and black truffles*

Vegan biscuits *with green apple tapioca*

Sauce "Crème ninon" *with champagne*



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Chefs Table

HOT MAIN COURSE

“Sunday roast”

Roasted veal fricandeau with brown butter and herbs

Norwegian roots

Pan fried celery root and pickled beetroot

Tartelette with lentils, fried kale, onions and morels

High north almond potato cream

Veal gravy with mustard seeds


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*Chefs Table*

# DESSERT

Blackcurrant sphere with liqueur sauce

*Caramel mousse with sea salt, muscovado, feuillentine  
and walnut cake*

~

Walnut shell

*With chocolate cremeaux and roasted walnuts*

~

Chocolate Oriado

*Warm chocolate tarte with blackcurrant syrup  
Blackcurrant sorbet with youghurt*



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Chefs Table

PETIT FOUR: HANDCRAFT, ART & PASSION

The golden egg

Sour cream mousse with citrus filling

~

Vanilla “pod”

Vegan passion fruit curd and cocoa sablé

~

Layers of chocolate

Soft manjari chocolate ganache and cherry marmelade





PETIT FOUR

RESTAURANT ^{OF} NATIONS

SENIOR MENU



Hot Kitchen menu

STARTER

Lightly smoked fjord trout

Seaweed and warm spices

Deep fried bun

Baked egg yolks, vendace roe and cured trout belly

Crudit 

Radishes with pickled cucumber, dill and horseradish

White wine sauce with fennel and lemon

Green pea vinaigrette



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*Hot Kitchen menu*

## MAIN COURSE

### Roasted lamb

*Lamb sirloin with garlic and thyme*

### Traditional lamb sausage

*With vegetable sauté, winter kale and lentils*

### A humble carrot

*Braised carrot and lamb shoulder with chervil and aromatic oil*

### Artichoke and potato purée

*With leeks and savoury choux*

*Tarragon emulsion and lamb jûs*





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## *Hot Kitchen menu*

# DESSERT

### **Chocolate delice**

*Chocolate sponge and feuilletine  
Blackcurrant liqueur sauce*

### **Blackcurrants and hazelnuts**

*Hazelnut praline cream with blackcurrant pâtes de fruits*

### **Savarin**

*Warm savarin with rum, citrus and crème Chantilly  
Blackcurrant sorbet*

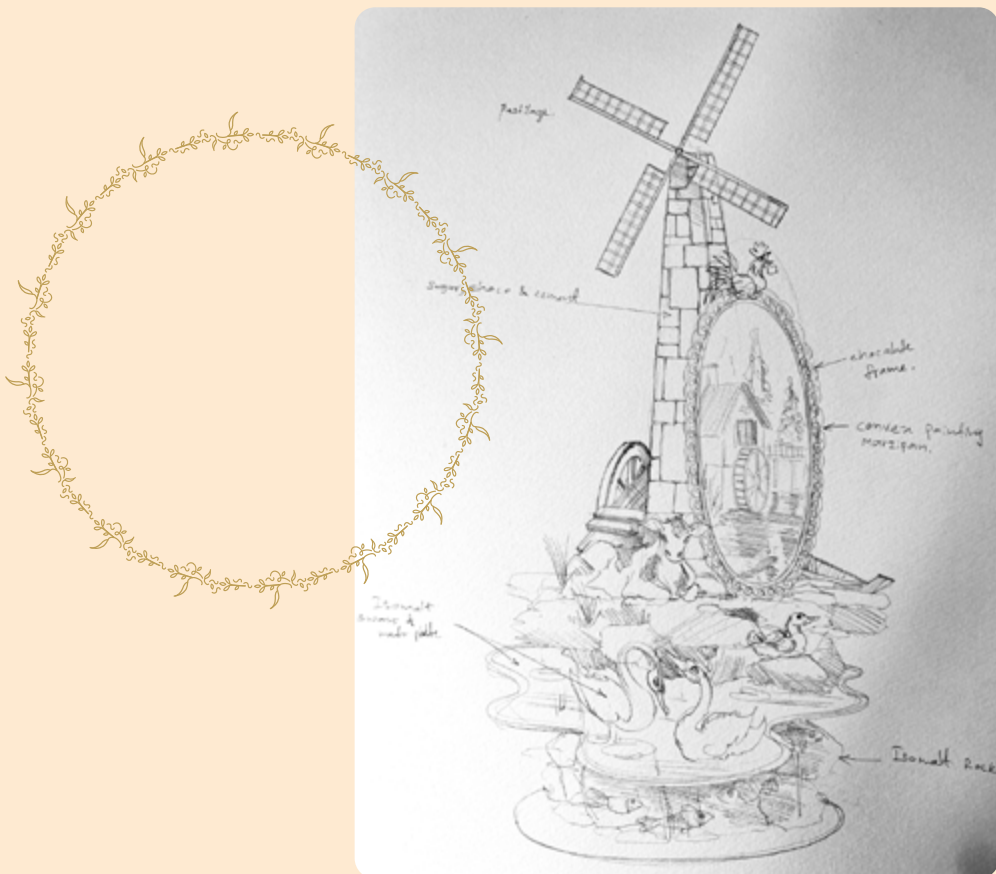


## Norwegian Craft History, art and passion

Through our Showpiece, we want to promote Norwegian craft history, Norwegian nature and our cultural heritage. Food is art!

Many people associate windmills with countries such as Denmark/Netherlands, but many were built in Norway when we were under the rule of Denmark for 400 years until 1814. The mill represents craftsmanship and has been an important supplier of goods to our profession.

The Norwegian culinary team looks back in time to catch up with the handcraft we have lost along the way! The mirror helps to reinforce this idea, as it is an insight into Norwegian history and shows elements of world-class Norwegian craftsmanship such as the stave churches we are so famous for. The painting is inspired by the painters Tideman and Gude.



## OUR ADDITIONAL MEMBERS OF THE TEAM



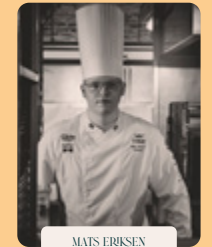
NILS FLATAARK  
Chef Senior



SIRIYAPORN RITHISIRKBERG  
Chef Senior



SYNVA GIERDE KNAPSTAD  
Helper Senior



MATS ERKSEN  
Helper Senior



ROHOLLAH MUSHAKHII  
Chef Junior



TORJE TORVIK  
Helper Junior



HEA FRIS-HENRIKSEN  
Helper Junior



PAL ANDA  
Chef



STINE STRAND  
Chef

## A big thank you to all of our contributors

Food photography and portraits by Stian Broch

Design by Camilla Rosenlund



Among all the fine chefs in Norway and The Norwegian Chefs Association, you will find the chefs of the Norwegian Culinary Teams.

Not only are they highly skilled in the arts and crafts of cooking, they also have the mindset, the determination, the teamspirit and the stamina that is needed to do great things during the IKA Culinary Olympics in Stuttgart.

The Norwegian Culinary Teams did great things during the last IKA Culinary Olympics by becoming Winner over all with The Norwegian Culinary Team Senior, and a very strong 2nd place with The Norwegian Culinary Team Junior. The Norwegian Community Catering Team missed the podium in their very first IKA Culinary Olympics, despite of great cooking. All the three teams, Senior, Junior and Community Catering, have since then put alot of time, effort, thought and heart into the preparations towards the next Culinary Olympic. They aim for great goals this time too!

The teams are lead by no other than National Team Manager Gunnar Hvarnes, and his captains Sebastian Myhre, Christer Rødseth and Inger Renate Østmo. Their combined, and individual, experience is more than we ever could wish for in our national team management. Manager Hvarnes experience alone as a competition chef is legendary. The National Culinary Teams would not be able to do this without the support from their familys, friends, employers, colleagues,



members of The Norwegian Chef Association and, last but not least, our partners. Their support is essential for the success of both the National Culinary Teams and the association. They give us the resources and the power to reach our everyday goals and our olympic dreams.

On behalf of all the chefs of Norway I have to express the gratitude and pride we feel for the time, effort and passion the members of The Norwegian Culinary Teams put into the IKA Culinary Olympics!

We wish you all the very best of luck!  
With this I wish you the best of luck and you all good in the competition.

A handwritten signature in black ink, which appears to read 'Kyrre Dybdal'.

**Kyrre Dybdal,**  
President Norske Kokkers Landsforening

## Dear Norwegian participants,

We all need to join forces to develop Food Nation Norway. The aim is to provide Norwegian quality food and drinks to Norwegians in every corner of the country and to other countries around the world. Norwegian food and drinks should be served to everyone, from individuals and families to institutions and cantinas, and of course, restaurants. With pride we produce superb flavours, and we will represent the taste of Norway.

You are all top professionals, and you represent the best of Norwegian cuisine. The Norwegian food and drink industry supports you, and the food enthusiasts in Norway are eager to meet you. You inspire a great amount of people with what you produce, present, and achieve. The young Norwegian chefs are in the limelight, and I encourage you to develop and show your skills and make yourself visible for the world. You are all participants in ensuring that Norway is known for its exciting food culture.

In my position, I always work to develop agricultural and food policies for the future. To be the very best, every one of you need access to high quality products, like meat, fish, and vegetables. Our aim is to have food production all over Norway. We produce an excellent variety of local food. Recently, a Norwegian cheese from Gangstad Gårdsysteri became the winner of the World Cheese Championship 2023.



**GEIR POLLESTAD**  
NORWEGIAN MINISTER OF  
AGRICULTURE AND FOOD

In this competition you will compete against teams all around the world. It's a unique competition being the oldest, largest and most diverse international culinary arts competition in the world. Professional chef teams have made new culinary trends for nearly 125 years. Now it's your turn to leave your touch on the new trends of 2024.

With this I wish you the best of luck and you all good in the competition.



Norwegian Chefs Association and the Norwegian Culinary Teams, would like to thank everyone in NKLS partner program for all the energy, resources and support.





