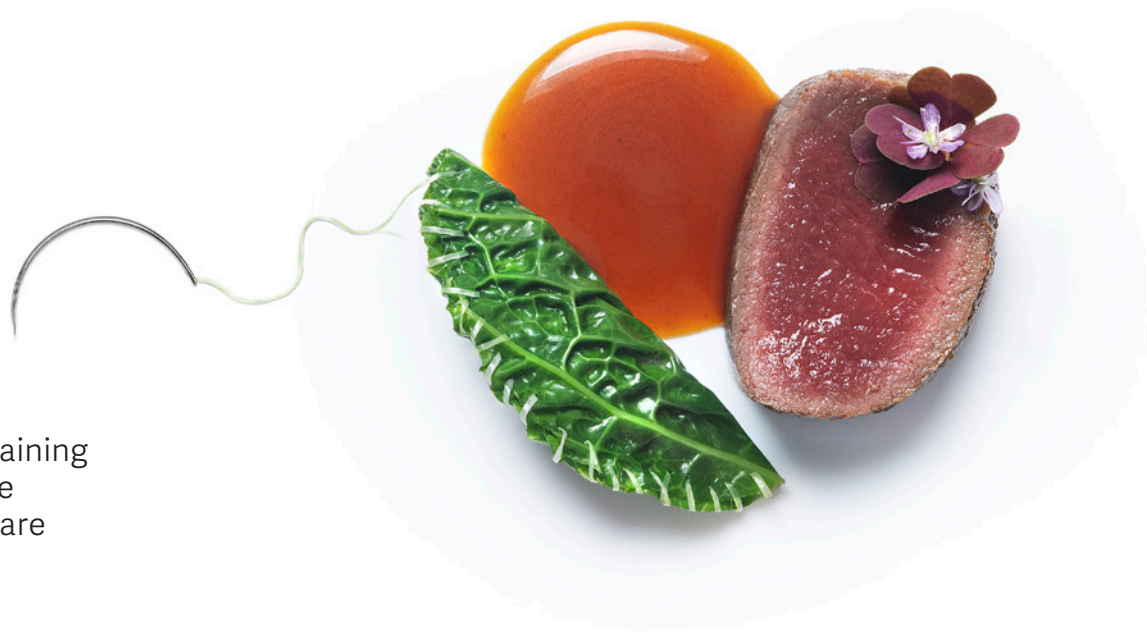


# The Heart Surgeon's Cook Book



Dexterity training  
for everyone  
in cardiac care

The Heart Surgeon's Cookbook is published by Getinge AB  
Production: Forsman & Bodenfors  
Print: 2023, By Wind, Sweden  
Photo: Charlie Bennet, Rasmus Brandin  
The entire content of the book is also available at [Getinge.com](https://www.getinge.com)

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Getinge is a cardiovascular and cardiothoracic partner.

We provide devices, technology, and solutions to improve the clinical experience before, during and after surgery.

Yet, the most important tool in an operating room is the surgeon whose experienced hands use these devices.

This cookbook is a tribute to those surgeons, a fun and unique way to exercise dexterity.

Bon appétit!



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# The Surgeon & The Chef

This is a cookbook about what happens when two worlds meet. And how a surgeon and a chef can use their respective special skills, tools, and ideas to create an experience for all senses.



Nirav C. Patel, MD

Vice Chairman,  
Director of  
Robotic Surgery

Fredrik Berselius, Chef

Founder  
and owner  
of Aska

Dr. Nirav C. Patel grew up in India and received his medical degree from Baroda Medical College. His medical training has then spanned three countries, giving him a unique perspective of global best practices in cardiac surgery. Having performed thousands of procedures, he has mastered the relationship between a human, a robot and a heart. And in doing so, Dr. Patel has changed and greatly improved many lives. Today, Dr. Nirav Patel is the director of Robotic Surgery for Northwell Health and the vice chairman of Cardiovascular and Thoracic Surgery at Lenox Hill Hospital, New York. He performs about 350 operations every year.

Fredrik Berselius grew up in Stockholm, Sweden, dreaming of becoming a professional snowboarder. But after being introduced to the restaurant world, he was hooked and moved to New York in 2000 to work in restaurants like Aquavit and Per Se. In 2012, Berselius opened Aska in Brooklyn, New York. Within a year, Aska earned Berselius his first Michelin star. In the summer of 2016 Aska reopened in a new, bilevel space and shortly after that he received his second Michelin star. The restaurant offers a distinctive dining experience with an emphasis on ingredients from the northeastern area and Scandinavian influences.

Dexterity leads  
to precision.  
Without precision,  
surgery is not  
effective.

Nirav C. Patel, MD

Extraordinary  
dexterity is  
something that  
chefs and surgeons  
have in common.

Fredrik Berselius, Chef







# Tools

The tools and instruments you need to handle the nine recipes in this book come from both the kitchen and the operating room. Please read the recipe in advance so that you know which tools and instruments are required for that particular dish. On the next two pages you will find examples of the tools you will need.



Needle and thread



Castroviejo needle driver



Suture scissors



Chef's knife



Scalpel



Tweezers



Toothed forceps



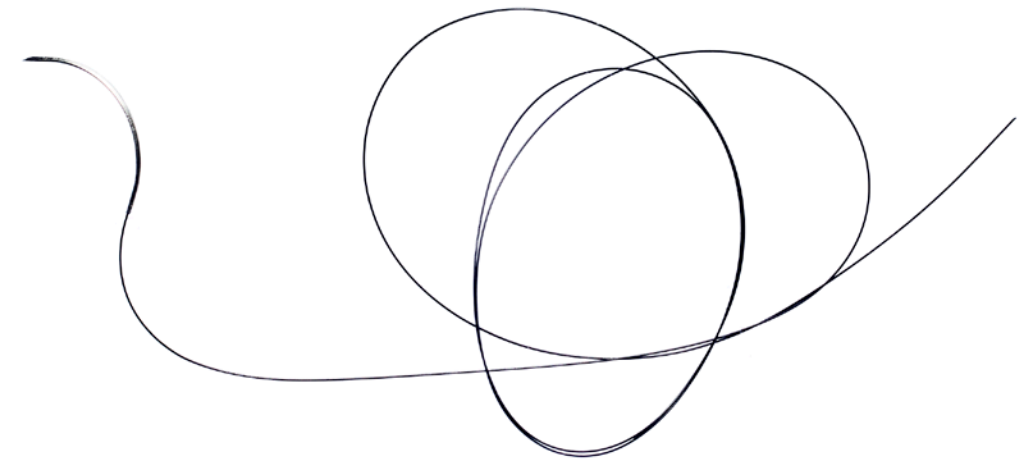
Syringe



# Techniques

The techniques used in this book are chosen to maximize your dexterity training. Each of the recipes is built upon four techniques employed in an operating room. In some recipes you will get the chance to exercise several of them, in some we focus on one.

Scalpel, used for making precise cuts and other tasks where a regular chef's knife is too large and imprecise. As for example in the recipe for Stuffed Chicken Wing on page 130.



Needle and thread, used to seal filled ingredients. On page 140 you'll find an example where you have to perform stitching on a sauteed savoy cabbage.

Syringe, used to inject flavor.  
As for example in the recipe for  
langoustine on page 102.



Tweezers, used for plating  
and other delicate tasks  
in cooking. There's an  
interesting example on  
page 36 where the tweezers  
are essential.

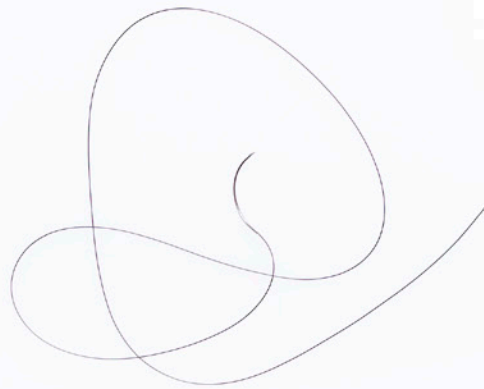
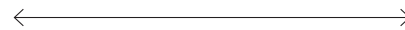


# Preparation

Preparation and hygiene are critical aspects in both a kitchen and an operating room. They have a fundamental role when it comes to the time required, ensuring safety, preventing contamination, and achieving successful outcomes. In addition, careful preparation means that the job will be more enjoyable and satisfying.

Bring out all the tools, instruments and cookware that will be needed. Make sure they are clean and in good condition (you may need to sharpen the knives, for example). Lay out all the spices and ingredients (if they don't need to stay in the fridge or freezer).

Make sure you have plenty of room to do what you need and plenty of room to put away things that will be used later in the process. You can think of it as preparing for surgery.



The way we work as a team, the way we prepare, and how we handle stress are some of the similarities between surgery and cooking. The tools we use is another.

— Fredrik Berselius, Chef



# Practice makes perfect

Four exercises that will improve your dexterity. But of course, the act of cooking in this book will exercise a broader spectrum of skills that are valuable in an operating room: the process of preparing, engaging in repetitive tasks, assessing and enhancing your concentration, and refining your tactile sensitivity. Just to mention a few.

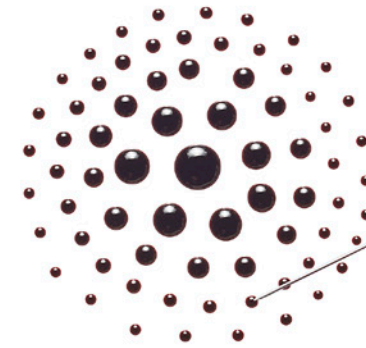
1

Peel a blueberry with a scalpel without harming the pulp. Hold the berry with your fingers or with a pair of tweezers.



2

Create the detailed pattern in the picture using a syringe. The smallest circles should be 1 mm wide.



Remove all the seeds from a strawberry with a pair of tweezers without harming the berry.

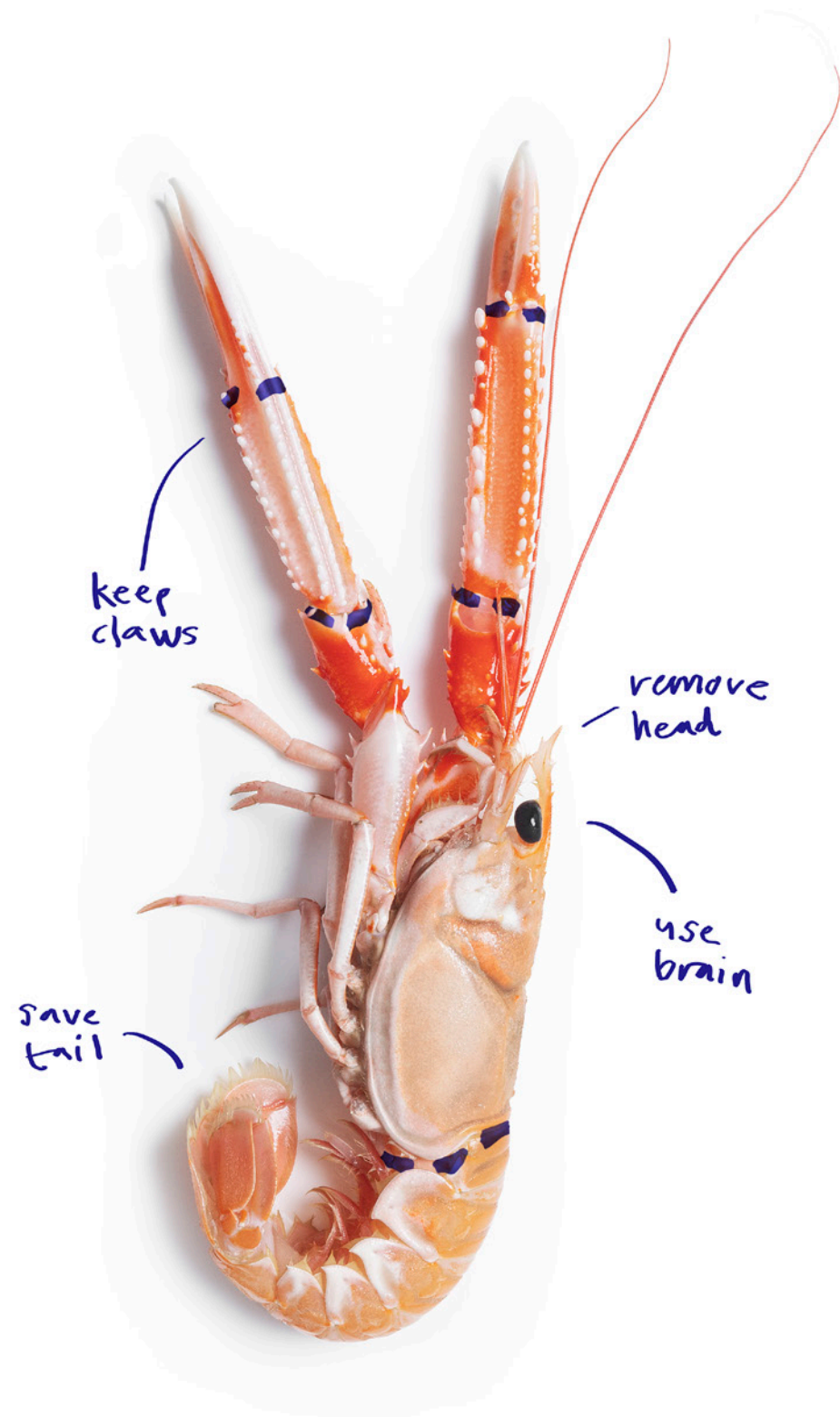
3



4

Cut an orange wedge, and then stitch it back together using needle and thread.





# Recipes

Explore nine exquisite recipes by Fredrik Berselius in collaboration with Dr. Nirav C. Patel. Each stunning dish offers a unique taste experience, and the chance to hone your dexterity skills. All require meticulous preparation, concentration and time. Not an easy task, but well worth the reward we think. We hope you'll agree.

Kingfish Rose  
with Green Gooseberry





### Ingredients

- 1 pc kingfish on the bone (≈2 kg)
- 100 g salted green gooseberry juice
- 300 g pickled green gooseberry juice
- 2 tbsp cold pressed rapeseed oil
- 2 tbsp juniper oil
- 100 g smoked eel
- 1 l filtered water
- 1 sheet of bronze gelatin
- salt

Serves  
4

Prepping time  
45 min

(but the pickled green  
gooseberry juice must  
be prepared one week  
in advance)

### Tools

Knife (for slicing the fish)

2 demitasse spoons

Tweezers

Scalpel for refining petals

Kingfish has a firm texture and moderate oil content with a flavor more naturally robust than hake. Due to the quality of the fish, we like to serve it sliced finely and raw, carefully constructed into the shape of a rose, combined with aromatic notes from the vinaigrette. Its small serving size and rose-shaped appearance make it an excellent entry point for a multi-course meal.

In preparing this dish, it is vital to work with the fish in a swift and precise manner, and ideally on ice, as its fatty flesh is sensitive to heat. We will use a scalpel to finish shaping the sliced fish into the shapes of flower petals, as well as tweezers and our fingers to assemble the petals into a full rose.

Like most ingredients, working with fish is very much about touch and feel. Most fish are delicate in their structure and the flesh can be incredibly fragile. This differs from species to species and fish to fish but I always use an abundance of attention and care when working with them. You have to use your hands, feel the firmness, the structure and understand where the muscles are as you are preparing it.

Touching and feeling the fish is similar to what we do in surgery with the tissue before incising it. Knowledge of line of muscle and anatomy is key to any surgical procedure. Also, the steps of cutting the fish are good practice as the order of the steps is similar to surgery. Making the perfect petals is a good way to practice precise cutting with a scalpel, and assembling the rose requires gentle handling like fine surgery so as not to damage the tissue.

Chef's  
comments

Surgeon's  
comments



Green gooseberries can be substituted with other preferably sour and tart fruits or berries, for example, a green plum.

### Preparing the salted green gooseberry juice

- 1 Make a 6 % salt solution with filtered water. Pour over a desired amount of gooseberries and let it sit for a minimum of 1 week in a cool place.

### Preparing the pickled green gooseberry juice

- 1 Combine equal parts 4 % distilled vinegar and sugar.
- 2 Pour over a desired amount of gooseberries. Let it sit for a minimum of 1 week in a cool space.

### Preparing the vinaigrette

- 1 Combine the salted and pickled gooseberry juice.
- 2 Add rapeseed oil.





## Making the eel jelly

- 1 Place eel in a small pot and cover with filtered cold water.
- 2 Slowly bring to a boil and simmer for 20 minutes.
- 3 Strain the stock and reserve the liquid.
- 4 Chill and season with salt.
- 5 Bring half the liquid back up to 140°F/60°C.
- 6 Bloom gelatin in cold water and add to stock.
- 7 Add the chilled stock and let set in a shallow container.
- 8 When set after about 4 hours, place the jelly on a cutting board and dice it with a knife.
- 9 Return to a clean container and keep chilled until serving.

## Preparing the fish

- 1 To begin gutting the fish, place the fish belly towards you with its head facing to the right.
- 2 Make an incision in the rectum and slide the knife, skin deep, towards the head and the gills.
- 3 Carefully grab the intestines with your left hand. Using shears, detach them from the head. Discard.
- 4 Place the fish with its belly towards you and head to your left. Make an incision behind the gills and cut through the left loin.
- 5 Roll the fish over now with its back towards you. Make a cut behind the gills, push the knife forward through the spine and remove the head.
- 6 Place the fish with its back towards you. Insert the knife at the top of the loin and slide the knife at an angle, cutting about 4–8 cm deep depending on the size of the fish, along the spine to the tail following the bones. This will only partly release the meat from the bone.
- 7 Turn the fish over and cut from the tail towards the top of the loin. Place the fish with its belly towards you.
- 8 Lift up the belly and cut through the ribs on the front to remove the loin. Hold onto the spine and cut through the ribs to remove the spine from the second loin.



- 9 Place the fish skin side down and run your knife blade along the skin to remove it.
- 10 Separate the back and the belly. Separate the back into a large loin and small loin. With your knife, gently remove any bloodline, cartilage, or sinew.
- 11 Round off the loin using your knife, so that a cross-section will resemble a half disc.
- 12 Slice 2 mm slices, use a scalpel to perfect each petal shape, and place them on a tray fitted with parchment paper.
- 13 Make 4 rows and place 2 slices in each row.
- 14 Continue to slice and for every 8 slices divide them between the 4 rows.
- 15 The loin will become smaller and smaller as you slice towards the tail. So, for consistency, keep arranging them every 8 slices.

Note: One portion is 6–10 slices 30 g +/- portion.



## Making the rose



- 1 Roll the smallest slice of fish into a narrow cone shape resembling the inside of a rose.
- 2 Let the next slice hug the first. Repeat with the third slice, working opposite the last petal.

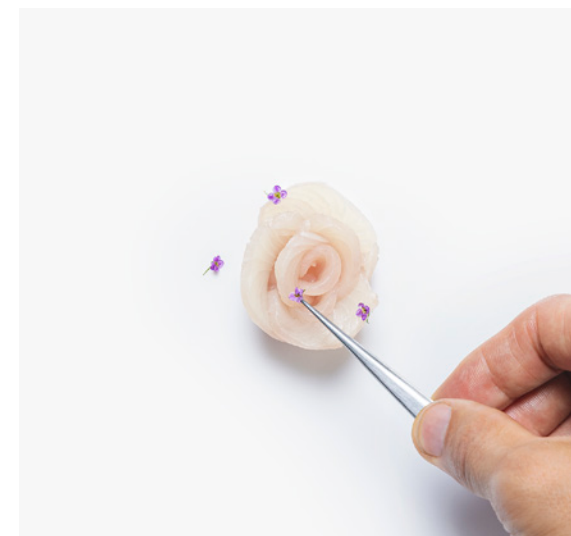


- 3 For the fourth slice, tuck the bottom closer to the center and flair the top ever so slightly.
- 4 Repeat and work around the slices until you have a beautiful rose.

## Serving



- 2 Place a spoonful of eel jelly around the rose.



- 1 Carefully place the rose on a plate and decorate with flowers.



- 3 Finish with 2 spoons of the vinaigrette.

Sea Scallop and  
Turnip in Warm Broth





Serves  
4

Prepping time  
1.5 hr

#### Ingredients

- 4 live scallops in the shell
- 4 large yellow onions sliced into 3 mm slices
- 10 large hakurei turnips
- red oxalis leaves (can be substituted with, for example, red lettuce or other flat leaf herbs)
- 4 eggs, whites only
- black currant leaf oil

#### Tools

Palette knife

Small knife

Scalpel

Tweezers

Pipette

Squeeze bottle

3 mm cylindrical cork cutter

Scallops are a type of shellfish that belong to the bivalve family. The scallop and its organs are located between two shells connected by its conductor muscle. All bivalves have either one, two or sometimes, though rarely, three abductor muscles. On a mussel, for example, you will see the small white abductor muscle sitting in one corner of the “meat”, whereas with the scallop, what one refers to as the “meat” is actually the abductor muscle itself. The abductor muscle is tender and creamy-white in color, with a firm yet delicate texture.

The freshness of the scallop is imperative, so sourcing the scallop live in the shell is the best way to ensure its quality. Scallops must also always be inspected to ensure they are in optimal condition and free from any shell or grit and carefully handled as they can be easily damaged or broken. Working with scallops requires a steady hand for opening and processing the meat. And then, precise finger movements in completing the plating of this particular dish where the scallops are finely sliced raw and carefully folded around the turnip cylinders.

When using high-quality and fresh scallops, I like to serve them raw, gently warmed by the broth.

Knowing the anatomy of the scallop to make a precise incision of the adductor muscle to remove it intact is like removing mass in surgery en bloc without disrupting it. The cork cutter movement is used to make precise holes in the heart or great vessels.



Chef's  
comments

Surgeon's  
comments

## Preparing the scallop

- 1 Hold the scallop in the palm of your hand, the ear towards you, beveled side up.
- 2 Break the resilium connection on the back.
- 3 Slide a palette knife through the opening, following the flat side, and through the muscle at 5 o'clock, about 3 cm from the edge, and pierce through it. The shell should release and come off completely.
- 4 Tilt the scallop forward, holding it at 90 degrees, and using gravity, gently loosen the skirt so you can see the connection to the second shell. Slide your knife in along the shell and cut it loose. You should have two clean shells.
- 5 Next, to remove the meat from the skirt, intestines, and roe, on the scallop you will see a small connective muscle adjacent to the large muscle. With your thumb, firmly press down and in-between the two muscles to separate them.
- 6 Continue to work around the large muscle to remove the connecting sinew. Work continuously but gently so as not to damage the other organs or roe until the scallop is free.
- 7 Next, to wash the scallop, make a 5% salt solution using ice-cold water and sea salt.
- 8 Rinse the scallop for 10 seconds in the cold water and place on a linen-like paper towel.
- 9 Rinse the roe and the intestines and place on a towel.
- 10 Refrigerate until ready to use.







## Making the scallop stock

The scallop broth  
(scallop stock + onion stock)

- 1 Heat a medium saucepan over medium heat until hot.
- 2 Add a film of neutral oil.
- 3 Dry off the skirts and scallop trim as best you can and add them to the hot pan. Be careful not to stand directly over the pan as residual water in the meat can splatter the oil which can burn you or even catch fire.
- 4 Roast the skirts in the pan, stir gently now and again, and let them slowly caramelize in the pan.
- 5 As they caramelize and begin to stick, add water to deglaze.
- 6 Allow the liquid and moisture to evaporate once again to continue the caramelization process.
- 7 Repeat two more times.
- 8 Next, add 2 liters of cold water and gently simmer for 20 minutes.
- 9 Strain, reserve liquid, and cool down stock in an ice bath.

## Clarifying the stock

- 1 Crack two eggs one at a time and separate the yolk from the whites.
- 2 Place both egg whites in a bowl and with a hand whisk, whisk for one minute until frothy.
- 3 Place scallop stock in a small saucepan and add the egg whites. Stir broth and egg whites together, then gently bring the liquid to a boil creating a raft.
- 4 Remove from heat and ladle the liquid through a fine sieve to remove any egg whites and impurities. You should have a tinted, perfectly clear liquid after it is strained.

## Making the onion stock

- 1 Heat a medium saucepan over medium heat until hot.
- 2 Add a film of neutral oil.
- 3 Add the sliced onions to the pan and let them slowly caramelize.
- 4 Deglaze with water, stir, and let the liquid evaporate.
- 5 Continue to caramelize and repeat the process 3 times.
- 6 Add 2 liters of cold water and gently simmer for 1 hour.
- 7 Strain, check for body and seasoning.
- 8 The liquid should be amber in color and clear, have depth and texture.
- 9 If the liquid is watery, reduce further.

## Making the broth

- 1 Season the scallop stock with the onion stock liquid to make a balanced broth. Salt to taste.



## Preparing the turnip

- 1 Using a 3 mm cork cutter, cut a cylinder-shaped stick.
- 2 Cut the cylinders 40 mm in length.



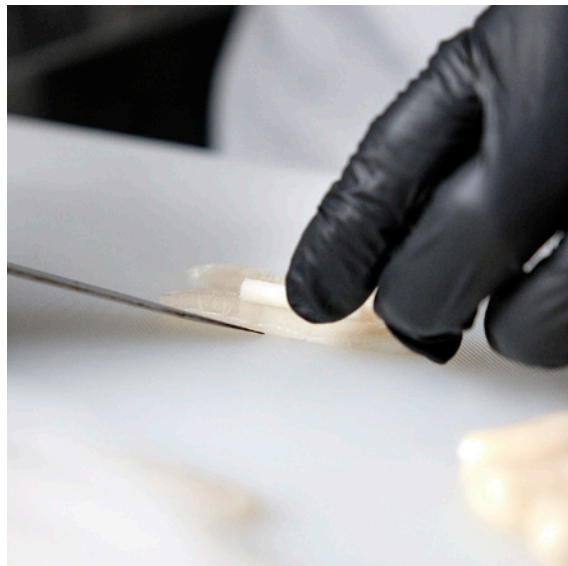
## Serving



1 Using a scalpel, slice the scallop into 3 mm thin discs with the grain from the top of the scallop down.



3 Roll three slices of red oxalis leaf around the turnip cylinder, then roll 3 scallop slices around the oxalis.



2 Roll three slices of the scallop around a turnip cylinder.



4 Slice each "log" into 2 smaller sections.

5 Roll red oxalis leaf over six of the scallops.

6 Arrange rolls neatly in a bowl.



8 Pour the broth next to the scallop until it reaches halfway up the side.



7 Pipette one half-full tube of black-currant leaf oil over scallops.

Hake with Swedish Dark Beer,  
Flowering Dill and  
“Hasselback” Turnips





Serves  
4

Prepping time  
Overnight + 1 hr

Cooking time  
10 min

### Ingredients

- 1 medium hake
- 40 g caviar
- 4 young onions
- 20 small hakurei turnips
- 20 small nasturtium leaves
- 4 bunches dill
- 20 viola petals
- 20 onion flowers
- 300 g beer
- 500 g 4 % distilled vinegar
- 250 g sugar
- dill flowers
- dill stems (from picking dill leaves)
- 200 g oil
- 100 g dill sprigs for oil
- 20 pc dill sprigs for garnish
- 3 l 5 % salt brine (sea salt/cold filtered water)
- 600 g cream

### Tools

|  |   |
|--|---|
| Knife (suitable for fish butchery)       | 5 mm piping tip                         |
| Scaler                                   | 2 pc 1 mm diameter wooden skewers       |
| Small knife                              | Water circulator bath set to 125°F/52°C |
| 4 pc 55 mm × 15 mm steel ring molds      | Timer                                   |
| 1 pc 2-liter size freezer bag or similar | Blender for making oils                 |
| Small spatula (for plating)              | Coffee filter                           |
| Tweezer (for plating)                    | Small stainless-steel trays             |
| Syringe                                  | Linen-like paper towels                 |

Hake is a versatile and delicate white fish that is incredibly adaptable to a wide range of cooking techniques and flavor profiles. I love to use hake for this particular dish, as its mild flavor, tender and relatively lean flesh readily absorb flavors. It harmonizes nicely with the brightly flavored herbs and creaminess of the sauce that surrounds it.

Preparing fish requires a skilled hand and keen attention to detail. It is important to always work with the structure of the muscle fibers, including when moving or lifting the fish or a loin, to avoid letting the meat bend against the grain, as this will cause it to flake and break.

The dish also includes my favorite type of Japanese white turnip called Hakurei. We prepare it using a Hasselback technique, originally referring to a Swedish potato dish from the 1930s where the potato is sliced multiple times in thin even layers almost all the way through, but kept together by a small section at the bottom, allowing it to hold sauces or other fillings nicely. Here we are also brining each individual portion separately using a syringe with a salt solution, for more accuracy.

This recipe includes many of the dexterity skills of a surgeon. Injecting the fish with brine is similar to a surgical needle and injection of solution into a specific layer of a body part. The anatomical surgical dissection of the fish along the muscle line is great practice for avoiding disruption of the tissue. Preparing the turnip involves precise repetition of movements for practicing steps and dexterity.



Chef's  
comments

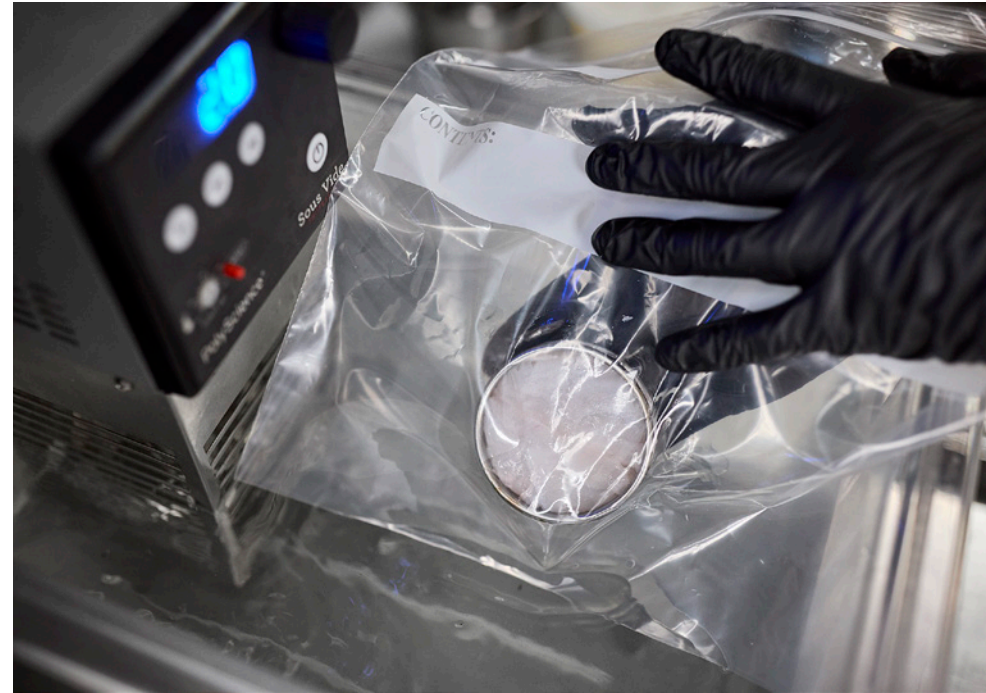
Surgeon's  
comments

The Hasselback-  
technique is a term that  
was coined in Sweden in  
the 1930's.



## Preparing the fish

- 1 Place the fish on a large cutting board or ideally in a large kitchen sink. Scale the fish using a scaler, brushing it against the grain. Once finished, rinse thoroughly in cold water and pat away excess moisture.
- 2 Skin the filets and remove any bloodline. Note: when working with fish and meat, always use long strokes and gradually remove anything you don't find pleasant. It is almost like peeling away one thin layer at a time.
- 3 By observing and feeling with your fingers, locate the natural division in the muscles. Using a knife, begin cutting through this division and follow the natural cylindrical shape of the loin.
- 4 "Polish" or trim the back loin by rounding off the large filet to 55 mm in diameter. Depending on the size of the fish, one can either use both loins or find a different usage or shape for the smaller part.
- 5 On a cutting board, slice 15 mm-thick slices. Place them on a tray side-by-side and, using a syringe, insert the needle in the side of the disc, 40 mm deep, and while slowly pulling the needle back out, inject each filet with brine. Do this 4 times to each disc, 10 mm apart.



## Cooking the fish

- 1 Put each fish disc on a tray and place a ring mold around them.
- 2 Slide a spatula under the ring and lift the fish into the sealable bag.
- 3 Add a film of oil and slowly lower the bag into the water bath.
- 4 As you slowly submerge the fish, air will be forced out through the opening, creating a vacuum around the fish.
- 5 Poach the hake for 6 minutes.

## Making the vinegar

- 1 Place dill flowers (substitute dill stems) in a small glass jar.
- 2 Warm vinegar and sugar to 125°F/52°C.
- 3 Stir the vinegar to dissolve the sugar.
- 4 Pour the warm vinegar over the dill stems.
- 5 Refrigerate (ideally overnight or longer).

## Making the sauce

- 1 Reduce 300 g of dark beer to 100 g.
- 2 Add 100 g dill vinegar.
- 3 Add 600 g cream.
- 4 Salt to taste.

## Making the oil

- 1 Blend 200 g of oil with 100 g of dill to a green puree.
- 2 Place the puree in a super fine mesh strainer or coffee filter.
- 3 Reserve the green oil. Refrigerate until needed.





## Making the Hasselback turnip

- 1 Start by cutting off the top 5 mm and bottom 5 mm.
- 2 Then begin to “turn” the turnip using a paring knife. This is a technique that is very fulfilling the faster and more precisely you can do it. The turned turnip should have 7 sides.
- 3 Once it has been turned into a melon or rugby ball shape, place it on a cutting board.
- 4 Now you need to slice the turnip down using the Hasselback technique – slicing 1 mm thick slices that stay connected at the bottom. You can do it without help or you can place toothpicks or skewers parallel to the vegetable, so that every time the knife hits the skewer it stops. This technique is a great way to practice fingertip and hand sensitivity and control.



## Preparing the onions and herb garnish

- 1 Cut small onions in half.
- 2 Boil in salted water for about 1 minute, making sure they do not taste "raw" but still have a bite to them. Reserve at room temperature.
- 3 Slice the onions into 3 mm-wide crescents.



- 4 Cut the nasturtium leaves around their stem using a piping tip.



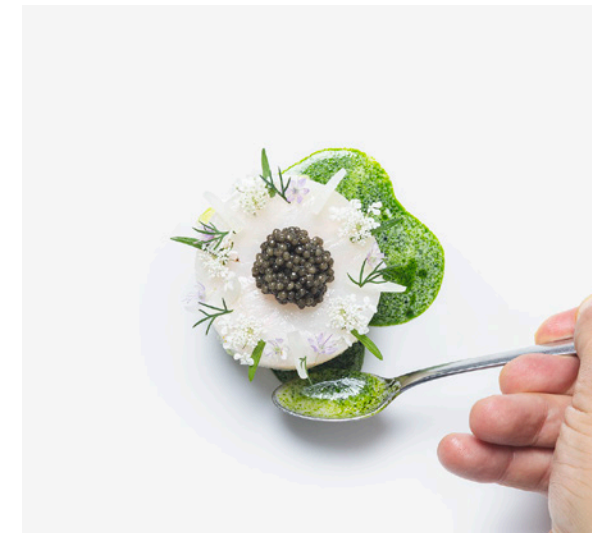
- 5 Pick individual dill sprigs.

## Serving

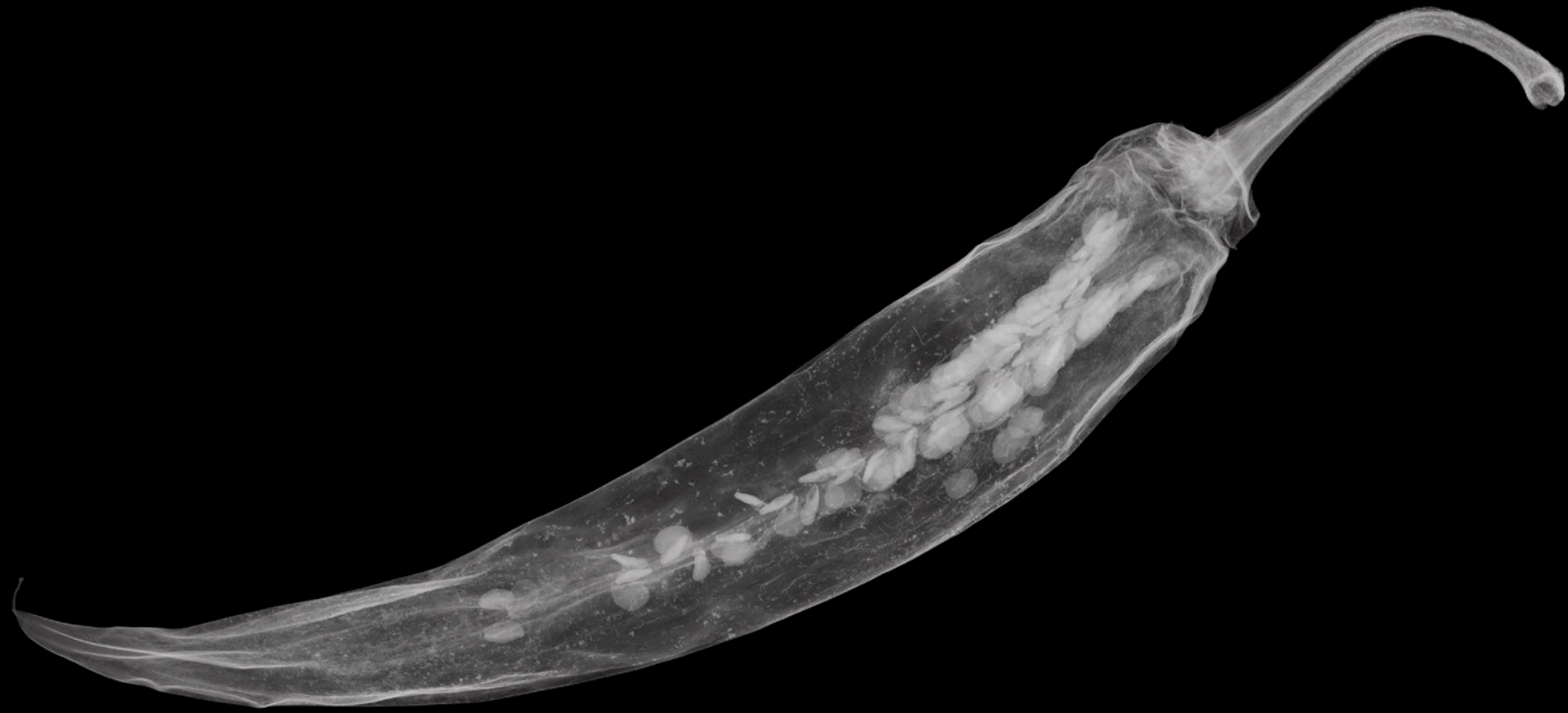
- 1 Heat a small sauce pot with a tablespoon of water to a boil.
- 2 Add the turnips with a knob of cold butter and a pinch of salt.
- 3 Gently glaze the turnips as you are moving the saucepan in a circular motion to cook them evenly without any color. Use a spoon to occasionally help them roll over. Make sure not to evaporate all liquid so the butter caramelizes. When the turnips are done cooking, add a small amount of dill oil to give the turnips a tint of green.
- 4 Remove the fish from the bag and rest on a small surgical tray fitted with a linen-like towel on a warm but not hot surface.
- 5 Make 4 mounds of caviar and place it on a warm but not hot steel tray.
- 6 Place 5 turnips in the center of each plate.
- 7 Preparing the onions and herb garnish.
- 8 Place four of each around the top of the hake: onion crescents, onion flower, nasturtium, viola and dill.



- 9 Gently rest the caviar in the center.



- 10 Combine the ingredients for the sauce and bring it close to a boil without actually boiling it. Break the sauce with the dill oil and spoon around the fish.



You have to  
be patient.  
Stay focused.  
Don't rush it.  
Don't get excited.

Nirav C. Patel, MD

You get better  
by trying new things.  
There is always  
something  
new to learn.

Fredrik Berselius, Chef

Roasted Quail with  
Truffle and Ramp





## Ingredients

- 
- 4 quails
  - fresh truffle, or other aromatic mushrooms sliced thin on a mandolin
  - pickled ramps, or other pickled allium such as shallot and garlic cut into thin slices
  - 200 g cream
  - 200 g chicken breast
  - salt
  - 4 l chicken stock
  - truffle vinegar or other aromatic mushroom vinegar
  - fresh herbs, such as woodsorrel or cress

## Tools

---

|                            |  |
|----------------------------|--|
| Small shears               | Tamis                                  |
| Mandolin or truffle slicer | Piping bag                             |
| Tweezers                   | Paslette                               |
| Pliers                     | Pastry card or spatula                 |
| Small knife                | Rubber spatula                         |
| Scalpel                    | Cast iron pan for cooking              |
| Towels                     | Pot for making stock                   |
| Plastic wrap               | Needle and thread (fine cooking twine) |
| Food processor             |  |

---

Serves  
4

Prepping time  
3 hrs

Cooking time  
5 min

Quail is enjoyed around the world and is considered a delicacy in many cultures. I find it to be one of the most flavorful of poultry – the meat is tender and savory with a delicate sweetness and subtle gamey flavor. It is leaner than chicken and its meat is darker. In general, the skin of the quail is most often thinner than other poultry birds, thus more fragile and easier to rupture when working with. In this recipe, we debone the breasts while leaving them attached to the skin, stuffing the breast with a mousse made from chicken and the leg meat of the quail, preserved ramp, and truffles, folding it back together, and steaming the breast lightly before roasting it.

Chef's  
comments

These diminutive game birds require delicate handling, fine knife work and attention to detail. If sourced with feathers on, the process begins with carefully removing the quail's feathers and meticulously cleaning the bird, ensuring no remnants are left behind. The quail must then be skillfully dissected, and every incision precise, using a scalpel to separate the legs, wings, and breast. Once accurately deboned, we will fill it with the stuffing and then carefully sew it back together.

Carving the quail is like performing surgery with precise steps in specific order, using fingers and perform sharp dissection. Stitching the quail skin is a great practice as it requires surgical precision to keep it intact and preventing tears, which is a basic principle of surgical stitching.

Surgeon's  
comments





## Making the mousse

- 1 Roughly dice the chicken and place in the food processor together with a reasonable amount of salt.
- 2 Use the pulse setting to process the chicken meat into a smoother texture.
- 3 Slowly add the cream and keep pulsing until you have a homogeneous mixture.
- 4 Pass the mousse through the tamis into a bowl using the pastry card.
- 5 Fold in the allium and truffle using a rubber spatula.

## Making the sauce

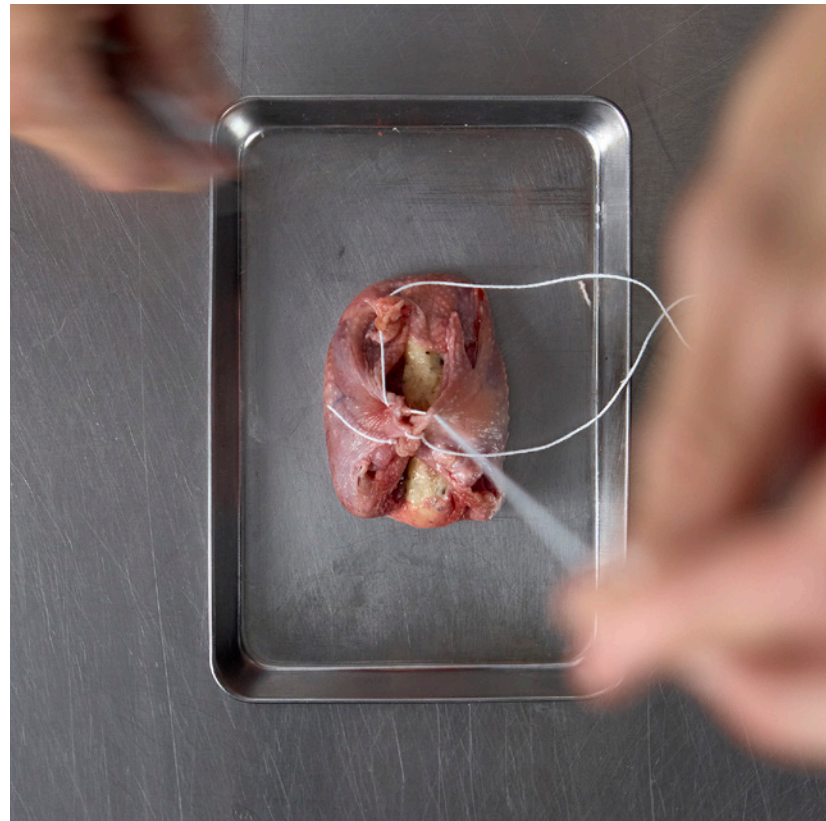
- 1 Roast quail wings, bones, and crowns in an oven at 350°F/175°C for 45 minutes until golden brown.
- 2 Place bones in a stock pot with the chicken stock.
- 3 Bring to a simmer and gently cook for 2 hours.
- 4 Strain stock into a clean pot and gently reduce to a sauce-like consistency.
- 5 Taste the stock and season with salt and truffle vinegar.
- 6 Reserve.

## Preparing the quail

- 1 Place the quail on a cutting board and remove the head by cutting with shears through the neck close to the head, saving as much neck skin as possible.
- 2 Place the quail on its breast, with a scalpel, make an incision into the wing about 1 cm from the shoulder, and let the tip of the blade slide over the joint and behind it to free the bones from the rib cage, also known as the crown. It is essential to keep as much skin as possible as you will need it when folding the bird back together.
- 3 Gently press down on the skin while forcing the bone in the opposite direction to release it from the wing. When the bone is starting to loosen from the meat, rest it against the cutting board and slide your blade underneath the bone, between the skin (similar to how you filet a fish) to remove it completely.
- 4 Complete the second wing.
- 5 To remove the legs of the bird, locate the bone with your finger, make an incision in the thigh and cut through the skin. Insert your finger under the skin and gently move your finger to release it from the meat. Move enough skin to expose the hip joint and then use your knife to cut through the upper leg and through the joint to remove it completely.
- 6 With the bird resting on its breast, use shears to cut off the tailbone and with your knife cut through the skin along the backbone of the bird through the neck. Using both hands, peel back the skin on the neck to the crown. Cut off and remove the neck. Next, gently fold back the skin to expose the two bones where the wishbone is attached.







- 7 Cut each bone and, with your fingers, gently wiggle and slide the wishbone to release it from its connective tissue. When the bone is free from meat, with a small snap, break it off where it connects to the backbone.
- 8 Turn the bird over again and, starting from the rear, gently carve down the back over the last two ribs (which tend to protrude slightly), then cut along the rib cage and you will first see the “small” fillet detach and second the entire breast (still connected to the skin).
- 9 Lastly, with the two breasts skin-side down on the cutting board, pressing your thumb up on the remaining connected cartilage, place pressure to remove the rib cage from the skin, once again taking great care not to damage it.
- 10 Now, place the mousseline in the center between the breasts.
- 11 Fold over the neck skin to about a 2 cm overlap, then fold the right side followed by the left.
- 12 Using a needle and thread (fine cooking twine), stitch the skin together across the back and secure the neck skin.
- 13 Place a piece of plastic wrap on a flat surface. Lay the bird on top. It should resemble a normal quail shape and be slightly triangular.
- 14 Fold over the wrap and carefully use both hands to shape the breast and press down with the sides of your little fingers and the sides of your palms to shape the breast into a heart shape. This also removes any excess air trapped in the film.
- 15 Wrap the bottom, repeat with hands, and finish with both sides.
- 16 Place on a sheet pan.
- 17 Repeat the process with the remaining birds.



## Cooking the quail

- 1 Steam for 16 minutes at 50 % moisture at 180°F/82°C.
- 2 Let the bird rest on a table, then refrigerate.
- 3 When ready to serve, prepare a hot pan (preferably cast iron), and roast the breast on all sides, turning it as it browns.
- 4 When color has been achieved, add a knob of butter and baste the breast in it until golden brown.
- 5 Remove from the pan and place on a paper towel, remove the twine, then slice the breast first in half and a second time into quarters.

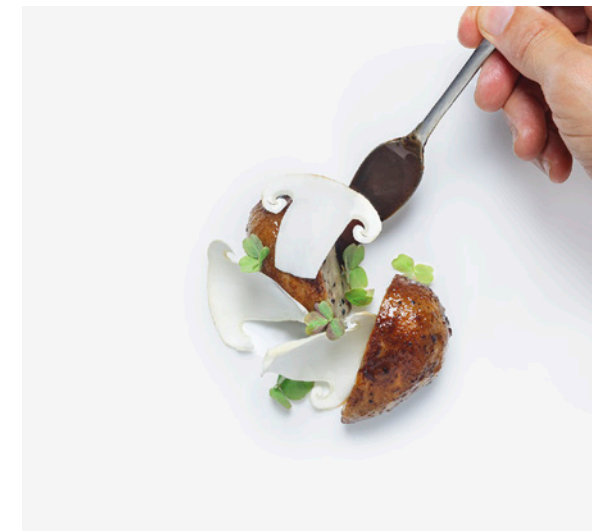
## Serving



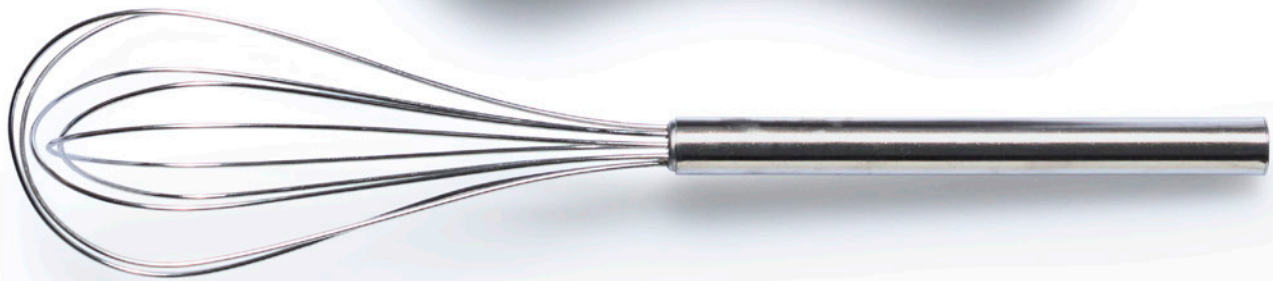
- 2 Using a mandolin, slice 1 mm thick mushroom slices and place on top of the 11 o'clock breast.



- 1 Place half a breast sliced in two on a plate at 5 and 11 o'clock.



- 3 Sauce the plate and serve.
- 4 Decorate with fresh herbs.



Langoustine Tail and  
Claw with Blackcurrant





#### Ingredients

- 4 large langoustines
- 4 large radishes
- 500 g butter
- 4 tbsp cream
- 1 tbsp creme fraiche
- 2 tsp black currant or cassis juice, fresh or of best quality
- 1 tsp 4% distilled vinegar
- salt to taste
- seasonal herbs and edible flowers, such as sorrel, oxalis and allium

#### Tools

Small scissors/shears

Small tweezers

8 long metal skewers

Small knife

Tear drop pastry cutter

Scalpel

Syringe

Serves  
4

Prepping time  
1 hr

Cooking time  
10 min

Langoustines are present all over the world and known for their delicate yet complex flavor, and their sweet and succulent meat. When cooked, langoustine develops a rich, buttery flavor with subtle hints of the sea. The most supreme of langoustine come from the northeastern Atlantic Ocean, particularly the icy coastal waters of Iceland, the Faroe Islands, Norway, and Scotland. At Aska, we usually source ours from Norway and always receive them alive, as they are extremely perishable. In our version, the preparation of the langoustine and accompanying ingredients is the most intensive and detailed part of the process in creating this dish, while the actual cooking part is relatively straightforward.

Chef's  
comments

As langoustine is a delicate crustacean, it demands careful handling in its preparation throughout the process. To begin, one must delicately remove the langoustine's shell, taking care not to damage the tender flesh underneath, requiring a steady hand and a firm, yet gentle touch to ensure the integrity of the meat. Additionally, separating the meat from the shell can be intricate work, as it involves maneuvering through the intricate crevices and joints of the langoustine. The precision required in this step ensures that every morsel of its meat is extracted without any waste.

In this recipe you have to use sharp dissection to remove meat from the shell with a knife and scissors, creating a plane and expanding it with finger dissection, removing the meat in one piece using the exact right amount of force to prevent breaking of the tissue.

Surgeon's  
comments



## Preparing the langoustine

- 1 Place the langoustine on a cutting board. With a small knife, locate a small indentation in the head behind the eyes. Place the tip of your knife in the indentation and puncture the head cutting towards and in between the eyes to kill it. In a twisting motion while holding firmly with your hands, separate the head and body from the tail while making sure not to tear the meat from the body.
- 2 Set aside the head and body with the attached claws.
- 3 Now, holding the tail in one hand, notice at the very end of the tail there are two small fins (Uropods)– twist these and remove them.
- 4 Using shears, cut the (often hard) membrane on the belly along each side of the cephalothorax, including the thick bones that run crosswise over the belly. Insert one piece of the shear blade and work along the tail, taking care not to damage the meat underneath.
- 5 Holding the tail with one hand, squeeze it just enough to break the shell along the back.
- 6 Using both hands, break the shell outwards to begin releasing it. The meat will slowly loosen inside but often it will take a moment before it comes out altogether. The important part is to get it out intact with no tearing or rips. Insert your finger under the shell and loosen the meat from the roof of the shell while also using gravity to let the meat work its way out. If difficult to remove, continue to crack it open while repeating the process.

- 7 Using thin tweezers, enter through the rear of the tail about 1 cm from the tip. Visualize the intestinal tract and pinch it with the tweezers. Twist the tweezer and slowly but firmly pull out the intestine.
- 8 Place the tail on a cutting board with its head side facing you. The tail has two loins running parallel down the back. Run a skewer through the center of the loin all the way through the body. Run a second skewer through the second loin all the way through.



- 9 Next, to clean out the meat of the claw, make a shallow cut into the shell of the claw in the middle.
- 10 Break off the shell towards the knuckle.
- 11 Wiggle the moving part of the claw until you feel it loosen. Simultaneously, gently but firmly pull on the shell. The shell should come out with a piece of cartilage attached.
- 12 Remove the second piece of shell.





## Preparing the stock and sauce

- 1 Place  $\frac{2}{3}$  of the shells in a pan and roast in the oven at 350°F/175°C for 25 minutes.
- 2 Move shells to stockpot and cover in water. Bring to a boil and simmer for 20 minutes, then strain.
- 3 Set aside 1 cup of the stock.
- 4 Reduce the rest of the stock until you have a pungent shellfish aroma and flavor.
- 5 Add crème fraîche, cream, vinegar, cassis and mix with a hand blender to a smooth consistency.
- 6 Before serving, break the sauce with warm langoustine butter.

## Preparing the butter

- 1 Place remaining  $\frac{1}{3}$  of shells in a pot and cover in 500 g of butter.
- 2 Gently melt the butter and keep cooking at low heat until aromatic and the butter takes on color from the langoustine. Be careful not to burn the butter.
- 3 Strain and let cool to just above room temperature so it remains liquid.
- 4 Insert liquified butter into the syringe.

## Preparing the radishes

- 1 Using a scalpel, slice the radishes 1.5 mm thin.
- 2 One at a time, punch out teardrops with the pastry cutter. Set aside.





## Cooking the langoustine

- 1 Brush the langoustine tail and claw with langoustine butter and season with salt.
- 2 Grill over high heat. The claw only needs 10–20 seconds before turning and cooking the other side.
- 3 Grill the tail for 1–2 minutes on its back, flip onto the belly side for 5–10 seconds.
- 4 Remove from heat and place on a cutting board.
- 5 Slice into five equal sections.
- 6 Using the syringe, apply it halfway into the meat, injecting each piece with langoustine butter.

## Serving



- 1 Place the langoustine tail sections and the claw in a circular shape.



- 4 Spoon a pool of sauce above the circular shape.



- 2 Align the radish slices in between and overlapping the langoustine pieces.
- 3 Place trout roe on each section of langoustine and finish with flowers.



- 5 Add a few drops of melted butter on top of each section using a syringe.

The food doesn't  
only taste good,  
it also looks like  
a work of art.

Nirav C. Patel, MD

I see opportunities  
to bring these  
techniques back  
to my restaurant.

Fredrik Berselius, Chef



## Kitchen Conversation

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How was your first reactions when you heard about this project?

Dr. Nirav Patel: I was excited to hear about it. A special cookbook for heart surgeons, for dexterity training. I just couldn't say no.

Fredrik Berselius: Me neither. The idea sounded a little strange. And challenging. But I did understand that the need for extraordinary dexterity is something chefs and surgeons have in common. Plus, I love challenges.



NP: I must admit I was a little worried whether I would manage to do this or not. Was I nervous? Yes.

FB: You were? Well, so was I. Nervous and excited.

Why is dexterity so important in surgery?

NP: I would say that dexterity is the most important skill when you perform surgery. You have to understand the importance of being effortlessly nimble and precise. There are no shortcuts. You must love it, respect it and maintain the effort to continuously practice and improve.



What are the similarities between surgery and advanced cooking?

NP: They are both about preparation, passion, commitment, attention to detail, teamwork and not least a high level of precision.

FB: I hadn't thought about the similarities that much before but as we worked together, they became more and more obvious.

## How did you work together?

NP: Surgery is a lot about preparation, assessing the patient, gathering the team so that everybody knows their role and then performing the procedure according to the plan. However, one must be ready to improvise if unanticipated events occur. All this is done with an intense attention to detail. It's actually not that hard to see the parallels with high-end cooking.



NP: Fredrik was the mastermind when it came to ingredients and cooking. But together, we made sure that we used at least one surgical technique in every recipe. Something that really puts your dexterity to the test.

FB: It was really a phenomenal experience from start to finish. First, I presented some ideas for what we could do together. Then we had a great conversation to improve the ideas from a manual skill perspective. I really enjoyed going through the dishes step by step to adjust them, tweak them, add tools that surgeons use, and finally end up with nine interesting recipes.

NP: Yes, I really enjoy cooking. For me it's a way to relax on the weekends. But this was the first time I applied surgical techniques to it. It took a lot of effort, but it was very interesting.

FB: I agree, and when I did my research, I was inspired by what you do in the operating room. It was fascinating to look at the tools that you use and try to implement them in these preparations. Like using a needle and thread to prepare a chicken wing, for example.

NP: I think this book is a great reminder to both of us that you can always continue to learn. You can always improve the way you move through the procedure, your techniques, and the sensitivity in your fingers and hands.

FB: But of course, we mustn't forget the differences. We are both under pressure, but at the restaurant we're cooking to make our guest's meal unforgettable. In the operating room, someone's life is on the line.



FB: I think the venison in this book is a good example. We wanted to make a dish using surgical needles and came up with a small dumpling of savoy cabbage. We boiled the cabbage to make it soft enough that we could pierce it with a needle, but not so soft that it falls apart from the pressure of the thread. The thread had to be both edible and soft enough to loop, but not so soft that it breaks. We tried with chive but changed to small strings of leek that we boiled briefly. You also have to be very sensitive to how much pressure you apply when piercing the cabbage. You have to use careful, precise movements to ensure you do not rip the cabbage or the thread.

NP: It is similar to what we do in surgery. It's important not to let the needle rip the tissue. When you are almost finished it is critical that you do not rush to the end and lose your concentration. You need full concentration through to the end. It's all about attention to detail and patience. A heart operation can last for five hours and you have to maintain concentration and precision throughout.

FB: Throughout this process there were many moments where I saw opportunities to bring these techniques back to the restaurant. Like using the surgical scissors when separating the muscle from the loins on the venison.



What were the biggest challenges?

FB: I think the overall challenge with this project was to step out of my comfort zone and try to look at food through the eyes of a surgeon.

NP: For me, even though I've been in surgery for many years, it was a little bit daunting to do it in a kitchen with a master chef. As you can imagine, this was also the first time I applied surgical techniques to cooking.

FB: It was a challenge to make recipes where there's a clear link between what we do in the restaurant and what you do in an operating room. To identify the moments where you need to be precise, rely on your touch and feel, and use certain tools to handle very fine, meticulous movements.

It has been said that cooking is a blend of science and art. Could you apply that saying to cardiovascular surgery?

NP: Yes! Surgery is an art, but a scientifically proven art. Often you know exactly what to do and in what order. But at certain times you have to carefully innovate and improvise.

FB: (laughing) I recognize that situation. That's how it works in a kitchen as well. You may have cooked a dish a hundred times, but then suddenly you get an ingredient that does not behave as it usually does. Then you have to improvise.

How do you feel  
about the result?

NP: I think all nine recipes are phenomenal training for your fingers and your mind and all with an acute attention to detail. The experience and the result were even better than I expected.

FB: I agree. I learned new things, like where we should use a scalpel or scissors instead of a knife!

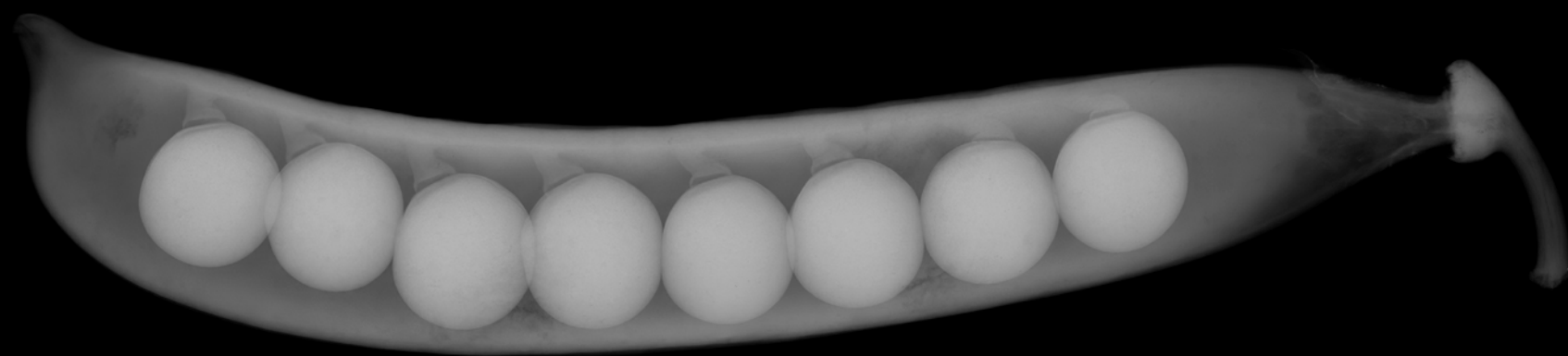
NP: It was very inspiring. Not only did the food taste really good, but it was also put together beautifully, like a work of art. I will definitely tell my students to practice using this book.

After this project: would you  
consider changing  
professions?

NP: Ha-ha, I don't think so. It took a lot of effort for Fredrik to get where he is, and it took me many years to get where I am, and I truly love what I do.

FB: Yes, let's stick to what we do best. But I would really like to continue this exchange. I really enjoyed working with you. It was fun!





Stuffed  
Chicken Wing





Serves  
4

Prepping time  
40 min

Cooking time  
10 min

#### Ingredients

- 4 chicken wings
- 350 g uncooked pork sausage for stuffing, such as chorizo or sweet Italian sausage
- 50 g dark maple syrup
- aromatic herbs such as flowering thyme, allium flowers, flowering oregano
- 150 g reduced chicken stock

#### Tools

Scalpel

Tweezers

Needle and thread (fine cooking twine)

Pastry bag

A flavorful and fun dish utilizing an otherwise often underutilized part of the chicken, the wing. Preparing a chicken wing may sound easy, but in this recipe we have added additional steps to make it more challenging.

Here the wing is deboned and stuffed with a spicy pork sausage. Practicing scalpel work on a chicken wing is an excellent way to improve dexterity as you work around various small bones, cartilage, and sinew. After removing three separate bones in the wing, it is stuffed and sewn back together before being cooked. Once roasted and cooked, these simple ingredients become a beautiful and delicious serving of chicken with a surprise stuffing.

“Shape of the heart”-precise anatomical dissection of chicken is great for concentration. Surgical creation of correct planes to remove skin is also good practice. And then, stitching the chicken skin exercises surgically precise stitching to avoid tearing the skin.

Chef's  
comments

Surgeon's  
comments





## Preparing the wings

- 1 Slice down the inside of the chicken wing, to the first joint, using a scalpel.
- 2 Working towards the next joint, detach the meat from the bone, little by little, and gently but firmly roll the meat and skin over itself.
- 3 Continue to work down the bone, using tweezers and scalpel, cutting off sinew to loosen it as you go.
- 4 Upon reaching the joint before the wing tip, cut through the joint and remove the exposed bones.
- 5 Roll the meat back to resemble a wing again. Place the sausage meat in a pastry bag and pipe it into the opening alongside the wing meat.
- 6 Sew the chicken back together using a needle and twine.
- 7 Next, tie the wing using the illustrated technique above.
- 8 Repeat with the remaining wings.



## Cooking the wings

- 1 Place the wings on a tray and bake in a 200°F/93°C oven for 15 minutes.
- 2 In a hot pan with a film of oil, roast the wings until golden brown.
- 3 Add a knob of butter and baste.
- 4 Brush hot wings generously with maple syrup.
- 5 Remove wings from pan and season with salt.
- 6 Deglaze the hot pan with chicken stock and quickly cook to a glaze-like consistency.

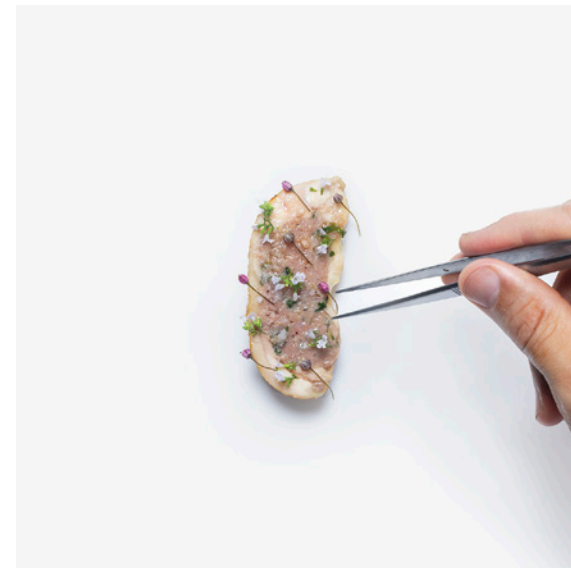
## Serving



- 1 Slice the hot wing in half lengthwise. And put it on a plate.



- 3 Add the other slice of the wing and spoon the warm glaze next to it.



- 2 Garnish the cut side with the aromatic herbs.

Venison and  
Savoy Cabbage





Serves  
4

Prepping time  
1 hr

Cooking time  
10 min

## Ingredients

### For the venison

- 1 3 kg venison loin
- 2 large celery roots
- 100 g butter
- 1 bunch thyme
- red oxalis
- salt

### For the sauce

- venison trim from the loin
- 2 l chicken stock
- 250 g fresh apple juice reduced by  $\frac{3}{4}$
- 50 thyme leaves
- 1 clove garlic, crushed
- juice from half a lemon

### For the cabbage and mushroom

- 1 medium savoy cabbage
- 6 large medium sized mushrooms
- 1 small onion diced finely
- 1 small shallot diced finely
- chives for threading
- salt to taste
- allspice to taste
- butter

## Tools

Knife

Twine

Tweezers

Mandolin

Vegetable peeler

Needle (for the chives)

Scissors

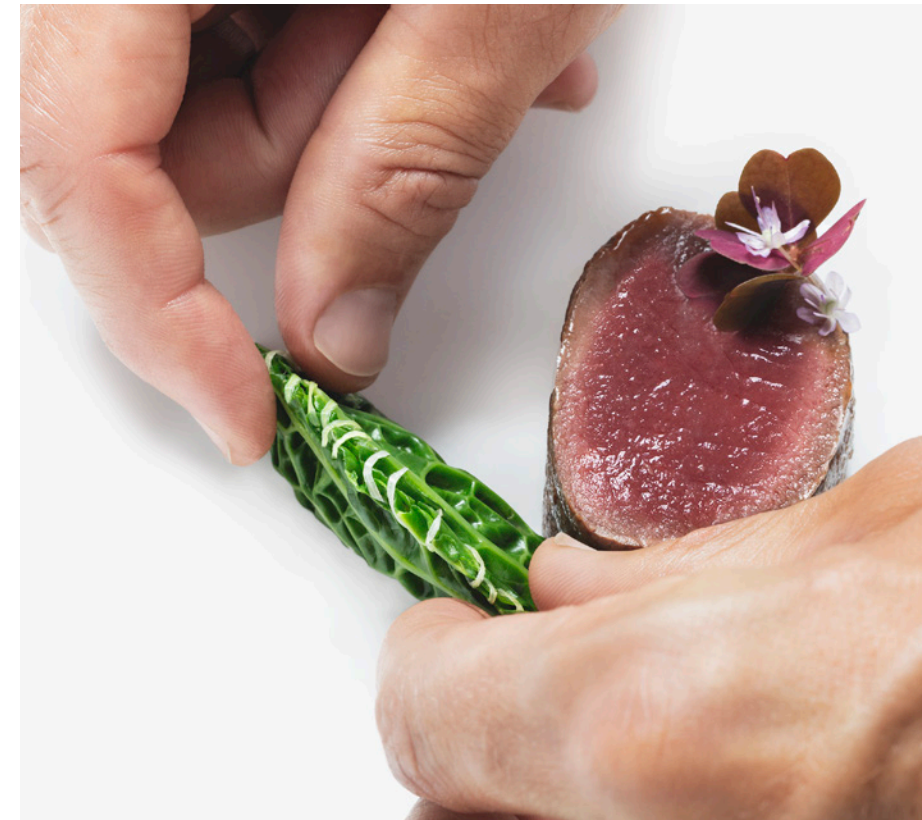


Historically the term venison referred to game animals, yet these days it most often refers to deer alone. It has been enjoyed as a source of food for centuries, known for its distinct flavor and lean, tender texture, yet it is not commonly found in most restaurants and therefore considered a special meat. At Aska we use venison which is a crossbreed between the red deer and elk and comes from the Hudson Valley, NY, where they graze on a varied diet of wild herbs, grasses, and berries, contributing to the meat's rich and distinct taste. It is robust, earthy, and slightly gamey.

Venison is also highly nutritious, being rich in protein, iron, and B vitamins, and low in fat. These unique characteristics of venison, including its low-fat content, necessitate careful cooking techniques to preserve its flavor and prevent overcooking.

In this dish we practice skills of dexterity and precision both in the preparation of the venison, from butchering the meat to tying it with twine before cooking, and with the small, handsewn cabbage stuffed with mushroom, which is served alongside it.

Preparing the venison loin to the perfect shape requires tactile feedback with fingers and cutting the best part of the meat with scalpel, surgical scissors and a sharp knife develops skills for fine cuts. Tying the venison practices placing running interlocking surgical sutures. Chopping mushrooms into perfect pieces is a great way to concentrate and practice precision with a knife. And last but not least, stitching the cabbage is like doing CABG, perpendicular needle entry to avoid tearing the blanched cabbage. It practices both concentration and stitching.

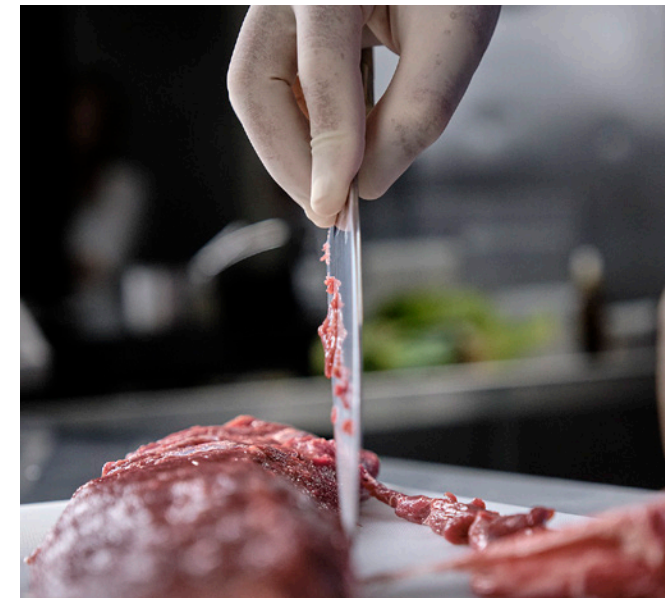


Chef's  
comments

Surgeon's  
comments

## Preparing the venison

- 1 Place the venison loin (3 kg) on a cutting board, with the “silver skin” sinew side down.
- 2 Make an incision where you see a small loin attached. Follow the contour of the meat and slice along the connective tissue. The small loin should come off in one piece.
- 3 Polish off any remaining silver skin or imperfections.
- 4 Turn the loin over, skin facing up. Insert the tip of your knife under the silver skin where it connects to palm-sized muscle at the wider end of the meat. Slide your knife underneath, and away to loosen the piece.
- 5 Grab the piece with your hand and gently lift it up. Run your knife at a slight angle, blade facing the skin, and pull the piece while guiding your knife in the opposite direction against the skin to remove it.





## Tying the loin

- 1 Divide the loin into sections to fit in a large pan.
- 2 Take the twine and tie around the end of the meat, leaving the knot and 40 cm of string running parallel to the loin.
- 3 Make a figure eight with the twine and wrap it over the loin so it ties parallel to the first knot. Repeat the process every 3 cm.
- 4 Alternatively, tie around the loin every 3 cm. Secure the twine with a knot. Remove excess twine with scissors and complete the rest of the meat.

## Cooking the meat

- 1 Season the meat with salt.
- 2 In a hot, but not smoking pan, add a film of oil.
- 3 Roast all sides of the meat. Roll it back and forth to color it evenly.
- 4 Add a knob of butter and baste the meat with a spoon. The butter should be frothy and golden.
- 5 Remove the meat to let it rest.
- 6 Check the inner temperature with a thermometer.
- 7 Either let the meat rest or put it in a 300°F/150°C oven. The inner temperature should be 5–10 below the desired final temperature.
- 8 Rest for 5–10 min.
- 9 Reheat the meat in a 350°F/175°C oven to an internal temperature of 105°F/40°C.



## Making the sauce

- 1 Dice and divide all the trimmings into 2 cm cubes or pieces.
- 2 In a large pan suitable to fit the trim without overcrowding it, over high heat, add a film of oil. Roast the trim, stirring every two to three minutes until it's taken on a deep golden-brown.
- 3 Add the chicken stock and gently cook, just below simmer, for 45 minutes.
- 4 Strain liquid into a new pot and reduce slowly, just below simmer to 1/3.
- 5 Add apple juice, lemon juice, thyme, garlic, and a small knob of butter.

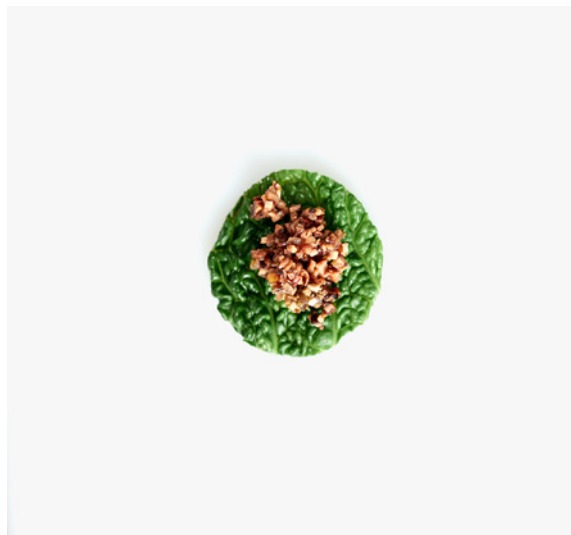


## Making the mushroom filling

- 1 In a hot pan with a film of oil, fry the mushrooms until slightly brown and aromatic. Set aside and let cool to room temperature.
- 2 Once at temperature, finely dice the mushrooms.
- 3 In a medium hot pan, with a small amount of butter, fry onions and shallots until lightly caramelized.
- 4 Add the diced mushroom, season with salt and allspice and let cool to where you can handle them with your hands.
- 5 Reserve as filling for the cabbage leaves.

## Preparing the cabbage with mushroom filling

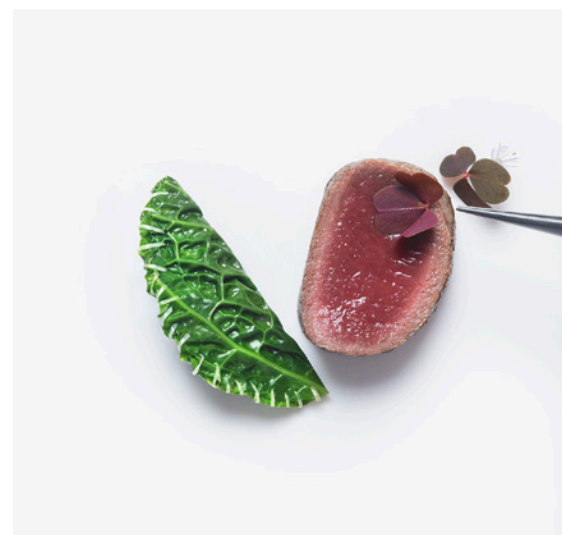
- 1 Remove leaves from cabbage and wash in cold water. Pat dry.
- 2 On a cutting board, punch out 8 round, 80 mm diameter discs.
- 3 Blanch the discs in 2 % salt water for about 1 minute until tender and vibrant in color.
- 4 Blanch 4 chives, in and out of the water.
- 5 Spoon a mound of mushroom filling into the center.
- 6 Fold the cabbage in half and carefully sew it from one end to the other, with each stitch 8 mm apart, using a needle and the blanched chives.



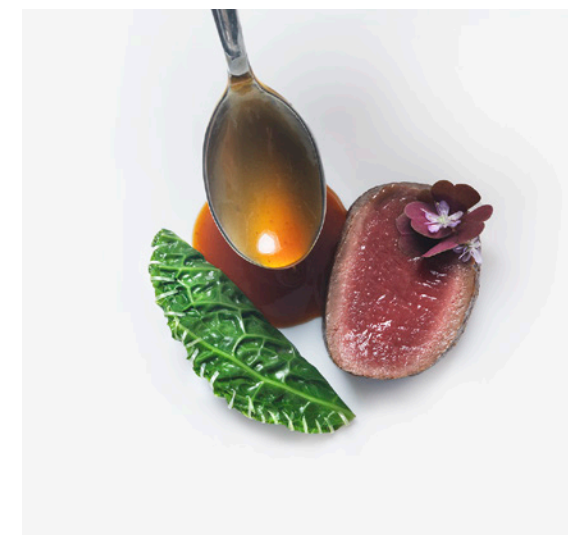
## Serving



- 1 Reheat cabbage servings together with venison.



- 2 On a plate, arrange one piece of the cabbage alongside the venison.



- 3 Finish with oxalis leaves, sea salt and the sauce.



Ice Cream and  
Meringue – Lavender Cream  
and Honey





## Ingredients

### For the Ice Cream

480 g heavy cream  
 145 g whole milk  
 150 g granulated sugar  
 1 tbsp pure vanilla extract  
 pinch of salt

### For the Meringue

4 egg whites  
 200 g granulated sugar  
 ½ tsp pure vanilla extract (optional)  
 pinch of salt

### For the Whipped Cream

200 g sugar  
 1 dl lavender flowers  
 240 g of whipping cream

### For the Honey

2 tbsp manuka honey  
 6 tbsp filtered water  
 1 tsp cold-pressed rapeseed oil

## Tools

2 × large mixing bowls

Whisk

Ice cream freezer bowl

Spatula

Spoon

Baking sheet

Parchment paper

Piping bag fitted with 2 mm tip

Tweezers

Serves

4

Prepping time

3 hrs

Cooking time

5 min

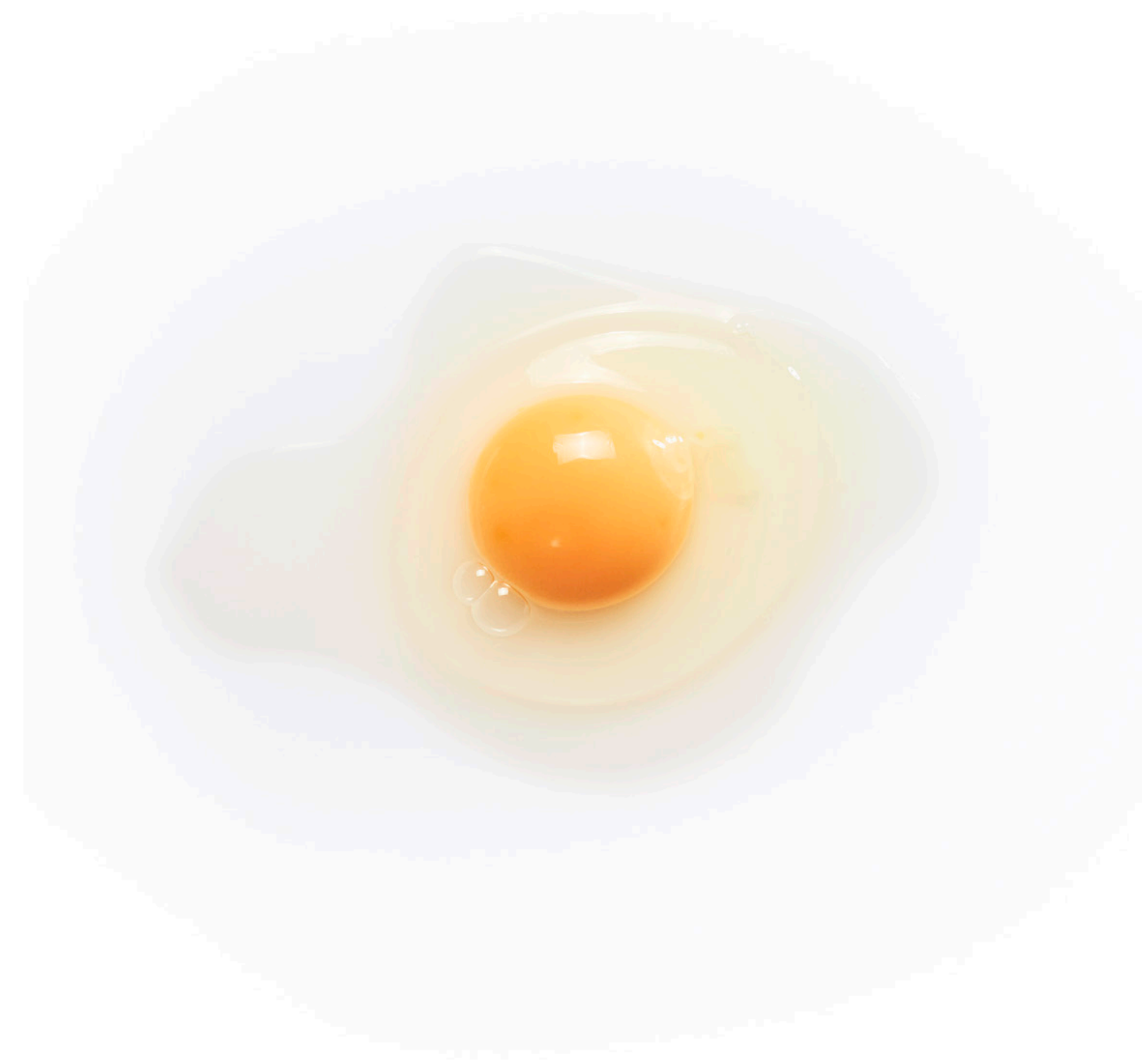


Making your own ice cream is a satisfying process.

To increase the dexterity training and assuming most people do not have an ice cream machine at home, we make it by hand. From measuring ingredients to achieving the right texture and flavor, every step in the process requires careful attention to detail as even the slightest deviation can impact the outcome. The ratios of cream, milk, sugar, and other ingredients must be precisely measured to ensure the desired consistency and level of sweetness. The temperature at which the mixture is churned and frozen must be carefully controlled to avoid an icy or grainy texture.

Additionally, the incorporation of flavors, such as in this case, lavender and honey, must also be done with precision to achieve the desired taste. This dish requires extensive hand work throughout the recipe as well as fingertip precision when plating and serving it.

This dessert will test your concentration, precise measurements, and patience when following orderly steps and repeated movements. Also, each plate requires precise handling of flowers and other plating ingredients with tweezers. Great for practicing concentration and gentle handling.



Chef's  
comments

Surgeon's  
comments

## Making the ice cream



- 1 In a mixing bowl, combine the heavy cream, whole milk, granulated sugar, vanilla extract, and a pinch of salt. Stir until the sugar is dissolved and the mixture is well combined.
- 2 Pour the mixture into a shallow, freezer-safe container that has previously been chilled in the freezer. Place the container in the freezer.
- 3 After 1–2 hours, remove the container from the freezer and use a fork or whisk to vigorously stir the mixture. This helps break up any ice crystals that form and creates a smoother texture.
- 4 Repeat the stirring process every 30 minutes for the next 2–3 hours, or until the ice cream reaches a firm consistency.
- 5 Once the ice cream has reached the desired consistency, transfer it to a lidded thermal steel container and store it in the freezer until ready to serve.

## Preparing the whipped cream

- 1 Place the lavender flower in a mortar with the sugar and use the pestle to grind it into a fine lavender-scented sugar. Add ½ tbs of sugar to the cream.
- 2 Whip the cream in a bowl set over ice. Whip just to stiff peaks.
- 3 Place the cream in a piping bag fitted with a small metal tip and refrigerate.

## Making the honey

- 1 Stir the honey and water together.
- 2 Add the oil (it will float to the top).
- 3 Refrigerate.



## Preparing the meringue

- 1 Preheat your oven to 225°F/110°C and line a baking sheet with parchment paper.
- 2 In a clean, dry mixing bowl, add the egg whites and a pinch of salt. Using a whisk, beat the egg whites until soft peaks form.
- 3 Gradually add the granulated sugar, a spoonful at a time, while continuing to beat the egg whites. Beat until the meringue is glossy and stiff peaks have formed. This can take around 10–15 minutes.
- 4 Fold over the sides of the piping bag and place the meringue inside. Fold up the sides of the bag and twist the bag to close it. Pipe small dollops of the meringue onto the prepared baking sheet, spacing them slightly apart.
- 5 Place the baking sheet in the preheated dehydrator or oven and bake for about 1.5–2 hours, or until the meringues are dry and crisp to the touch.
- 6 Once the meringues are baked, turn off the oven and leave them inside with the door slightly ajar to cool completely. This helps prevent them from becoming sticky.
- 7 Once completely cooled, carefully remove the meringues from the baking sheet. Store them in an airtight container at room temperature to maintain their crunchy texture.

## Serving

- 1 Chill the serving bowl in the freezer or fridge for at least 5 minutes.
- 2 Remove the ice cream from the freezer and allow to slightly soften at room temperature for a few minutes before plating the dish.



- 5 Spoon two spoons of honey on the plate.
- 6 Stir the honey mixture to form small oil droplets.



- 3 Place 16 cream dollops on a plate.
- 4 Place 16 meringues on the cream.



- 7 Quenelle the ice cream and place it in the middle.



Walnut Tart with  
Caramelized Ice Cream





## Ingredients

### For the tarts:

317 g flour  
 115 g powdered sugar  
 170 g butter  
 60 g eggs  
 7 g salt

### For the walnuts and walnut cream:

500 g raw walnuts in the shell  
 100 g sugar  
 125 g cream  
 salt

### For the caramelized ice cream:

500 g cream  
 400 g milk  
 245 g egg yolk  
 250 g sugar  
 2 pc vanilla bean  
 walnut oil

## Tools

Paring knife

Nutcracker

Silicone mat

Fine sieve

Piping bag fitted with a small metal tip

Rolling pin

Parchment paper

Japanese mandolin slicer

50 mm circular cookie cutter (for the tarts)

45 mm steel tart molds

Tweezers

Serves  
4

Prepping time  
3 hrs

Cooking time  
5 min

An unassumingly small yet rich and nutty dessert that brings back memories from my summer holiday on the Swedish West Coast. We serve this as a tart cradling caramelized ice cream and walnuts.

Chef's  
comments

This dessert requires numerous acts of precision, in particular processing the walnuts, some of which are peeled and sliced paper thin.

But also in the preparation of the small tarts for baking and finally assembling everything for serving.

Surgeon's  
comments

In this recipe you will practice fine slicing and concentration when slicing the tarts. The thinner and more identical the slices are, the better the exercise.





## Making the tarts

- 1 Combine all the ingredients in a bowl and work them together to create a dough.
- 2 Place the dough on a lightly floured surface and roll to 2 mm thickness.
- 3 Punch out 50 mm discs to fit a 45 mm tart mold.
- 4 Using both thumbs, work around the edge of the mold to fit the dough evenly.
- 5 Dock the dough, pricking it with a fork 5 times per tart.
- 6 Place in the freezer for 20 minutes.
- 7 Bake in the oven at 400°F/200°C for 2 minutes.
- 8 Set aside.

## Preparing the walnuts

- 1 Crack the walnuts one by one. Gently remove the nut from the shell, keeping the halves whole.
- 2 Bring 1 liter of water to a boil.
- 3 Remove from heat and add walnuts.
- 4 Keep the walnuts hot in the water and remove them one by one.
- 5 With the tip of a small knife, peel the skin from the nut.
- 6 Place the peeled nut on a tray fitted with a silicone mat.
- 7 Roast the peeled walnuts at 350°F/175°C until light golden.
- 8 Set aside 4 halves.
- 9 Place 150 g of toasted walnuts in a food processor.
- 10 Add sugar, salt, and pulse into a paste.
- 11 Slowly add the cream to create a smooth consistency.
- 12 Place in a piping bag fitted with a small round tip.





## Making the caramelized ice cream

- 1 Combine 500 g of cream and 200 g of milk in a deep oven-safe pan.
- 2 Cook the cream at 425°F/220°C for 20 minutes.
- 3 At 20 minutes, stir the cream as it is beginning to brown.
- 4 Continue to cook in the oven and stir every 10 minutes.
- 5 Repeat 4 times.
- 6 Split the vanilla bean lengthwise and scrape out the seeds with the tip of a knife. Transfer the seeds to the cream.
- 7 Cook sugar in a pan with 1 tsp of water to 220°F/105°C until caramelized.
- 8 Remove from heat.
- 9 Add the remaining 200 g cold milk and the cream mixture.
- 10 Pour this mixture through a fine sieve.
- 11 Whisk egg yolks and pour mixture over yolks. Stir for a minute and strain again through a sieve.
- 12 Cool the mixture over an ice bath, stirring occasionally.
- 13 Place the mixture in a small container in the freezer for one hour.
- 14 Stir the mixture every 20 minutes as it is freezing. Up to 3 hours.
- 15 Remove from the freezer 5 minutes before serving.

## Serving



- 1 Pipe a zig-zag pattern at the bottom of the tart shell.



- 3 Make a quenelle of caramelized cream and place it in the center.



- 2 Slice each walnut half into as thin as possible slices so that the slices resemble a cross-section of the walnut.



- 4 Add a few drops of walnut oil (optional).



Kingfish Rose with  
Green Gooseberry

36



Roasted Quail with  
Truffle and Ramp

86



Venison and  
Savoy Cabbage

140



Sea Scallop and Turnip  
in Warm Broth

50



Langoustine  
Tail and Claw with  
Blackcurrant

102



Ice Cream and  
Meringue – Lavender Cream  
and Honey

156



Hake with Swedish  
Dark Beer, Flowering Dill and  
"Hasselback" Turnips

66



Stuffed  
Chicken Wing

130



Walnut Tart with  
Caramelized Ice Cream

166

Dexterity is key  
to successful  
surgery.

Nirav C. Patel, MD

The  
same goes  
for cooking.

Fredrik Berselius, Chef