



SWEDISH RECIPES

DELICIOUS FOOD AND PACKAGING





PACKAGED AND HOME-MADE

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A RECIPE FOR SUCCESS

There is nothing like tasty and exciting food. It raises the quality of every party and the guests leave satisfied in body and soul. With a passion for the culinary arts and pride in our products, Billerud would like to present some classic Swedish dishes and exciting packaging solutions. Recipes that are a guarantee of success, for both the cook and the producer.

If the food is to be as good as planned, the cook must enjoy being in the kitchen. He should enjoy creating dishes without being disrupted. The packaging used for his raw materials should be functional and easy to open and seal. It should be visually attractive and hygienic. Naturally, it should have been manufactured with the least possible impact on the environment. With Billerud's paper, all this is possible.

ONLY YOUR IMAGINATION SETS THE LIMITS

Even though paper can be used as packaging in any number of ways, it is unfortunately an under represented material when it comes to food packaging. We want to change this. All our paper qualities can be used to create smart packaging solutions for many different food products. Sometimes it is only our imagination that limits what paper can be used for.

WITH PRIMARY FIBRE AS THE RAW MATERIAL

Paper that comes into direct contact with food must be pure and free of hazardous substances. Billerud's paper contains primary fibre from Scandinavian forests. This means that our papers are among the purest in the market and are certified for direct contact with food. Additionally, paper made of primary fibre results in very strong packaging solutions.

BILLERUD – FOR THE FUTURE

Paper is the only packaging material that is recyclable, degradable and renewable at the same time. Scandinavian forestry is characterised by a long-term approach and sustainability. Ever since 1903, Swedish forest owners have been legally responsible for ensuring that all felled forest is replanted. When it comes to environmental friendliness, paper from Billerud is the natural choice for the future.

EXCITING, INVENTIVE AND TASTEFUL

Just like Billerud, the Swedish cuisine is quality oriented. It is characterised by long tradition and exciting and exotic flavours. Herring, reindeer and venison could be found on Swedish dining tables as long ago as 500 years. Shellfish are a matter of course, as are freshwater fish from our 56,000 lakes. While the Swedish cuisine is influenced by foreign cuisines, many of today's international dishes have their roots in Sweden. We would like to share these with you. The Swedish cuisine is changing and developing, and it is innovative and creative. Just like Billerud.



FORESTS – FOR ABSOLUTE PURITY

When a packaging comes into contact with food, extra high demands are made on the packaging paper containing the right ingredients. Billerud's paper contains primary fibre from sustainable Swedish forestry.



SKAGEN MIX OVER DARK RYE BREAD

INGREDIENTS

4 PORTIONS

1 kg unshelled shrimps

2 tbsp chopped dill

1 dl mayonnaise

1 dl light crème fraîche

¼ tsp salt

1 ml black pepper

2 tsp fresh lemon juice

2 tbsp finely chopped red onion

DO THIS

Shell the shrimps. Chop them coarsely and carefully mix all the ingredients.

Season with salt, pepper, fresh lemon juice and finely chopped red onion. Serve on dark rye bread and garnish with sprigs of dill.



Paper bag for shrimps

PACKAGING RECIPE

BILLERUD WET STRENGTH MG
KRAFT PAPER. PROMISES SAFE
PROTECTION OF FRESH FOOD
60 g/m²,
FLEXOGRAPHIC PRINTING

RECOMMENDED QUALITY:
BILLERUD GLAZE WS



Photo: Lars Paulsson

MARINATED, SMOKED FILLET OF DEER WITH APPLE CHUTNEY

INGREDIENTS

4 PORTIONS

16 slices cold-smoked fillet of deer

4 cloves of garlic, finely chopped

4 tbsp olive oil

Freshly ground pepper

APPLE CHUTNEY

1 green apple

1 dl fig vinegar

1 dl sugar

1 tbsp sweet chilli

A pinch of cayenne pepper

APPLE CHUTNEY

Reduce the vinegar, sugar, sweet chilli and spices until about 1.5 dl remains.

Slice the apple and carefully fold the slices into the liquid. Allow to cool.

SMOKED FILLET OF DEER

Mix the olive oil, garlic and black pepper into a marinade.

Fold the meat into the marinade and arrange the slices in the shape of a fan. Serve with a large spoonful of chutney and a tasty salad.



Sugar bag

PACKAGING RECIPE

BILLERUD MF KRAFT PAPER.

PRE-PRINTED AND FORMED,

FILLED AND SEALED IN ONE

PROCESS

80 g/m²,

FLEXOGRAPHIC PRINTING

RECOMMENDED QUALITY:

BILLERUD DUO KRAFT



PICKLED HERRING DIP WITH CRISPBREAD

INGREDIENTS

4 PORTIONS

100 g pickled herring

2 dl crème fraîche

1½ chopped chives

1 tsp finely chopped lemon peel

DO THIS

Press the liquid out of the herring and chop it coarsely. Carefully mix it with the crème fraîche, chives and lemon peel and leave in the refrigerator for 20 minutes.

Place the dip in four bowls and serve with crispbread.



Crispbread

PACKAGING RECIPE

BILLERUD MF KRAFT PAPER.

PE-COATED FOR BARRIER

PROPERTIES

60 g/m²,

FLEXOGRAPHIC PRINTING

RECOMMENDED QUALITY:
BILLERUD DUO WHITE



MUSSELS À LA WEST COAST

INGREDIENTS

4 PORTIONS

1 net of mussels
75 g butter
2½ dl white wine
3 dl cream
½-1 red chilli
1 fish stock cube
2 shallots
2 cloves of garlic

PREPARATION

Clean the shells of the mussels and throw away any that are open. Finely chop the vegetables but don't mix them. Be careful with the chilli and avoid contact with your eyes.

DO THIS

Use a sauté pan or frying pan with a tightly fitting transparent lid. The pan should be hot.

Heat the butter until it is brown and add the shallots, which are then sautéed until they are soft, not brown, for colour and taste.

Add about 1 dl of the wine. Bring quickly to the boil and add the mussels. Put the lid on.

After about two minutes, the mussels will have opened. Remove the lid and reduce the heat. Sprinkle the fish stock, chilli and garlic over the mussels. Then add the rest of the wine and the cream. Simmer for about 15 minutes without the lid on at low to medium heat. This reduces the sauce and brings the flavours into perfect harmony.

ENJOY WITH GARLIC BREAD

Cut thick slices of white bread. Spread a generous amount of garlic butter on each slice and sprinkle salt if necessary. Gratinates in the oven for four to five minutes at 175°C.



Stock cube

PACKAGING RECIPE

BILLERUD MG KRAFT PAPER.
EMBOSSED FOR ENHANCED
APPEARANCE AND
ALU-LAMINATED FOR
OPTIMUM BARRIER
25 g/m²

RECOMMENDED QUALITY:
BILLERUD LIGHT



VÄSTERBOTTEN PIE FROM BURTRÄSK

INGREDIENTS

6 PORTIONS

PASTRY

3 dl wheat-flour

125 g butter

1 tbsp water

Grated lemon peel from one lemon

FILLING

3 eggs

3 dl sour cream

150 g of grated Västerbotten cheese

½ tsp salt

1 ml white pepper

DO THIS

Cut the refrigerated butter into small pieces and mix with the flour. Add the water and grated lemon peel and mix to a dough. Don't mix too long. Cover the dough and leave it in the refrigerator for at least 30 minutes.

Line a 24 cm pie dish with the dough. Blind bake for 10-15 minutes at 225°C. Take out the pie dish and reduce the heat to 200°C.

Beat the eggs until fluffy and mix with the sour cream. Add the grated cheese, salt and pepper. Pour into the pie shell and bake until golden brown, about 25 minutes.

Serve with warm cloudberry.



Västerbotten cheese

PACKAGING RECIPE

BILLERUD MG KRAFT PAPER.

WAXED FOR GREASE AND

MOISTURE PROTECTION

50 g/m²,

FLEXOGRAPHIC PRINTING

RECOMMENDED QUALITY:

BILLERUD FLEXOPAQUE



RAW SPICED SALMON WITH SALMON SAUCE

INGREDIENTS

4 PORTIONS

1 side of salmon

1½ dl salt

2 tbsp crushed white pepper

1 dl sugar

1 sprig of dill

½ dl vodka or gin

SPINACH SALAD

1 dl whipping cream

200 g spinach

1 red onion

Juice of half a lemon

Salt

Black pepper

SALMON SAUCE

½ dl French mustard

1 tbsp sugar

½ dl olive oil

Freshly ground pepper

DO THIS

Place the side of salmon on a dish. Add the vodka and sprinkle salt, pepper, sugar and dill.

Refrigerate for at least 1 hour, preferably up to 24 hours.

PREPARE THE SPINACH SALAD

Squeeze the lemon juice into the cream and beat. Add salt and pepper.

Cut the red onion into large wedges, shred the leaf spinach and mix with the cream.

SALMON SAUCE

Mix the ingredients and beat them until the sugar no longer crunches, which means that it has dissolved completely.

Serve the salmon together with the salmon sauce and spinach salad.



White pepper

PACKAGING RECIPE

BILLERUD COATED MG KRAFT PAPER. OFFERS EXCELLENT PRINTABILITY.

50 g/m²,

ROTOGRAVURE PRINTING

RECOMMENDED QUALITY:
BILLERUD MG COAT



FISH SKEWER WITH DILL FLAVOURED SHRIMP MIX

INGREDIENTS

4 PORTIONS

300 g fillet of saithe

300 g fillet of salmon

1 tbsp butter & rape oil

1½ tsp honey

1½ tsp crushed dill seed

1 tsp salt

DILL FLAVOURED SHRIMP MIX

2 dl cottage cheese

250 g shrimps with shells, 100 g shelled

2 tbsp chopped dill

½ tsp salt

DO THIS

It takes about five minutes to grill pieces of fish on a skewer. Crushed dill seed and honey bring back memories of August nights and crayfish parties.

Set the oven to 250°C.

Shrimp mix: Shell and chop the shrimps, not too small (save a few whole, unshelled shrimps to put on the skewers). Mix the chopped shrimps with the cottage cheese and dill. Season with salt.

Cut the fish into cubes of the same size. Put the pieces of fish onto skewers, finishing with an unshelled shrimp, and place the skewers on a greased baking plate.

Mix the butter & rape oil, honey, dill seed and salt and brush the skewers with the mixture. Grill in the oven for 5-7 minutes. Turn the skewers after half the time. Serve with boiled potatoes and salad.



Protective wrapping

PACKAGING RECIPE

BILLERUD MG KRAFT PAPER.

PE-COATED FOR

FRESHNESS AND HYGIENE

40 g/m²

RECOMMENDED QUALITY:

BILLERUD LIGHT



Photo: Agneta Thorsén

CREAMED SAUTÉED REINDEER WITH RICE

INGREDIENTS

4 PORTIONS

300-400 g frozen reindeer strips

Butter or margarine for frying

1 small, finely chopped yellow onion

½-1 coarsely chopped King Bolete mushroom

About 3 dl whipping cream

2 tsp game stock

Salt and pepper

About 4 dl rice

3 boiled beetroots

2 dl lingonberries preserved raw

DO THIS

Thaw the frozen reindeer strips. Fry in cooking fat in a frying pan until lightly browned. Move the frying pan off the hot plate for the time being.

Fry the chopped onion and mushroom in cooking fat in a pot or a shallow, wide pan until most of the liquid has disappeared. Then add the lightly browned reindeer strips.

Add the game stock and the cream, a little at a time, while stirring. Reduce the sauce carefully so that it thickens somewhat and allow the pot to simmer for 10-35 minutes on low heat. Stir now and then.

Serve with rice, beetroot, lingonberry preserved raw and fresh parsley.



Rice bag

PACKAGING RECIPE

BILLERUD COATED MF KRAFT

PAPER. OFFERS EXCELLENT

PRINTING PROPERTIES

90 g/m²,

FLEXOGRAPHIC PRINTING

RECOMMENDED QUALITY:

BILLERUD PRINT



ROAST LAMB WITH POTATO GRATIN AND BUTTER-FRIED CHANTERELLES

INGREDIENTS

4 PORTIONS

2-3 kg leg of lamb
3 cloves of garlic
3 tbsp olive oil
2 carrots
2 dl of dark beer
1 tbsp rosemary
2 tsp thyme
2-3 tsp salt
1 tsp black pepper, ground
1 tbsp honey

PREPARE THE LEG OF LAMB

Mix all the ingredients into a marinade in a bowl, apart from the garlic. Peel the garlic cloves and divide them lengthwise and stick them into the meat. Place the meat and the marinade in an airtight plastic bag and marinate for five hours.

TO COOK

Set the oven at 175°C. Insert a thermometer into the thickest part of the meat. Place the leg of lamb and the carrots in a roasting pan. Roast in the middle of the oven. When the thermometer shows 65°C, the meat is pink inside, at 75°C it is thoroughly done. Roasting time is about 2 hours.

Take the roast lamb out of the pan and cover with foil. After a few minutes, carve the meat into thin slices.

BUTTER-FRIED CHANTERELLES

Chanterelles need to be parboiled to remove the water from them. This can be done before they are prepared. When the water has evaporated, fry at a high temperature in golden-brown butter. Season with salt and pepper.

SERVE WITH POTATO GRATIN

½ kg potatoes
5 dl cream
1 l milk
1-2 tsp salt
3 cloves of garlic
Freshly ground black pepper
200 g medium cheese

DO THIS

Peel and slice the potatoes.

Heat up the milk until it boils, add the sliced potatoes and boil them until half cooked. Strain off the milk and place the potato slices in an ovenproof dish.

Press the garlic cloves and mix them together with the spices and the potato slices. Add the cream and sprinkle with the grated cheese. Gratinate for about 30 minutes at 200°C. The time depends on how long you boiled the potatoes.



Butter packaging

PACKAGING RECIPE

BILLERUD MG KRAFT PAPER,
ALU-LAMINATED FOR
OPTIMUM BARRIER PROPERTIES
35 g/m²,
ROTOGRAVURE PRINTING

RECOMMENDED QUALITY:
BILLERUD FLEXOPAQUE



CINNAMON ICE CREAM WITH HOT CLOUDBERRIES

INGREDIENTS

4 PORTIONS

2 dl milk

2 dl whipping cream

1 dl sugar

4 egg yolks

½ a pinch salt

½ tsp cinnamon

400 g hot cloudberreries

2 tbsp icing sugar

YOU NEED A SAUCEPAN AND A HEAT-RESISTANT BOWL

Beat the egg yolks and sugar until fluffy.

Heat up the cream and milk together with the cinnamon and salt in a saucepan, but do not allow to come to the boil.

Beat the warm milk and cream into the bowl containing the eggs and sugar. Beat the blend until the mixture thickens and the first bubble appears. Cool the mixture quickly by placing the bowl in a cold water-bath.

FREEZING WITH AN ICE CREAM MACHINE:

Pour the mixture into an ice cream machine and run for 30-45 minutes.

Serve directly or place in the freezer.

FREEZING WITHOUT AN ICE CREAM MACHINE:

Pour the mixture into a bowl and place in the freezer.

Stir a few times while it is freezing until the mixture has a solid consistency.

Freezing time: 3-4 hours.

SERVE TOGETHER WITH WARM CLOUDBERRIES

The berries should preferably be warmed in a micro. Carefully sprinkle icing sugar over them before warming them. Warming the berries in a saucepan could turn them into pulp, although that would result in a tasty cloudberry sauce. However, the amount of sugar should be increased somewhat if you want cloudberry sauce.



Cinnamon

PACKAGING RECIPE

BILLERUD MG KRAFT PAPER.

EXCELLENT PRINTABILITY.

UNCOATED SURFACE FOR

AN ORGANIC IMAGE

50 g/m²,

FLEXOGRAPHIC PRINTING

RECOMMENDED QUALITY:
BILLERUD PRINTOPAQUE



BLUEBERRY PIE WITH VANILLA CRÈME

INGREDIENTS

8 PORTIONS

FLAN PASTRY

150 g butter
3½ dl wheat-flour
¼ dl cold milk

FILLING

4-5 dl blueberries
1 tbsp potato flour
2 tbsp sugar

DO THIS

Heat the oven to 225°C. Mix the butter and the flour into a crumble pastry. Add water, knead the dough, wrap it in plastic film and leave it in the refrigerator for 1 hour.

Roll out the pastry dough and line a pie dish with it. Prick the bottom. Fold a strip of aluminium foil over the edge so that the pastry dough does not slip down. Bake in the middle of the oven for about 10 minutes. Take out the dish and remove the foil.

Fill the pie crust with the blueberries. Mix the sugar and potato flour and sprinkle over the berries. Bake in the oven for about 10 minutes.

VANILLA CRÈME

1 vanilla pod
6 egg yolks
1 dl sugar
6 dl whipping cream

DO THIS

Cut the vanilla pod in two and scrape out the seeds.

Beat the egg yolks, sugar and the vanilla seeds until light and creamy. Beat the cream until fluffy and fold it into the mixture.



Flour bag

PACKAGING RECIPE

BILLERUD MG KRAFT PAPER,
PRE-PRINTED AND FORMED,
FILLED AND SEALED IN ONE
PROCESS
80 g/m²,
FLEXOGRAPHIC PRINTING

RECOMMENDED QUALITY:
BILLERUD GLAZE



TRUFFLES LACED WITH COFFEE

INGREDIENTS

15 TRUFFLES
250 g plain chocolate broken into small pieces
1 dl whipping cream
1 tbsp vanilla sugar
Cocoa powder for decoration

DO THIS

Let the chocolate melt in the cream that has been brought to the boil. Take the saucepan off the hot plate and add the other ingredients.

Let the mixture cool and then rest in the refrigerator for at least 1 hour.

Form small balls out of the truffle.
Roll them in cocoa.



Coffee

PACKAGING RECIPE

BILLERUD COATED MF KRAFT
PAPER. OFFERS HIGH GLOSS
AND SUPERIOR PRINTING
PROPERTIES
90 g/m²,
ROTOGRAVURE OR
FLEXOGRAPHIC PRINTING

RECOMMENDED QUALITY:
BILLERUD GLOSSPRINT



SOME MORE USEFUL PACKAGING RECIPES



Yeast wrap

PACKAGING RECIPE

BILLERUD MG KRAFT PAPER.
WAXED FOR PRODUCT SAFETY
AND CLEANLINESS
50 g/m², FLEXOGRAPHIC PRINTING

RECOMMENDED QUALITY:
BILLERUD FLEXOPAQUE



Micropizza

PACKAGING RECIPE

BILLERUD MG KRAFT PAPER.
CAUSES NO DELAMINATION WHEN
HEATED IN MICROWAVE OVENS
60 g/m², ROTOGRAVURE PRINTING

RECOMMENDED QUALITY:
BILLERUD MICROWAVEPAC



Sliced salmon

PACKAGING RECIPE

BILLERUD MG KRAFT PAPER.
PE-COATED PAPER, LAMINATED ON
PAPER BOARD FOR BEST APPEARANCE
40 g/m²

RECOMMENDED QUALITY:
BILLERUD FLEXOPAQUE



French fries

PACKAGING RECIPE

BILLERUD MG KRAFT PAPER. GREASE
RESISTANT FOR PRODUCT SAFETY
AND CLEANLINESS
40 g/m², FLEXOGRAPHIC PRINTING

RECOMMENDED QUALITY:
BILLERUD GLAZE GR



Tea bag sachet

PACKAGING RECIPE

BILLERUD MG KRAFT PAPER.
OFFERS EXCELLENT RUNABILITY AND
A GLUE-FREE SEALING SOLUTION
58 g/m², FLEXOGRAPHIC PRINTING

RECOMMENDED QUALITY:
BILLERUD PERFORMANCE DRY CRIMPING



Bread bag

PACKAGING RECIPE

BILLERUD MG KRAFT PAPER.
OFFERS SUPERIOR RUNABILITY
30 g/m², FLEXOGRAPHIC PRINTING

RECOMMENDED QUALITY:
BILLERUD LIGHT



Certification for Product Safety and Environmental Care

Billerud's products meet specific product safety requirements in many fields of application, such as food packaging. We test our products for purity and other product safety aspects. We monitor the chemicals and other additives in compliance with relevant food contact regulations on a regular basis. FDA, BfR and Eu Regulation (EC) No 1935/2004 are examples of legal requirements that must be met in our work on product safety. All our mills are certified according to ISO 9001 and ISO 14001. Gruvön Mill is also hygiene certified according to BRC/loP. In addition, our Swedish mills are FSC and PEFC certified. For more information regarding our certification, please visit www.billerud.com

The product pictures show examples of how Billerud's products can be used.



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