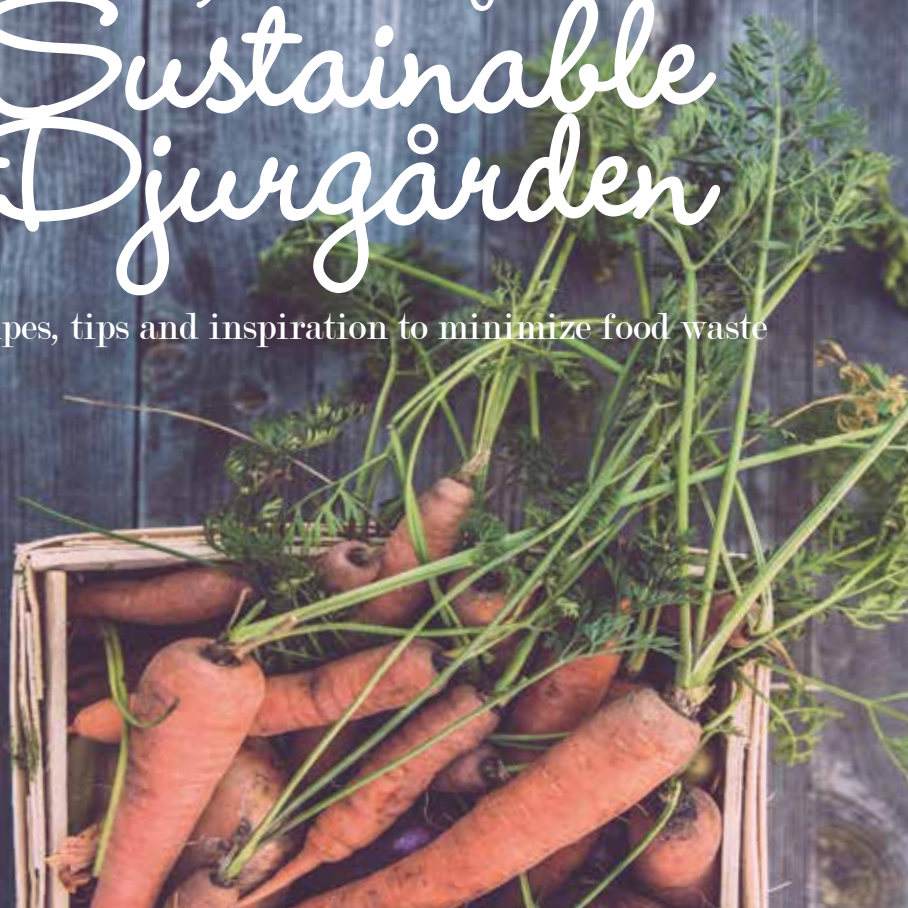


ROYAL DJURGÅRDEN

A taste of
**Sustainable
Djurgården**

Recipes, tips and inspiration to minimize food waste





**STOCKHOLM IMPACT DAYS –
RE:THINK CITIES**

partly taking place at Rosendals Trädgård

FOREWORD

Food is one of the most powerful ways to understand a city. It connects people, culture and creativity – but also climate, resources and resilience. In Stockholm, we believe the transition to a more sustainable future is about turning ideas into action. Every ingredient carries a story of land, water, energy and human effort. When food is wasted, all of that is wasted with it. But when we rethink what we already have, waste can become a resource and small changes can become part of a far greater transformation. This mindset is rooted in clear climate goals: Stockholm aims to be climate-positive by 2030 and fossil-free by 2040. Circularity is key to reaching those targets – and food is a natural part of that picture.

At Royal Djurgården, chefs, restaurants and organizations are turning a global challenge into something tangible: looking closely at what is already available and finding new ways to make better use of it. The

recipes in this book are more than ways to reduce food waste. They are examples of a wider shift: from linear to circular, from waste to value, from ambition to impact. Stockholm is a place open to new thinking, ready to test new solutions, and committed to learning and sharing what works. Because the future is not something we simply wait for. It is something we create together.

For us in Stockholm this booklet and the work done on Djurgården is both an inspiration and an invitation to all. Let's rethink what we call waste. Rediscover the value of what we already have. And together, let's turn everyday choices into lasting impact.

Caroline Strand
Stockholm Business Region

 **Stockholm**
The Capital of Scandinavia



A Sunday in Frisens Park. Painting by Frøns Wilhelm Laurin, 1868. Stockholm City Museum.

Hello!

Royal Djurgården in Stockholm is home to more than 30 restaurants. Since the 18th century, people have come here to celebrate special occasions, enjoy delicious food, and raise a glass together. It's a rich culinary tradition, and one we're proud to carry forward. We cook from scratch whenever we can, treating every ingredient with respect and every plate with care. Our aim is simple: to serve food that tastes good while treading lightly on the planet.

This booklet brings together recipes, ideas, practical tips and culinary know-how from kitchens across Djurgården. Each recipe is a small way to waste less without losing any of the pleasure of good food. Because good food belongs on the plate, not in the bin. We hope these pages inspire you to make the most of what you have and join us in reducing food waste.

Together, small changes can make a big difference.

Royal Djurgården Society, Together with Djurgården's restaurants

A close-up photograph of a white plate featuring a golden-brown potato pancake, a portion of fried pork garnished with fresh herbs, and a serving of lingonberry sauce. The background is a blurred view of a restaurant interior with a bar and floral decorations.

Give Leftover Mash a Second Life!

NORDISKA'S RESTAURANT

Maria, who runs the restaurant at the museum, explains: "We always serve mashed potatoes with our meatballs during weekends and school holidays, so we often have some left over. We freeze the leftover mash and use it to make our much-loved potato pancakes. As it thaws, it releases some of its liquid and becomes firmer, making it the perfect consistency for pancakes. It really is that easy!"

Potato Pancakes from Frozen Mash

INGREDIENTS 2–3 servings

600 g frozen mashed potatoes (500 g after draining)

2 eggs

1.5 dl plain flour

1 tbsp crème fraîche

Butter and oil for frying

METHOD

Thaw the mashed potatoes at room temperature, then drain in a sieve for about 15 minutes. Mix the drained mash with the eggs, flour and crème fraîche and stir for about 10 minutes, until smooth. The mixture should be a little thicker than pancake batter but softer than a dough. Spoon small balls into a frying pan and cook over a medium heat in butter and oil.

Serve the potato pancakes with fried pork and lingonberries, or with fried mushrooms and lingonberries. If you are serving them with mushrooms, a little grated Västerbotten cheese – a Swedish favorite with rich, nutty flavor (or your favorite aged cheese, such as Parmesan) in the batter makes them even better.

Root Vegetable Gnocchi

with Stem-and-Leaf Pesto and Roasted-Peel Pangrattato

Felix at Prince Eugen's Waldemarsudde shares an almost waste-free dish made up of three simple elements. Serve them together as shown here, or use each one to add flavour and texture to other dishes.

Root Vegetable Gnocchi

INGREDIENTS

500 g root vegetables of your choice
About 3 dl plain flour
1 egg
Salt
Oil or butter for frying

METHOD

Boil the root vegetables until tender; then let them steam dry before mashing. Mix with the flour, salt and egg to make a soft, non-sticky dough. Roll into long ropes, cut into bite-sized pieces and cook in salted water until the gnocchi rise to the surface.

Pesto from Herb Stems and Greens

INGREDIENTS

1 dl herb stems and/or leafy tops, such as parsley, dill, chervil or carrot tops
1–2 tbsp seeds or nuts of your choice (or a slice of stale bread works too)
1 garlic clove reserved from the pangrattato
½ dl oil of your choice
1 tsp white wine vinegar; or another vinegar
Salt and pepper

METHOD

Blend everything together; then season to taste with salt, pepper and vinegar.

Roasted-Peel Pangrattato

INGREDIENTS

Peels from 500 g root vegetables, such as potatoes, carrots, parsnips or celeriac
1 dl finely ground stale, dried bread; panko or breadcrumbs can be used instead
1 garlic clove
1 tbsp olive oil
Salt

METHOD

Rinse and dry the peels. Toss with the oil and salt on a baking tray and add the crushed garlic clove.

Roast at 200°C for 10–15 minutes, or until crisp. Remove the garlic and set it aside for the pesto, then leave the peels to cool. Toast the breadcrumbs in a dry frying pan until golden. Blend the roasted peels, combine with the breadcrumbs and season with salt and pepper.

TO SERVE

Pan-fry the cooked gnocchi in a little butter or oil. Take the pan off the heat, fold through the pesto and divide between plates. Finish with a generous scattering of pangrattato.

Peel, Stem
and Leaf



RESTAURANT ELD, THE VIKING MUSEUM

Irene at Restaurant Eld has a clever way to use raw fish trimmings: freeze the pieces as you go. Once you have enough, turn them into a delicious seafood pattie.

Seafood Wallenbergare

from Fish Trimmings

Serve with mashed potatoes, lingonberries stirred with sugar, green peas and browned butter.

INGREDIENTS 2–3 servings

Seafood Wallenbergare	Herb Butter
210 g salmon trimmings	45 g butter
70 g white-fish trimmings	5 g chives
1 egg	5 g dill
60 ml cream	5 g parsley
A pinch of salt	1 ml salt
White pepper, to taste	Breading
A little lemon juice	1 egg
A little finely grated lemon zest	½ dl plain flour
10 g dill	1 dl panko breadcrumbs

METHOD

Start with the herb butter. Finely chop the herbs, then mix them thoroughly into the

butter with the salt. Shape into three small balls and freeze until firm.

Blend the fish trimmings in a food processor or with a hand blender until smooth. Season lightly with salt and pepper, add the egg and blend briefly again. With the machine running slowly, pour in the cream and mix until the filling is smooth and light. Add lemon juice, zest and finely chopped dill to taste. Shape the fish mixture into three balls and chill for about 30 minutes. Press a frozen ball of herb butter into the centre of each one, then carefully shape the fish mixture around the butter to seal it in.

Coat each ball in flour, then beaten egg, then panko. For the best result, leave the breaded Wallenbergare in the fridge overnight. Deep-fry at about 150°C for 3–4 minutes, until golden, then finish in a 160°C oven for about 7 minutes, or until piping hot all the way through.

Serve with mashed potatoes, lingonberries stirred with sugar, green peas and browned butter.

A traditional Wallenbergare is a classic Swedish dish made from finely ground veal, shaped into patties, coated in breadcrumbs, and fried in butter.





A Win-Win Soup!

TEKNISKA RESTAURANT

When head chef Christian at the National Museum of Science and Technology plans the day's lunch, he thinks ahead to what can be made from anything left over. After a lunch of roast pork with root vegetables, the vegetable trimmings are turned into a hearty soup, while the leftover pork is used to make pulled pork.

Root Vegetable Soup

Soup is one of the easiest ways to rescue root vegetables and other vegetables before they go to waste. If they are looking a little wrinkled, roast them first to bring out even more flavour. Clean carrot tops and well-scrubbed vegetable peels can also go into the pot for extra depth. The variations with a soup are endless.

Keep it chunky and brothy, or blend it until smooth and creamy – either way, it is an easy meal that is good for the planet and kind to your wallet.

A win all round!

INGREDIENTS 4 servings

700-900 g mixed root vegetables and other vegetables. Use what you have, such as onion, carrot, potato, parsnip or leek.

1 garlic clove

8 dl water

2 dl cream

1 tbsp dried thyme

2 stock cubes, or 3 tbsp concentrated stock

Butter or oil

Salt and pepper, to taste

METHOD

Cut all the vegetables into smaller pieces. Sauté the onion and garlic in oil or butter in a large saucepan. Add the remaining vegetables and the thyme. Pour in the water and add the stock. Cook until all the vegetables are tender. Add the cream and blend until smooth. Season with salt and pepper.

GRÖNA LUND

A few years ago, Gröna Lund Amusement Park challenged all its restaurants to take part in an UpCycle Challenge. Chefs were encouraged to turn kitchen scraps into useful ingredients and compete to see who could waste the least. The result was a wave of creative ideas – and plenty of collaboration, with one kitchen's leftovers becoming another kitchen's ingredients.

At the restaurant Tyrol, litres of chickpea liquid left over during the Mamma Mia performances used to be poured away. Instead, the kitchens began turning it into vegan mayonnaise, aioli, and crisp airy meringues. Now that is upcycling.

Mamma Mia – That's Good!

Aioli

3 tbsp chickpea liquid
(aquafaba)
½ tsp white wine vinegar
1 tsp Dijon mustard
½ tsp salt
1 tsp grated garlic
2 dl rapeseed oil

METHOD

Whisk the chickpea liquid with the white wine vinegar, Dijon mustard and salt. Add the oil gradually while whisking, then stir in the garlic to taste.

Meringues

3 dl chickpea liquid (aquafaba)
1 tsp freshly squeezed lemon juice
1 tsp vanilla sugar
3 dl granulated sugar

METHOD

Heat the oven to 100°C. Put the chickpea liquid, lemon juice and vanilla sugar in a bowl and start whisking. Add the sugar gradually and continue whisking until you have a stiff, glossy meringue. Pipe or spoon onto a baking tray lined with baking paper. Dry in the oven for about 1 ½ hours, then switch the oven off and leave the meringues inside to finish drying as it cools.



Tips & Tricks

from the Pros

Buy Less

Keep only as much food in the fridge as you are likely to use. Simple in theory, harder in practice - but it makes a real difference.

Too Much of a Good Thing?

Fresh herbs are too good to waste. Dry the stems, blitz them with salt and you have an instant homemade herb salt.

Save the 'Ugly' Bits

Save and freeze fish or meat trimmings. Once you have enough, mince or blend them into something new. You'll find more ideas for fish in these pages.

Old Bread can Taste New Again

Frozen bread rolls can be brought back to life in just a few minutes. Quickly dip or rinse them in water, then warm them in a 200°C oven. They will come out crisp on the outside and taste freshly baked.

Double the Vanilla Goodness

Used a vanilla pod? Do not throw it away. Let it dry completely, then blend it with icing sugar to make your own vanilla sugar.

Make Classic Fish Pudding

Leftover cooked white fish is perfect for a traditional fish pudding. Cook rice in twice its volume of milk and leave to cool. Mix with the fish, egg and a little cream, then season with salt and pepper. Spoon into a greased ovenproof dish, scatter over breadcrumbs and bake at 175°C until set and golden.

Reuse Your Root Veggies

Root-vegetable leftovers are incredibly versatile. Slice them thinly and dry them into crisps, or dry smaller scraps and blitz them into a flavor-packed powder for seasoning. Peels and less-than-perfect pieces can go into a stock. And for another idea, try Waldemarsudde's pangrattato - a brilliant way to make scraps delicious.

Celebrate with Less Waste!

Planning a buffet? Use smaller serving dishes and smaller plates, and do not put everything out at once. Refill a little and often instead. The food stays fresher, and you are less likely to be left with dishes that have been sitting out too long to save.

Better to Go Back for Seconds

Buffets are tempting by nature, whether it is breakfast, a traditional Swedish smörgåsbord, a Christmas spread or lunch. The easiest way to waste less is to start small. Take a modest portion, enjoy it, then go back for more if you are still hungry. You get to taste everything you want without loading your plate with food you may not finish.

VASA MUSEUM RESTAURANT

Lotta and the team at the Vasa Museum Restaurant often cater for large dinners. Behind the scenes, they make a point of using the parts of each ingredient that never reach the guests' plates. The freezer is one of their best tools: cream nearing its best-before date, herbs starting to wilt and leftover lemon juice can all be frozen and saved for another day. This recipe puts them all to work.

Fish and Seafood Rolls in Savoy Cabbage with Sandefjord Sauce and Fennel Crudit 

INGREDIENTS 6 servings

550 g thawed fish trimmings from a mixture of fish such as saithe or salmon
2 tbsp salt
1 egg white
3 dl whipping cream
150 g chopped prawns
About 20 g fresh dill, chopped, plus extra for garnish
Zest of 1 lemon
1 head Savoy cabbage (the leftover core can be used in vegetable stock)



METHOD

Start with the fish and seafood rolls. Blend the fish with the salt in a food processor, adding the egg white while the machine is running. Slowly add the cream, a little at a time, until the mixture is smooth and even. Fold in the chopped prawns, lemon zest and dill by hand. Spoon into a piping bag and chill.

Separate the Savoy cabbage leaves and cook in lightly salted water until tender. Chill immediately in ice water; then trim away the thick central ribs and pat the leaves dry. Lay a sheet of cling film on the work surface and arrange several leaves in an overlapping row. Pipe the fish mixture along the leaves in a cylinder; roll up

tightly and secure with the cling film. Repeat with the remaining filling and leaves.

Cook the rolls in a 90 C fan oven for just over 15 minutes, until the centre reaches 70 C. Make the sauce and fennel crudit  while they cook.

Sandefjord Sauce

2.5 dl whipping cream
2.5 dl cr me fra che
250 g butter
Salt
Juice of 2 lemons (frozen is fine)
1 pot chopped chives
Roe of your choice, such as trout roe or lumpfish roe

Warm the cream and cr me fra che gently; do not let them boil. Whisk in the butter a

few cubes at a time, then add the lemon juice and season with salt. Stir in the chives and roe just before serving.

Fennel Crudit 

250 g fennel
0.25 dl olive oil
1/2 tbsp lemon zest
1 1/2 tbsp lemon juice
1/2 tsp salt

Slice the fennel paper-thin on a mandoline. Toss with the remaining ingredients and leave to stand for a few minutes before serving.

TO SERVE Cut the cabbage rolls into 10 cm pieces. Arrange on plates, spoon over the sauce and top with the fennel. Serve with freshly boiled potatoes on the side.



Use What You Have and Make a Sandwich!

A little of this, a little of that!

There are always odds and ends in the fridge: tasty leftovers, but never quite enough for a full meal. That is when I reach for bread. Crispbread, sourdough, rye, a good cultured-milk loaf - whatever is around.

Or Finn Crisp, which I have eaten almost every day for as long as I can remember, with far too much butter. My Finnish grandfather loves great lumps of butter. I hated them as a child. Now I love them too.

There is almost always mayonnaise in

my fridge. I am slightly embarrassed to admit it, but I love Hellmann's, so there it is every time I open the door. I do always decant it into a glass jar, though. I will usually find a tired red onion in there too, perhaps a piece of cabbage pudding, some cold cream sauce and a few lingonberries left from last autumn's picking in the Swedish woods. There is normally a big chunk of Parmesan as well, and my Turkish yoghurt has a habit of getting a little fuzzy around the edges.

Blue mussels are good value, but whenever I have moules on a Friday

MACKVERKET AT VRAK – THE MUSEUM OF WRECKS

as a little treat, there are always a few leftover. I take them out of their shells, pop them in a small container and pour over a little of the leftover broth. Hrmmm, so what do you do with all that? Make a really good sandwich. And if the bread slices are small, make two.

Crispbread with butter, cabbage pudding, cold cream sauce and lingonberries? Always a winner. For the second sandwich, mix mayonnaise with Turkish yoghurt and pile on a little red onion, the mussels and some Parmesan. If there is a sprig of dill or yesterday's forgotten lemon wedge, add that too. Make it generous. Make it look good. Cultured-milk bread is especially nice here.

My guilty pleasure is cold potato gratin straight from the fridge, piled onto butter-fried sourdough with thin slices of elk and plenty of black pepper. I

usually find the ingredients in my parents' fridge. Breakfast perfection.

Did that make you any wiser? Maybe not. But use your leftovers - and for goodness' sake, do not throw good food away. Eat it, reinvent it, or pass it on to a family member, neighbor or friend.

Isabelle Cederblad, Mackverket



SPRITMUSEUM'S RESTAURANT

For head chef Micael, wine is a natural part of everyday work. The museum explores Swedish drinking culture, and naturally Micael's contribution is a recipe that gives leftover wine a delicious second life. If there are two things we know, it's that Swedes love a good sauce and hate to see things go to waste.

Red Wine Sauce Made with Leftover Wine and Vegetable Trimmings

INGREDIENTS

Makes approximately 1 litre of sauce

1 litre red wine, preferably
leftover topped up with
additional red wine as needed

1 litre veal stock

500 g vegetable trimmings,
primarily carrots and onions

Herb stems and herbs, such as
thyme and parsley

2–3 tbsp tomato paste

1 bay leaf

1–2 tsp black peppercorns, lightly
crushed

A few sprigs of fresh thyme

Sherry vinegar, to taste

Cold butter, for finishing

Salt

METHOD

Save clean trimmings from carrots, onions and other mild vegetables, along with stems from herbs such as thyme and parsley. Avoid vegetables with overly dominant or bitter flavours.

Preheat the oven to 220–225°C. Spread vegetable trimmings in a roasting tray, roast until deeply coloured—this is where the sauce develops depth. Toss the roasted vegetables with the tomato paste and return to the oven for a few minutes, until the paste darkens and develops a roasted, sweet aroma. Transfer everything to a large saucepan and add the wine. Add the herb stems, bay leaf, thyme and lightly crushed black peppercorns. Bring to boil and reduce considerably, until the wine no longer tastes alcoholic.

Add an equal amount of veal stock. Simmer gently

until the sauce has a deep flavour, light syrupy consistency and good balance between wine and stock. Strain through a fine-mesh sieve without pressing the vegetables, allowing the liquid to drain naturally so the sauce remains clean and glossy. Season with salt and a few drops of sherry vinegar. The vinegar shouldn't make the sauce sour; it should lift the acidity and bring freshness back to the wine.

We like our red wine sauce herbaceous, with a distinct little kick of black pepper. Finish with fresh thyme and freshly ground black pepper. Let the thyme infuse briefly in the hot sauce, then strain again if needed. Just before serving, whisk in cold butter a little at a time without allowing the sauce to boil. This rounds out the acidity, adds richness and gives the sauce a glossy finish.

Make Use of What You Have

This recipe is intentionally flexible. The vegetable trimmings and leftover wines will vary from day to day – that's the whole point.

Think 1 part wine + 1 part stock, and treat the rest as a method rather than a strict formula. Taste as you go and adjust according to what you have.

*From
Sipping to
Simmering*



Foto: Dan Kullberg



Lingonberry Trio!

BACKSTAGE BAR

Swedes love lingonberries. At Backstage nothing goes to waste. The Bar transforms leftover sugared lingonberries into rich syrup and tangy fruit strips, perfect for desserts, dishes or cocktails. One berry, three uses – and nothing wasted.

LINGONBERRIES THREE WAYS:

Stirred with Sugar, Syrup and Fruit Strips

Lingonberries Stirred with Sugar

1 kg lingonberries
550 g granulated sugar

Gently mix the berries and sugar. Cover and leave at room temperature for up to two days, stirring occasionally until the sugar has dissolved and the berries are juicy.

Lingonberry Syrup

Lingonberries stirred with sugar
Sugar equal to half of the weight of the lingonberries

Heat the stirred berries and sugar in a saucepan and simmer gently for about 30 minutes. Strain through a fine sieve and pour the clear syrup into a clean bottle. Save the berries for the next recipe.

Lingonberry Strips

The strained lingonberries
Granulated sugar
Citric acid

Blend the berries until smooth. Add a little water if needed; the mixture should be spreadable. Spread it evenly, about 3-4 mm thick, on baking paper; preferably silicone-coated. Dry in a 60°C oven for about 6 hours. Leave the oven door slightly ajar so moisture can escape. When dry but still flexible, cut into strips.

Mix sugar and citric acid in a bowl, adjusting the amount of citric acid to your preferred tartness. Toss the strips in the mixture until evenly coated. Serve as they are, or use them to decorate drinks and desserts.

*Which Came First
– the Bread or the Crumbs?*



ROSENDALS TRÄDGÅRD

A Circular Bread Cycle at Rosendal

At Rosendal's Garden we want sustainable living to feel generous, pleasurable and rooted in everyday life. For more than 40 years, the foundation has shared knowledge about the connections between soil and table, nature and people. Gardeners, chefs and bakers work with genuine craft and natural processes, taking the long way rather than the shortcut.

Every day, the wood-fired bakery produces sourdough loaves from heritage grains and carefully chosen ingredients, organic wherever possible and sourced as locally as they can be. Rosendalaren, one of the bakery's best-loved breads, is part of that tradition.

It is also part of a circular bread cycle. Loaves left unsold in the Farm Shop are frozen and later served in the Garden Café. If any of that bread is left over again, it is dried, milled into flour and baked into new dough. Yesterday's loaf becomes tomorrow's bread, gaining even more depth of flavor through another round of sourdough fermentation.

It is a small example of a much bigger idea: when you care for the soil, the ingredients and the craft, waste can become something valuable - and the result can taste even better.

Tin-Tin Jersild and the team, Rosendal's Garden Foundation

SKANSEN-AKVARIET

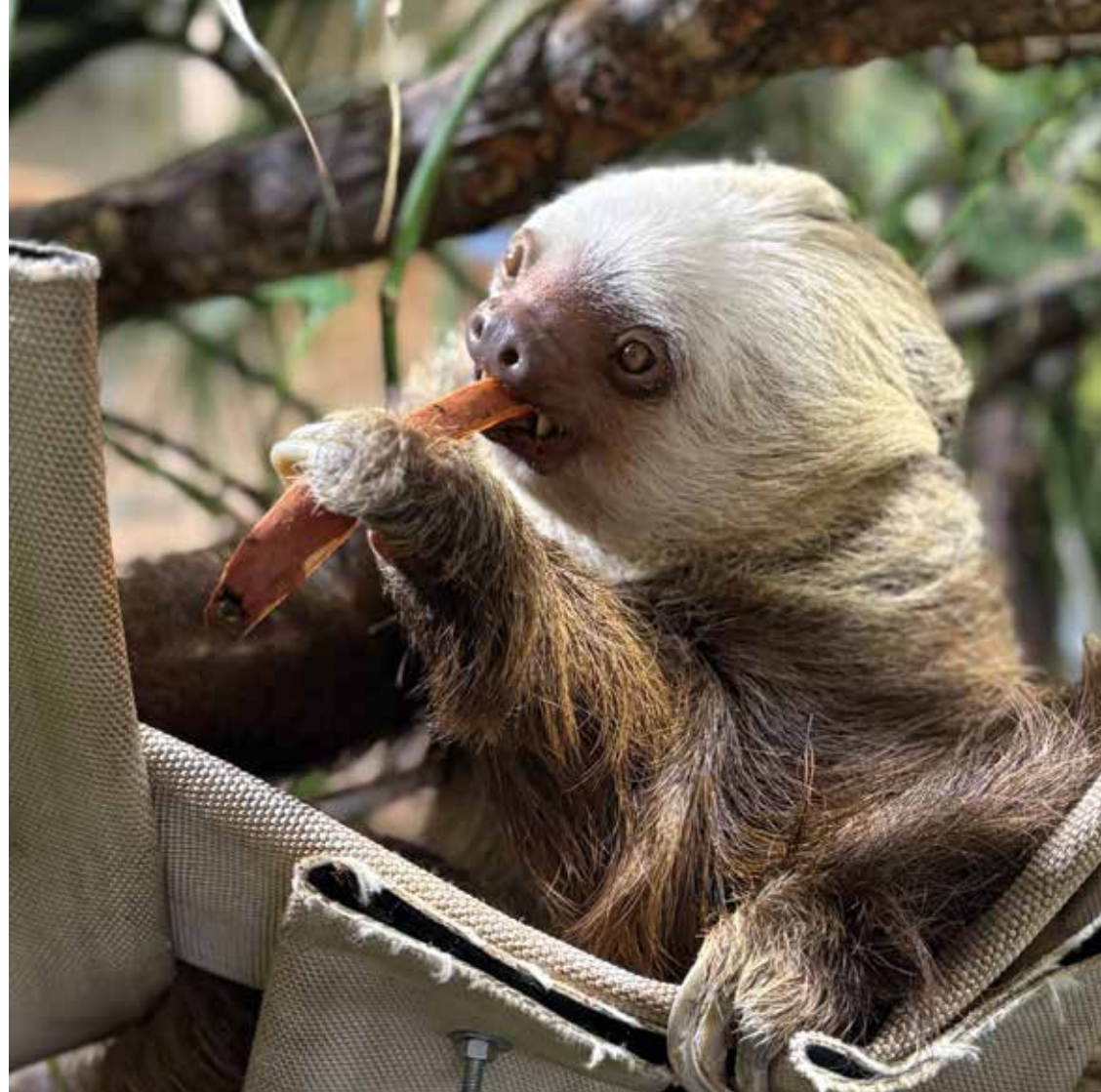
Rescued Food, Happy Animals

Each month, the Skansen Aquarium rescues around 16 pallets of fruit and vegetables through its partnership with a Swedish fruit and vegetable supplier to hotels and restaurants (Sorunda Grönsakshall). Sorunda sets aside produce that does not meet customers' expectations for appearance, even though much of it is still perfectly ripe and edible.

The aquarium team spends around 15 hours each week sorting and preparing this surplus produce for the animals. They also receive leftover and excess fruit and vegetables from a local grocery store (ICA Värtan) that might otherwise go to waste.

Thanks to these partnerships, the aquarium needs to buy very little fruit and vegetables. This helps reduce food waste while providing the animals with a varied and nutritious diet.

Ana Wahlström, Skansen-Akvariet



Our Beloved Coffee ♥

Sweden is a nation of coffee lovers. Around 80% of adults drink coffee regularly, averaging 3-4 cups a day – almost 9 kg of coffee per person each year. Yet studies suggest that the average coffee drinker pours away about one cup a week. Over a year, that is 52 cups, or almost 8 litres per person. In restaurants, around 10% of brewed coffee is estimated to go to waste as well.

A coffee bean travels a long way before it reaches your cup. Wasting less is a simple way to show more respect for the bean, the resources behind it and the people who grew and processed it.

Small ways to waste less coffee

- ♥ Brew only as much coffee as you need.
- ♥ Pour coffee into a thermos so it stays hot for longer.
- ♥ Do not pour more into your cup than you know you will drink.
- ♥ Pay attention to when you pour coffee away. Perhaps you do it without even thinking about it.
- ♥ Freeze leftover coffee in ice-cube trays—perfect for iced coffee.
- ♥ Use leftover coffee in baking, for example in bread, chocolate cake or tiramisu. Frozen coffee works well too.



Around

64

coffee beans
go into a single
cup of coffee

The coffee bean's journey to your cup!



GROWING

HARVESTING

WASHING

DRYING

PACKING

TRANSPORTING

ROSTING

PACKAGING

BREWING



ENJOYING

POURING AWAY



Every September, Djurgården celebrates its Apple Festival. Restaurants, museums and gardens across the island come together to celebrate the harvest with flavours, stories and surprises. More than 120 apple varieties grow on Djurgården, some with roots stretching back to the 19th century.

This rich heritage is at the heart of the festival, where apples take centre stage in food and drink, pastries, preserves, literature and much more. It's a celebration of the harvest, local traditions and the many ways we can make the most of what grows around us.

When the trees are heavy with fruit, it is time to enjoy the harvest. Let apples inspire a more sustainable way to eat, cook and celebrate.

Welcome!





A Pastry Made from Yesterday's Buns!

JUNIBACKEN

Cinnamon buns aren't just a Swedish favorite or a favorite of Astrid Lindgren's Karlsson on the Roof – they're a favorite with Junibacken's visitors, young and old. Some days they sell out before lunch; on others, a few are left at the end of the day. Junibacken has always found ways to give those leftovers a second life – and that is how this cinnamon-bun cake came about.

Cinnamon-Bun Cake with Apple Compote

INGREDIENTS

4 large frozen cinnamon or cardamom buns (about 800 g in total)
1 tbsp butter
9 apples
100 g butter for topping
Icing sugar

METHOD

Coarsely grate the frozen buns and fry the crumbs in butter until golden.

Make the apple compote: peel, core and roughly chop 5 apples. Cook over low heat until they reach the consistency you like; it is good to leave a little bite in the apples.

Peel and thinly slice the remaining 4 apples.

Line a 24 cm ovenproof tin with baking paper. Press in an even layer of crumbs, spread over a layer of apple compote and top with apple slices. Add another layer of crumbs, compote and slices.

Finish with a final layer of crumbs and coarsely grated butter; then dust the whole cake with icing sugar. Bake at 160°C for about 40 minutes.

Let the cake cool thoroughly before cutting it. Serve with lightly whipped cream, vanilla custard or a scoop of ice cream. For extra flavor, add a vanilla pod to the apple compote.

ROSENDALS TRÄDGÅRD

These cookies give leftover cardamom buns a second life by crumbling them straight into the dough. Their name comes from Rosendal's newly renovated greenhouse, which uses reclaimed 'Skavankglas' – literally, 'imperfect glass'. The idea is the same: something with a flaw, or simply something left over, can still become part of something beautiful.

Rosendal's skavank cookies

INGREDIENTS

200 g room temperature butter
4.5 dl plain flour
1.5 dl raw cane sugar
2½ tbsp light syrup
2 tbsp vanilla sugar
Just under 1 tsp baking powder
1 small pinch sea salt
1 small, slightly dry cardamom bun, crumbled

METHOD

Heat the oven to 175°C. Beat the butter, sugar and syrup in a bowl for about a minute with an electric mixer.

Mix the flour, baking powder, and vanilla sugar in a second bowl.

Crumble the bun into the dry ingredients.

Add the dry mixture to the butter mixture and quickly combine into a dough.

Shape the dough into long logs. Place them a little apart on a baking tray lined with baking paper. Press and flatten them with a fork until they are about 5–8 cm wide.

Bake in the middle of the oven for 15 minutes, or until lightly browned. Leave to cool slightly before cutting diagonally or let them cool a little longer and break the logs into pieces.

Cool completely before storing in a biscuit tin – or eat immediately.





Never Waste a GOOD BUN

VASA MUSEUM RESTAURANT

Bread Pudding with Cinnamon Buns and Apple

INGREDIENTS

300 g stale buns, preferably cinnamon buns
3 dl milk (previously frozen milk is fine)
3 eggs
1 tbsp cinnamon
1 dl granulated sugar
50 g butter
8 apples, preferably firm and tart
3 dl dark muscovado sugar

METHOD

Heat the oven to 200°C. Peel and quarter the apples and remove the cores. Toss the apples with muscovado sugar. Spread them on a baking tray and bake until the sugar has melted.

Cut the buns into slices about 1 cm thick and place them in a bowl. Set aside.

Mix the milk, eggs, cinnamon, granulated sugar, and melted butter. Pour the mixture over the buns and leave them to soak for a while.

Line the base of a springform tin with baking paper. Arrange the apples in the bottom and top with the soaked cinnamon buns.

Bake in a 160°C fan oven for 40 minutes. Remove from the oven and let the pudding rest briefly before turning it over onto a plate. Serve with vanilla ice cream.

The Best Bun Biscotti

Leftover buns make excellent biscotti. Keep the buns in a plastic bag for a couple of days first; once they are slightly stale, they are much easier to slice without falling apart. Arrange the slices on a baking tray and dry in a 90°C oven until completely crisp, for up to 2 hours. Leave to cool, then store in a jar. Perfect to dip in your coffee.

Food-waste facts

1/3

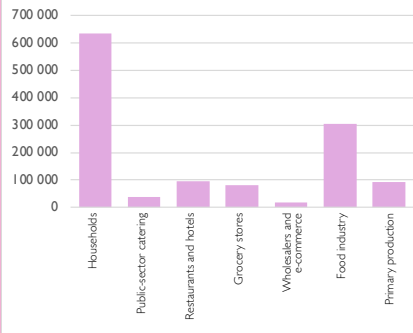
One third of all food produced in the world is never eaten.

CO₂

Food waste accounts for around 8-10% of global greenhouse-gas emissions.

Nr 3

If food waste were a country, it would be the world's third-largest emitter of greenhouse gases, after China and the USA.



Food waste occurs throughout the food supply chain, but the largest share is generated in our homes.

The chart on the left shows food waste in Sweden in 2024.

Read more about food waste at the Swedish Food Agency's website.

www.livsmedelsverket.se

Most Food Waste Happens at Home

Food waste is food and drink that was produced for us to consume but, for one reason or another, never gets eaten or drunk. It happens at every stage of the food chain, but households account for the largest share.

In Sweden, households throw away almost 16 kg of edible food per person every year. Fruit, vegetables, bread and leftovers are among the most commonly wasted foods. Put another way, 16 kg of ingredients is enough to make around 35 meals.

Another 18 kg of food and drink per person is poured down the drain each year, mainly coffee, tea and dairy products.

That brings the total to around 34 kg per person per year. For a family of two adults and two children, it adds up to more than 130 kg a year, worth close to SEK 6,000. Reducing waste saves both money and resources.

Sources: Swedish Food Agency and Swedish Environmental Protection Agency

*Generation Waste's chefs
have plenty of practical ideas
for wasting less food!*



**SHOW
SOME
F~~UCK~~ING
RESPECT!**

Generation Waste is working towards a future without food waste – a vision we share here on Djurgården. Over the course of a year, we have worked together on a joint measurement project. With smart technology and training, Generation Waste helped turn everyday food waste into clear, measurable insights that benefit the climate, the restaurants and their bottom line. Respect!

Collaboration That Makes a Difference

Real change takes collaboration. Lina from Generation Waste reflects on the partnership with Djurgården's restaurants and on how their measurement platform has helped turn good intentions into a systematic way of working.

Working with the Royal Djurgården Society and Djurgården's restaurants has been both rewarding and inspiring for us at Generation Waste. Together, we have trained teams and focused on three things throughout the project: measurement, courage, and collaboration.

The results on Djurgården are tangible. Twenty-three restaurants have had the opportunity to measure and analyse their food waste, leading to clear reductions in waste alongside improved profitability. It is a strong reminder that sustainability and good business can go hand in hand.

The project has also confirmed something we strongly believe at Generation Waste: there is real power in working together. When many organizations move in the same direction, as they have on Djurgår-

den, the impact is greater than anything one of them could achieve alone. The experience has encouraged us to think bigger about how our tools and solutions can be scaled. It also gives us a powerful example to share with other visitor destinations: food waste can be reduced without compromising quality.

Our Best Advice for the Home Cook:

- ♥ Do not rely blindly on best-before dates – look, smell and taste.
- ♥ Plan your meals, and do not buy more fresh food just because it is cheaper.
- ♥ Slice your bread and freeze it – then use the toaster.
- ♥ Save even very small portions and turn your lunch box into a mini buffet.

29 September

International Day of Awareness of
Food Loss and Waste

Twice as good!

The United Nations established the International Day of Awareness of Food Loss and Waste in 2020. The day raises awareness and encourages all of us to make better use of the resources behind our food.

Djurgården's restaurants work to rescue food every day of the year. On the 29th of September, we put that work in the spotlight and share even more of the ideas behind it.

Join us on the 29th of September and discover rescued ingredients transformed in all kinds of delicious ways.

Better for the plate, and better for the planet.

Djurgården Restaurants

Long-term thinking comes naturally on Royal Djurgården. People have come here to eat, drink and enjoy themselves for four hundred years. Today, it is our turn to care for this special place and pass it onto future generations.

For Djurgården's restaurant network, that means helping to build a more sustainable food culture. Once we understood the scale of food waste and its impact on the climate, it was clear that we needed to learn more and act.

Djurgården's restaurants set competition aside and joined forces to find solutions. Together, they measured and analysed their food waste and openly shared what they learned. Making better use of ingredients saves valuable resources, reduces purchasing, and lowers costs. Among the restaurants that measured their food waste regularly, waste fell by an average of 36%.

The work shows that care for our ingredients and the planet can go hand in hand with great food, tradition and hospitality. Together, we can build a more circular food culture on Djurgården.



Camilla Zedendahl, CEO
Royal Djurgården Society

Royal Djurgården Society / Kungliga Djurgårdens Intressenter

The Royal Djurgården Society brings together around sixty organisations working in culture and tourism across Djurgården. Collectively, they welcome more than 15 million visitors each year. Through the Society, members work together to develop Djurgården sustainably as a destination and strengthen its position as one of Scandinavia's leading attractions.

Members Collaborating Through the Royal Djurgården Society:

ABBA The Museum, Aira, Arturs kafé, Augusta på Thielska, Backstage Hotel, Blå Porten, Cirkus Venues, Coffee Cow, Djurgårdsgrillen, Djurgårdskyrkan, Djurgårdslinjen, Etnografiska museet, Flickorna Helin, FLX, Gröna Lund, Gubbhyllan, Handarbetets Vänner, Hotell Hasselbacken, Junibacken, Kennys Gelato, Kioskerna på Djurgårdsslätten, Krogen Stora Gungan, KSSS, Liljevalchs Konsthall, Lilla Hasselbacken, Mackverket Vrak Café & Bar, Nordiska museet, Nordiska museets restaurang, Nya Djurgårdsvarvet, OceanBus, Parkteatern, Polismuseet, Prinsessan Estelles Kulturstiftelse, Prins Eugens Waldemarsudde, Rederi Ressel, Restaurang Stockholm 1897, Riksidrottsmuseum, Rosendals slott, Rosendals Trädgård, Sjöhistoriska, Sjöhistoriska Café & Bar, Skansen, Skansen-Akvariet, Skroten Café och Skeppshandel, Skroten Matbod & Deli, Slipen, Snus- och Tändsticksmuseum, Solliden, Spritmuseum, Statens museer för maritim-, försvars- och transporthistoria, Stockholms Spårvägar, Strömma, Tekniska museet, Thielska Galleriet, Tours & Tickets, Vasamuseet, Vasamuseets restaurang, The Viking Museum, Villa Godthem, Vrak – Museum of Wrecks, Wasahamnen, Wasa Retro och Wärdshuset Ulla Winblad.

The Royal Djurgården Society works in close collaboration with Kungliga Djurgårdens förvaltning and Stockholm Business Region.

This book was created as part of a joint initiative by Djurgården's restaurants to reduce food waste and cut the use of single-use takeaway materials. The Circular and Resource-Efficient project is co-financed by the European Regional Development Fund.

*Read more
about the
project here*



Royal Djurgården has a long tradition of good food and good company. Centuries ago, the beloved Swedish poet and songwriter Carl Michael Bellman sang of feasting and raising a glass beneath the oak trees here. That love of food and celebration has continued through the generations. In 1897, Sweden's first hot dog was served on Djurgården – not in a bun, but with a cotton glove. The Hasselback potato was also created here, thinly sliced and roasted until crisp. It has become another much-loved Swedish classic to Djurgården's culinary story.

The tradition of enjoying food well is still very much alive. The difference is that today, we are determined to make it more sustainable. Together, we are shaping a food culture in which a love of good food goes hand in hand with care for the planet. Djurgården's restaurants have taken on the challenge of reducing food waste. These pages bring together the recipes, practical ideas and lessons we have picked up along the way. We hope they inspire you to waste a little less and enjoy a little more.

Learn more about Djurgården's shared sustainability work at
sustainable.royaldjurgarden.se

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