

# READY STEADY GO

## THE SUMMER OF 2016

Here at Regin, we like comprehensive solutions and together with our customers we're constantly looking for new, smart solutions for energy efficiency. We've chosen to call a part of this work Ready-Steady-Go. This is a range of products that are extremely easy to install, quick to get into operation and are ideal for both large and small projects.

Now we've applied the same thinking to the summer of 2016; developing a range of super easy, super tasty recipes! We call them Ready-Steady-Go recipes and we hope they'll help you create your own comprehensive solutions for your summer – in terms of enjoyment and energy saving.

Bon appetit and a fantastic summer  
from everyone at Regin!

**REGIN**  
THE CHALLENGER

Click here or  
use the arrow  
keys to scroll!

## Tip #1

Make your own overnight

# Summer bread

What if you could get fresh, homemade bread simply by removing it from the fridge and putting it in your oven? You can! The “cold fermentation” fad of last summer is here to stay.

Here is a super easy, Regin approved recipe for you!



**MAKES:** 1 loaf

**COOKING TIME:** 15 min + 1 night in a refrigerator + 30 min in oven

**INGREDIENTS:**

¼ package yeast  
4 dl cold water  
1 dl millet flakes  
1 dl rye flakes  
1 dl pumpkin seeds  
1 ½ teaspoon salt  
6–7 dl sifted spelt flour

**FOR GARNISHING:**

½ dl milk  
½ dl pumpkin seeds  
1 tbsp millet flakes

**INSTRUCTIONS:**

**In the evening, just before bedtime:**

Dissolve the yeast in cold water in a large bowl. Add the rest of the ingredients and mix them into a fairly loose dough. Pour into a bread mold dressed with greaseproof paper. Dust lightly with flour and place plastic wrap over the mixture, leaving a small gap open. Put in a cold place throughout the night.

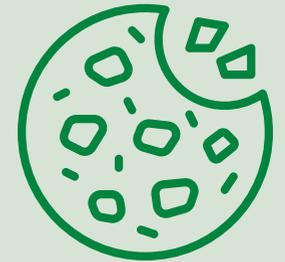
**The morning after:** Put your dressing gown on and pre-heat the oven to 225°C. Brush the dough with milk and then sprinkle it with seeds and millet flakes. Bake in the middle of the oven for 25–30 minutes until the bread has a nice color. Remove from mold and gently knock on the bottom of the loaf. If there's a hollow sound, it means the bread is done. Let cool on a wire rack, slice and enjoy!

## Tip #2

The best of two worlds

# Ice cream cookies

Delectable crunchiness meets soft sweetness. We dare you not to have “just one more” of these ice cream cookies!



**MAKES:** 4 ice cream cookies

**INGREDIENTS:**

8 chocolate chip cookies  
1/4 liters of vanilla ice cream  
4 tbsp peanut butter  
4 tbsp dulce de leche/caramelized milk or pre-made caramel sauce

**INSTRUCTIONS:**

Remove the ice cream from the fridge so that it will soften up a bit.

Spread peanut butter on 4 of the cookies. Drizzle with dulce de leche/caramelized milk/caramel sauce

Spread a thick layer of ice cream over everything.

Place the other cookies like a lid on top. Press gently. Place in refrigerator for at least 2 hours.

Drizzle with more caramel before serving!

## Tip #3

A Swedish classic with a summery twist

# Swedish gravlax with lemon & elderflower

Take a shortcut to juicy *gravlax* using our quick fermentation method. All it takes is four hours in our patented marinade!



**SERVES:** 4 people

### INGREDIENTS:

500 g salmon fillet  
2 tbsp salt  
2 tbsp sugar  
1 dl elderberry juice concentrate  
3 tbsp finely grated lemon peel

### DILL MAYONNAISE

1 dl mayonnaise  
2 tbsp finely chopped dill

### INSTRUCTIONS:

Gently cut any eventual skin from the salmon. Mix salt and sugar with the elderberry juice. Bring to a boil. Add the lemon peels. Let the mixture cool.

Pour the liquid into a plastic bag and add the salmon. Tie the bag together and shake/rub the mixture into the salmon.

Place the bag on a plate in the refrigerator for 4 hours. Turn it upside down after 2 hours have elapsed.

**Dill mayonnaise:** Mix the mayonnaise and dill.

Remove the salmon from the bag and cut it into slices. Serve with mayonnaise, preferably with a side of lightly steamed asparagus and a dollop of caviar.

## Tip #4

Lean, green and keen

# Non-alcoholic apple drink

A deliciously tangy, refreshing drink.



**MAKES:** 1 drink

### INGREDIENTS:

A few apple wedges (Regin green, of course!)  
4 cl freshly pressed lemon juice  
2 cl (4 teaspoons) syrup  
3 cl (1 tbsp) pineapple juice

**Syrup:** Slowly bring equal amounts of water and sugar to a boil, until the sugar has completely dissolved.

### INSTRUCTIONS:

Crush the apple wedges and squeeze the juice out. Mix with additional ingredients.

Shake/stir and strain into a glass with some ice. Feel free to add some Sprite if you want the taste to be even sweeter!

## Tip #5

Use summer fruits and berries

# Make your own popsicles

A refreshing chill in the summer heat. Homemade popsicles, made with fresh fruits and berries only!



**MAKES:** 12 popsicles

**INGREDIENTS:**

7 dl water melon  
1.25 dl fresh blueberries  
1.25 dl sliced fresh strawberries  
2 kiwis  
1 nectarine or peach  
2 dl fresh pineapple

Popsicle moulds

**INSTRUCTIONS:**

Run the water melon through a mixer until it is fully pureed.

Run the pineapple and nectarine in the mixer, but let the texture be somewhat thicker.

Slice the kiwis and the strawberries.

Put the fruit into the popsicle moulds and pour in watermelon all the way to the brim.

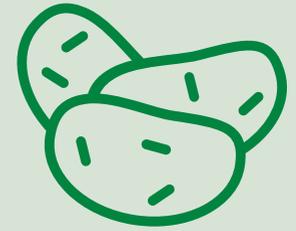
Place in freezer for 6–8 hours and enjoy!

## Tip #6

Irresistible

# Potato salad with parmesan and asparagus

The perfect accessory for grilling, a midsummer lunch or just the average summer evening.



**SERVES:** 4 people

**INGREDIENTS:**

750 g new potatoes/Amandine potatoes  
250 g (peeled) green asparagus  
100 g grated parmesan  
80 g baby spinach

**VINAIGRETTE:**

1 lemon, its juices squeezed and grated peel  
0.5 tbsp honey  
2 tbsp olive oil or sunflower oil  
1 tbsp water  
1.5 teaspoons sea salt (flakes)  
1 pinch black pepper

**INSTRUCTIONS:**

Boil the new potatoes in lightly salted water until they soften. Pour the water from the pot.

Grill the asparagus for a few minutes. Alternatively, it may be boiled in lightly salted water for 3–7 minutes. Cut into pieces approx. 3–4 centimeters in length.

Mix potatoes, asparagus and vinaigrette. Finish by folding the parmesan and baby spinach into the mix. If the potatoes are warm or lukewarm, it will absorb the vinaigrette better than if cold.



# *Regin tips from the world over!*

I will for sure eat Sichuan food even if it's too hot outside. If you guys haven't tried it yet... you should do that, it's delicious!

*Henrik Fong,  
Area Manager in Hong Kong*

Grilled sardines, seasoned only with salt, on the top of bread!

And for dessert, lime mousse:  
150 ml lime juice  
387 g (1 can) skimmed condensed milk  
1 package of cream

Whip the cream until it's stiff, add the condensed milk and lime juice.  
Put in the refrigerator and decorate with lime zest!

*Laura Malvar,  
General manager in Portugal*

I prefer to drink a fresh lemon-mint drink, made with orange blossom water, fresh mint leaves and lemon juice.

To eat I personally prefer Arabic BBQ:

**FALAFEL:** fried chickpeas (garbanzo beans) balls served with vegetables in bread.

**KEBAB:** numerous styles exist, but usually with a base of roasted lamb or chicken and vegetables in pita bread.

**CHICKEN AND BEEF** meet in general.

With accessories like:

**HUMMUS:** a dip consisting of mashed chickpeas (garbanzo beans), tahini, garlic, and lemon.

**TABBOULEH:** a "salad" generally made of parsley, bulgur, tomatoes, garlic, and lemon.

**FATTOUSH:** a Levantine bread salad made from toasted or fried pieces of pita bread combined with mixed greens and other vegetables, such as radishes and tomatoes.

**BABA GANOUI:** is a Levantine dish of cooked eggplant mixed with onions, tomatoes, olive oil and various seasonings.

**MAKANEK:** tiny sausages made with lamb or beef or a combo and are spicy without being hot.

*Peter Winberg,  
Business Development Director in Qatar*

If I'm out sailing, I would take a scrimp sandwich (swedish) or "Bockwurst und Kartoffelsalat" (german) :-)

*Mark Riccius,  
Managing Director in Germany*

We have summer everyday, ice lemonade is nice.

*Cheng YokeSin,  
Area Manager in Singapore*

# Grilling vs. BBQ and how to succeed!



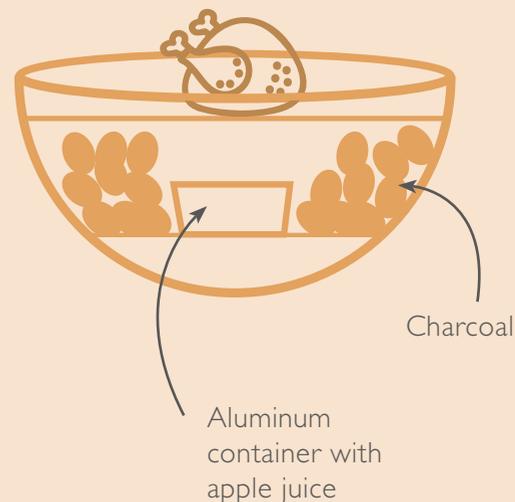
Any summer visitor to Sweden can't help but notice: We love to grill! Whether if at a fancy dinner party with friends or using a disposable grill at the local park, we take every chance we get.

But as opposed to grilling, a proper barbecue requires a bit more. So what's the difference? When grilling food, you'd use a really hot grill; placing the foodstuffs on it for a short duration. When barbecuing, "Low & Slow" is the way. The food is cooked at a **low** temperature (105 °C) for a **long** time. Here are the very best tips for you, coming from our very own BBQ master Lasse!

BBQ is all about hot smoking the meat. That is; we're attempting to funnel hot smoke through the chamber where the meat is cooked by placing the firebox next to the meat and adding smoke. We do this by placing damp wood on the hot coals!

In a traditional kettle grill, the coals can be moved to the sides easily. To ensure extra juiciness, place an aluminum container in the middle, just below the meat, and pour some apple juice into it.

Don't forget to put the lid on!



## RUB

### BABY BACK RIB RUB

3 tbsb ground yellow mustard seeds  
1.5 tbsb chili flakes  
1 teaspoon salt  
2 tbsb brown sugar  
1 teaspoon ground ginger

Mix all ingredients and rub mixture into meat a couple of hours before cooking.

## SAUCE

### PDG (PRETTY DAMN GOOD!)

6 tbsb brown sugar  
1.5 dl apple cider vinegar  
1.5 dl molasses  
1.5 dl honey  
1.5 dl Worcestershire sauce  
2 tbsb mustard  
1 tbsb chili powder  
2 tbsb freshly ground pepper  
6 dl ketchup  
Salt & pepper

Mix all ingredients and let them simmer for approx. 30 minutes.

## SAUCE

### L'ORIGINAL (DARK, SWEET, HOT AND WITH A CERTAIN STING)

Juice of 1 large, juicy lemon  
2 crushed garlic cloves  
1 thin slice of lemon  
2.5 dl of Coca Cola  
2 dl ketchup  
3 tbsb Worcestershire sauce  
2 tbsb HP sauce  
1 tpsb Tabasco (but I would recommend more... up to 3 tbsb is enough for me!)  
1 tbsb apple cider vinegar

Mix all ingredients, bring to a boil and let simmer for approx. 15 minutes.

## TWO QUICK TIPS:

- ✓ The meat should be at room temperature when placing it on the grill
- ✓ **Always** put a lid on the grill!

# *Finally!*

## *The 2016 UEFA Championships!*



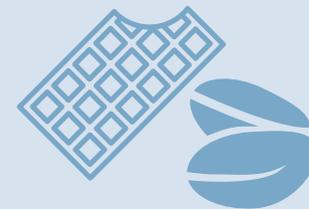
*Here's some soccer candy for all you footie fans!*

## *Nut & chocolate mix with a side of betting*

The perfect mix between sweet and salty. Kind of like soccer, except tastier!

PS:

We also enclose our own Championship betting form, if you want to place a few bets with friends or family. Good luck!



#### **INGREDIENTS:**

1 large bag of peanuts  
1 bar of milk chocolate, 185–300g

#### **INSTRUCTIONS:**

Pour the peanuts into a bowl. Break the chocolate into mid-sized pieces. Stir it in with the peanuts, and you'll have the proper snack for watching the championships!

# THE 2016 UEFA BETTING FORM

Team	Time	Place	Group	Results	Team	Time	Place	Group	Results
<b>June 10</b>					<b>June 17</b>				
France – Romania	21.00 CET	Saint-Denis	A	<input type="checkbox"/>	Italy – Sweden	15.00 CET	Toulouse	E	<input type="checkbox"/>
<b>June 11</b>					<b>June 18</b>				
Albania – Switzerland	15.00 CET	Lens	A	<input type="checkbox"/>	Czech Republic – Croatia	18.00 CET	St-Etienne	D	<input type="checkbox"/>
Wales – Slovakia	18.00 CET	Bordeaux	B	<input type="checkbox"/>	Spain – Turkey	21.00 CET	Nice	D	<input type="checkbox"/>
England – Russia	21.00 CET	Marseilles	B	<input type="checkbox"/>	<b>June 19</b>				
<b>June 12</b>					<b>June 20</b>				
Turkey – Croatia	15.00 CET	Paris	D	<input type="checkbox"/>	Belgium – Ireland	15.00 CET	Bordeaux	E	<input type="checkbox"/>
Poland – Northern Ireland	18.00 CET	Nice	C	<input type="checkbox"/>	Iceland – Hungary	18.00 CET	Marseilles	F	<input type="checkbox"/>
Germany – Ukraine	21.00 CET	Lille	C	<input type="checkbox"/>	Portugal – Austria	21.00 CET	Paris	F	<input type="checkbox"/>
<b>June 13</b>					<b>June 21</b>				
Spain – Czech Republic	15.00 CET	Toulouse	D	<input type="checkbox"/>	Northern Ireland – Germany	18.00 CET	Paris	C	<input type="checkbox"/>
Ireland – Sweden	18.00 CET	St-Denis	E	<input type="checkbox"/>	Ukraine – Poland	18.00 CET	Marseilles	C	<input type="checkbox"/>
Belgium – Italy	21.00 CET	Lyon	E	<input type="checkbox"/>	Croatia – Spain	21.00 CET	Bordeaux	D	<input type="checkbox"/>
<b>June 14</b>					<b>June 22</b>				
Austria – Hungary	18.00 CET	Bordeaux	F	<input type="checkbox"/>	Hungary – Portugal	18.00 CET	Lyon	F	<input type="checkbox"/>
Portugal – Iceland	21.00 CET	St-Etienne	F	<input type="checkbox"/>	Iceland – Austria	18.00 CET	St-Denis	F	<input type="checkbox"/>
<b>June 15</b>					<b>June 23</b>				
Russia – Slovakia	15.00 CET	Lille	B	<input type="checkbox"/>	Sweden – Belgium	21.00 CET	Nice	E	<input type="checkbox"/>
Romania – Switzerland	18.00 CET	Paris	A	<input type="checkbox"/>	Italy – Ireland	21.00 CET	Lille	E	<input type="checkbox"/>
France – Albania	21.00 CET	Marseilles	A	<input type="checkbox"/>					
<b>June 16</b>									
England – Wales	15.00 CET	Lens	B	<input type="checkbox"/>					
Ukraine – Northern Ireland	18.00 CET	Lyon	C	<input type="checkbox"/>					
Germany – Poland	21.00 CET	St-Denis	C	<input type="checkbox"/>					

<b>GROUP A</b>	<b>1-4</b>
France	<input type="checkbox"/>
Romania	<input type="checkbox"/>
Albania	<input type="checkbox"/>
Switzerland	<input type="checkbox"/>
<b>GROUP B</b>	<b>1-4</b>
Slovakia	<input type="checkbox"/>
Wales	<input type="checkbox"/>
Russia	<input type="checkbox"/>
England	<input type="checkbox"/>
<b>GROUP C</b>	<b>1-4</b>
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Poland	<input type="checkbox"/>
Ukraine	<input type="checkbox"/>
Germany	<input type="checkbox"/>
<b>GROUP D</b>	<b>1-4</b>
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Turkey	<input type="checkbox"/>
Czech Republic	<input type="checkbox"/>
Spain	<input type="checkbox"/>
<b>GROUP E</b>	<b>1-4</b>
Ireland	<input type="checkbox"/>
Sweden	<input type="checkbox"/>
Italy	<input type="checkbox"/>
Belgium	<input type="checkbox"/>
<b>GROUP F</b>	<b>1-4</b>
Hungary	<input type="checkbox"/>
Austria	<input type="checkbox"/>
Iceland	<input type="checkbox"/>
Portugal	<input type="checkbox"/>

# The finals

Game	Team	Date	Time	Place	Results
<b>Knockout phase</b>					
K1	2A – 2C	June 25	15.00 CET	Saint-Étienne	
K2	1B – 3ACD	June 25	18.00 CET	Parc des Princes	
K3	1D – 3BEF	June 25	21.00 CET	Lens	
K4	1A – 3CDE	June 26	15.00 CET	Lyon	
K5	1C – 3ABF	June 26	18.00 CET	Lille	
K6	1F – 2E	June 26	21.00 CET	Toulouse	
K7	1E – 2D	June 27	18.00 CET	Stade de France	
K8	2B – 2F	June 27	21.00 CET	Nice	
<b>Quarter-finals</b>					
Q1	K1 – K3	June 30	21.00 CET	Marseille	
Q2	K2 – K6	July 1	21.00 CET	Lille	
Q3	K5 – K7	July 2	21.00 CET	Bordeaux	
Q4	K4 – K8	July 3	21.00 CET	Stade de France	

## Semi-finals

S1 • Wednesday July 5 • 21.00 CET • Lyon

Q1 – Q2

S2 • Wednesday July 6 • 21.00 CET • Marseilles

Q3 – Q4

## The Finals

Sunday July 10 • 21.00 CET • Stade de France

S1 – S2

*Enjoy your  
summer!*

