

Scandikitchen Fika And Hygge Comforting Cakes And Bakes From Scandinavia With Love

Cake is the centerpiece of every birthday, every wedding, and every celebration. It can also bring enjoyment to an ordinary day, as a well-earned slice of delicious indulgence. Here are fifty-eight spectacular cakes from master confectioner and baker Jan Hedh, whose truly artistic touch with desserts is a pleasure to behold. He takes you into his kitchen and shows you the secrets behind his spectacular creations: the different types of batters and frosting, the best techniques for constructing layer cakes, and how to make professional-looking decorations. Some of the tempting desserts featured here include: Strawberry and Rhubarb Charlotte Truffle Cake Raspberry and Almond Layer Cake Apple Meringue Cake Marbled Chocolate Mousse Cake Champagne Cake with Raspberry Jam Also featured are full-color photographs by Charlotte Gawell, which not only display the cakes in all their mouthwatering glory, but also illustrate every step of the baking and decorating techniques, making even the most detailed and delicate processes easy to understand. This is a beautiful collection of ornate cakes that every baker will want to master! Charming, lovable and a brilliant chef—that's Tina!

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Sweden's very own master chef, Tina Nordström, is here to stay with this lavish and delightful cookbook. It's a book to dip into, cook from, spill on, and keep forever. Forget all the "dos" and "don'ts" that take the fun out of cooking. Perfectionism isn't a word that exists in Tina's kitchen and you certainly don't need a fancy set, unlimited time, or exclusive ingredients to succeed. Tina: Simple Recipes for Home-style Scandinavian Cuisine is 384 pages of culinary delight. Here's a small taste of her homemade recipes: Roast beef with baked tomatoes and béarnaise sauce Salmon with Warm Grapes and Capers Tina's Au Gratin Potatoes Grilled Watermelon and Peanut Sauce Lemon Meringue Pie And many more delicious eats Tina opens the door into her kitchen and shares no fewer than two hundred of her favorite dishes. She also provides plenty of tips, shortcuts, and suggestions. Using Tina's simple methods, you can transform one dish into another, turning a basic recipe for minced meat into Swedish, Italian, or Greek meatballs! Once you get started cooking with Tina Nordström, you'll never want to leave your kitchen! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking,

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vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Swedish Cakes and Cookies has become a modern classic since it was first published in 1945.

Modernized and improved over the years, today's full-color edition, with beautiful photographs of each recipe, contains nearly 300 recipes. Some, such as Berry Muffins, Coconut Macaroons, Linzer Torte, and Jelly Doughnuts, may be familiar, while others, such as German Lemon Cake, Almond Meringues, Truffle Tarts, and Toffee Crunch Torte, are deliciously unique. Gluten-free, egg-free, and sugar-free recipes ensure that this book is accessible to all dessert lovers. Beginners and experts will be reminded that baking is both easy and enjoyable when they read the practical advice and step-by-step instructions in each section. Swedish Cakes and Cookies is an essential resource for any home baker, and for anyone who loves to meet with friends for coffee and cake.

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From smorgasbord and St. Lucia processions to Christmas Eve gatherings with dear family and friends, Swedish Americans are linked through the generations by a legacy of meatballs and lutefisk. Discover the essence of hygge as revealed by Brontë Aurell, Danish owner of London's ScandiKitchen in this honest and thoughtful guide, which also features some of her favorite recipes from her books, *The Scandi Kitchen* and *Fika & Hygge*, to help you enjoy a "hyggelig" time. Hygge is in the zeitgeist, but what is it, how do we bring hygge in our lives and why are we so captivated with this Danish word? According to Brontë it is really not complicated and doesn't involve spending vast amounts of money on candles or blankets... in its purest form it is simply about appreciating life. Explained in 12 entertaining chapters interspersed with recipes, you will learn first about the origins of the word hygge (old Norse) and then how to embrace it with essays on: Hygge and the Basics, Hygge and Happiness, Hygge and Sharing, Hygge and Baking, Hygge and Darkness, Hygge and Light, Hygge and Time, Hygge and Stress, Hygge and Soul, Hygge and Nature, Hygge and Stuff and Hygge and Your Home. Hygge is a completely psychological and emotional state of being. Whether it's going for a long walk or baking and sharing a cake with friends, when you carve a pocket of time in your day, hygge can often be found. Remembering

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to appreciate and experience the moment will help you find your very own hygge.

Following the success of their first recipe collection, the Clandestine Cake Club is back with a second delicious helping. Inspired by the most cake-worthy moments throughout the year, founder Lynn Hill and her army of Cake Club members have compiled 100 gorgeous recipes to whet your appetite and get you celebrating. Arranged month by month, you'll find cakes to suit all the best-known dates in the calendar - such as Christmas, Mother's Day, Easter and Halloween - plus countless other occasions that deserve to be celebrated, from international holidays (Chinese New Year, Thanksgiving) and religious festivals (Diwali, Mardi Gras) to major sporting events (Wimbledon, the London Marathon) and the birthdays of iconic figures, including Shakespeare, Elvis Presley and the Queen - not forgetting the queen of baking, Mary Berry! Whether you fancy rocking out at Glastonbury, shaking your stuff at the Notting Hill Carnival, tapping your feet to the Last Night of the Proms, or smelling the roses at the Chelsea Flower Show, there's a recipe here to get the party started. The cakes themselves hail from far and wide: some feel homegrown - such as Toffee Apple Gingerbread, Rhubarb Crumble & Custard Cake, and Strawberry Pimm's Cake - while others promise a taste of the exotic - Chocolate Key Lime Cake, Persimmon, Yogurt & Pecan Cake, and

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Matcha Chiffon Cake. Club members love to innovate, offering up such temptations as Sea Salted Caramel Cake, Passionfruit Caipirinha Cake, and Canadian Maple Syrup & Bacon Cake. Each recipe is served up with a little slice of history, revealing the curious traditions behind the cakes and intriguing stories about the occasions that inspired them.

Accompanied by gorgeously styled photographs, this book gives every cake-lover a reason to celebrate.

The most delicious approach to hygge—50 recipes to satisfy and savor, from Almond Custard Pancakes to Greens with Parmesan and Nutmeg Good food

makes everyone feel warm and cared for, which is the very essence of hygge. This Danish way of life has been embraced by Americans who want that

same sense of cozy. In *Tasting Hygge*, acclaimed food photographer and cookbook author Leela Cyd shares the recipes that make her happy, for

cultivating moments of connection in the dining room, at the coffee table, or over a little bedside tray.

Keeping in mind the idea of slowing down and enjoying the moment, Cyd shares more than 50

recipes that elevate everyday meals into very special moments. She organizes the book into five sensory experiences (Calm, Bright, Warm, Spiced, and

Smooth) with recipes such as: Apple Anise Glogg Roasted Squash and Sage Grilled Cheese Greens Gratin with Parmesan and Nutmeg Fairy Bowl with

Ice Cream and Honey Sponge Cake These are

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dishes to delight and love, each one accompanied by a gorgeous photograph.

FIKA is a Swedish word meaning to meet up for a cup of coffee or tea over something delicious. It is also the word for the delicious treats themselves. Swedes traditionally stop twice a day for fika: taking a much-needed break from the daily grind. People fika with family, colleagues, friends, children, and even go on fika dates. HYGGE (pronounced hue-guh) is a word that originated in Norway but is now mainly used in Denmark. It means "a sublime state of cosiness you feel when you are with loved ones and nothing else matters". Hygge can be enhanced by the addition of a log fire, a good movie, a cup of something warm, and a sweet treat—hence the ideal combination of the two terms. Chapters are divided into Biscuits and Cookies, Tray and No bakes, Everyday Fika, Little Fancy Cakes, Celebration Cakes, and Bread and Batters. This beautifully illustrated, authentic guide is a celebration of Scandinavian baking in all its glory. It is evocative of cosy days shared with friends, slowing down and taking the time to enjoy simple, homemade, wholesome pleasures—encouraging a lifestyle to aspire to. With features on special Scandi winter celebrations, their baking traditions and how to bring fika and hygge into your life.

Why are Scandinavians the world's happiest people?
How do you get more Scandi-style in your life?

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What is lagom and how do you use it? Whether you want your apartment to look like it belongs in Copenhagen, to workout like a Norwegian or to make cinnamon buns like a Swede, this pocket edition of North is the perfect introduction to the world's happiest countries. Full of inspiration and ideas, how-tos and recipes to help you experience the very best of Scandinavian design, philosophy, cookery and culture, this honest behind-the-scenes look at the culture provides an invaluable insight into the wonderful and visually stunning world of Scandinavia. Like her viking ancestors before her, Brontë Aurell left Denmark to explore the world beyond home shores and in her travels has come to understand the fascination with her kinfolk, as well as seeing the idiosyncrasies of the Scandinavian lifestyle that locals take for granted. With a signature wit and a keen eye for detail, she takes you on a journey through fjords and mountains, farmlands and cities to better understand these three nations and what makes each one so unique. So get outdoors, learn the life lesson that there's no such thing as bad weather (only bad clothing) and you may discover your inner Scandi sooner than you think.

'A joy to behold' Yotam Ottolenghi Join Rachel Khoo on a delicious journey through the Swedish year From spring picnics on the archipelago and barbecues at the summer cabin, to cosy autumnal suppers and dark snowy winters filled with

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candlelight, gingerbread and glögg. Complete with stunning location and food photography, Rachel's new cookbook lets you in on what the Swedish like to call Lagom . . . the art of not too little, not too much but just the right amount. Learn how to cook beautiful, fuss-free food . . . With over 100 recipes, Rachel explores Sweden's simple and balanced approach to cooking, celebrates their best-loved ingredients and reveals a must-try cuisine that is about far more than just meatballs, fika and cinnamon buns . . . _____ Inside you'll discover recipes from the Swedish summer, perfect for yours, food for autumn, through to winter, taking you all the way to spring . . .

- POACHED CHICKEN WITH QUICK PICKLED STRAWBERRY SALAD. Or replace the chicken with grilled halloumi cheese for a delicious vegetarian alternative. This is the ultimate barbeque salad.
- PEAS, POTATOES AND CHICKEN IN A POT. The one dish delight: the summer comfort food that's perfect for midweek.
- MIDSUMMER MERINGE CROWNS. The Swedes have been wearing flower crowns long before the festivals, so why not make the edible kind for parties or puddings?
- PLUM TOSCA CAKE. This Swedish favourite, named after Puccini's opera is filled with tart plums and sweet almonds. _____

'I am so ready to race home and devour these fun, effortless and beautiful recipes that just beg to be cooked' Melissa Hemsley 'The magic of Sweden's

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beautiful seasons comes alive . . . a real celebration of seasonal Swedish home cooking and tradition with Rachel's trademark inspirational twists!' Donal Skehan

The Scandinavians excel in comfort – family, friends, a good atmosphere, long meals, relaxation and an emphasis on simple pleasures. They even have a word for this kind of cosiness that comes with spending quality time in hearth and home when the days are short: hygge. Trine Hahnemann is the doyenne of Scandinavian cooking and loves nothing more than spending time in her kitchen cooking up comforting food in good company. This is her collection of recipes that will warm you up and teach you to embrace the art of hygge, no matter where you live.

A quirky, beautifully photographed collection of delicious and creative Nordic baking recipes inspired by nature. From the Danish concept of hygge (or “coziness”) to the Swedish fika (or “coffee break”), when it comes to enjoying the good things in life, the Nordic countries tend to know best. And dessert, Bakeland reveals, is no exception. Written by Marit Hovland, the Norse graphic designer, baker, and photographer behind the popular Instagram account and blog Borrow My Eyes, this gorgeous recipe book is a remarkably innovative homage to the beauty of the world around us that will delight lovers of baking, crafting, nature, and all things Scandinavian. With

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fifty tempting dessert recipes and 140 stunning color photographs, Bakeland is as much a treat for the eyes as it is for the taste buds. Focusing on purity, season, and quality, Hovland offers a sweet, playful approach to the New Nordic cuisine trend made popular by chefs like Magnus Nilsson. Her belief that “inspiration can be found everywhere” shines through in each of her culinary creations, which replicate the most striking aspects of the natural world. From chocolate sea to pinecone-shaped gingersnaps, Bakeland takes readers on an artful, tasty trip through nature in Norway, season by season. Better yet, each recipe is detailed, precise, and easy to follow, with no special equipment required. With step-by-step illustrated instructions and an emphasis on simplicity, Hovland’s approach to baking is as accessible as it is delectable. Let Scandinavian Gatherings be your hygge handbook (pronounced hoo-ga) for cozy retreats in the comfort of your own home! With this darling collection of Scandinavian-inspired recipes, crafts, and entertaining ideas, you can turn your home into a stress-free hygge oasis and embrace relaxation the Nordic way. From the creator of the popular Lulu the Baker blog, Scandinavian Gatherings illustrates the Scandinavian spirit of simple pleasures through 10 seasonal, family-friendly gatherings filled with the flavors and traditions of Norway, Sweden, Denmark, and Finland (a region regularly reported as the

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happiest place on earth!). The book boasts 30 simple craft projects for entertaining and decorating, as well as 40 accessible recipes that put a modern twist on sweet and savory Scandinavian treats.

You'll soon be warming your home with the comforting smells of Mom's Maple Pecan Rings, Swedish Meat Pies, Lucia Buns, Hot Chocolate with Homemade Cardamom Marshmallows, and more. With gatherings like Nordic Brunch, Woodland Tea Party, Afternoon Fika, Lucia Day, and Christmas Cookie Exchange, you'll be able to relax with loved ones and enjoy the hygge atmosphere.

Elevate your coffee break to a true Swedish fika with these delightful recipes for cookies, cakes, pies, tarts, buns, breads, soups, and more! The Swedish tradition of Fika is a bit like British tea time, except that it features a great cup of coffee rather than tea and evokes feelings of a cozy cafe with a good book, a slice of moist almond cake, perhaps a cinnamon bun fresh out of the oven. Fika is a chance to take a break in the midst of a busy day to savor the sweet things in life. Milo Kalén shares the delights from her own Kaka på Kaka café in Sweden, offering a delightful collection of recipes for sweet and savory treats. Fika may be famous for its traditional baked goods, but Kalén also includes comforting lunch dishes such as Vegetable Gratin featuring roasted carrots, parsnips, and leeks smothered in grated cheddar and Tomato Soup with homemade

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dumplings. Find recipes including: Jam Thumbprints, filled with a dollop of raspberry jam Oat lace cookies, which are gorgeous stacked in a glass jar Mazarin Cake with layers of grated almonds, raspberry jam, and short crust pastry Butter Wreath made of cinnamon rolls shaped into a wreath and baked to a golden brown Rye rings, which are a bit like bagels and delicious served with smoked salmon Cauliflower soup, a smooth and creamy soup with a kick Salad with chèvre and pan-fried plums And more! Pour a cup of coffee and flip through the sumptuous pages of Swedish Fika. The beautiful photographs and easy-to-follow recipes will inspire you to take more breaks to enjoy a homemade cookie, a slice of pie, or a bowl of comforting soup. A follow-up to the successful 'The ScandiKitchen' (published September 2015), this new book from Brontë Aurell features over 60 recipes for cakes, bakes and treats from all over Scandinavia. From indulgent cream confections to homely and comforting fruit cakes and traditional breads, sweet buns and pastries.

Brontë Aurell, owner of the ScandiKitchen Café in London, brings her famous flair to over 65 Scandinavian-style recipes that perfectly capture the joy of summer eating. In the warmer months we crave food that is often naturally lighter and nourishing. Scandinavians do summer food so well—it is wholesome, flavoursome, simple to make

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and sumptuous to look at. In Scandinavian culture, eating well is all about ‘lagom’ or balance—everything in moderation. Try the tempting breakfast ideas such as Blueberry Porridge. Sharing plates such as Smoked Mackerel Rillettes with Rye Crisps are ideal for grazing, while satisfying larger plates include Herbed Pork Tenderloin with Hasselback Potatoes or Danish Plaice with Remoulade. The all-important cake and fika recipes include a Midsummer Strawberry Cake and Skinny Lemon Muffins. A classic Sourdough Rye Loaf and Seeded Crispbread with Dried Nettles are on offer in the breads chapter, and tempting desserts include a Swedish Mess with Cloudbberries, plus there are some refreshing summer drinks to sip, such as a traditional aquavit cocktail. Also included are Brontë’s fascinating insights into Scandinavian summer traditions and celebrations.

Yuletide is a time of delicious smells wafting through the halls: onions sizzling on the stove, a wood fire gently moldering in the grate, and fresh-baked gingerbread ready to hang on the tree. It’s a time of tradition, and recipes handed down from one year to the next. The Swedish Christmas Table is a festive homage to the international history of the month of snow and mulled wine, advent calendars and gathering family. Set your table with such seasonal delicacies as: Mulled wine, egg nog, and seasonal cocktails Roasted nuts Fudge, nougat and marzipan Christmas ham Vegetable pie with roasted walnuts Frosted fruit And so much more to delight and impress Discover new holiday favorites and update old traditions. Featuring vibrant and retro holiday

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collages, The Yuletide Table is a Christmas cookbook to inspire, cherish, and hold on to for years to come. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Leading international chef Magnus Nilsson's take on home cooking. Magnus travelled throughout the Nordic region not only collecting recipes but photographing the landscape and people. The definitive guide to Nordic home cooking and its rich culinary offerings. Features 600 simple and authentic recipes from Denmark, the Faroe Islands, Finland, Greenland, Iceland, Norway, and Sweden, all of which can be easily recreated at home. Explains Nordic ingredients, cooking techniques and culinary history so anyone can cook their favourite Nordic dishes in the authentic way.

"An illustrated lifestyle cookbook on the Swedish tradition of fika--a twice-daily coffee break--including recipes for traditional baked goods, information and anecdotes about Swedish coffee culture, and the roots and modern incarnations of this cherished custom. Sweden is one of the world's top coffee consuming nations, and the social coffee break known as fika is a cultural institution. A time to take a rest from work and chat with friends or colleagues over a cup

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and a sweet treat, fika is part of the national identity and a marker of the Swedish ideal of taking time to appreciate life's small joys. Fika can be had alone or in groups, indoors or outdoors, while traveling or while at home, and Fika is full of inspiration to elevate these daily coffee breaks. In this adorable and illustrated cookbook, Anna Brones and Johanna Kindvall share more than 45 classic recipes from their motherland--from cinnamon buns and ginger snaps to rhubarb cordial and rye bread--while also examining what fika means to Swedes and how we can all integrate its values into our daily lives."--

"A festival of beautiful bakes and stunning photos." Review of ScandiKitchen: Fika & Hygge, Good Housekeeping Magazine. Let Brontë Aurell of The ScandiKitchen Café show you how to celebrate your Christmas Scandi-style by sharing her delicious recipes and family traditions with you. Anyone who has ever been in Scandinavian in December will know that Scandinavians really love Christmas. From huddling up in candlelit snowed-in cottages to consuming glögg at every opportunity, Christmas is peak-hygge season all over Norway, Sweden and Denmark. Everything reverts back to tradition once Advent Sunday has come along. From saffron scented bakes to 'gingerbread spice in everything!', Christmas is the time to break the never-ending darkness with edible treats and joyful feelings. Scandinavians visit friends and families taking along something home baked to share. They have Jul-Smörgåsbord parties where old and young celebrate with a spread of traditional dishes and delicacies. Everything they do for Jul is centred around food, tradition and home comforts. Join Bronte and feel the warmth, even when it's cold outside!

In Scandinavia the whole period of Christmas, from the first Sunday in Advent to New Year's Day, is marked by festivals and celebrated in traditional but beautifully contemporary

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style. Hygge, the Danish word for cosiness, is about being inside with candles, great comfort food and lots of cakes and sweets. The first week of December is baking week - enough has to be made to last the whole Christmas period. Jars of decorated cookies, gingerbread houses and clogs filled with little presents rub shoulders with simple wreaths, trees and tables decorated with white candles and fresh greenery - the perfect mix of ancient and modern. Brunches, cocktail and tea parties, lunches and dinners are celebrated with a mixture of traditional goodies and delicious modern recipes. Duck and pork rule on Christmas Eve, fish, ham and seasonal vegetables on Christmas Day. Sweets, biscuits, puddings and other treats abound - all washed down with gluwain and fruity cocktails. In this glorious book, illustrated with Lars Ranek's evocative photographs, Trine Hahnemann provides a cornucopia of 70 Christmas recipes - all featuring ingredients which are common to all northern climes - showing us how we, too, can decorate our homes and make delicious dishes to celebrate Christmas the Scandinavian way.

New York Times Bestseller A New York Times Best Cookbook of Fall 2018? “An indispensable manual for home cooks and pro chefs.” —Wired At Noma—four times named the world’s best restaurant—every dish includes some form of fermentation, whether it’s a bright hit of vinegar, a deeply savory miso, an electrifying drop of garum, or the sweet intensity of black garlic. Fermentation is one of the foundations behind Noma’s extraordinary flavor profiles. Now René Redzepi, chef and co-owner of Noma, and David Zilber, the chef who runs the restaurant’s acclaimed fermentation lab, share never-before-revealed techniques to creating Noma’s extensive pantry of ferments. And they do so with a book conceived specifically to share their knowledge and techniques with home cooks. With more than 500 step-by-step photographs and illustrations, and with every recipe

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approachably written and meticulously tested, *The Noma Guide to Fermentation* takes readers far beyond the typical kimchi and sauerkraut to include koji, kombuchas, shoyus, misos, lacto-ferments, vinegars, garums, and black fruits and vegetables. And—perhaps even more important—it shows how to use these game-changing pantry ingredients in more than 100 original recipes. Fermentation is already building as the most significant new direction in food (and health). With *The Noma Guide to Fermentation*, it's about to be taken to a whole new level.

The acclaimed chef featured in the Emmy-Award winning US PBS series *The Mind of a Chef* and the Netflix docuseries *Chef's Table* explores the rich baking tradition of the Nordic region, with 450 tempting recipes for home bakers. Nordic culture is renowned for its love of baking and baked goods: hot coffee is paired with cinnamon buns spiced with cardamom, and cold winter nights are made cozier with the warmth of the oven. No one is better equipped to explore this subject than acclaimed chef Magnus Nilsson. In *The Nordic Baking Book*, Nilsson delves into all aspects of Nordic home baking - modern and traditional, sweet and savory - with recipes for everything from breads and pastries to cakes, cookies, and holiday treats. No other book on Nordic baking is as comprehensive and informative. Nilsson travelled extensively throughout the Nordic region - Denmark, the Faroe Islands, Finland, Greenland, Iceland, Norway, and Sweden - collecting recipes and documenting the landscape. The 100 photographs in the book have been shot by Nilsson - now an established photographer, following his successful exhibitions in the US. From the publisher of Nilsson's influential and internationally bestselling *Fäviken* and *The Nordic Cookbook*.

This is the perfect little gift for Scandi fans who want to bring some Nordic charm into their kitchen. With over 60 sweet and

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savoury recipes for all sorts of snacks, treats, fingerfood, bakes and pastries, it will provide plenty of inspiration for every occasion throughout the year. Doyenne of Danish baking, Trine Hahnemann, shares all her favourite treats in this cute cookbook so that you can make your own delicious cardamom buns, almond cookies, honey bombs, coconut macaroons and smoked salmon open sandwiches, among many others.

Brontë Aurell, owner of the ScandiKitchen Café in London, brings her famous flair to over 65 Scandinavian-style recipes that perfectly capture the joy of summer eating.§

Connect with the Spiritual Energy of Coziness for More Joy, Contentment, and Satisfaction Make cozy your way of life with this inspiring guide on connecting to the positive energy of simple, everyday moments. Known around the world as hygge (hoo-ga), lagom (lay-go-m), and other similar terms, cozy and balanced living helps you improve your health, happiness, and spirituality by understanding and feeling the frequency of people, animals, places, and situations. The Simplicity of Cozy is a beginner's guide to self-care that presents a variety of topics relating to and supporting cozy living, including mindfulness, simple ritual, home environment, relationship connections, and being in nature. Easy exercises and practical techniques are featured throughout, helping you make more soulful connections and find appreciation in all you are and all you experience.

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Meyer introduces readers to the best offerings of the Danish table - from soups, main courses, vegetables, and sauces to breads and sweets - in 170 recipes with step-by-step instructions.

'Why are Scandinavians constantly topping the happiness table?' 'How do you get more Scandi-style in your life?' 'Just how do you use lagom?'

Like her viking ancestors before her, Brontë Aurell left Denmark to explore the world beyond home shores and in her travels has come to understand the fascination with her kinfolk, as well as seeing the idiosyncrasies of the Scandinavian lifestyle that locals take for granted. Whether you want your apartment to look like it belongs in Copenhagen, to workout like a Norwegian or adapt to saunas like a Swede, this is the ultimate insider's guide to the countries of the Nørth. Full of inspiration and ideas, how tos and recipes to help you experience the very best of Scandinavian design, philosophy, cookery and culture. With a signature wit and a keen eye for detail, travel alongside Bronte through fjords and mountains, farmlands and cities to better understand these three nations and what makes each one so unique. So get outdoors, learn the life lesson that there's no such thing as bad weather (only bad clothing) and you may discover your inner Scandi sooner than you think.

ScandiKitchen: Fika and Hygge
Comforting cakes and bakes from Scandinavia with love
Ryland Peters

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Eat Meals that Calm Your Thoughts and Stop Anxiety for Good! Your diet plays a dynamic role on mood, emotions and brain-signaling pathways. Since brain chemistry is complicated, The Anti-Anxiety Diet breaks down exactly what you need to know and how to achieve positive results. Integrative dietitian and food-as-medicine guru Ali Miller applies science-based functional medicine to create a system that addresses anxiety while applying a ketogenic low-carb approach. By adopting The Anti-Anxiety Diet, you will reduce inflammation, repair gut integrity and provide your body with necessary nutrients in abundance. This plan balances your hormones and stress chemicals to help you feel even-keeled and relaxed. The book provides quizzes as well as advanced lab and supplement recommendations to help you discover and address the root causes of your body's imbalances. The Anti-Anxiety Diet's healthy approach supports your brain signaling while satiating cravings. And it features 50 delicious recipes, including: • Sweet Potato Avocado Toast • Zesty Creamy Carrot Soup • Chai Panna Cotta • Matcha Green Smoothie • Carnitas Burrito Bowl • Curry Roasted Cauliflower • Seaweed Turkey Roll-Ups • Greek Deviled Eggs

A beautiful and lavishly photographed cookbook focused on authentic Japanese clay-pot cooking, showcasing beloved recipes and updates on

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classics, with background on the origins and history of donabe. Japanese clay pot (donabe) cooking has been refined over centuries into a versatile and simple method for preparing both dramatic and comforting one-pot meals. In *Donabe*, Tokyo native and cooking school instructor Naoko Takei Moore and chef Kyle Connaughton offer inspiring Japanese home-style recipes such as Sizzling Tofu and Mushrooms in Miso Sauce and Dashi-Rich Shabu-Shabu, as well as California-inspired dishes including Steam-Fried Black Cod with Crisp Potatoes, Leeks, and Walnut-Nori Pesto or Smoked Duck Breast with Creamy Wasabi–Green Onion Dipping Sauce. All are rich in flavor, simple to prepare, and perfect for a communal dining experience with family and friends. *Donabe* also features recipes from luminary chefs such as David Kinch, Nomae Shinobu, and Cortney Burns and Nick Balla, all of whom use donabe in their own kitchens. Collectible, beautiful, and functional, donabe can easily be an essential part of your cooking repertory. Brontë Aurell shares her love of home baking and welcomes you to experience the warmth of her kitchen with this comforting collection of bakes and treats from Scandinavia. From a batch of buns to a show-stopping Othello layer cake, Brontë's recipes inspire the feelings of pure delight that baking at home can bring. Try Brontë's Daim Cookies – wonderfully gooey and filled with pieces of chocolate-

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coated almond toffee. The Trays and Rolls chapter includes super-soft Rye Flat Rolls and Lemon and Blueberry cake. Try one of the Everyday Cakes such as Mamma Lena's Apple Pie or Tosca cake, a love story between almonds and buttery caramel. Brontë introduces Fancy Fika and Celebration Cakes including a truly delicious Rye Layer Cake with Cherries or the indulgent Mini Liquorice Pavlovas, Cremelinser and Éclair with Marzipan. There are recipes for buns, breads and crispbreads, as well as a host of treats sure to fill you with all the joy of home baking. Bronte at Home is a compilation of previously published favourites plus a host of new recipes.

A world of steamed-up kitchen windows against a frosty backdrop, delicious Danish pastries, crusty dense breads and creamy layer cakes is summoned up in Trine Hahnemann's spectacularly beautiful new book, *Scandinavian Baking*. Cakes abound, with every kind of Danish pastry you could ever wish for, a cookie for every occasion, mouthwatering layer cakes, coffee cakes, cream buns plus snippets of baking history, so you can learn all you need to know about Scandinavian baking. Divided into two main sections on cakes and breads, sandwiched between features on Midsummer and Christmas, this is the ultimate compendium on authentic Scandinavian baking with a modern twist.

This accessible and entertaining introduction to

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Scandinavian food contains over 80 recipes to try at home, developed by Bronte Aurell, owner of the popular ScandiKitchen Cafe in London's bustling West End.

The crackling of birch, the sizzle of the pot and the scent of wood smoke in the air the relaxed style that typifies Scandinavian open-fire cooking is explored in this cool new cookbook from Michelin-starred chef, Niklas Ekstedt, who is famed for cooking over wood only. This innovative selection of recipes highlights the best of modern Nordic food, themed around ancient cooking methods. Fire pits are easy and affordable to source, even portable types are available for those with limited outdoor space, and wood is re-emerging as a fuel source. Considering how little specialist equipment is required, the flavours achievable with this back to basics method of cooking are outstanding. Niklas book naturally features plenty of fire-building tips, aromatic smoking recipes, pickling and preserving techniques, but he doesn't expect you to go foraging for ingredients or to give up cooking in a traditional kitchen a cast iron skillet over a gas flame will produce similar results. Easy to find ingredients mix with easy cooking techniques to produce delicious family feasts and food for sharing. From simple ember-baked salmon with cucumber and fennel, to flame-roasted celeriac with brown butter and hazlenuts, to a Skånsk apple pie, this is food to excite the appetite of the modern

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cook and inspire your next family or party gathering. Revel in the delights of baking from Scandinavia and the Nordic region with this treasure trove of the tastiest and most traditional recipes. Revel in the delights of baking from Scandinavia and the Nordic region with this treasure trove of the tastiest and most traditional recipes. The Scandinavian countries are not often known for their baking—not like the French are known for their patisserie, or the Greeks for their syrupy delights—but with their modestly decorated cakes, buns, and cookies, Scandinavian recipes are some of the best, and are always bursting with flavor! The Nordic Bakery is a small chain of highly successful little cafés that are dotted around London, all of which reflect the wholesome but comforting style of baking in Scandinavia. The emphasis is on fresh, seasonal produce and healthier baking ingredients, such as rye flour, oats, and barley, and the rustic but modern menu includes open rye-bread sandwiches, cakes, and cinnamon buns. The Nordic Bakery Cookbook allows you to bake your own Bread, such as the popular rye bread, Savory Pastries, Cakes, Sweet Buns, Desserts, and Biscuits in your own home. Cook Yourself Happy is a beautifully illustrated cookbook with over 100 delicious Danish recipes. This cookbook promotes the best of Danish cuisine, presenting a mouth-watering selection of authentic, traditional Danish recipes, which have been handed

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down through the generations. The concept of 'hygge' plays a big part in Danish cuisine. It roughly translates as 'cosiness' and refers to activities such as sitting by the fire on a cold night, family and friends eating together, reading a good book - things that improve your quality of life. This book is firmly embedded in this concept – the recipes and ingredients that Caroline uses are drawn from classic Danish origins and influences, and her recipes are designed to improve your sense of wellbeing and to be shared with friends and family. A wealth of recipes covers every meal and occasion – whether a light lunch of Warm Smoked Salmon with Pickled Cucumber, the heartier national dish of Stegt Flaesk (fried pork belly) or Pheasant Ragout, a delightful dessert of Baked Apples with Marzipan and Raisins, the most traditional of Danish pastries, or a wonderful Hot Chocolate with Orange Syrup, Cook Yourself Happy is filled with enriching food that your friends and family will adore. Food, family and Denmark are Caroline's first loves, and this is echoed in the book with photographs of Caroline cooking at home, interspersed with gorgeous photographs of her family home in Denmark. Drawing on traditional age-old family recipes, this beautifully illustrated cookbook focuses on the most delicious and nourishing traditional Danish recipes that will boost your sense of wellbeing both inside and out.

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Swedish cuisine is delicious, varied and often unexpected, and in this delightful book Margareta Schildt Landgren shares wonderful stories from her own Swedish kitchen along with over 100 fabulous recipes. Here Margareta includes both traditional and modern recipes, from Gravalax with Herbs and Swedish Meatballs to St Lucia Buns and Elderflower Cordial. The mouth-watering recipes are interspersed with captivating narrative on Sweden's food traditions, the development of regional cuisine, the importance of seasonal eating and celebration foods. Margareta's text is illustrated beautifully with stunning recipe and location photography from Tine Guth Linse, as well as photographs from her own archive. This is essential reading for anyone with a passion for food or a love of Swedish culture.

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