



# **The Scandinavian Kitchen: 100 Essential Nordic Ingredients and 250 Authentic Recipes**

*Camilla Plum*

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Luscious berries, thin-skinned juicy fruit, fresh fish, pungent herbs, ancient grains, and game made into simple, healthy and seasonal food is what Scandinavian cooking is all about. The ingredients are the soul of cooking in the north. The quality is high because food from Scandinavia grows slowly during long, cool summer days and has the time to gather all the nutrients and taste it is so proud of. These ingredients inspire simple, seasonal cooking that brings out their natural flavors, cultivating in home-cooked food at its best.

This book will not teach you how to cook like a chef, but like a Scandinavian. Covering food from all over Sweden, Norway, Denmark, Finland and Iceland, this book contains 100 typically Nordic ingredients, from cloudberry and horseradish to halibut and reindeer, as well as 250 recipes, with US substitutions when necessary, for both everyday meals and festive occasions.

The book's recipes are organized under ingredient groups like Eggs & Dairy, Fresh Fish & Shellfish, Vegetables, Fruit and Breads & Grains. Including spring and summer food with lots of herbs and fresh greens like a Chervil Soup with Poached Eggs and Asparagus, instructions on salting your own fish and making a delicious Fried Salted Herring with Caramelized Onions, stews and hearty food for winter like a Perfect Roast Pork, pickling everything from plums to mushrooms to beets, and baking traditional Honey Cakes and Sweet Breads, this is an invaluable reference to Nordic cooking.

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