

SWEDISH FIKA



Contents

Bread & buns
Cookies
Pies and sponges
Assorted nibbles – for the tin
and otherwise
Filling food
Soups
Salads

From deli sandwich to cake and coffee

Milo Kalén
175x245, 128p

There is a lot of interest in the Swedish fika culture in, for example, England and the USA – it has become trendy to take a break for fika as in Sweden, and here we are invited to partake in both the classic cookies and newer creations.

Afika is so much more than seven kinds of cookies and coffee on the saucer and the term is used more widely today than it was fifty years ago. Here everything is served from grandma's cookies to carrot cake and delicious cafe lunches. Also, tasty homemade breads, and the odd cake or two. In short, all you need for a good fika!

The book challenges us to be a little disobedient. Don't follow the recipe slavishly – dare to differ and try new things! It gives us the chance to find new favourites and create our own. A fika is what you make it.

And now at last it's time for fika!

In short a patisserie in bookform!

About the author



Milo Kalén made sure her dream of owning her own café came true, and for three years now she is proprietor of *Kaka på kaka* in Limhamn outside Malmö. This is her first cookbook.