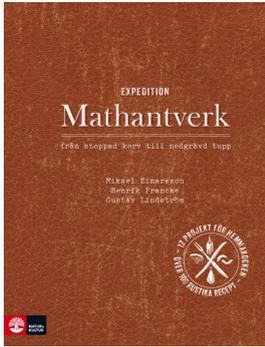


# FOOD-CRAFT EXPEDITION



## Projects (examples of recipes)

- Preparing food over an open fire (kebab with whole-grilled wild boar)
- Rustic ovens, build your own oven, (porchetta, tarte flamb'e with your own pork)
- Cooking pits (cockerel and potatoes with summer salad and home-made feta cheese)
- Home dairy (mozzarella, goat mese, 'filbunke', feta cheese)
- Home charcuterie (blood pudding with home-cured pork, liver paste, prosciutto)
- Drying
- Smoking (egg sandwich with home-made caviar, smoked shrimps in dill and horseradish mayonnaise)
- Stuffing sausages ('isterband', chipolata, black sausage with mushrooms and lingonberries)
- Home brewing (ginger-ale, elder-flower champagne)
- Preservation of vegetables and berries (lingonberries in vodka, chanterelle jam)
- Oyster mushroom cultivation (oyster mushroom jam)
- Snail farm (braised oxtail escargot)

## Expedition mathantverk

Mikael Einarsson, Henrik Francke, Gustav Lindström  
200x240, 176 pp

*Nowadays we manage to survive without having to salt meat for the winter or turn milk into cheese in the mountain farm-shed.*

**B**ut perhaps precisely because of that, it is fun to try! For three years, the authors Mikael, Henrik and Gustav have researched all sides of food craft – traditional ways of producing and preserving foods. The result was 12 large food projects and 75 recipes. Some of the recipes require just an afternoon, but some can take up to three years!

This book is about the basic principles behind cooking and taste. About genuine ingredients that meet fire and smoke, salt and sugar. About rustic methods that create elegant tastes. About the joy of tasting a newly grilled trout with the forest vegetation tickling your legs. About the pride manifested in a home-made liver paste.

## About the authors:

**Mikael Einarsson** is the head chef at the Djuret and Leijontorneret restaurants in Stockholm. His experience includes working at Skebo Herrgård, Pontus in the greenhouse, the 2-star The Square in London and Carl Michael.

**Henrik Francke** has worked as an editor, writer and creative director for the Gourmet magazine and has previously written several award-winning cook books.

**Gustav Lindström** runs a little advertising agency but is a passionate believer in self-sufficiency and home woodworking, having grown up on a working farm.



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