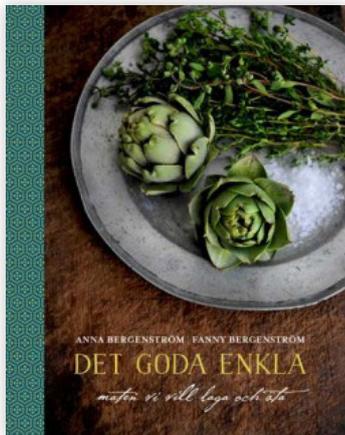


# GOOD AND SIMPLE



## Contents:

Introduction  
The power of raw foods  
Tiny dishes and snacks  
Fantastic cereals  
Beans and lentils  
More and more greens  
The finest fish  
A bit about meat  
Some simple breads  
After your meal  
Basic tips and ideas  
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## Det goda enkla

Anna & Fanny Bergenström

190x250, 408 pp

**G**ood & simple is the title Anna and Fanny have chosen for their new cookbook. With this book, the duo hope to inspire people to use new ways in their kitchens with food that they think has a future. More greens, more beans, lentils and exciting old cereals that are available again... but the book also contains some delicious fish and meat recipes. The authors recommend you to go for organic meat – because then you know that the animals have had a decent life. Of course organic meat is more expensive, but in fact we now eat cheaper and better than ever before, say Anna and Fanny. There is also a large chapter on snacks in their new book – snacks that are easy to prepare and nice to offer guests. New breads and pastries, and finally a collection of the authors' very best tricks of the trade and tips for the kitchen. A thorough book about delicious, beautiful and sensual food for today. Food that will make both you and the environment feel good!

## About the authors:



**Anna Bergenström** is a journalist and Sweden's most appreciated cookbook writer with around 15 cookbooks on her resume. In 2002 she was appointed professor for her contributions for Swedish food culture. Her cookbooks constitute an essential part of the kitchen equipment in many Swedish households.

**Fanny Bergenström** is a photographer, stylist, graphic designer and writer with food, travel and flowers as her specialities. She has worked together with Anna in several titles, and has also written the book *Om Blommor (On Flowers)*. Fanny is Anna Bergenström's daughter.