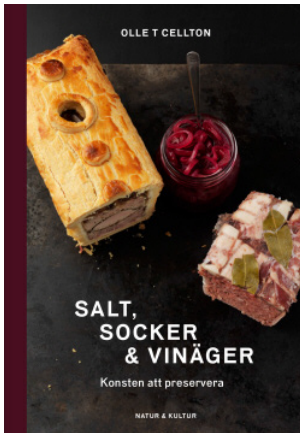


SALT, SUGAR & VINEGAR

THE ART OF FOOD PRESERVATION



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Salt, socker & vinäger

Olle T Cellton

185 x 265, 144 pp

“When I am asked what characterises my cooking I usually say that I make the sort of food that most people very well could make at home – but don’t. My food is dependent upon things we have done several months earlier. Sometimes even years earlier. We build up a larder which gives us more freedom of choice in the future, and for the most part without having any idea what it will be used for. Food that is at its best after one year or longer, when all the seasons have been utilised.

For me as a cook it has become natural to make pickles, terrines and fruit preserves. They have become one of the most important parts of my cooking. The PatéPaté restaurant in Copenhagen would not have been such a success if we hadn’t made our well-known patés and terrines, at 19 Glas in the old town in Stockholm I had jars with various pickles and preserves all over the kitchen (which was in the cellar) and the first thing I did when I started Restaurant Niklas was to salt lemons and make jellies of the season’s last wild apples.

Preserving food with salt, sugar and vinegar (and spirit vinegar) follows old methods and traditions. It has been carried out throughout the world as a way of survival. With the equipment we have today, we don’t always have to follow the laws of preservation in every detail, but can do it in a way that we think tastes best.”

Olle T Cellton

About the author:



Olle T Cellton grew up in Malmö in the south of Sweden and started to work in a restaurant at a young age. After going to restaurant school he has worked in Malmö, Edinburgh, London, Copenhagen, San Francisco and is now the head chef at Niklas Ekstedt’s restaurant Niklas in Stockholm. His international experience has given him a special style and a wide cooking perspective with a thorough knowledge of kitchen skills. Olle’s fondness for preservation of all kinds is reflected in the menu at Niklas and in his larder at home in Västerhaninge, Stockholm.



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