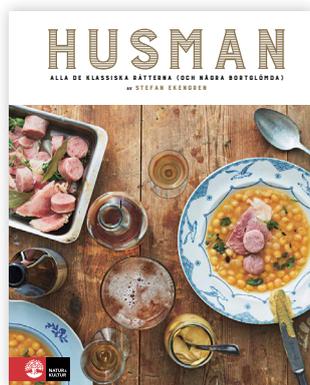


SWEDISH HOMECOOKING



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Husman

Stefan Ekengren

200 x 250, 176

Most of us have some kind of idea about Swedish homecooking. But how many of us can prepare a really tasty boiled veal with dill, a perfect kalops beef stew, or pea soup with pork? Or a good old-fashioned meat soup with dumplings – all-round food of high class which beats any Asian-influenced fusion dish.

All through his career as a chef Swedish homecooking has played a major role for Stefan Ekengren. Now he has collected 60 favourites, such as stuffed cabbage *dolmar*, fried herring, brisket of beef, bacon in onion sauce, *ängamat* (made with leek, peas, carrots and cauliflower) and homemade cheesecake with lightly whisked cream and jam. The book inspires to entertain with Swedish homecooking and not only as everyday fare. Well-prepared, for example, Sami corned beef (*lappskojs*) is up there at Nobel menu standard, according to Stefan. Not to mention Salmon pudding! At the same time mild and tender, yet bursting with savour.

All the recipes are given for 4 and 10 persons and are introduced with a story and tips for success. For most of the dishes there are also suggestions on how to raise them a level and move them in a non-traditional direction. Toast Pelle Janzon can for example be prepared with thin slices of salmon, and before you arrange your cabbage pie the cabbage leaves can be smoked a little to get a mild flavour of smoke, serve the salmon pudding with fennel crudités, and the *kalops* beef stew with Grandma's carrots and fresh butter.

About the author



Stefan Ekengren is head of kitchen at *Görväln Slott* in Järfälla outside Stockholm. He is also a columnist for *Gourmet* magazine. Stefan's mission for Swedish homecooking has been going on for a long time, and on the blog *Kökstugg* he mixes traditional Swedish and modern food inspired by old techniques. The epithet *Världen äldsta kock* (the world's oldest chef) is from the endless stories about food on the blog. With his authentic knowledge of

Swedish cooking he hopes to inspire homecooking to be served more often, and on a variety of occasions, in the home.



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