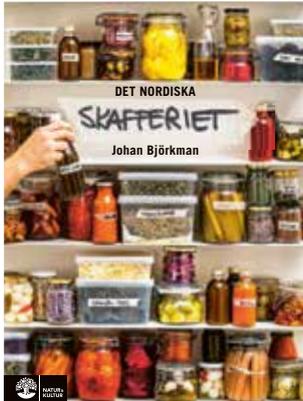


THE NORDIC LARDER

DRYING, LACTIC PRESERVES, FERMENTING, PICKLES, OILS, VINEGARS & SALT



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Det nordiska skafferiet

Johan Björkman
180x230, 160p

The Nordic larder clearly explains the basics on how to harvest the goodness of summer and preserve vegetables using traditional methods that have been modernised. It is an inspiration for those who wish to create their own larder over the winter.

Short interview with Johan Björkman

How is your book different from other, similar books?

I think it stands out because it very clearly explains the basics of how to preserve the plants and vegetables of summer using various techniques such as drying, fermenting, lactic preserves, among others. Another strength in the book is that the second half consists of recipes of whole meals I prepare using the ingredients in the larder, which I created in part one.

How do you think the book should be used?

The idea is to use the book as inspiration to create one's own larder for the winter. One doesn't have to follow the recipes precisely, it can be trial and error and one may want to experiment with other spices or the amount of lactic acid and in this way create one's own favourite larder produce.

Your favourite recipe within each category?

Oh, there's so many good ones, I don't have any favourites! Fermented carrots with coriander seeds, rosemary salt, oil from green juniper berries, kimchi of swede, dried berry powders of lingonberries and blackcurrants, natural chilli sauce, rhubarb vinegar, zucchini with mint and chilli and finally muesli made with kale and hazelnuts.



About the author

Johan Björkman is the dishwasher from Trollhättan who is now head of the kitchen in Koka restaurant in Göteborg. The restaurant has a star in Guide Michelin and focuses on modern west Swedish gastronomy and produce. The book is a summing up of all that Johan has learned over the last 10 years on preserving foods.



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