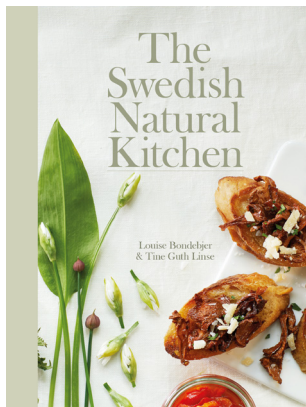


# THE SWEDISH NATURAL KITCHEN



## Contents

Food is my passion

Classic dishes

Blackberries, raspberries & cloudberries

Rosehips, plums, apples & chanterelles

Cabbage, pumpkin & root vegetables

Asparagus, nettle & wild garlic

Lingonberry, rowanberry & sea buckthorn berry

Elderflower, rhubarb & strawberries

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## Naturens skafferi

Louise Bondebjer

185 x 245, 128pp

**M**ake use of everything beautiful and flavoursome in forest and garden! Berries, root vegetables, fungi and cabbage: this book brings you wonderful recipes from the generous larder of nature. It provides inspiration to use familiar raw materials in new ways to make use of the gifts of nature as happened in days gone by. How about a green cabbage pizza, rosehip jam, rhubarb fool? Maybe you will also be inspired to go out to forage natural and seasonal treasures! Picking strawberries, raspberries or chanterelles are wonderful summer memories to savour during the dark months of winter. The recipes in the book are simple, rustic and created with the current season in focus.

- Great feeling of what nature's larder can bring
- Classic Swedish dishes with a modern touch
- Seasonal produce in focus
- Food that is beautiful, rustic and tasty!



## About the author

**Louise Bondebjer** has since childhood had a great interest in cooking and baking. She trained at Restauranghögskolan in Grythyttan. The year after graduating she worked at Grythyttan for the "Gourmand World Cookbook Awards" with Carl Jan Granquist and the initiator Edouard Cointreau.

Nowadays she runs her own company *Lisa på landet* and provides rent-a-chef services for private customers, writes articles for food magazines, styles food environments and creates recipes and inspirational images for marketing by food companies. She also runs the blog: [www.lisapalandet.com](http://www.lisapalandet.com).

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