



Scandinavian Comfort Food: Embracing the Art of Hygge

By Trine Hahnemann

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The Scandinavians excel at comfort— family, friends, a good atmosphere, long meals, relaxation, and an emphasis on the simple pleasures. They even have a word for this kind of coziness that comes with spending quality time in hearth and home when the days are short: "hygge". Trine Hahnemann is the doyenne of Scandinavian cooking, and loves nothing more than spending time in her kitchen cooking up comforting food in good company. This is her collection of recipes that will warm you up and teach you to embrace the art of hygge, no matter where you live.

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Editorial Review

Review

"Trine Hahnemann's latest book attempts to translate hygge into the kitchen through 130 or so recipes for Scandinavian comfort food. . . There are sections on holiday food (a yule log), requisite recipes for rye bread, kringle, Danishes and even marzipan-filled Easter eggs. The photography (by Columbus Leth) is lovely, which helps the whole hygge thing quite a bit too. In other words, it's a very cozy book, with very cozy recipes. Hygge achieved." - Amy Scattergood, The Los Angeles Times

"What makes Hahnemann's book unique is that while hygge might be a trend, there's nothing about her recipes that are scream "food trend." This is a woman who believes in cooking good, whole foods, and serving it to the ones she loves. Just flipping through the pages, you get a feel for the Scandinavian seasons, of the light meals that are made for enjoying long summer nights and the heartier winter dishes that will always be accompanied by flickering candles. This book is perfect for anyone looking to incorporate not only more Scandinavian food into their diet, but healthier, wholesome recipes that make you feel good." - Anna Brones, Paste Magazine

About the Author

A chef and food writer, Trine Hahnemann is an enthusiastic advocate for sustainable solutions, organic sourcing, and food cooked with love. With her great knowledge of Danish food and food culture, she writes for and appears regularly in the media in America and Britian. Trine has written ten cookbooks in her native Danish and four in English: *Scandinavian Baking*, *The Scandinavian Cookbook*, *Scandinavian Christmas*, and *The Nordic Diet/em*>.

Users Review

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