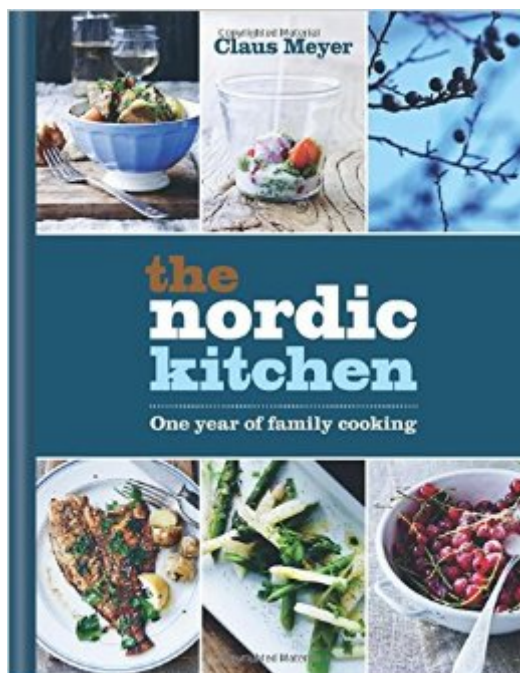


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# The Nordic Kitchen: One Year Of Family Cooking



## Synopsis

In this book, Claus Meyer brings the ethos that built Noma into the world's best restaurant into the home with easy-going, accessible dishes that will fit seamlessly into family life. The book is divided into four seasonal chapters so that you can get the most from the food and flavors in season. There are also features on food from the wild, including chanterelles, dandelions and blackberries. With recipes including Creamy Root Vegetable Soup with Crispy Bacon, Braised Pork Cheeks with Beer and Plum Vinegar, Pan-fried Mullet with Cucumber and Peas in Dill Butter and Rhubarb Cake you can bring the delicious flavors of the Nordic countries into your own kitchen.

## Book Information

Hardcover: 256 pages

Publisher: Mitchell Beazley (May 17, 2016)

Language: English

ISBN-10: 178472162X

ISBN-13: 978-1784721626

Product Dimensions: 7.8 x 1.1 x 10 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #53,388 in Books (See Top 100 in Books) #6 inÂ Books > Cookbooks, Food & Wine > Regional & International > European > Scandinavian #69 inÂ Books > Cookbooks, Food & Wine > Entertaining & Holidays > Seasonal

## Customer Reviews

This is a dream cookbook for anyone interested in the Slow Food movement, in Nordic cooking, in the use of herbs, in seasonal foods, in backyard foraging, in artful presentation e.g. for most cooks or self-styled foodies. Why? because the recipes exhibit the best of all those movements/threads within the culinary scene without being simply trendy. Some of the recipes are very simple - something that children can do or help do. For example "Strawberries with tarragon sugar and milk" which is as simple as its title is expanded by a simple note that sweet cicely, mint and lemon balm are alternatives to tarragon. What a great opportunity to teach a child to identify the herbs and distinguish their flavors. In addition, all are easily grown so the child can grow the herb and use it. Other recipes remain simple but use ingredients in ways that are unfamiliar. For example "Baked apples with beer ice cream" adds star-anise, porter, lemon and vanilla to a simple baked apple then top it with eggy beer ice cream. For myself baked apple implies cinnamon and walnuts perhaps with

a bit of home churned ice cream; I've never seriously considered changing up the flavors - and certainly not with beer. While those who cook with beer regularly may not see this as innovative, there are similar breaks with tradition using ramps, lovage, gastriques, rowan ... that will provide any cook with a surprise. Some recipes are more complex such as "Sweet and sour lamb fricassee" which uses potato stock, parsley root and jaggery illustrates the "waste not" philosophy by the use of water used in cooking potatoes.

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