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ScandiKitchen: Fika And Hygge: Comforting Cakes And Bakes From Scandinavia With Love



Synopsis

A follow-up to the successful 'The ScandiKitchen' (published September 2015), this new book from Brontëföö Aurell features over 60 recipes for cakes, bakes, and treats from all over Scandinavia. From indulgent cream confections to homely and comforting fruit cakes and traditional breads, sweet buns, and pastries. Fika is a Swedish word meaning to meet up for a cup of coffee or tea over something delicious. It is also the word for the delicious treats themselves. Swedes traditionally stop twice a day for fika: taking a much-needed break from the daily grind. People fika with family, colleagues, friends, children, and even go on fika dates. Hygge (pronounced hue-guh) is a word that originated in Norway but is now mainly used in Denmark. It means "a sublime state of cosiness you feel when you are with loved ones and nothing else matters". Hygge can be enhanced by the addition of a log fire, a good movie, a cup of something warm, and a sweet treat—hence the ideal combination of the two terms. Chapters are divided into Biscuits and Cookies, Tray and No bakes, Everyday Fika, Little Fancy Cakes, Celebration Cakes, and Bread and Batters. This beautifully illustrated, authentic guide is a celebration of Scandinavian baking in all its glory. It is evocative of cosy days shared with friends, slowing down and taking the time to enjoy simple, homemade, wholesome pleasures—encouraging a lifestyle to aspire to. With features on special Scandi winter celebrations, their baking traditions and how to bring fika and hygge into your life.

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