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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 Bront  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.

Book Information

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Customer Reviews

Bront  Aurell is a Danish entrepreneur, restaurateur and cook. Together with her Swedish husband Jonas, she runs the acclaimed ScandiKitchen Caf  and shop in central London. A keen

cook herself, Bronte has been published widely in national magazines and newspapers, including The Guardian, The Times, Sunday Express, Olive, Hello, the Evening Standardâ€™s ES Magazine. BrontÃ« and her food have also featured on BBC Radio, Channel 4 and Danish TV. She lives in London with Jonas and their two young daughters.

Great recipe s and beautiful photos

My daughter loves the bake cookies and cakes. So this was an easy add-on for her.

Bronte does such a lovely job of capturing the spirit of hygge. With her wonderful recipes for traditional Scandinavian baked goods, she makes it easy to incorporate simple moments and that classic sense of Scandinavian coziness into our everyday lifestyles, no matter where we are.

Wow! Who knew that there were different, unique cakes for Fika, Hygge and each of the other many Scandinavian holidays and celebrations? Who even knew what Fika and Hygge were? Well, I do now because I read this fun book entitled My a Year of Living Danishly. Then I discovered the two ScandiKitchen books. These three plus my current read about 33 ways to Hygge make for a fun change in my perspective and way of enjoying myself.

Great Scandinavian cookbook with beautiful food ideas.

Absolutely lovely. Has all the treats that I have ever loved. The book emanates warmth. It reminds me with every page of the blissful feeling of entering our cozy kitchen filled with the scent of vanilla & cardamom after spending the day outside in the cold, dark winter.

What a delightful book with most amazing photographs of deserts. It really made me start looking for a stand up kitchen mixer so I can start baking those recipes myself. Just beautiful.

Yummy new things to try. Design of the book and photos are so wonderful that sometimes just the picture and reading the recipe is satisfying.

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