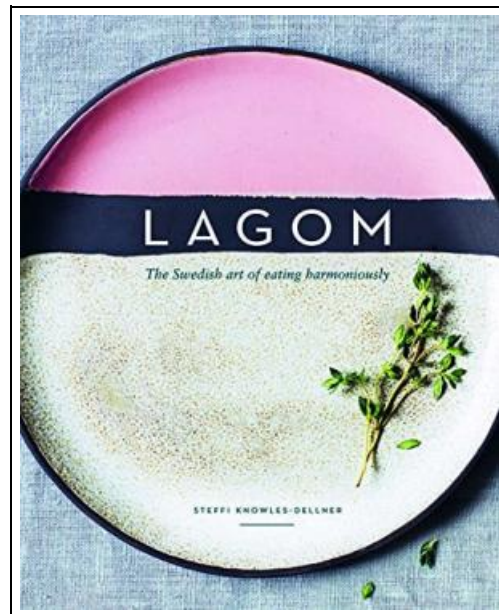


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LAGOM: THE SWEDISH ART OF EATING HARMONIOUSLY (HARDBACK)



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Quadrille Publishing Ltd, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. Lagom: n. just the right amount, balanced, harmonious. This beautiful, fresh cookbook offers genuine insight into how Swedes eat and cook - with recipes that fit around the seasons, occasions, times of day, and appetite. Eating and cooking in tune with lagom means embracing food that is good for body and soul, unfussy, delicious and sustaining, and all in harmony. The Swedes understand that balance is everything - that you crave comforting food when a bitter wind is howling outside, that refreshing, lighter meals suit hot, hazy days, that a mid-morning bun is good for morale, and that a long, sociable lunch with friends and family on a Sunday is the most rewarding way to end the weekend. There is a time and place for every kind of food, and when everything is in equilibrium, you will be content and satisfied. Steffi Knowles-Dellner is a Swedish food stylist and blogger who will introduce you to the unique Swedish concepts that encapsulate lagom, in this her debut book. From the well-known smorgasbord table of open sandwiches, and Fredags mys (cosy Fridays) when hunkering down on a cosy sofa and tucking into tacos is a must, all the way to the irresistible idea of loerdagsgodis - a single day for eating sweets to satisfy even the sweetest tooth.



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