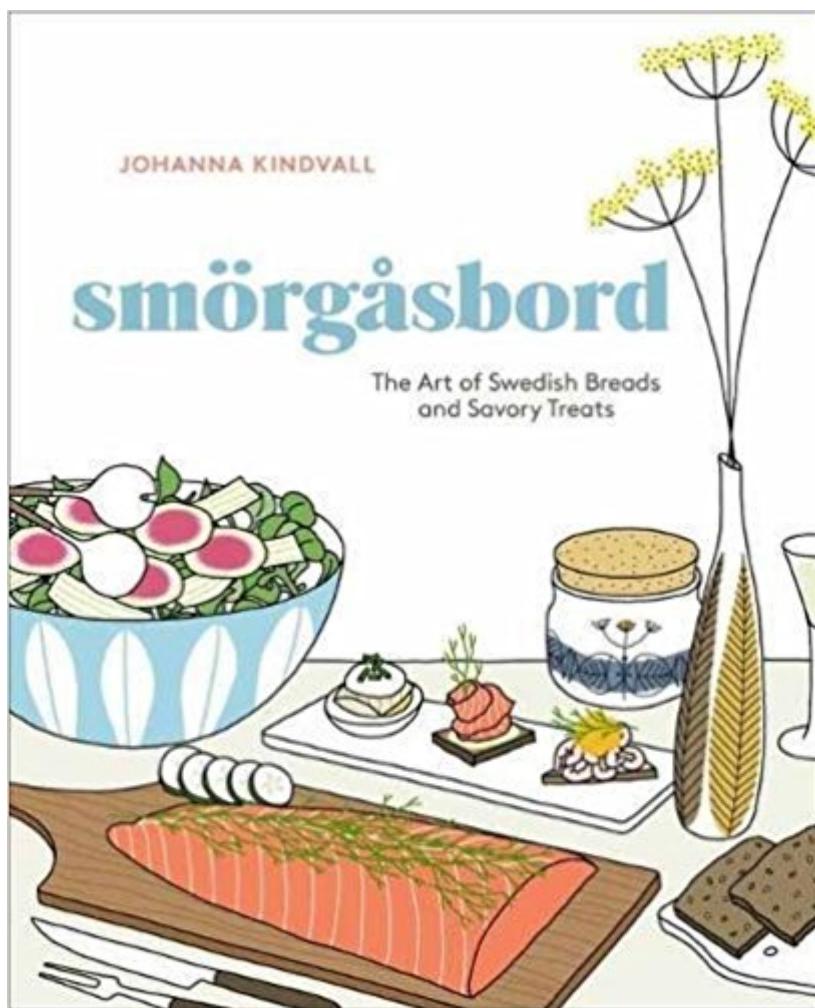


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Smorgasbord: The Art Of Swedish Breads And Savory Treats



Synopsis

A savory spin on Swedish baking, pantry, and party cuisine from the coauthor of *Fika*. An illustrated cookbook on the classic breads and savory foods of a Swedish *smörgåsbord* that can be enjoyed for parties and holidays as well as for snacking and small meals. Includes traditional and contemporary Swedish recipes for dishes such as Rye Bread, Chicken Liver Pate, Elderflower Cured Trout, Fresh Cheese, Swedish Deviled Eggs, Buttery Red Cabbage, and infused aquavit liqueurs.

Book Information

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Customer Reviews

[View larger](#)  **fÄfÄnkÄfÄ¥lsggravad lax / Gravlax With Fennel** Curing fish such as salmon has a long tradition in the Nordic countries. In olden times, gravlax was made by salting salmon and burying it in sand on the beach to ferment. Today, the cure is all done in the refrigerator, and, depending on which texture and flavor you want, the dish can be ready and served within 4 to 24 hours. A shorter cure makes the salmon soft and mild, while a longer cure makes it firmer with a richer flavor. Traditionally, gravlax is enjoyed year-round and served with lemon, cucumber, and Classic Mustard Sauce (page 144). But itÄcÄ Å™s also delicious on fresh bread topped with Quick Pickled Vegetables (page 152) and Pickled Mustard Seeds (page 142). Because gravlax is not cooked but rather lightly cured, itÄcÄ Å™s extra-important to buy good-quality fresh salmon, preferably sushi-grade. You can also freeze nonÄcÄ Å“sushi-grade salmon for at least 48 hours before curing it; this will kill any potential parasites. Just defrost before you start the curing process.

Recipe (serves 6 or more on a smörgåsbord) Rinse the salmon, pat dry, and remove any bones with a pair of tweezers. Place the fish skin side down on a piece of plastic wrap. In a small bowl, mix together the salt, sugar, and fennel seeds. Rub some of the mixture all around the fillet. Distribute the rest of the mixture evenly on top of the fish; the mixture should cover the fillet. Wrap the fish tightly with the plastic wrap (or use a plastic bag) and place the package on a plate. Refrigerate and let cure for 48 hours. Turn the package twice a day. After 2 days, wipe off the fennel seeds and any remaining cure. Pat dry with a paper towel. Starting at the end of the fish, use a fillet knife or any other sharp knife to slice very thin diagonal slices. Arrange the slices neatly on a platter, then decorate with fennel blossoms or thin shavings of fresh fennel. Gravlax can be stored in a covered container in the refrigerator for 2 to 3 days. Ingredients: 2 pounds (900 g) salmon fillet, with skin on $\frac{1}{2}$ cup (2.25 oz, 64 g) kosher salt (without iodine) $\frac{1}{2}$ cup (3.5 oz, 99 g) sugar 3 tablespoons fennel seeds, toasted and crushed Fennel blossoms or slivers of fresh fennel, for garnish

Praise for Fika: "The book is a delicious compendium of nearly 50 illustrated recipes inspired by Brones and Kindvall's childhoods, equally fueled by Fika. The cookies, cakes and breads (including savory variants) tap right into a growing, universal quest to achieve a more laid-back European lifestyle." --New York Times T Magazine "As accessible as it is insightful, Fika is a baking book mixed with etiquette how-to and cultural know-how, iced with a calendar of holidays and expressed as a work of illustrated art." --Paste Magazine "For those looking to bring fika vibes to their lives, the book is a wealth of Swedish recipes and cooking tips. Swedish classics like kanelbullar (cinnamon buns spiced with cardamom) and hasselnötsflarn (simple cookies best dipped in a fresh cup of coffee) are easily explained and aided by Kindvall's upbeat illustrations." --Cool Hunting

JOHANNA KINDVALL is a Swedish illustrator who divides her time between a Brooklyn brownstone and her summer cottage in South Sweden. Her work has been featured in various books and online magazines, and she writes an illustrated food blog, Kokblog, which was named a *Saveur* "Site We Love." She is the illustrator and coauthor of *Fika: The Art of the Swedish Coffee Break*.

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