

Cook Yourself Happy The Danish Way



BOOK DETAILS

- Author : Caroline Fleming
- Pages : 256 Pages
- Publisher : Jacqui Small
- Language : English
- ISBN : 1911127284

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BOOK SYNOPSIS

Cook Yourself Happy is firmly embedded in the Danish concept of 'hygge' or 'cosiness' - the recipes and ingredients that Caroline uses are drawn from classic Danish origins and influences, and are designed to improve your quality of life and sense of wellbeing. The Danish 'hygge' will be emphasized throughout, reflected in Caroline's personal and nurturing approach to life and cooking, and her desire to share her food with family and friends. A wealth of recipes covers every meal and occasion - whether a light lunch of Warm Smoked Salmon with Pickled Cucumber, the heartier national dish of Stegt Flaesk (fried pork belly) or Pheasant Ragout, a delightful dessert of Baked Apples with Marzipan and Raisins, the most traditional of Danish pastries, or a wonderful Hot Chocolate with Orange Syrup, Cook Yourself Happy is filled with enriching food that your friends and family will adore. Food, family and Denmark are Caroline's first loves, and this will be echoed in the book with photographs of Caroline cooking at home, interspersed with gorgeous photographs of her family home in Denmark. Drawing on traditional age-old family recipes, this beautifully illustrated cookbook focuses on the most delicious and nourishing traditional Danish recipes that will boost your sense of wellbeing both inside and out.

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