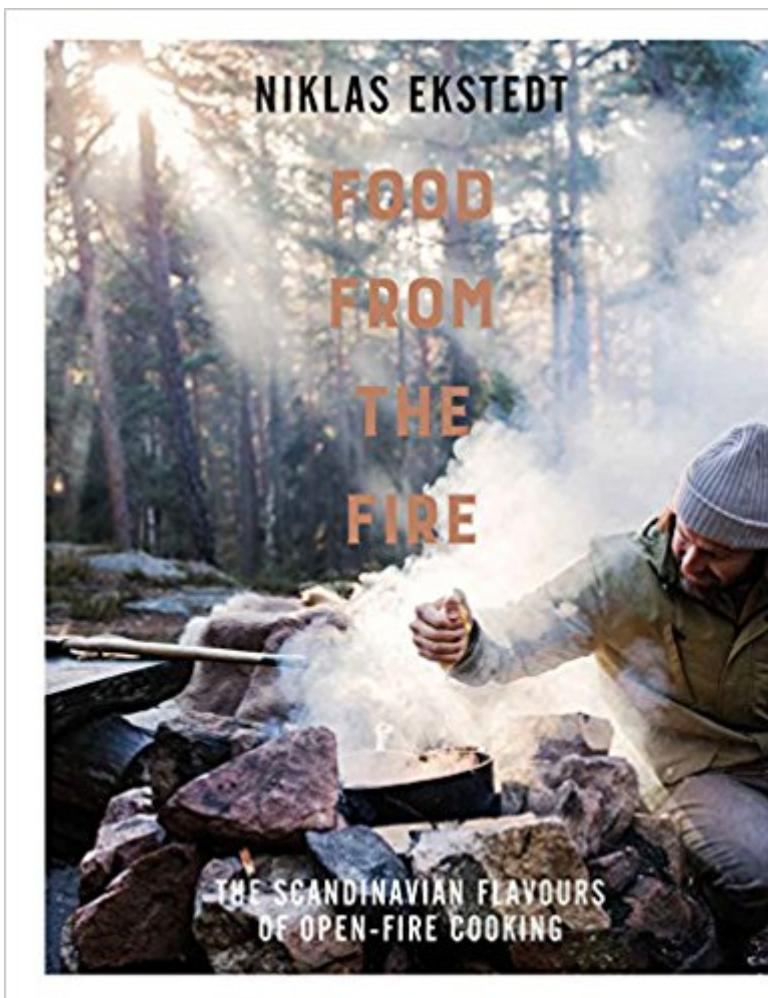


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Food From The Fire: The Scandinavian Flavours Of Open-fire Cooking



Synopsis

This innovative selection of recipes highlights the best of modern Nordic food, themed around ancient cooking methods. Fire pits are easy and affordable to source, even portable types are available for those with limited outdoor space, and wood is re-emerging as a fuel source. Considering how little specialist equipment is required, the flavors achievable with this back-to-basics method of cooking are outstanding. Niklas Ekstedt's book naturally features plenty of fire-building tips, aromatic smoking recipes, pickling and preserving techniques, but he doesn't expect you to go foraging for ingredients or to give up cooking in a traditional kitchen. A cast iron skillet over a gas flame will produce similar results. Easy to find ingredients mix with easy cooking techniques to produce delicious family feasts and food for sharing. From simple Ember-baked Salmon with Cucumber and Fennel; to Cast-Iron Pan-Fried Lobster, Saffron Mayonnaise and Pickled Vegetables; to Hazelnut Cake, Warm Cloudberry and Yogurt, this is food to excite the appetite of the modern cook and inspire your next family or party gathering. Includes dual measures.

Book Information

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Customer Reviews

"The Swedish cookbook that's about to set your world - OK - your dinner on fire."

Esquire "This book proves it can produce simple, honest refinement; both in and out of the kitchen." *Wallpaper**

Niklas Ekstedt is founder of the Michelin-starred EKSTEDT, in Stockholm; a restaurant that uses

only Scandinavian wood in their magnificent fire pit or their wood-fired oven to give the food a truly unique character. No electric cooker, no gas burners. EKSTEDT was named second in Zagat's "Ten Hottest Restaurants in the World." He has done stints at Charlie Trotter in Chicago, as well as El Bulli and the Fat Duck. He is the author of Scandinavian Classics.

Great photography and inspired recipes. If you love cooking with fire than this is a must have for your collection.

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