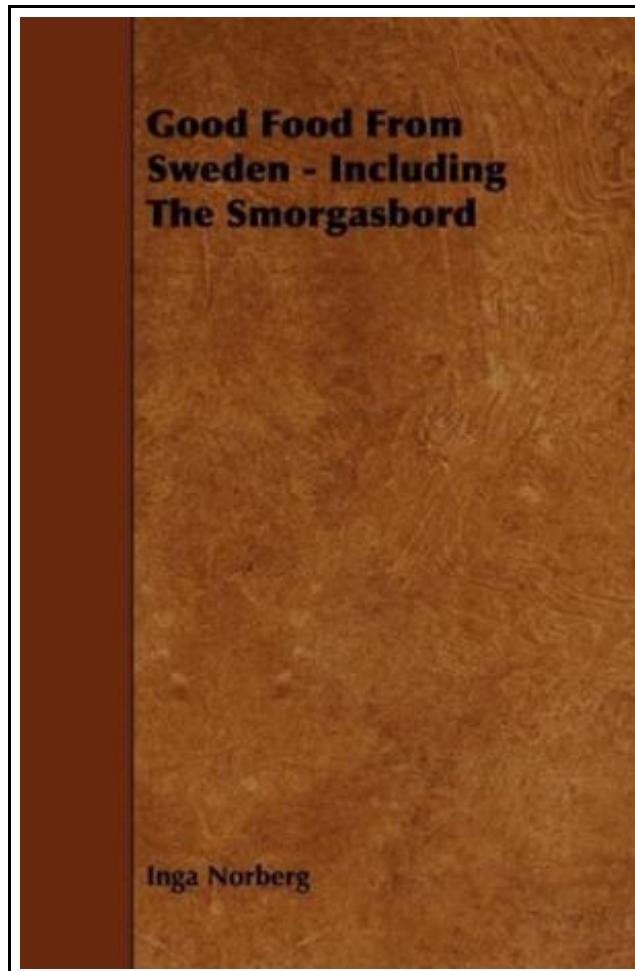


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(Monserrat Runolfsdottir)*

GOOD FOOD FROM SWEDEN - INCLUDING THE SMORGASBORD (PAPERBACK)

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Read Books, United Kingdom, 2008. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. FOREWORD The recipes in this book will prove to you that the Swedish housewife is a culinary artist who knows how to turn an inexpensive and simple item on the menu into an appetizing dish by just a few deft touches. She also bears in mind the stimulating effect of a varied menu, as a welcome change from everyday fare. Being also both clever and economical, she realizes the nutritive value of eggs, cream and butter, and would never in her cooking stint an extra egg or pint of cream, knowing that she will get far more real food-value out of those ingredients than out of an equally expensive slice of meat, not to speak of the appetizing effect they will have on an otherwise un-interesting dish. The Swedish housewife also has a flair for turning to good account the cheaper cuts of meat, which are generally looked down on by the American cook for the simple reason that she has never learnt how to transform them into nourishing and tasty dishes. I am thinking of minced meat. Not the kind you buy ready-made, nor the remains of the Sunday roast, having passed through the usual Monday morning rites. The Swedish minced meat arrives from the butcher in its original state, be it good stewing beef, best forequarter veal, or pork, and the mincing process takes place in her own kitchen. This to ensure that there is no violation of what might be looked upon as the Swedish housewives golden rule Only the best meaning superior and unimpaired raw materials is good enough. There are a few cooking utensils that the Swedish housewife finds invaluable,...

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