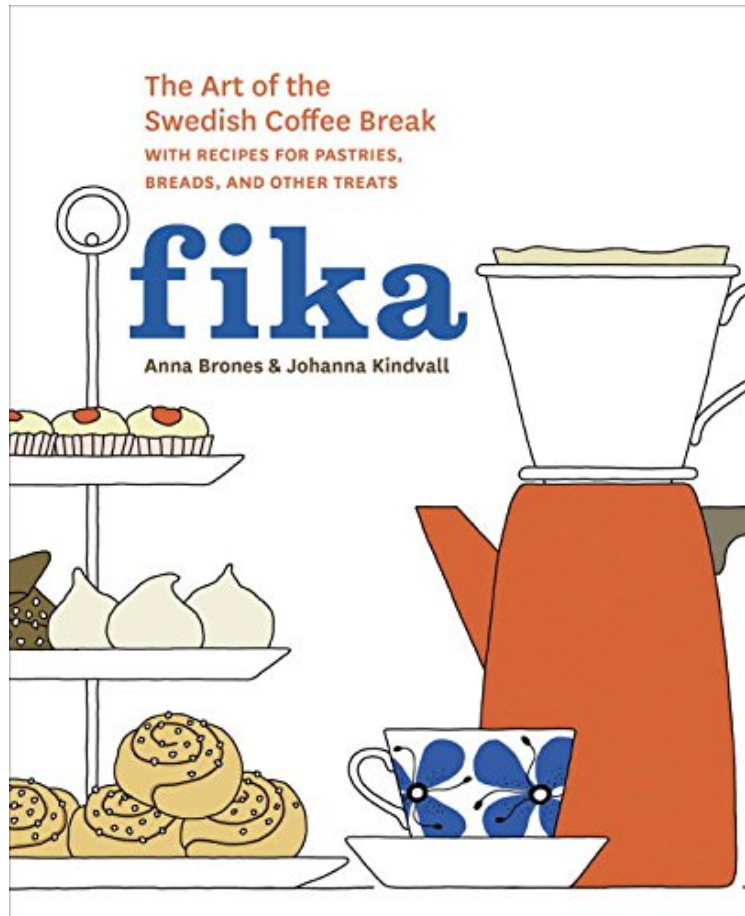


(Read now) Fika: The Art of The Swedish Coffee Break, with Recipes for Pastries, Breads, and Other Treats

Fika: The Art of The Swedish Coffee Break, with Recipes for Pastries, Breads, and Other Treats

Anna Brones, Johanna Kindvall

**Download PDF | ePub | DOC | audiobook | ebooks*



[DOWNLOAD](#)



[READ ONLINE](#)

#39536 in Books Ingramcontent 2015-04-07 2015-04-07Original language:EnglishPDF # 1 8.30 x .80 x 6.80l, 1.25 #File Name: 1607745860168 pagesFika The Art of the Swedish Coffee Break with Recipes for Pastries Breads and Other Treats | File size: 17.Mb

Anna Brones, Johanna Kindvall : Fika: The Art of The Swedish Coffee Break, with Recipes for Pastries, Breads, and Other Treats before purchasing it in order to gage whether or not it would be worth my time, and all praised Fika: The Art of The Swedish Coffee Break, with Recipes for Pastries, Breads, and Other Treats:

3 of 3 people found the following review helpful. A nice coffee break book from SwedenBy S. WarfieldThis is a very interesting book about the Swedish daily break with coffee and a sweet or biscuit called "fika." According to the book most people in Sweden take this fika break every day and have a little something to eat with their coffee. I once read that Sweden consumes the most coffee in the world, but I'm not sure if that is true or is still true. In the novels I read by Swedish authors, they do drink a lot of coffee and tea. There are recipes for all kinds of goodies in this book which might be nice for a coffee or tea that you might have or just for yourself or family. The book is nicely hard bound and a good size. Some of the berries and ingredients aren't familiar to me but I'm sure they can be found in specialty

stores. A nice book to add to a cookbook collection. 2 of 2 people found the following review helpful. More than a cookbook! By MsPulpGreat book, cute illustrations and amazingly simple recipes. Bought this as part of a Scandi-study resource to use with my three homeschooled kids over Christmas break. Needless to say, the kids loved it and we all learned a lot about the culture, traditions and cooking. We will always try to work Fika in from now on. Buy it, you won't be disappointed! 34 of 34 people found the following review helpful. Ska vi fika? By LithUntil I moved to the US, most of my exposure to Swedish food came from IKEA, much like I imagine it does for most people. But our relocation agent that helped us find a place to live and do battle with Social Security and the DMV is Swedish, and invited us round to her house for her annual Swedish Christmas/ St Lucia party. There we tasted lussekatter, got offered some Glögg, and were taught that seven kinds of cookies minimum should be served up by any self respecting Swedish host(ess) at a party. Yes. Seven. Anyway, the full title of this book is Fika: The Art of the Swedish Coffee Break. Fika means coffee or kaffe with something to eat, but also refers to the coffee break taken at least once a day, a chance to sit down and unwind. Frankly after the crazy week I have had, I think we could all deal with a little bit of fika. The book deals with various traditionally based Swedish recipes for baked goods, but also some recipes of preserves and cordial, all accompanied by a bit of background information and history. It is a cute book with illustrations throughout by Johanna Kindvall. The illustrations include diagrams of the traditional forms for shaping your lussekatter, variations for vetbullar (Cinnamon and Cardamom Buns) and others giving a pictorial representation of the recipe. While pretty, I can't help but long for a few pictures of the goods themselves though, somehow the pictures don't quite inspire me to bake in the same way. In the interests of completeness, I made havreflarn med choklad (oat crisp chocolate sandwich cookies). They were taste tested and found to be good! The cookies themselves are made in a slightly different method to what I am used to, and result in a cookie with a slight chewy meringue-y texture. Very little flour is used, instead you blitz oats in a food processor. The filling is simply melted chocolate with a bit of ground ginger. The recipe worked perfectly, other than me needing to increase the cooking time, but this is a standard adaptation for any recipe in my poor pathetic oven. Just a little FYI, in order to try and keep the mess minimal, I melted the chocolate and mixed in the ginger, then put it into a zip lock bag, chopped the corner off, then used this like a piping bag to apply the chocolate, then smoothing it out with the back of a spoon, and placing the other half on top. It worked pretty well! Overall there are quite a few recipes I could see myself making, and while they say that some of the ingredients might be difficult to get hold of outside of Sweden, I think for the most part this is not true, especially in this day of internet shopping. It is a cute little book! So friends..... ska vi fika? I received this book from Blogging for Books for this review.

An illustrated lifestyle cookbook on the Swedish tradition of fika--a twice-daily coffee break--including recipes for traditional baked goods, information and anecdotes about Swedish coffee culture, and the roots and modern incarnations of this cherished custom. Sweden is one of the world's top coffee consuming nations, and the twice-daily social coffee break known as fika is a cherished custom. Fika can be had alone or in groups, indoors or outdoors, while traveling or at home. A time to take a rest from work and chat with friends or colleagues over a cup and a sweet treat, fika reflects the Swedish ideal of slowing down to appreciate life's small joys. In this adorable illustrated cookbook, Anna Brones and Johanna Kindvall share nearly fifty classic recipes from their motherland—from cinnamon buns and ginger snaps to rhubarb cordial and rye bread—allowing all of us to enjoy this charming tradition regardless of where we live.

"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."—Lindsey Tramuta, 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."—Anne Bramley, Paste Magazine "Operating as both a noun and a verb, the finer points of the fika are sometimes lost on outsiders—until now. Writer Anna Brones and illustrator Johanna Kindvall compiled the history and practice of the fika along with a collection of recipes for Swedish baked goods in their release "Fika: The Art of the Swedish Coffee Break. [...] 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. The visual component of the recipes especially comes in handy for more elaborate specialties like lussekatter (saffron buns). Beyond the classic sweet-baked goods associated with fika, the book gives recipes for savory smörgåsbords, jams, drinks and more contemporary recipes like the ultra-rich chokladbollar (chocolate balls that are, admittedly, mostly butter)." —Hans Aschim, Cool Hunting About the Author ANNA BRONES is a Swedish-American freelance writer based in Paris. She is the editor of the online food magazine Foodie Underground, and is a contributor to a variety of publications including BBC, Guardian, Sprudge, GOOD, and PUNCH. JOHANNA KINDVALL is a Swedish illustrator who divides her time between Brooklyn and Skåne in the south of Sweden. Her work has been featured in various books and magazines. She also writes an

illustrated cooking blog, Kokblog, which was named a Saveur “site we love”. Excerpt. © Reprinted by permission. All rights reserved. kokostoppar Coconut Peaks makes 25 to 30 cookies Kokostoppar are the Swedish version of a classic coconut macaroon and most certainly a staple on the fika cookie platter. This is a recipe that works well with many variations. For a twist, try adding a teaspoon of freshly grated ginger or dipping the tips in dark chocolate. These are also gluten-free. 3½ tablespoons (1.75 ounces, 50 grams) unsalted butter 2 eggs ¾ cup (4.67 ounces, 132 grams) natural cane sugar 2¼ cups (6.75 ounces, 191 grams) unsweetened shredded coconut ¼ teaspoon salt Preheat the oven to 350°F (175°C). Grease a baking sheet or line it with parchment paper or a silicone baking mat In a saucepan, melt the butter. Remove from the heat and set aside. In a bowl, lightly whisk together the eggs and sugar. Fold in the coconut and salt and the slightly cooled butter. Let the batter sit for about 15 minutes. Scoop tablespoon-size portions of the batter onto the baking sheet and shape them into peaked mounds. Bake for 10 to 12 minutes, until the cookies are a light golden brown. Remove from the oven and let cool. Store in an airtight container.