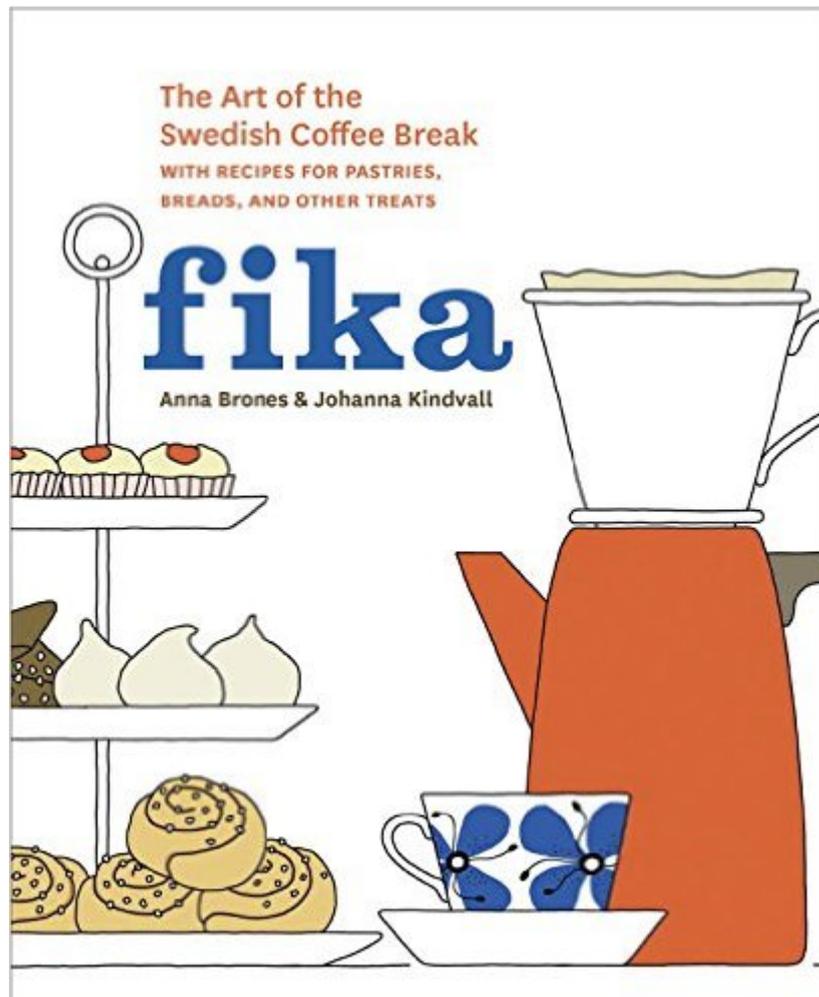


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# Fika: The Art Of The Swedish Coffee Break, With Recipes For Pastries, Breads, And Other Treats



## Synopsis

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.

## Book Information

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## Customer Reviews

Until 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 vetebullar (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!

I bought Fika: The Art of The Swedish Coffee Break, with Recipes for Pastries, Breads, and Other Treats in honor of my Swedish grandma. My grandma didn't call it fika to me but she enjoyed coffee break nearly everyday. I'm embracing my inner Swede and want to help re-implement the tradition of fika in my family near and far. Fika is a great resource to get me started with this Swedish tradition. Fika has five chapters: history of Swedish coffee, modern-day fika, the outdoor season, celebrating more than the everyday bread, sandwiches, and fika as a snack. It also has a brief list of resources and a nice index. Each chapter has about 10 recipes. Measurements are given in multiple ways for example 2 cups (10 oz, 284 grams). The design of Fika is very cute with lovely illustrations by Ms. Kindvall. They are elegantly simple and sort of retro. As I have a wheat allergy, I was happy to see some naturally gluten-free recipes. So far I have only made hasselnotskaka med kaffe. Mine was made with King Arthur Gluten Free Multi Purpose Flour, 24 Ounce and with almonds instead of hazelnuts so should probably be called mandelkaka med kaffe. I had almonds on hand, but didn't have hazelnuts. Despite my needed substitutions, it is quite tasty. As mentioned with hazelnuts, I'm finding I don't have some Scandinavian staples in the house.

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