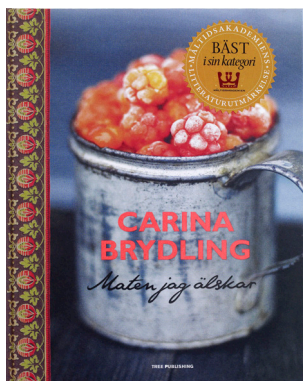


THE FOOD I LOVE



Contents:

Foreword
From the shepherd's hut to
the kid stew
Between weeds and asparagus
Hippie grill and peppermint rock
Pear marmalade and the odd
bear or two
Sour dough and musts
Index of recipes

Maten jag älskar

Carina Brydling
190x230, 176 pp

Wonderful Swedish food with a feeling for origin and environment, in this first cookbook by top chef Carina Brydling.

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The food I love is richly illustrated and filled with unique recipes and personal stories. You get to hear about Swedish food history and anecdotes, enjoy Swedish recipes the like of which you have never seen before. *The food I love* is a beautiful and wise cookbook that many people have been waiting for.

In 2010 *The food I love* was the winner of the Gourmand Cookbook Awards in the category "Best Local Cookery".



About the author:

Carina Brydling has run the Marmite restaurant in Åre, the skiing resort in northern Sweden. She has been a member of the Swedish National Chefs' Team and is one of the most environmentally aware cooks in Sweden.

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