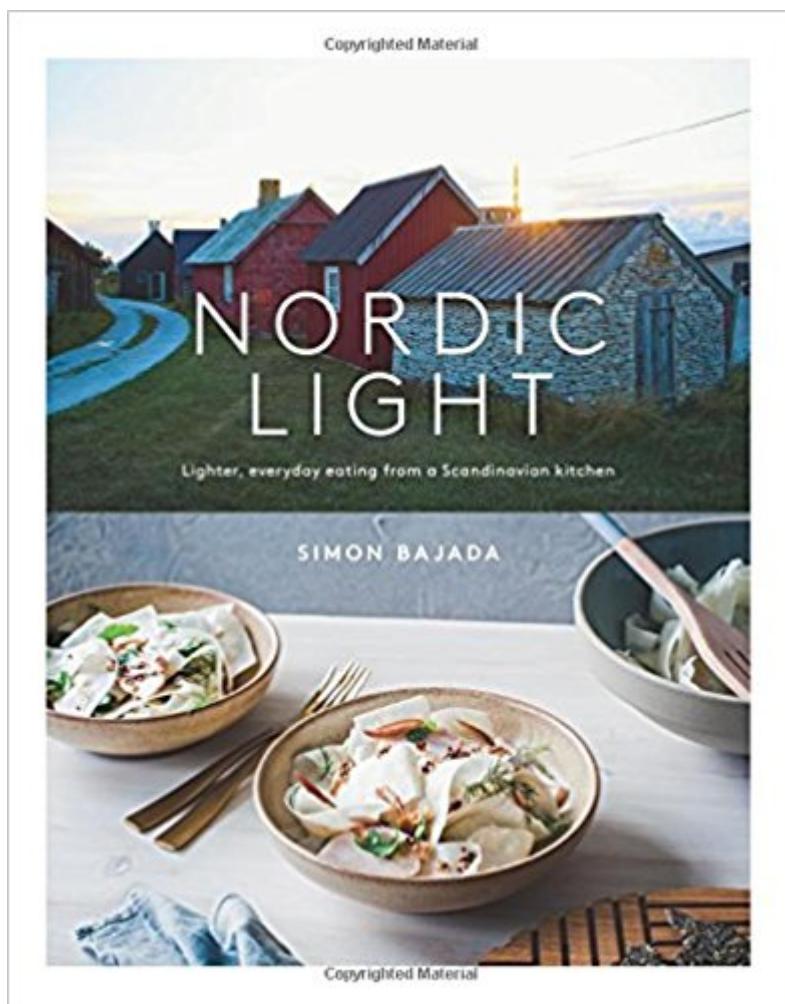


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# Nordic Light: Lighter, Everyday Eating From A Scandinavian Kitchen



## Synopsis

Wholesome Scandinavian recipes with a healthy, modern twistPresenting a new angle to the trends in Scandinavian recipes and techniques, Nordic Light shies away from the classics and instead presents lighter, cleaner, and modern recipes. Focusing on seasonal fresh produce and vegetables, Simon prepares dishes with clever touches to make them interesting and diverse in our daily diet. Putting a Nordic twist on food from all cuisines, recipes include rye crêpes with banana and salted caramel; flourless almond tea fiber balls rolled in pollen and hemp; Icelandic flatbread served with cashew cream and caviar; flourless matcha millet and blueberry buns; kelp noodles, smoked mackerel, radish, elderflower vinaigrette; and many more.Simon's exquisite photography, styling, and design are a standout feature, with incredible landscape shots to denote the changing seasons. Nordic Light will take readers on a delicious Scandinavian journey towards a healthier lifestyle.

## Book Information

Hardcover: 224 pages

Publisher: Hardie Grant (August 2, 2016)

Language: English

ISBN-10: 1743791445

ISBN-13: 978-1743791448

Product Dimensions: 8.5 x 1.1 x 10.5 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #458,760 in Books (See Top 100 in Books) #59 in Books > Cookbooks, Food & Wine > Regional & International > European > Scandinavian #888 in Books > Arts & Photography > Photography & Video > Travel

## Customer Reviews

'These pages highlight deliciously simple food that will invigorate and inspire you.' - MiNDFOOD

SIMON BAJADA is a chef, food stylist, and photographer. After 10 years working in the hospitality industry, Simon turned his hand to food styling where he has contributed to 15 cookbooks including his first solo book *The New Nordic*. He lives in Sweden with his Scandinavian wife and two sons.

I absolutely LOVE this book! The photography is amazing!!!!!! Well done!!!!!!

Thank you!!ÃfÃ Å ÅÃ ËœÃ â →

A beautiful presentation of dishes and photography, so many tasty recipes to try out.

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