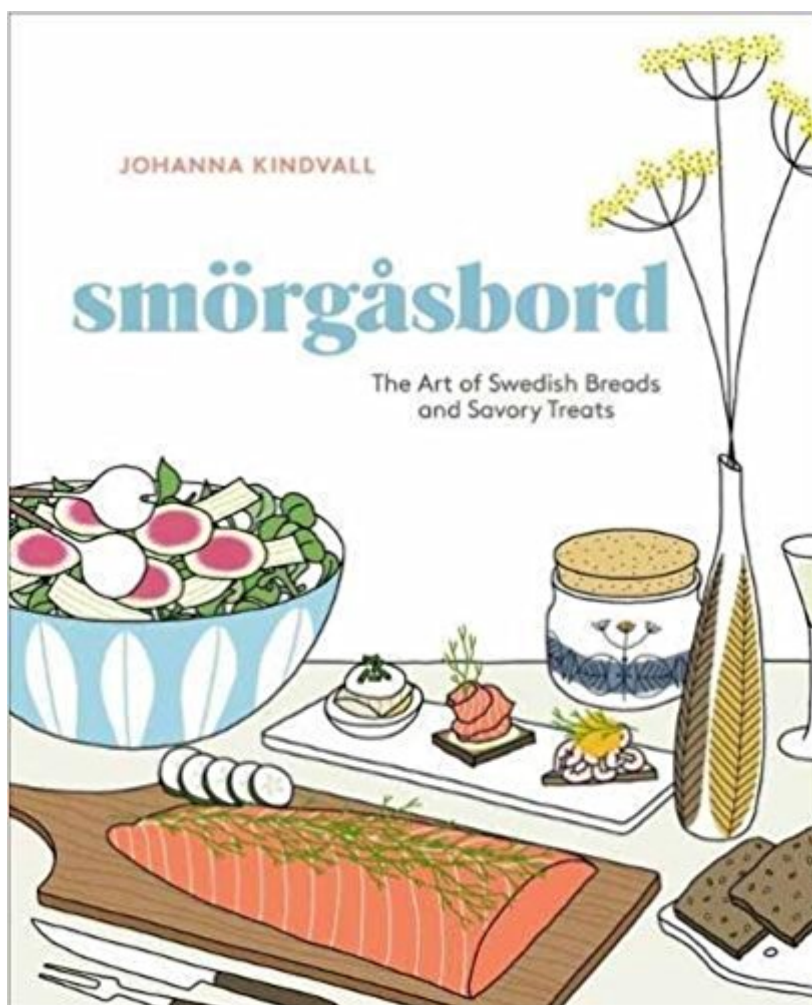


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# Smorgasbord: The Art Of Swedish Breads And Savory Treats





potential parasites. Just defrost before you start the curing process. Recipe (serves 6 or more on a smörgåsarbord) Rinse the salmon, pat dry, and remove any bones with a pair of tweezers. Place the fish skin side down on a piece of plastic wrap. In a small bowl, mix together the salt, sugar, and fennel seeds. Rub some of the mixture all around the fillet. Distribute the rest of the mixture evenly on top of the fish; the mixture should cover the fillet. Wrap the fish tightly with the plastic wrap (or use a plastic bag) and place the package on a plate. Refrigerate and let cure for 48 hours. Turn the package twice a day. After 2 days, wipe off the fennel seeds and any remaining cure. Pat dry with a paper towel. Starting at the end of the fish, use a fillet knife or any other sharp knife to slice very thin diagonal slices. Arrange the slices neatly on a platter, then decorate with fennel blossoms or thin shavings of fresh fennel. Gravlax can be stored in a covered container in the refrigerator for 2 to 3 days. Ingredients: 2 pounds (900 g) salmon fillet, with skin on 1 1/4 cup (2.25 oz, 64 g) kosher salt (without iodine) 1 1/2 cup (3.5 oz, 99 g) sugar 3 tablespoons fennel seeds, toasted and crushed Fennel blossoms or slivers of fresh fennel, for garnish

Praise for Fika: "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." --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." --Paste Magazine "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 hasselnötköttar (simple cookies best dipped in a fresh cup of coffee) are easily explained and aided by Kindvall's upbeat illustrations." --Cool Hunting

JOHANNA KINDVALL is a Swedish illustrator who divides her time between a Brooklyn brownstone and her summer cottage in South Sweden. Her work has been featured in various books and online magazines, and she writes an illustrated food blog, Kokblog, which was named a Saveur "Site We Love." She is the illustrator and coauthor of Fika: The Art of the Swedish Coffee Break.

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