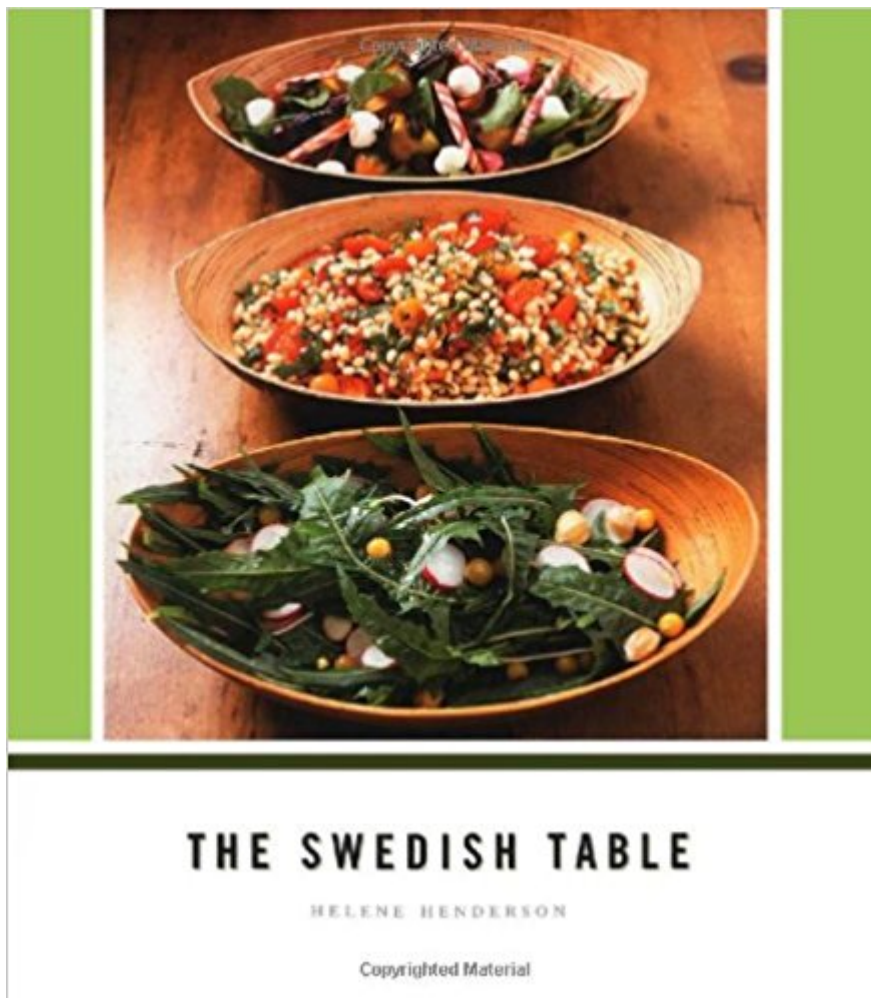


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# The Swedish Table



## Synopsis

"Although I never physically fit in . . . being the sole tall, awkward African American among a sea of beautiful blonde, blue-eyed Swedes, it was my home. When I tasted the first potato of the summer, just dug out of the ground, or when I picked the first ripe cloudberry and popped it in my mouth, or when I took in the scent of seawater and we grilled salmon just off the boat, it didn't matter what I looked like - I was Swedish. I was home, and I did belong." -Helene Henderson

Drawing on her fondest childhood memories, Helene Henderson offers welcome insight into the treasures of Swedish cooking. From the potato, a Swedish staple, to dessert, the start of Swedish cuisine, *The Swedish Table* contains more than 125 recipes, including Yellow Pea Soup with Bacon (Artsoppa), Lentil Salad with Radishes (Linssallad), Aquavit and Dill Marinated Salmon (Gravlax), Swedish Meatballs with Gravy (Kottbullar), and the country's traditional pastry, Bulla. Encompassing both traditional Swedish dishes and modern, updated recipes, Henderson combines the ingredients and scents from the past with the produce and flavor of today. *The Swedish Table* includes an extensive guide to Swedish traditions and celebrations, the foods that accompany them, and a color gallery of photos. With this complete collection of elegant yet easy-to-follow recipes, Henderson takes us on an enticing tour through the magic of the forest, the lakes, and the farms of the Swedish countryside.

## Book Information

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## Customer Reviews

Swedish-born Henderson brings to American tables a refined and light version of traditional Swedish dishes. She makes an intense dish such as Jansson's Temptation less leaden by substituting smoked salmon for the usual anchovies, but she retains the cream that creates the

dish's special character. Instead of pork shank, Henderson uses chicken and bacon to season her version of yellow pea soup, Sweden's national dish. Her Swedish pancakes lend themselves to both sweet and savory treatments, topping one with berries, the other with wild mushrooms. Her extensive treatment of yeast rolls shows the importance of pastry in Swedish cookery. No less compelling than her food is the story of Henderson's life. Daughter of a Swedish mother and a touring African American jazz musician, Henderson grew up cooking first for her family and then at a French bistro in her hometown of Lulea in Sweden's subarctic north. After a stint modeling in New York and Europe, she landed in Los Angeles, where she married and became a caterer to the Hollywood elite. Mark Knoblauch Copyright © American Library Association. All rights reserved

"As someone who loves to eat and has enjoyed Helene's cooking, I certainly recommend this very interesting cookbook." -Barbara Streisand

I was looking for an update book on Swedish cooking since I am from Swedish background . Since I am from California and she is a caterer to the Hollywood stars and has updated her own recipes she learned in Sweden, it is a good fit.

My mother was born in Sweden and has lived in the United States for 30+ years. Swedish specialties have always been important to us. As I have tried to master key Swedish recipes and delicacies myself over the years, I have struggled find cookbooks that were practical and meaningful to my life today. Many of the old Swedish cookbooks that I grew up with and have come across over the years seem to be from the 1950's or earlier and call for ingredients that are impossible to find in the United States and/or aren't palatable to most non-Swedes. Helene Henderson's Swedish Table is the first cookbook I have found that covers all of the Swedish classics like Gravlax, potato pancakes, pyttipanna, pea soup, swedish meatballs, kräftor, and Swedish potato salad, while using ingredients that are readily available today in the United States. The dishes themselves aren't modern, however, and she is careful to provide information about how the dish is classically created in Sweden, as well as the Swedish translation of the name of the dish, all of which I value greatly. She spends several pages in the book discussing Swedish traditions and holidays and provides guidance for preparing a Swedish Christmas feast, the traditional Smörgåsarbord, a Midsommar celebration, and a kräftor (crayfish) party! She's spot on in her descriptions of classic Swedish traditions. Also, Helene's background is fascinating (as she describes in the book) and she is now a successful caterer/chef in L.A. (after having grown up

in Northern Sweden), so she's a fantastic cook! These recipes are delicious. I can't say enough about this cookbook. If I could give it more stars I would. I wish Helene would give us some more books! I refer to this cookbook frequently and it is my go-to guide for authentic Swedish cooking. My mother even recommends it!

I got this book from the library, and I'm going to have to buy my own copy. My children love the Swedish Pancakes (and I love how easy they are), and my husband and I enjoyed the Lime Marinated Chicken Sandwiches. The Yellow Split Pea soup was fabulous (adding a few chopped tomatoes on top was interesting and yummy). I highly recommend this book; the explanatory notes taught me a lot about Sweden.

In *The Swedish Table* Helene Henderson has presented recipes that are clear and easy to understand and follow. She often includes an interesting story about the origin of the recipe. I'm not sure how typically Swedish some of these recipes are. Some, like the yellow split pea soup with bacon, are improvements on the old classics in that she has added ingredients that give them more flavor. Recipes in my older Swedish cookbooks produced fairly bland, uninteresting food. The recipes in Ms. Henderson's cookbook are an improvement on those older cookbooks in that she has spiced up her recipes to appeal to modern, more sophisticated palates.

This is a very good cookbook for anyone interested in Swedish food, or Swedish culture. the author gives interesting background on Swedish holiday customs and other details of Swedish life. I have already used it extensively.

The recipe for *bäffar* makes the whole cookbook worth while! (*Bäffar* are Swedish cinnamon rolls- they are AMAZING!)

Speaks to Swedish food customs as well as favors. Having "coffee" is never just about the coffee but also the sweets and other foods that go along with it. This is also the first Swedish cookbook that reflected my family's Christmas food customs.

There are lots of Swedish cookbooks and I get a few new recipes from each one. This would be a good place for a newbie to start Scandinavian cooking.

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