

Fika Swedish Coffee Recipes Pastries

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VLOG 37: TRADITIONAL SWEDISH FIKA PASTRIES (puro

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.

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Three Tbsp of cardamon and three Tbsp of lemon juice with three separated eggs and 1/4 cup of brown sugar. Was it good you ask? It vanished into thin air in less than 8 hrs. while sitting on the counter. The ingredient combination is flavor addictive. This recipe automatically added itself to the Lutheran church coffee list.-Craig

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Fika: The Art of The Swedish Coffee Break, with Recipes ...

As well as a wide selection of bun recipes we have plenty of hearty salads, traditional dinners and easy open sandwich recipes - Scandinavian food is not all Fika, you know. At its core it is a sustainable and healthy way of eating with focus on seasonal produce, whole grains and simple preparations.

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pastries, breads, and other treats Brones , Anna , Kindvall , Johanna 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.

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1. Kanelbullar - Cinnamon Buns. Visually, kanelbullar might be the most iconic of the fika recipes. They are found in...
2. Chokladbullar - Chocolate Balls. Chokladbullar are perhaps one of my favorite recipes, mostly because they are ...

Fika: the Art of the Swedish Coffee Break with Recipes for Pastries, Breads, and Other Treats is an irresistible cookbook for this Swedish-American with a life-long love of coffee. Even many of us attenuated Scandinavians born in America maintain that love of coffee and all the ritual of a coffee break, making this just the perfect book for me.

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