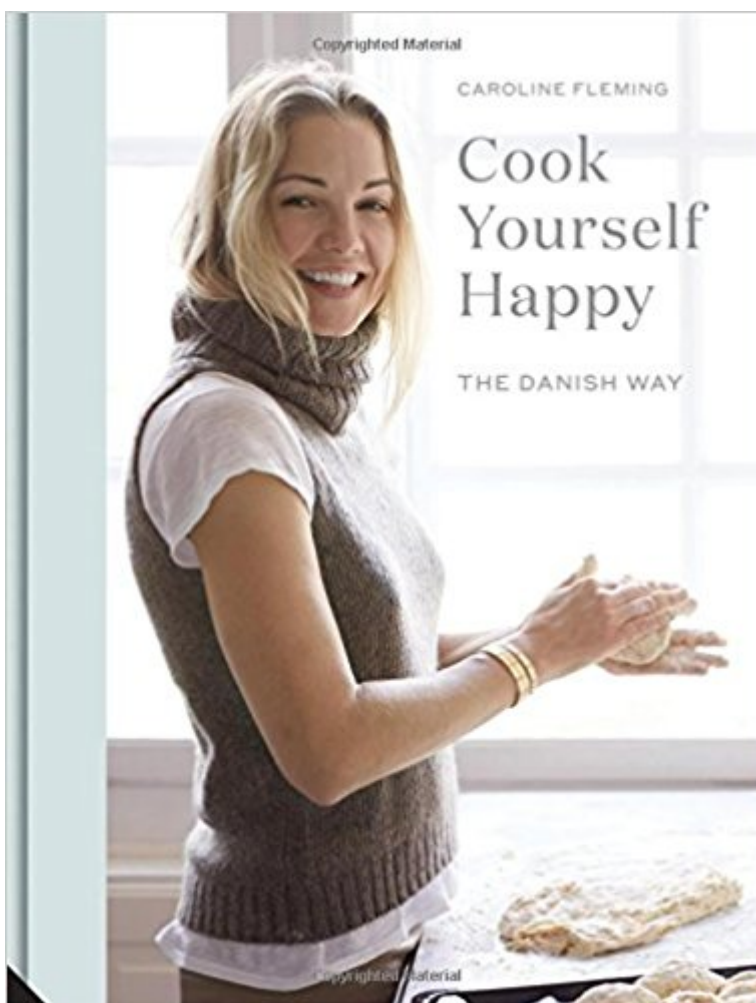


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# Cook Yourself Happy: The Danish Way



## Synopsis

Add some hygge to your life and learn to cook Danish style with this beautifully illustrated cookbook containing over 100 delicious Danish recipes. Promoting the very best of Danish cuisine, this is a mouth-watering selection of authentic, traditional Danish recipes, which have been handed down through the generations. This wealth of recipes covers every meal and occasion – whether a light lunch of Warm Smoked Salmon with Pickled Cucumber, the heartier national dish of Stegt Flaesk (fried pork belly) or Pheasant Ragout, a delightful dessert of Baked Apples with Marzipan and Raisins, the most traditional of Danish pastries, or a wonderful Hot Chocolate with Orange Syrup, Cook Yourself Happy is filled with enriching food that your friends and family will adore. Food, family and Denmark are Caroline's first loves, and this is echoed in the book with photographs of Caroline cooking at home, interspersed with gorgeous photographs of her family home in Denmark. Drawing on traditional age-old family recipes, this beautifully illustrated cookbook focuses on the most delicious and nourishing traditional Danish recipes that will boost your sense of wellbeing both inside and out.

## Book Information

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Average Customer Review: Be the first to review this item

Best Sellers Rank: #89,648 in Books (See Top 100 in Books) #10 in Books > Cookbooks, Food & Wine > Regional & International > European > Scandinavian

## Customer Reviews

Caroline Fleming has earned a reputation as a lifestyle guru. A former model, she has hosted Denmark's Next Top Model and The Baroness Moves In, and is currently one of the stars of the reality TV show Ladies of London. The third series of Ladies of London, in which Caroline has a main role, will air later this year and will be shown in 22 countries including the UK and the USA, its main market. A passionate cook, Caroline's role in the series is very much the home-maker in the kitchen. Caroline has already published three best-selling cookery

books in Denmark, developed a range of hosiery and will launch her own brand of kitchenware and homeware in spring 2017. Å Å She has a large Instagram following (200k followers) and frequently posts about her food and lifestyle. Å Å

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