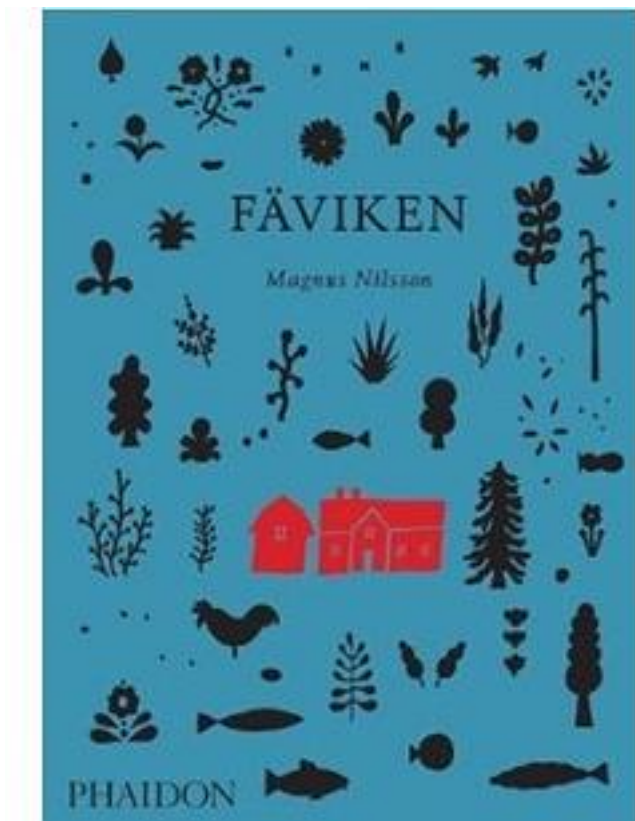


Fävikén



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著者:Magnus Nilsson

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Faviken is the first major cookbook by Magnus Nilsson, the 28-year old chef whose restaurant is located on a 20,000 acre farm and hunting estate in Northern Sweden. It has recently been called "the most daring restaurant in the world" by Bon Appetit. In Faviken, Nilsson writes about how he only cooks with ingredients that are raised, farmed and hunted in the immediate vicinity of his remote restaurant. The food served at Faviken - from the dairy to the meat to the vegetables - is harvested, butchered and

preserved by hand using the most natural and primitive methods possible, and Nilsson is in factor of simple cooking methods such as roasting over open coals. This approach results in the highly creative food and intense flavors of which, far from seeming traditional, are remarkable.

Faviken features 100 recipes and 150 color photographs, featuring the finished dishes, unique local ingredients and beautiful landscapes of the farm. The book will inspire chefs and food-lovers to think differently about the ingredients that are available to them. Many of the basic recipes for yogurt, bread, vinegar, pickles and preserve are straightforward enough for anyone to attempt at home, and the advice on the natural preservation methods can be followed by anyone. The book also includes an introduction by food writer Bill Buford.

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标签

美食

Phaidon

MagnusNilsson

Cooking

评论

我偶像的菜谱，牛逼，好看；其实菜谱之外的文笔也很好的

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书评

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