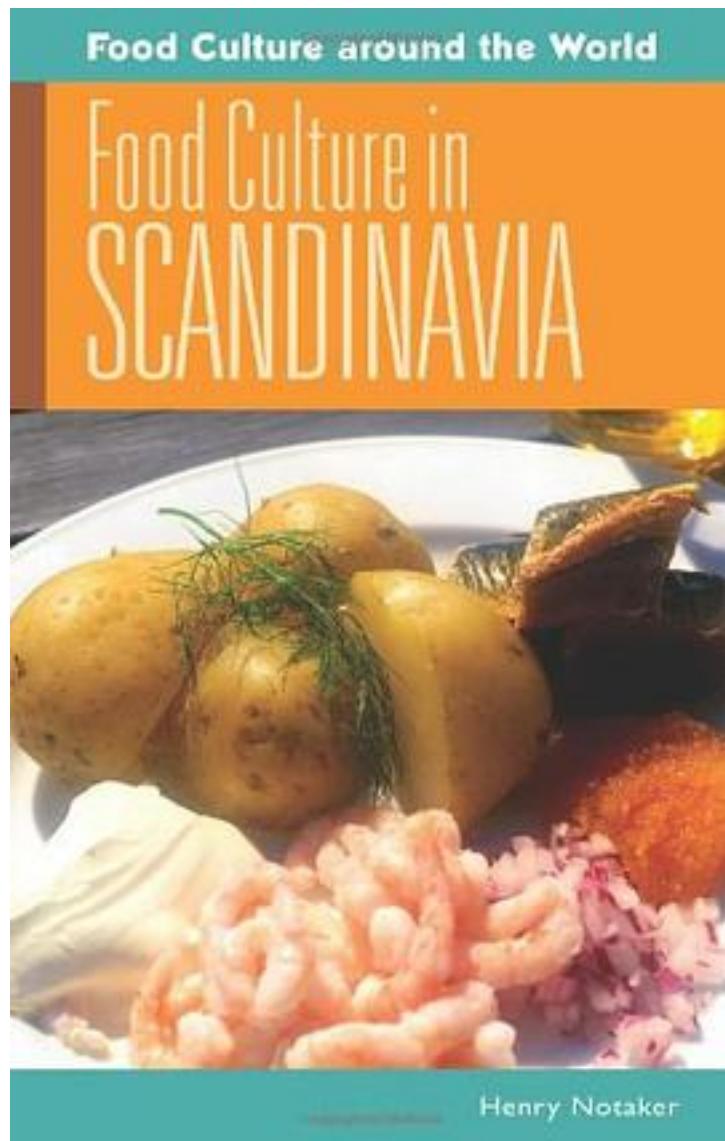


Food Culture in Scandinavia



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Discover the dynamic Scandinavia of today through this fresh, exhaustive overview of food cultures in Denmark, Norway, Sweden, and Iceland. The food cultures of Scandinavian countries are similar in important ways but also have many different traditions because of variations in geography and climate and unique social, cultural and political history. "Food Culture in Scandinavia" covers Denmark, Norway, Sweden, and Iceland's unique and common foods, all in the context of significant recent changes. This is the most exhaustive overview available in English with all the latest insight. Readers will discover how everyday food habits are quickly changing in Scandinavia, mostly in urban areas and among the younger generation. The trends are shown to stem from Scandinavians travelling more, Americanization and globalization, new immigrants bringing their cuisines, classic national and regional products being revitalized, high-end restaurants for the new business elite springing up, and a growing interest in healthy and organic food. The 'Historical Overview' chapter lays the groundwork to understand the evolution from the traditional Scandinavian fare - fish, porridge, bread and milk. A chapter on major foods and ingredients elaborates on these staples and more and updates their use. In the 'Cooking' chapter, the new gender dynamics are discussed in terms of who is shopping and cooking and especially the impact of the supermarket. 'Typical Meals' discusses the mainstays for daily fare and notes the biggest changes in the choices of pizza and fast food for youth. Eating out in Scandinavia is becoming more common, and Chapter 5 highlights the growing options for casual family meals out, business and school lunches, as well as take-out food and more. The 'Special Occasions' chapter illuminates the major events in the calendar, especially the magical Christmas time plus the famous seasonal fests such as Midsummer in Sweden and life-cycle events such as weddings, where innovation is expected. A final chapter on diet and health emphasizes the familiar health concerns related to diets too high in fat and sugar and too low in vegetables and fruit. A timeline, selected bibliography, illustrations, and classic recipes complement the narrative.

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