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ScandiKitchen: The Essence Of Hygge



Synopsis

Discover the essence of hygge as revealed by Brontf Aurell, Danish owner of London's ScandiKitchen in this honest and thoughtful guide, which also features some of her favorite recipes from her books, *The Scandi Kitchen* and *Fika & Hygge*, to help you enjoy a "hyggelig" time. Hygge is in the zeitgeist, but what is it, how do we bring hygge in our lives and why are we so captivated with this Danish word? According to Brontf Aurell it is really not complicated and doesn't involve spending vast amounts of money on candles or blankets| in its purest form it is simply about appreciating life. Explained in 12 entertaining chapters interspersed with recipes, you will learn first about the origins of the word hygge (old Norse) and then how to embrace it with essays on: Hygge and the Basics, Hygge and Happiness, Hygge and Sharing, Hygge and Baking, Hygge and Darkness, Hygge and Light, Hygge and Time, Hygge and Stress, Hygge and Soul, Hygge and Nature, Hygge and Stuff, and Hygge and Your Home. Hygge is a completely psychological and emotional state of being. Whether it's going for a long walk or baking and sharing a cake with friends, when you carve a pocket of time in your day, hygge can often be found. Remembering to appreciate and experience the moment will help you find your very own hygge.

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Brontf Aurell is a Danish entrepreneur, restaurateur, and cook. Together with her Swedish husband Jonas, she runs the acclaimed ScandiKitchen Caf and shop in central London. She began her career in food with Innocent smoothies, before moving on to run her own company. A

keen cook herself, BrontÄfÄ« has been published widely in national magazines and newspapers, including The Guardian, The Times, Sunday Express, Olive, Hello, the Evening StandardÄ –â„çs ES Magazine. BrontÄfÄ« and her food have also featured on BBC Radio, Channel 4 and Danish TV. She lives in London with Jonas and their two young daughters.

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