



# Scandinavian Comfort Food: Embracing the Art of Hygge

*Trine Hahnemann*

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## **Scandinavian Comfort Food: Embracing the Art of Hygge** Trine Hahnemann

The Scandinavians excel at comfort— family, friends, a good atmosphere, long meals, relaxation, and an emphasis on the simple pleasures. They even have a word for this kind of coziness that comes with spending quality time in hearth and home when the days are short: "hygge". Trine Hahnemann is the doyenne of Scandinavian cooking, and loves nothing more than spending time in her kitchen cooking up comforting food in good company. This is her collection of recipes that will warm you up and teach you to embrace the art of hygge, no matter where you live.

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