

# The Danish Cooking Revolution

*A fairytale of how food matters*



The Nordic kitchen has become rather hyped amongst food connoisseurs ultimately. Learn how Danish mentality played a vital role to transform a cold grey country with pork, potatoes and porridge into an international lauded food culture within a generation.

With a free, unbiased accept of what is possible, the pots and pans are not only swung by celebrity chefs, but also by ordinary men and women, young and old, all with a genuine interest for cooking.

We'll cook and reshape some of the best known dishes from the Danish smorgasbord, while sharing stories about Danish mentality, Scandinavian design and perhaps we will swallow an akvavit !

## Menu

- A delicious very easy-to-do semi-dark bread equivalent to rye bread, with a lot of healthy seeds and nuts.
- What design means when it comes to serve a simple dish as heerings.
- "frikadeller" (meat balls) with red cabbage and sliced, pickled cucumbers. Cold potato salad.  
We'll be doing a plant based version also.
- fiske-frikadeller "fish balls" with cold remoulade sauce



**SATURDAY, NOV. 21<sup>ST</sup> | 12 PM (NOON) EST / 6 PM CET at Zoom | \$ 25 + INGREDIENTS**

Contact: [anders@sustainable.com](mailto:anders@sustainable.com) for more information and payment details.  
A list of ingredients and recipes will be sent after signing up.