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# Fävikén



## Synopsis

"Magnus is one of the brightest chefs that I have ever met." — Renée Redzepi, NOMA Fäviken 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 Appétit. In Fäviken, 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 Fäviken — 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 favor 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. Fäviken 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 preserves 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."

## Book Information

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## Customer Reviews

Fäviken is a beautiful book about the very unique cuisine served at the remote restaurant of the same name in Sweden. Most of the book consists of text explaining the restaurant, about the meat,

fish, and plants used. there are gorgeous pictures as well throughout the book. I appreciate the authors efforts in capturing the unique use of local, sustainable food, and think this would be inspiring to others around the world to do similar things. As a cookbook however that Americans might want to cook from, even professionally trained chefs will have a problem with it. Not because the ingredients that do have units are given in metric (80g dry-aged blade of beef, cut into a loin), but because the ingredients themselves would be extremely difficult, if not impossible, for most cooks to track down. Here are some recipes from the book: 'A tiny slice of top blade from a retired dairy cow, dry aged for nine months, crispy reindeer lichen, fermented green gooseberries, fennel salt' and 'Thrush with drying mushrooms, fresh cucumber, fermented fennel and cottage cheese' and 'Hazelhen, fresh lingonberries, which calls for '3 perfectly shot and matured hazelhens, taken out of the fridge plenty of time in advance, hearts and livers reserved' as well as '6 handfuls very fresh lingonberries, attached with some of the tiny leaves (not the big woody ones). I started to rather desperately turn to the root vegetables section for something I could cook, and found general methods of preserving them, and the same for vegetables. Recipes in the vegetable section include 'Fermented juice of mushrooms and oats' and 'Vegetables cooked with autumn leaves', both leaves from this year and last year.

Fäviken is a singular restaurant located in the isolated, little known region of Jämtland, Sweden. Fäviken has a dedicated, local/seasonal approach to every aspect of production and cooking of food. The extreme weather in the region acts not as constraint but as a collaborative element that produces innovation and imaginative food. This demanding dialogue with the land is foregrounded in the dishes, service and overall ethos of Fäviken. Chef Magnus Nilsson questions the nature of the relationship between food production and ambitious cooking and how this dynamic can form a completely new yet developed cuisine. The book Fäviken, published by Phaidon has done a fantastic job recreating every aspect of the restaurant's life. In a series of introductions where the personality of Magnus Nilsson is introduced as well as his own writing; some of the central themes are presented. The essay, "A Wednesday at Faviken- how the restaurant works," uses a precise but candid tone that gives you a point of view perspective on what goes into a single nights service. Sections on meat, fish, plants and dairy break down the idiosyncratic methods used at Faviken. At the end of each section are the recipes. Nilsson's recipes are constructed more as narratives than as precise instructions on how to cook each dish. As he articulates how each dish developed into its current state it becomes clear that change is never forced but a product of necessity, a dish may evolve slowly, quickly change, or stay the same over the course of a season. Nilsson's humble

relationship to each ingredient also shines through. He treats every product used in the restaurant as ends unto themselves, not vehicles for the chef's artistry.

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