



## Nordic Light: Lighter, everyday eating from a Scandinavian kitchen (Hardback)

By Simon Bajada

HARDIE GRANT BOOKS, Australia, 2016. Hardback. Condition: New. Language: English . Brand New Book. Nordic Light embraces the clean, fresh flavours of modern Scandinavian cuisine to provide a compelling new blueprint for the way we eat now. Drawing on the traditional ingredients and contemporary preparations of Denmark, Sweden, Finland, Iceland and Norway - as well as taking inspiration from further afield - Nordic Light is a celebration of nourishing, vegetable-centred food that is simple to prepare, sometimes surprising and, above all, truly satisfying. Nordic Light also features Simon Bajada's stunning food styling and photography. A standout feature are the landscape shots that evoke the seasons and show-off Scandinavia's incredible natural beauty.



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