

GOURMAND AWARDS 2023



SWEDEN



GOURMAND AWARDS 2023 SWEDEN



GO INTERNATIONAL!

Food and drink books are now global. They are the pillars of food culture, an essential issue today, for the public, professionals and governments. The Gourmand Awards offer here for 2022 the resource of its World Platform for Food and Drinks Culture.

With over 100.000 screened books and publications from some 230 countries and regions, the Gourmand Awards brings an overview about food and drink information published all around the world in the last year.

There are various criteria for each category on the list, but they have all in common one guiding principle: all books are chosen for their appeal and importance from an international point of view. These books deserve to be promoted, to become known internationally, and should be translated and distributed worldwide.

See you all at Gourmand's upcoming events!

Taste of Angkor, Cambodia - March 9 - 12, 2023

Gourmand Awards meeting : conferences, networking, trade show, food culture tourism
Each autor or publisher is welcome to a ten minutes presentation

Umeå Food Symposium, Sweden - May 25 - 28, 2023

Results announced at Gourmand Awards Ceremony for the Best in the World

Edouard COINTREAU

Gourmand World Cookbook Awards - President & Founder



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THE WORLD PLATFORM FOR FOOD AND DRINKS CULTURE

The Gourmand World Cookbook Awards were founded in 1995 by Edouard Cointreau. Every year, they honour the best food and wine books, printed or digital, as well as food television. The competition is free, and open to all languages. Every year, Gourmand gives the awards in a very special location for gastronomy. The Awards Ceremony is always an opportunity to meet every important person in the world of food and books: hundreds of publishers, authors, chefs and journalists take part in these events.



Gourmand Awards 2022 - Umeå - Sweden



Gourmand World Summit - Maison de l'UNESCO - Paris



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A PRODUCTIVE YEAR FOR FOOD CULTURE

Among the 1000 Food Culture Nominees listed in November, 2022, books came from:

- Europe 33%
- Asia 22%
- Latin America 18%
- Anglo America 11%
- Africa 9%
- Oceania 5%
- UN Institutions 2%

The 140 nominees for Drink Culture came from:

- Europe 51%
- Asia 21%
- Latin America 12%
- Anglo America 16%

Participants came from 230 countries and regions, which means that the Gourmand Awards are close to the maximum possible. There are 192 countries in the United Nations, and 206 in the Olympic Games through National Olympic Committees. Gourmand includes regions with their own internet or telephone codes. On the list, regions indicate the country they belong to.



FOOD CULTURE



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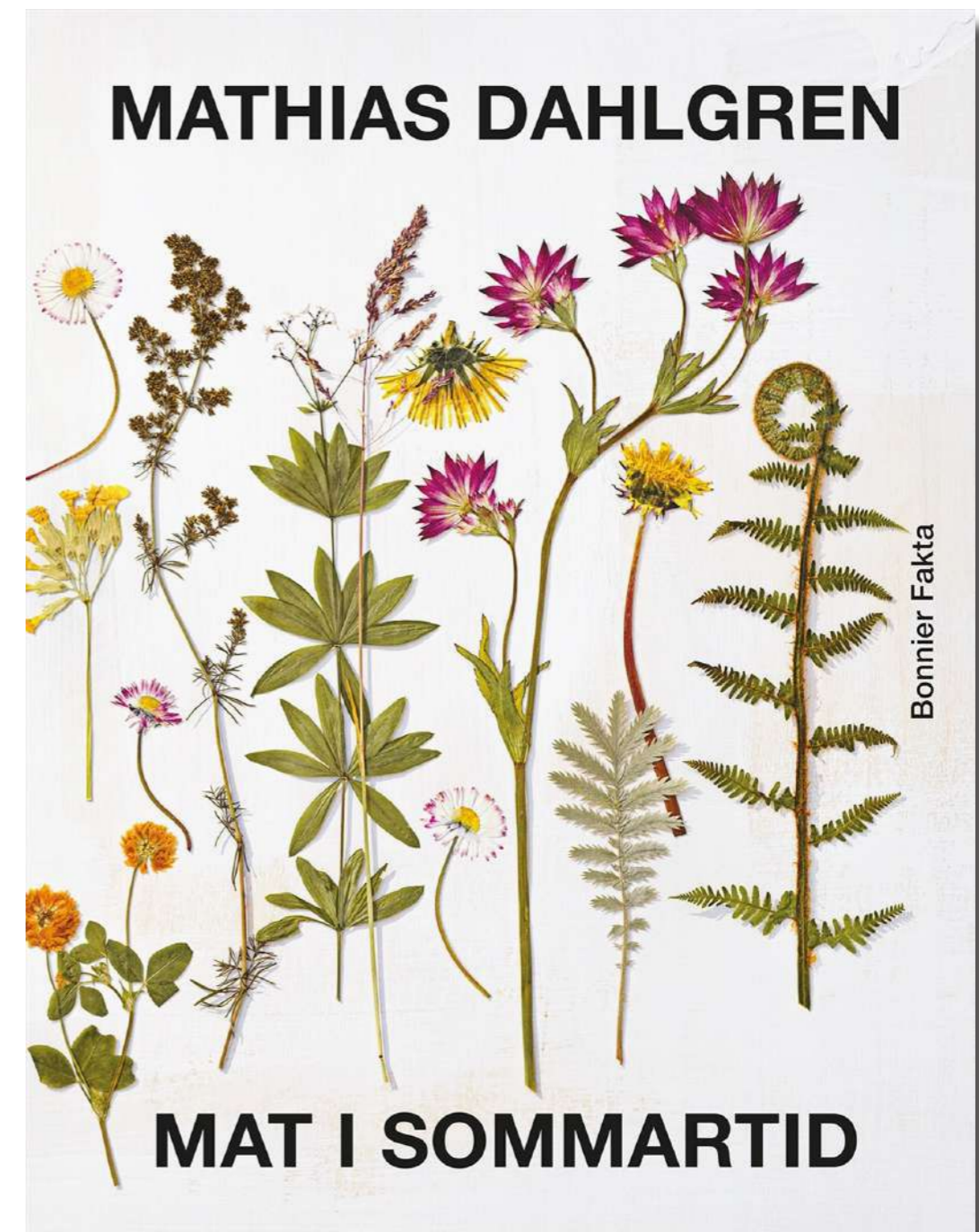
BEST BOOK OF THE YEAR

Mat i Sommartid
Mathias Dahlgren
Bonnier Fakta

In acclaimed chef Mathias Dahlgren's new cookbook, the focus is firmly on the light season. Holiday breakfasts, brew lunches, drinks with snacks, barbecues and parties on balmy summer evenings, midsummer and crayfish parties, home baking, summer berries, harvest and farming.

But the book spans more than just summer - from the day after Valborg when the fire goes out and the buds burst on the birch, to when the evenings begin to darken again and the boat has to be taken out of the lake. That's the time when it's time to light the fire, pull on your raggsocks and enjoy a chanterelle toast and a glass of red.

But before that, make sure you enjoy all the goodness that summer cooking and candlelight have to offer!



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BEST FOOD & MEDIA CELEBRITY BOOK

Käka gott månad för månad
Tina Nordström
The Book Affair

Tina Nordström, Sweden's most popular food profile who inspires good and pleasurable food both on TV and in her social channels, is now releasing her new cookbook Käka gott månad för månad (Chew well month by month).

Tina's motto is that cooking should be fun and it should be easy! Chew Well Month by Month is the book that makes cooking seasonal food easy and fun, with each month having its own chapter with tips on what to stock the pantry with and what's good to freeze and serve when the neighbours unexpectedly knock on the door. And lots of great recipes and inspiration and pep talk for all the foodies out there in the kitchens of course!



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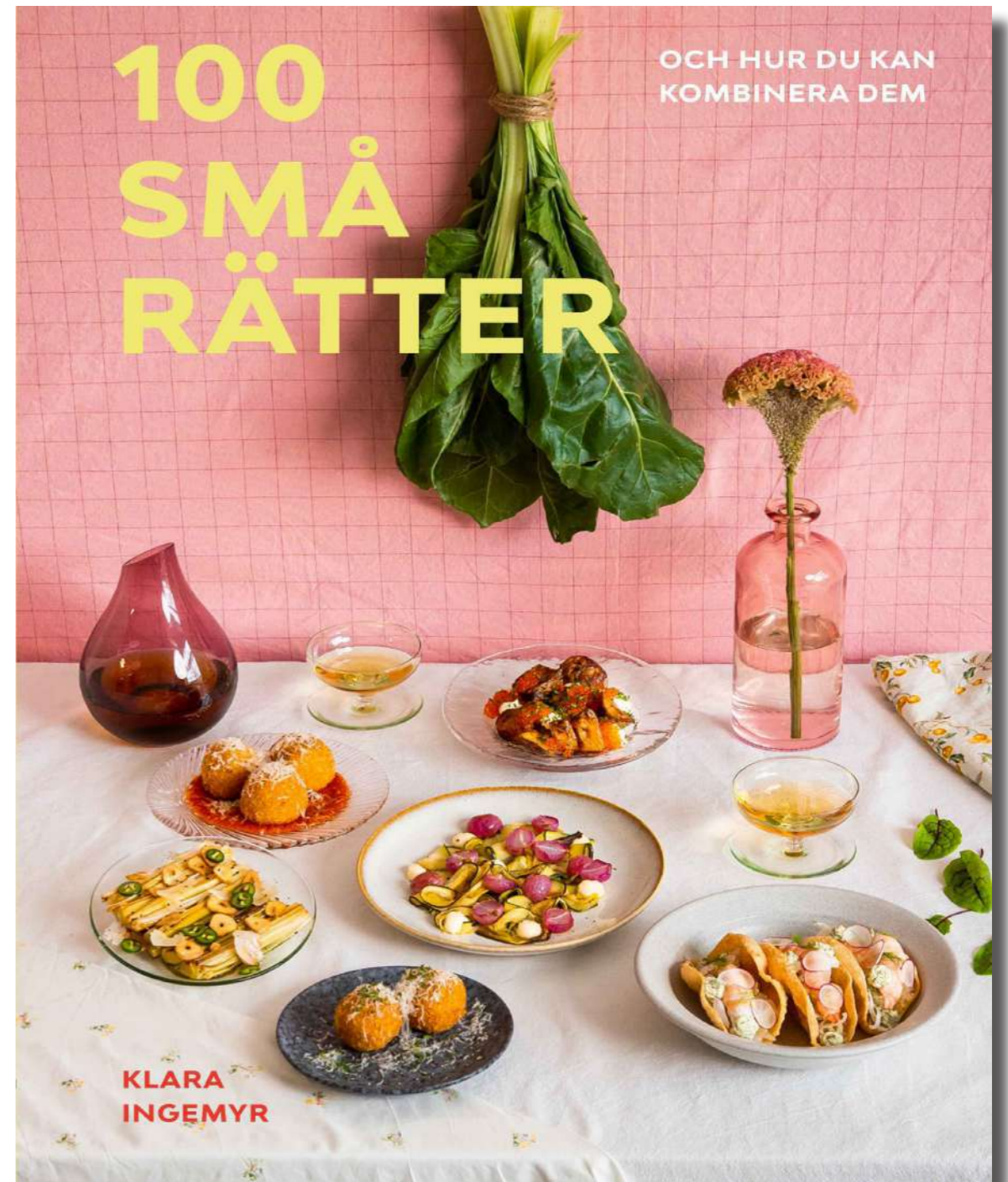


BEST FIRST COOKBOOK

100 små rätter
Klara Ingemyr
Mondial

100 Small Dishes is for those who love to eat long, hard and wide. The recipes are suitable for all occasions, levels of laziness and preferences - and the advantage is that you can combine them in any way you like to make a real banging dinner.

The book is divided into categories and colours to help you find your way through the flavours and styles. Fancy crunch and citrus? Then the purple recipes are for you. Looking for warming umami and heat? Then the pink recipes are perfect. There's something for everyone. Read, cook and enjoy!



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Winner

GOURMAND
World Cookbook Awards

BEST BLOGS & SOCIAL MEDIA BOOK

Sedir: Processen
Sedir Ajeenah
Norstedts

Sedir: The Process is a cookbook that wants to be a friend and a tool in the kitchen. The author takes us from the raw materials to the preparation, and the reader can follow every step of the way. The dishes are ambitious but the ingredients are common and the methods simple. There is a clear desire to create something new, the recipes always include an unconventional ingredient or an unexpected combination that makes it taste new and better. The book lacks a classic chapter structure but is easy to dive into, each recipe a story in itself. You'll also find little elegant and untechnical tricks; cook elongated pasta like spaghetti in the frying pan for the smoothest results, garnish a soup with a bouquet of spices and learn how to fold fine wontons and discover how easy it is.

On the way from raw material to plate, there is also a big focus on an often overlooked element - the presentation. How to use colour and composition to present simple food beautifully. Sedir takes us through the whole process.

1. Halvera aprikoserna och släng kärnorna. 2. Smält smöret i en medelvarm stekpanna och lägg ner aprikoserna med snittytan nedåt.

Stek 5-10 minuter eller tills snittytan fått en fin gyllene färg. 3. Medan aprikoserna steks så börjar du hacka pistagenötterna.

Hacka hälften av nötterna fint och andra halvan lite slarvigt. 4. När aprikoserna fått fin färg på snittytan så plockar du upp dem försiktigt med en sked eller stekspade och lägger åt

serveringsfat. 6. Lägg på aprikoshalvorna med den stekta sidan uppåt.

7. Strö över de hackade pistagenötterna. 8. Ringla över olivoljan. 9. Placera ut 3-4 dillvippor och lika många myntablåd. 10. Avsluta med en nypa flingsalt och servera med aprikoserna fortfarande är varma.



15 minuter
Recept för två

2 mogna aprikoser
50 gram smör
2 msk pistagenötter
1 burrata
0,5 msk av din finaste olivolja
1 kvist färsk dill
1 kvist färsk mynta

5. Bryt isär burratan med båda händerna och lägg ner försiktigt på ett

serveringsfat. 6. Lägg på aprikoshalvorna med den stekta sidan uppåt.

7. Strö över de hackade pistagenötterna. 8. Ringla över olivoljan. 9. Placera ut 3-4 dillvippor och lika många myntablåd. 10. Avsluta med en nypa flingsalt och servera med aprikoserna fortfarande är varma.

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5. Bryt isär burratan med båda händerna och lägg ner försiktigt på ett



Burrata med smörstekt aprikos, dill, mynta och pistagenötter

3

GOURMAND AWARDS 2023 SWEDEN

Winner

GOURMAND
World Cookbook Awards

BEST SERIES

Vår kokbok Vego
Sara Begner
Coop/Norstedts

“Our vego cookbook contains lacto-ovo vegetarian recipes, with dairy products and eggs, as well as vegan recipes. It is a basic cookbook for everyone, whether you want to eat more green, help your teenager cook without meat or have been a vegetarian for a long time and need inspiration for new flavours.

The book contains around 400 recipes, 50 of which are new, for all occasions: simple everyday dishes, party foods, side dishes, snacks and breakfasts, sweets and breads. Four symbols tell you which recipes are lacto-ovo vegetarian, vegan, gluten-free and quick to make - to make it easy for you to find the right one. Nutrition and food facts are also included, of course, as well as a seasonal wheel to help you keep track of when different vegetables, fruits and berries are in season.

Cooking with Our Vego Cookbook is easy, inspiring and delicious. Welcome to our beautiful green world!”



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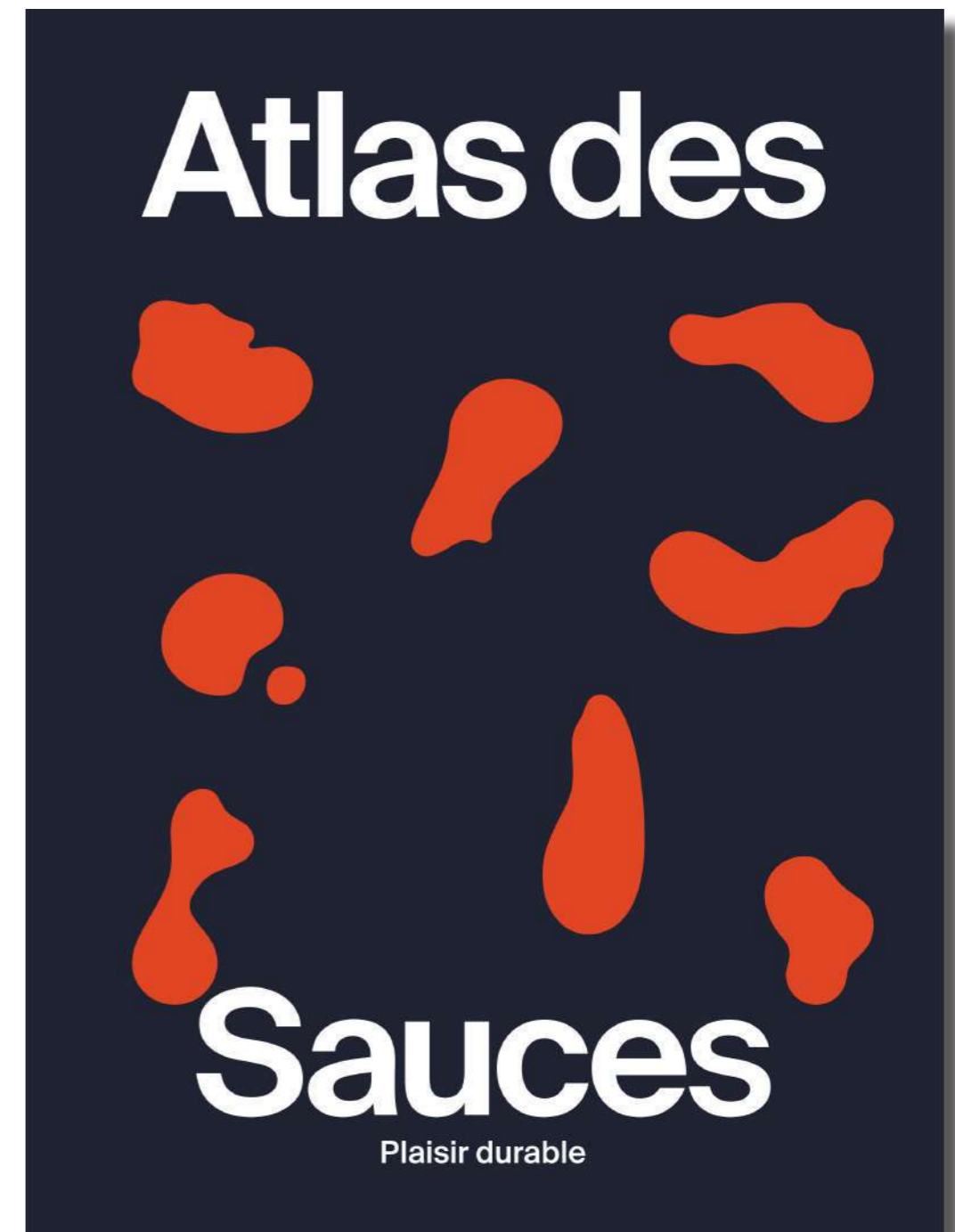
BEST TRANSLATION

Atlas des Sauces (French version)
Paul Svensson, Mai-Lis Hellénus
Holm Books

What do a chef, a lifestyle professor and a leading global brand for bathroom solutions and kitchen fittings have in common? Taking 50 countries as the starting point, innovating 50 national sauces and looking on “how they do good”, Paul Svensson and Mai-Lis Hellénus, together with the GROHE brand, want to inspire and show the way to a healthier, more enjoyable and more sustainable life.

Welcome to our Sauce Atlas. We want to take you on a culinary journey across the globe. The taste of the world manifested in international sauce recipes, all having one ingredient in common: Water. There’s nothing more essential to life on earth than water. Yet, from Cape Town to California, and from rural, sub-Saharan Africa to booming megacities there’s a global water crisis. People are struggling to access the quantity and quality of water they need for drinking, cooking, bathing, handwashing, and growing their food.

In search of some of the world’s most interesting sauces, we have for the sake of this book turned over many rocks and sniffed around for 50 examples from 50 different countries. Or rather, we have connected each sauce to a country.



GOURMAND AWARDS 2023 SWEDEN



BEST FOOD & LIFESTYLE WEBSITE

Visit Umeå

visitumea.se/en/eat-umea

“Welcome to Norrland’s foremost food city. Here you are met by high quality food & service that creates strong food memories. Enjoy cocktails from one of Sweden’s best bars or American barbecue with a northern touch. Here you will find something for everyone!”

This website has been and will be extremely useful for Gourmand Award’s international participants during their stay in the city.

Featured sections:

- News
- Cafes
- Restaurants
- Pubs & Clubs
- Food Events Calendar
- Lovely brunch places in Umeå
- Sustainable Restaurants
- Christmas Feasts in Umeå
- New Neighborhood Hanghout
- Tips on restaurants offering Take Away

**visit
umeå!**



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BEST UNIVERSITY PRESS BOOK

Cajsa Wargs kokkonst
Ulrica Söderlind, Emil Gredmo, Peter Stenman
Universus Academic Press

Anna Christina Warg, better known as Cajsa Warg, worked as a housekeeper in the Klinckowströmska household in Stockholm. She published her cookbook *Hjelpreda i Hushållningen För Unga Fruentimber* in 1755 at her own expense. It was published in 14 editions and translated into three languages, including German.

Why was Warg's cookbook so successful and is still widely known today, while other cookbooks from the 18th century were unsuccessful and subsequently forgotten? In the search for an answer, the author draws comparisons with three other contemporary cookbooks by Susanna Egerin, Margareta Elzberg and Johan Winberg. For a deeper understanding of the books' content, the cultural history of the raw materials and foods is also shared. The book shows that cookbooks did not emerge from a vacuum, but were the bearers of a long and complex gastronomic history.

The book also includes a chapter in which recipes from Warg's cookbook are prepared by Emil Gredmo and Peter Stenman. This was done at the Research Restaurant, Umeå University.



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BEST LOCAL FOOD CULTURE COOKBOOK

Historisk värmländsk mat
Äldre recept anpassade till dagens kök och råvaror
Sara Bodin Olsson
Votum Förlag

In Historic Värmland Food, the reader is treated to a wealth of original recipes, taken from the finest manor houses and the simplest coal huts. There are both well-known and unknown dishes and baked goods; cheese poached eggs from Sunne Priory, lemon stars from Nancy Enwall's housemother's school in Karlstad, rice gruel cake with lingonberry cream from Selma Lagerlöf's Mårbacka and, of course, classics such as beak porridge, klengås and kolbulle.

All recipes are presented in their original form, along with modern translations adapted to today's units of measurement, ingredients and kitchen equipment. The selection has been made with a view to which dishes and pastries are tempting to try today; a real recipe treasure waiting to be used!

In addition to the recipes, some curiosities about Värmland food history are also presented. The book is beautifully illustrated with inspiring pictures of dishes and pastries in historical settings.



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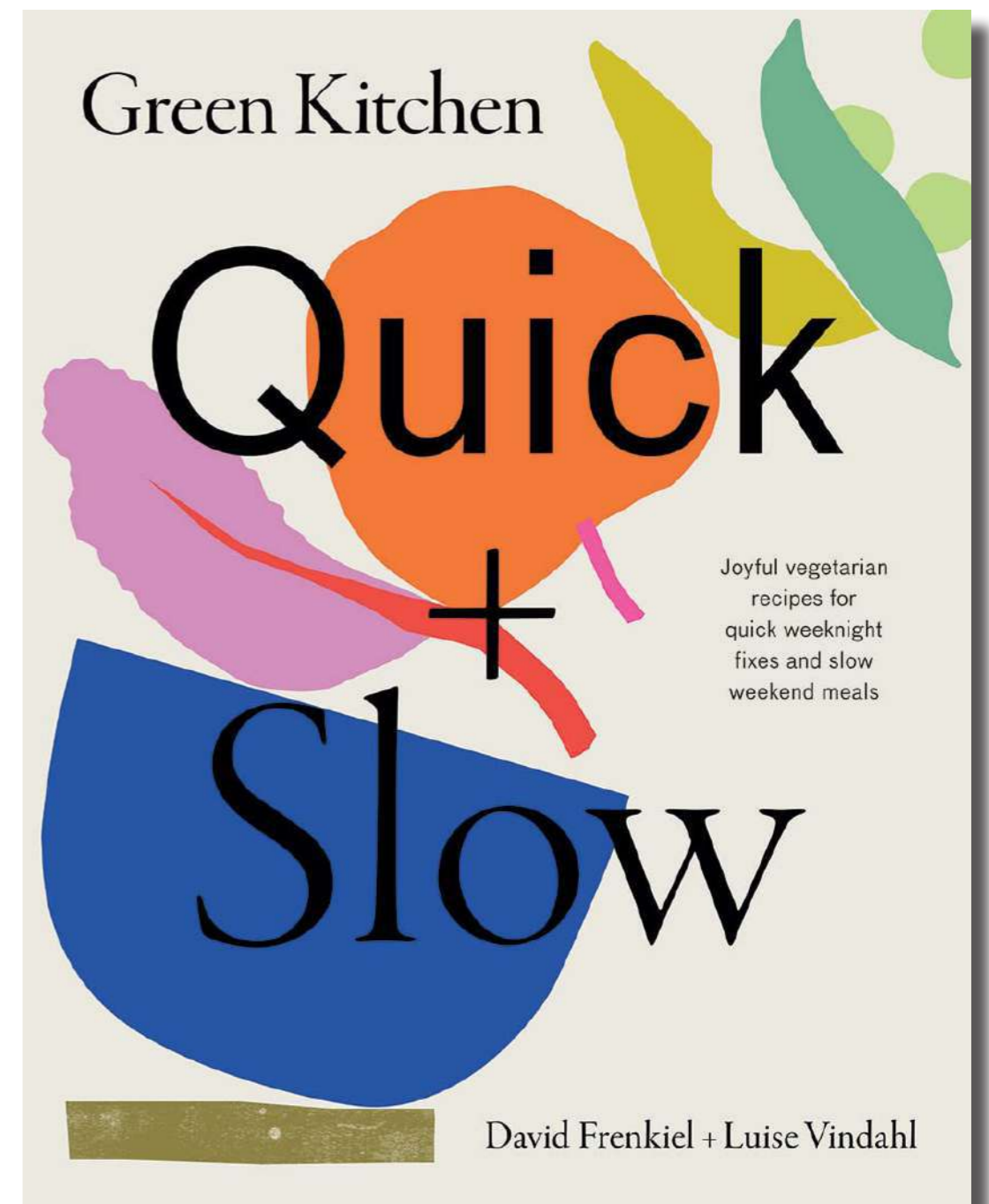
BEST INTERNATIONAL COOKBOOK

Green Kitchen Quick & Slow
David Frenkiel, Luise Vindahl
Norstedts

In Green Kitchen: Quick & Slow David Frenkiel and Luise Vindahl showcase over 100 modern vegetarian recipes that capture the quick and slow moments of life and in the kitchen.

From the QUICK low-effort weekday dinner when you don't want to spend the whole day in the kitchen but still want to eat something delicious, to the SLOW moments when cooking becomes the best part of the day, these recipes will teach you how to cook great tasting, modern vegetarian food and show you how to find joy in the process.

Featuring stunning photography, and packed cooking tips and fun flavour-twists throughout, Green Kitchen: Quick & Slow will not only inspire you with what to cook on any night of the week, but it will show you how cooking can be your best therapy, friend and ultimate joy.



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Winner

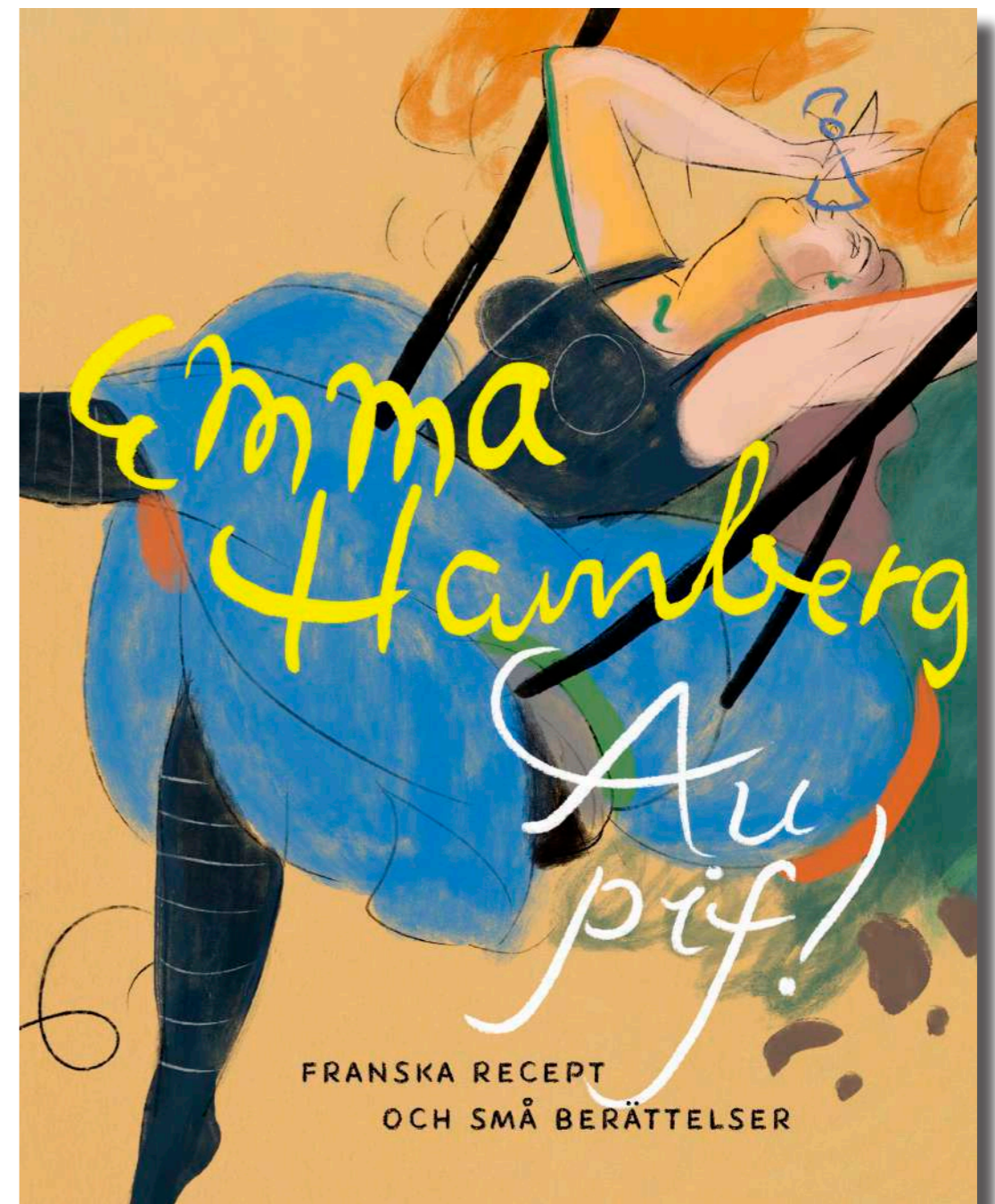
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BEST INTERNATIONAL COOKBOOK

Au pif!: franska recept och små berättelser
Emma Hamberg
Piratförlaget

“It’s so easy to get the idea that French cooking is difficult. Something for the select few with tall white chef’s hats, silver cups lifted under drumsticks and sauces that are only allowed to simmer, never boil. Wrong, wrong, wrong! French cooking is actually very easy, it’s just a matter of time and a lot of butter. Time and butter can be found in Provence, but just as much butter and time can be found in the small Swedish suburban town, the palace in the countryside, the terraced kitchen or wherever you are. Don’t be scared, just have enough butter at home, and follow the recipes a bit!

Au pif what’s that, you may ask? Well, it’s an expression and an attitude that my boyfriend’s French mother used in the kitchen. Je fais un peu au pif, ca va etre merveilleux. Rough translation: I go a bit by feel and it will be fantastic. You take what you have, you swap out things you don’t like for what you do like, and don’t forget: perfect is boring.



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Winner

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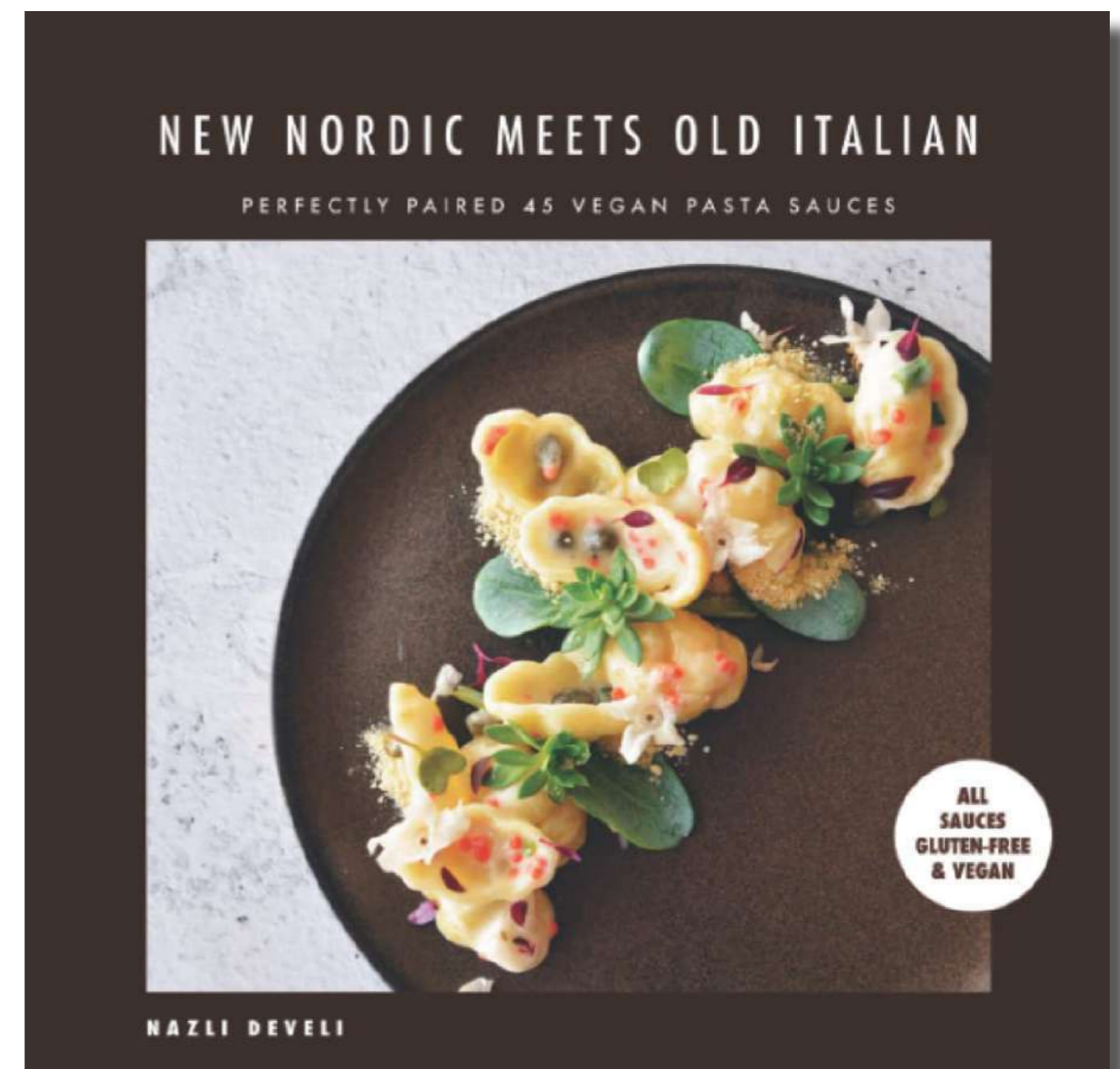
BEST ITALIAN CUISINE BOOK

New nordic meets old italian
Nazli Develi, Stella Jonsson
GurmeVegan

“New Nordic Meets Old Italian”, offers 45 gourmet vegan and gluten free pasta sauces with full color photos that are perfectly paired with dry pasta.

There are unexpected similarities between Italian cooking and the New Nordic style; both kitchens make a cult of freshness, the seasons and simplicity. Nordics always consider seasonal, local and sustainable food like Italians; purity, freshness, simplicity and ethics, are aimed at bringing out the pure original flavour.

“New Nordic Meets Old Italian” also focuses on gourmet pasta sauces with unfamiliar edible plants that are prepared based on Italian cooking traditions, perfectly paired with dried pasta shapes. The aim of this book is to encourage chefs to create a delicious plant based pasta menu in using 100% plants in the kitchen.



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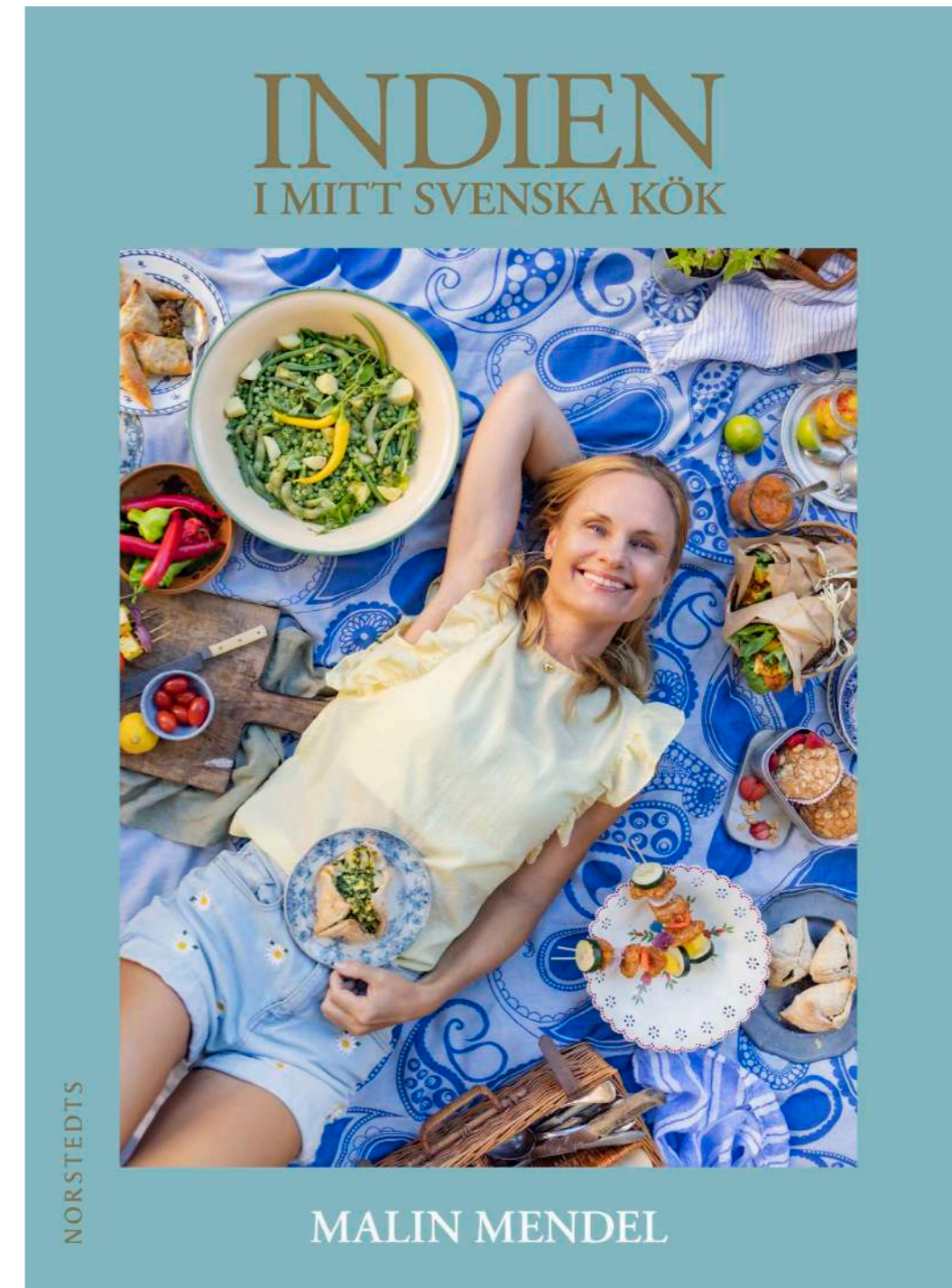
BEST INDIAN CUISINE BOOK

Indien i mitt svenska kök
Malin Mendel
Norstedts

Indian food doesn't have to involve lots of spices and fuss, but can be quick everyday food. It's also perfect for all the parties, picnics, buffets and barbecues of the Swedish summer. For autumn, warming curry stews, soups and fragrant samosas are perfect for both fine dining and mushroom excursions.

In her latest cookbook, Malin Mendel has collected her very best recipes, which she prepares for her family as well as for parties and celebrations. The dishes are easy to make, simple to adapt to everyone and both colourful and tasty! What's more, they are usually easy to prepare, and the casseroles only get tastier by standing.

Malin's passion for Indian food was sparked when she was a child. In this personal book, she shares memories and food from her childhood in Pakistan, and from summers in Bohuslän and Dalsland. In her own kitchen, Malin cooks mostly Indian food, but sometimes draws inspiration from reporting trips to other countries or Swedish traditions. Because there are similarities, for example mackerel is also eaten in India.



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Winner

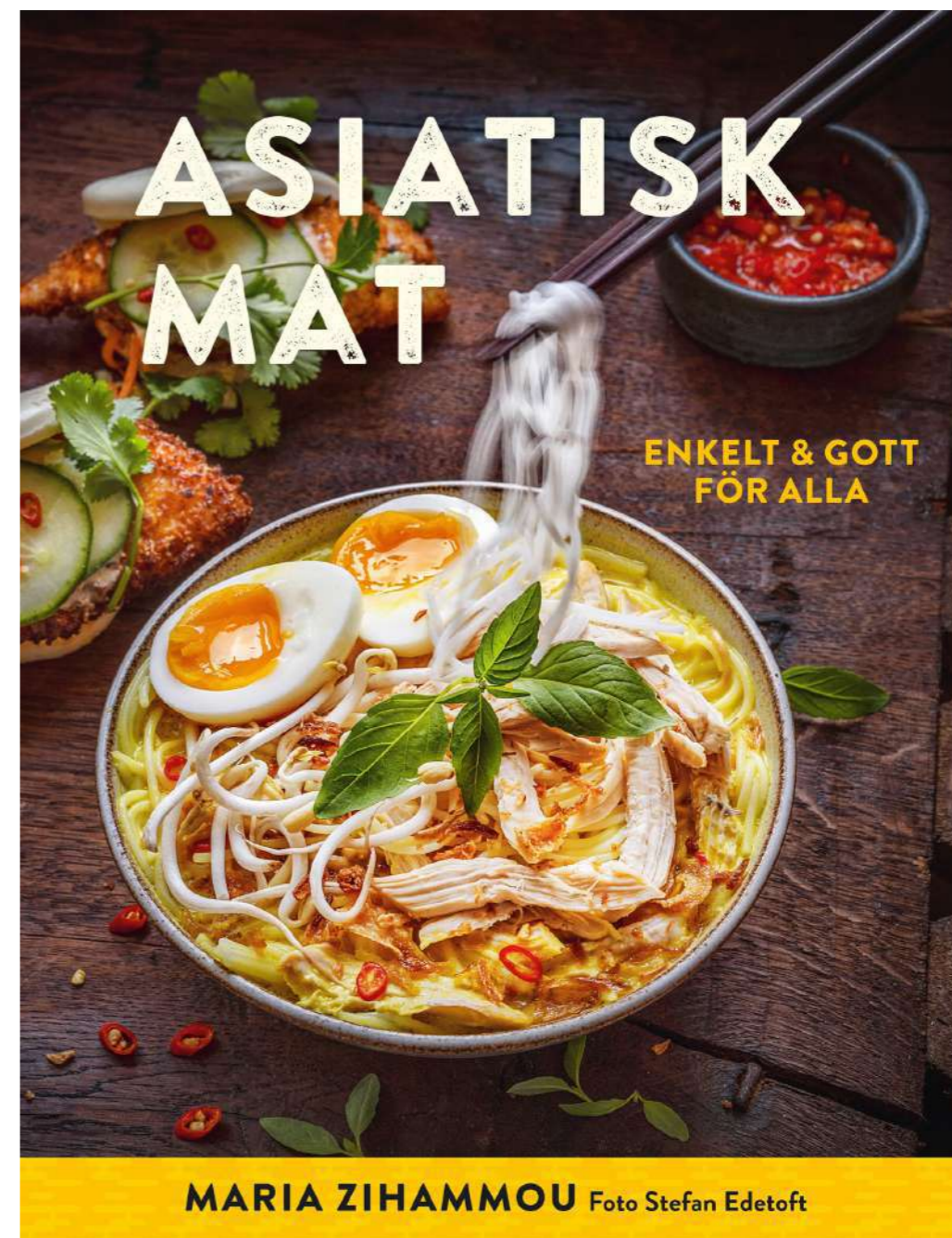
GOURMAND
World Cookbook Awards

BEST ASIAN CUISINES BOOK

Asiatisk mat: enkelt och gott för alla
Maria Zihammou
Bokförlaget Semic

All the best of Asian cuisine is gathered here! Noodles, fried rice, tasty broths and soups, crunchy snacks, dressings, hot dishes and warming woks. No advanced knowledge or complicated ingredients required - this is Asian food that everyone can cook.

Surprise with a hearty noodle soup, fresh spring rolls, sweet and sour chicken, pad thai or Vietnamese meatballs. With tips on how to make your own broth, cook the perfect rice and set the flavour balance perfectly. Everything you need to succeed in Asian cuisine.



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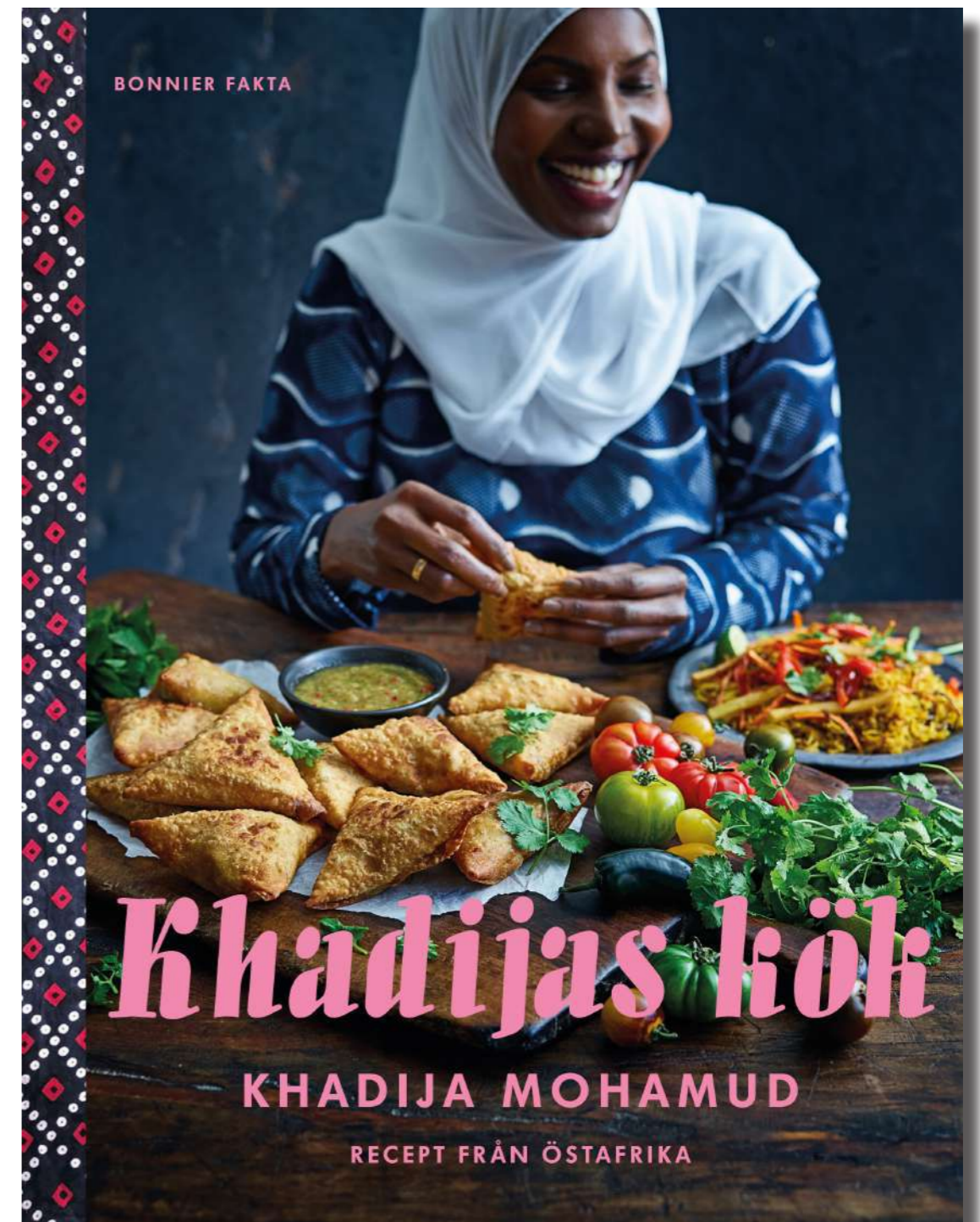


BEST AFRICAN CUISINES BOOK

Khadijas kök: recept från Östafrika
Khadija Mohamud
Bonnier Fakta

Khadija Mohamud runs the blog and Instagram account Khadijas kitchen - featuring food from around the world and focusing on dishes from Africa. Her love of food began early in her native Somalia. When civil war broke out in 1990, the family was forced to flee. Now Khadija lives in Stockholm and has taken a break from her nursing studies to write cookbooks.

Khadija's kitchen focuses on East African cuisine with recipes for injera, sambusas, dorho wat and fifty other flavoursome, well-spiced dishes. Food that many people like to eat but few of us know how to cook! Khadija Mohamud has collected her most delicious dishes here, recipes for which might otherwise be hard to find in Swedish.



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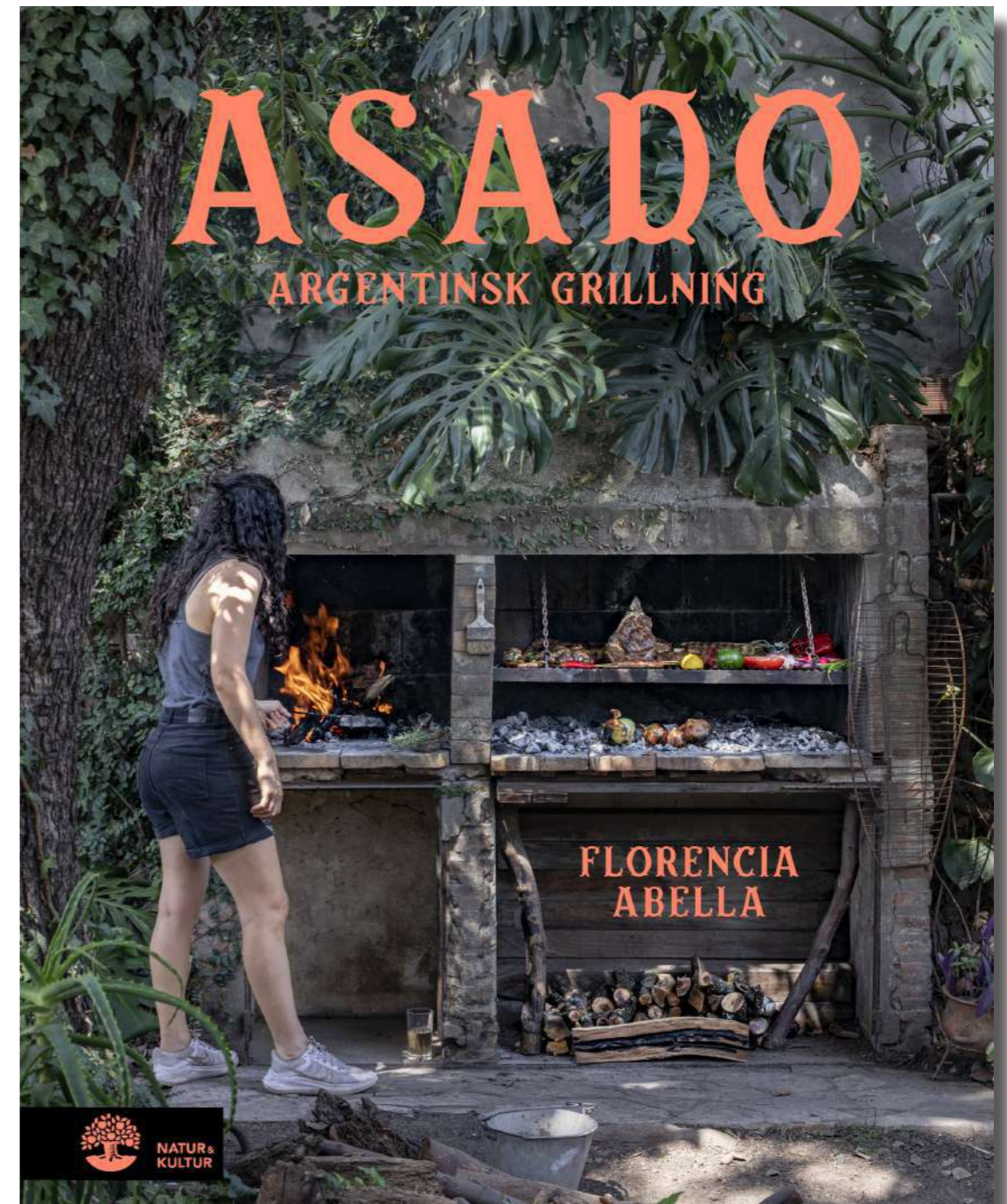
BEST LATIN-AMERICAN CUISINES BOOK

Asado: Argentinsk grillning
Florencia Abella
Natur & Kultur

In Argentina, asado is not just a form of grilling. It is a national dish, a ritual and a way of life. And perhaps above all, an opportunity to gather with family and friends and spend a whole day around the fire.

Asado can be made with almost any equipment, from two stones and a grill in a park to a proper South American barbecue, a parilla, in your backyard. Because you burn down wood to glowing coals, the meal always follows the rhythm of the open fire. While the fire is lit, the worst cravings are quelled with una picada, a little pick-me-up. It can be cheese and charcuterie, escabeche, pickled vegetables and a couple of empanadas.

Florencia Abella has her roots in Argentina and has been working for a few years as a chef at the one-star restaurant Ekstedt in Stockholm. She was previously creative director and sous chef at Esperanto, and has also worked at several prominent restaurants around the world.



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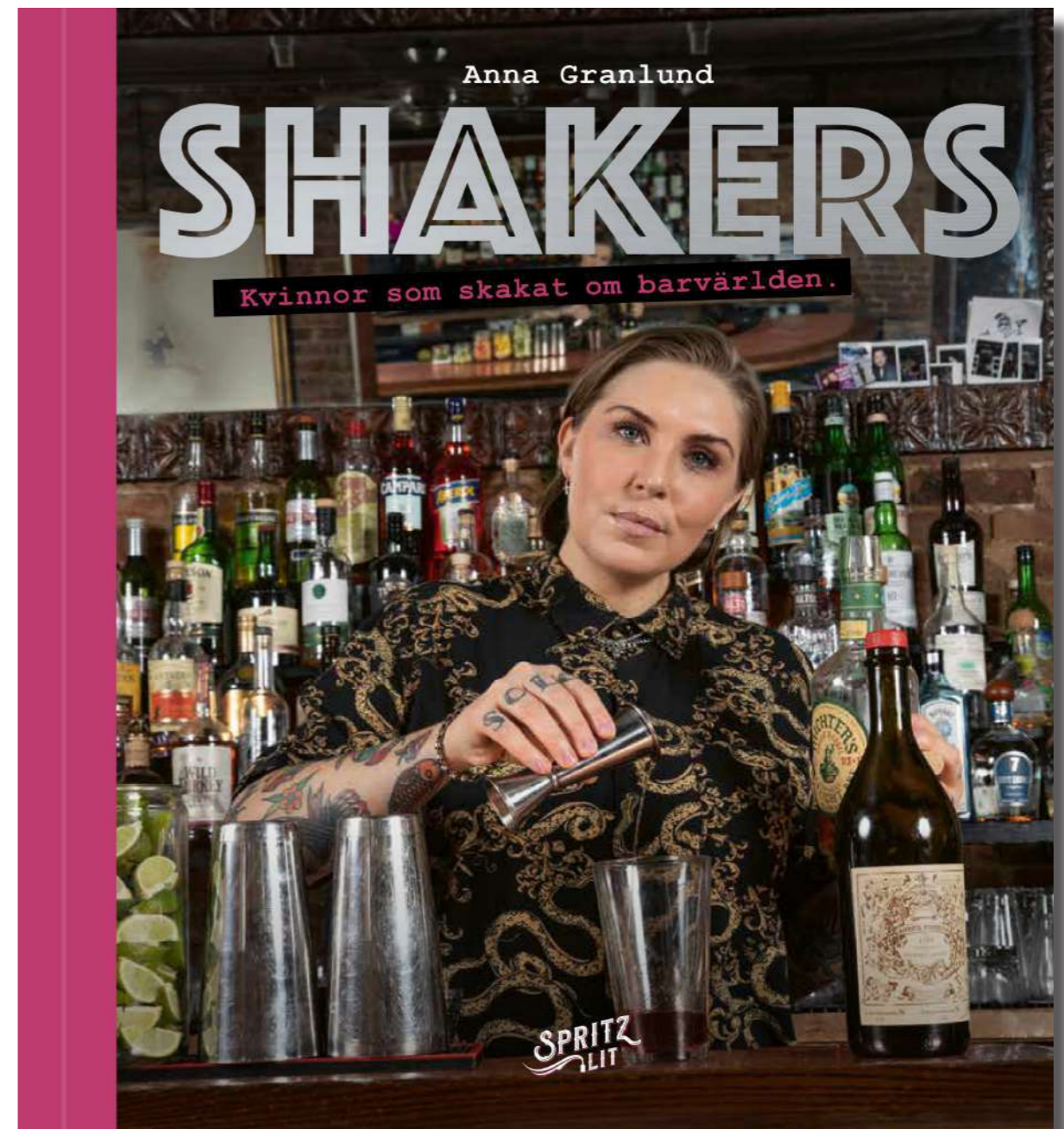


BEST 100% WOMEN BOOK

Shakers: kvinnor som skakat om barvärlden
Anna Granlund
Spritz Lit

Strong women have always existed in the beverage world. As brewers, inventors, distillers, drink mixers. Since the beginning of time, in fact. Here is the book that brings together some of the passionate and pioneering women who have shaken up the bar world: from medieval widows in the Old Town to perhaps today's sharpest names, women who have taken drink mixing to the next level and far beyond Sweden's borders. Between these covers are the best drinks, cocktails and intoxicating stories of these women, past and present. Not only is this another drink book filled with great recipes and stories to suit most palates, it's an inspirational must-have for anyone who wants to get better at bartending, whether behind or in front of the counter.

Contributing bartenders: Hedda Spendrup, Charlotta Berggren, Tina Shine, Elsa Rapp, Josefine Thorén, Hanna Oscarsson, Hedda Bruce, Josephine Sondlo. And a whole bunch of women who are just as cool!



GOURMAND AWARDS 2023 SWEDEN

Winner

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BEST HEALTHY COOKBOOK

21 day challenge

Keto - Kostschema, Recept, Resultat

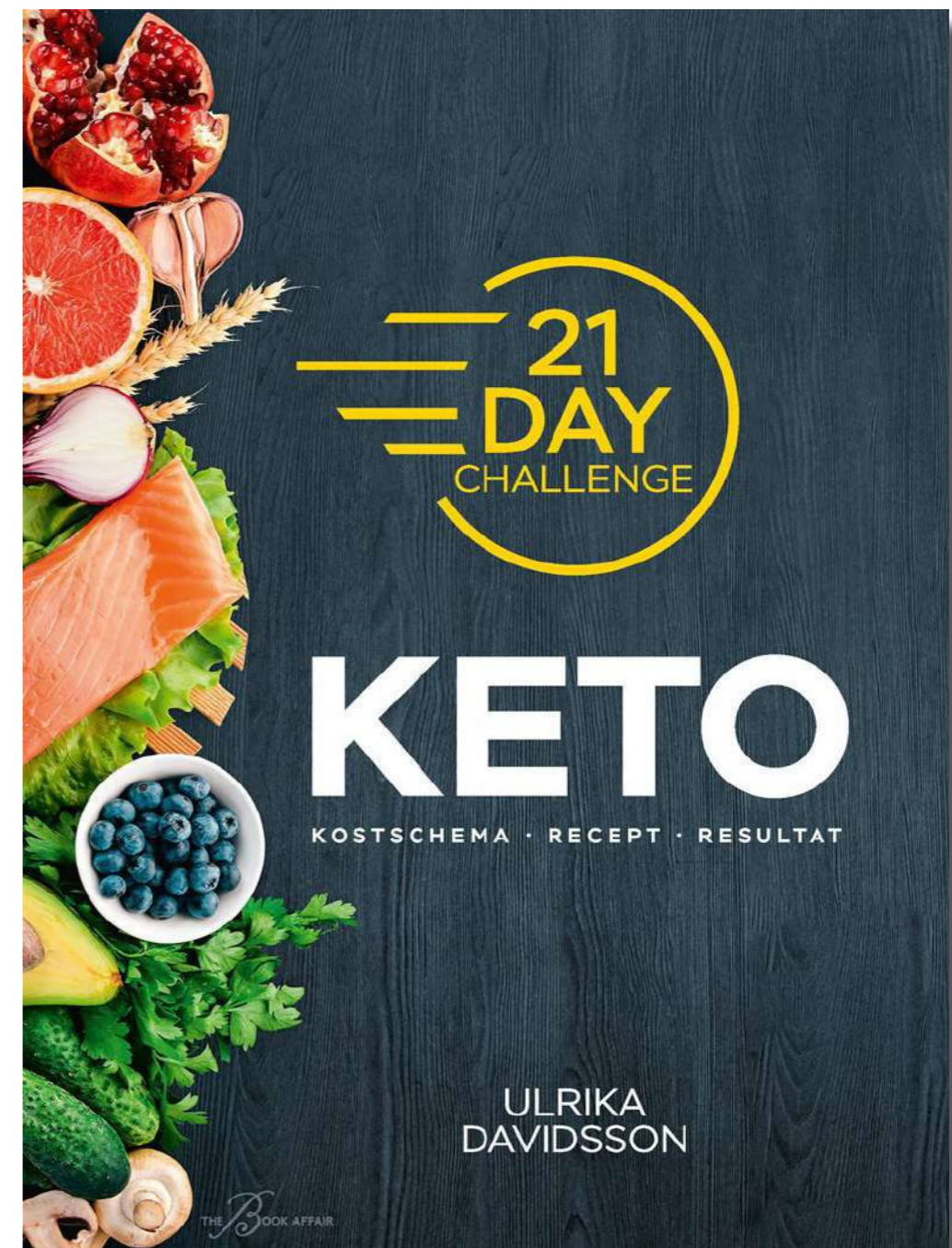
Ulrika Davidsson

The Book Affair

21 days of your life kickstart with keto! In her new cookbook series with 21-day diet plans and recipes, Ulrika Davidsson shows you how to increase your body's fat burning with the popular and easy keto diet!

Through natural protein, healthy fats and vegetables, the keto diet has quickly grown into one of the most popular diets. Ulrika's tasty, filling and quick recipes will give you food pleasure, a stable blood sugar level and make a difference on the scale.

Ulrika Davidsson is a nutritional advisor, recipe creator and best-selling author of over 35 books. Her online courses have helped tens of thousands of people reach their goal weight and find a more sustainable and healthy lifestyle.



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Winner

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World Cookbook Awards

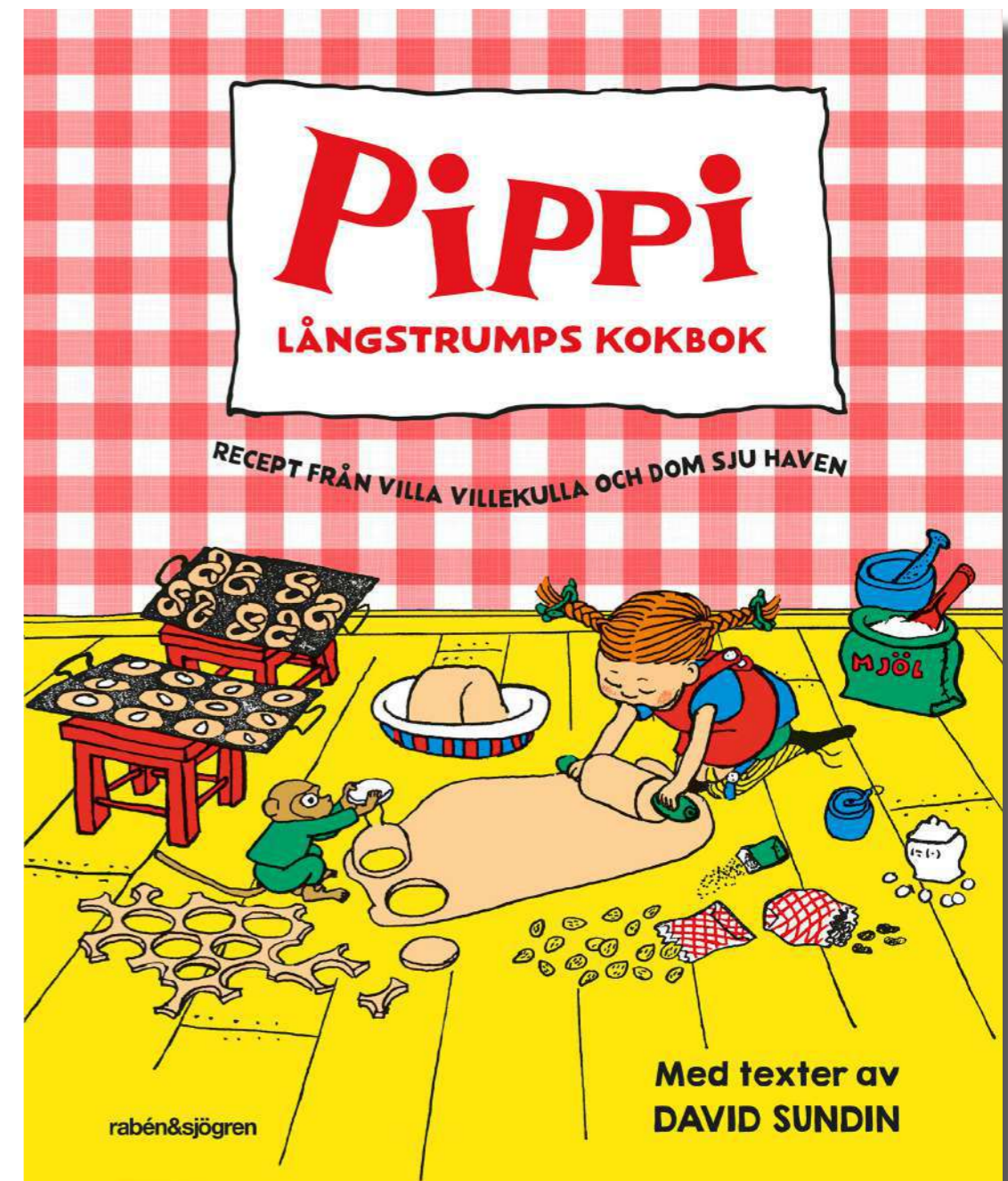
BEST CHILDREN COOKBOOK

Pippi Långstrumps kokbok
Astrid Lindgren, David Sundin
Rabén & Sjögren

Everyone knows Pippi as the girl who can lift a horse, has a bag full of gold money and has sailed the seven seas. But did you ever think that she is also a master chef? Because she is!

In the stories of Pippi, Tommy and Annika, there is baking, celebrating and eating, sweets and drinks of all kinds. Pippi bakes cakes, serves sausages and fries pancakes, and she knows what goes into a hearty pirate's breakfast.

This is what presenter, author and Pippi's biggest fan David Sundin has taken on board when he has selected the very best from Pippi's world and put it together in a cookbook like no other. Clever recipes by Johanna Westman and fun tips and texts by David Sundin are interspersed with Pippi quotes and Ingrid Vang Nyman's classic Pippi pictures.



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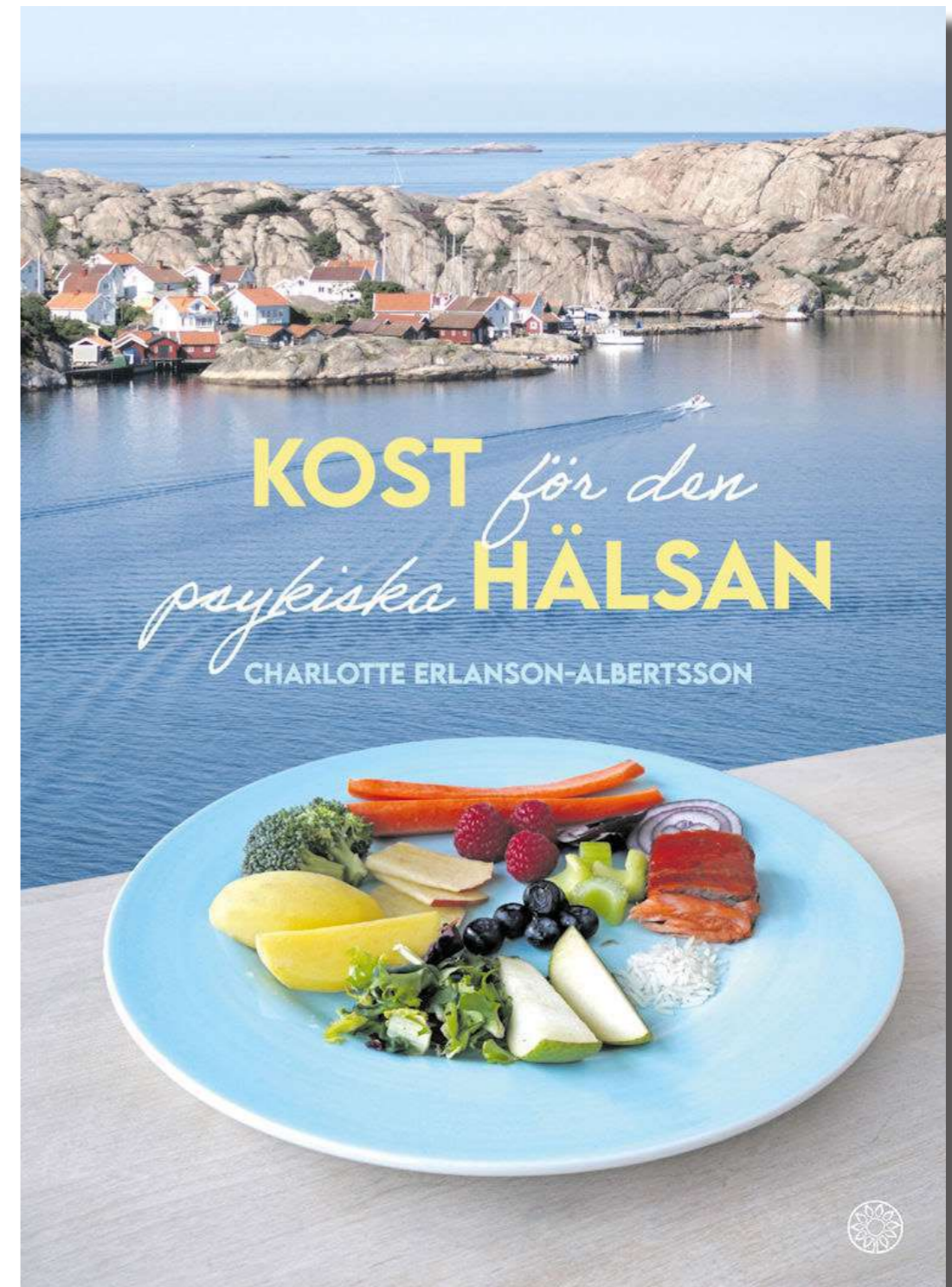


BEST HEALTH & NUTRITION PROFESSIONALS BOOK

Kost för den psykiska hälsan
Charlotte Erlansson-Albertsson
Ekström och Garay

As a woman of science, Charlotte Erlanson-Albertsson believes in the power of invigoration, and food plays an important role in this. Eating is an opportunity for strength and stimulation, for both body and soul. But food also affects us in a variety of ways, and in this book she shares what science has to say about the effect of different foods on health, depending on the health problem at hand.

Diet for Mental Health begins with a general description of health, tastes and eating behaviour. This is followed by specific chapters on the most appropriate diet for different health problems, such as inflammation, influenza, migraine, autism spectrum disorders, depression and anxiety. Changes in diet bring rapid changes in how we feel - we should seize that secret and that opportunity.



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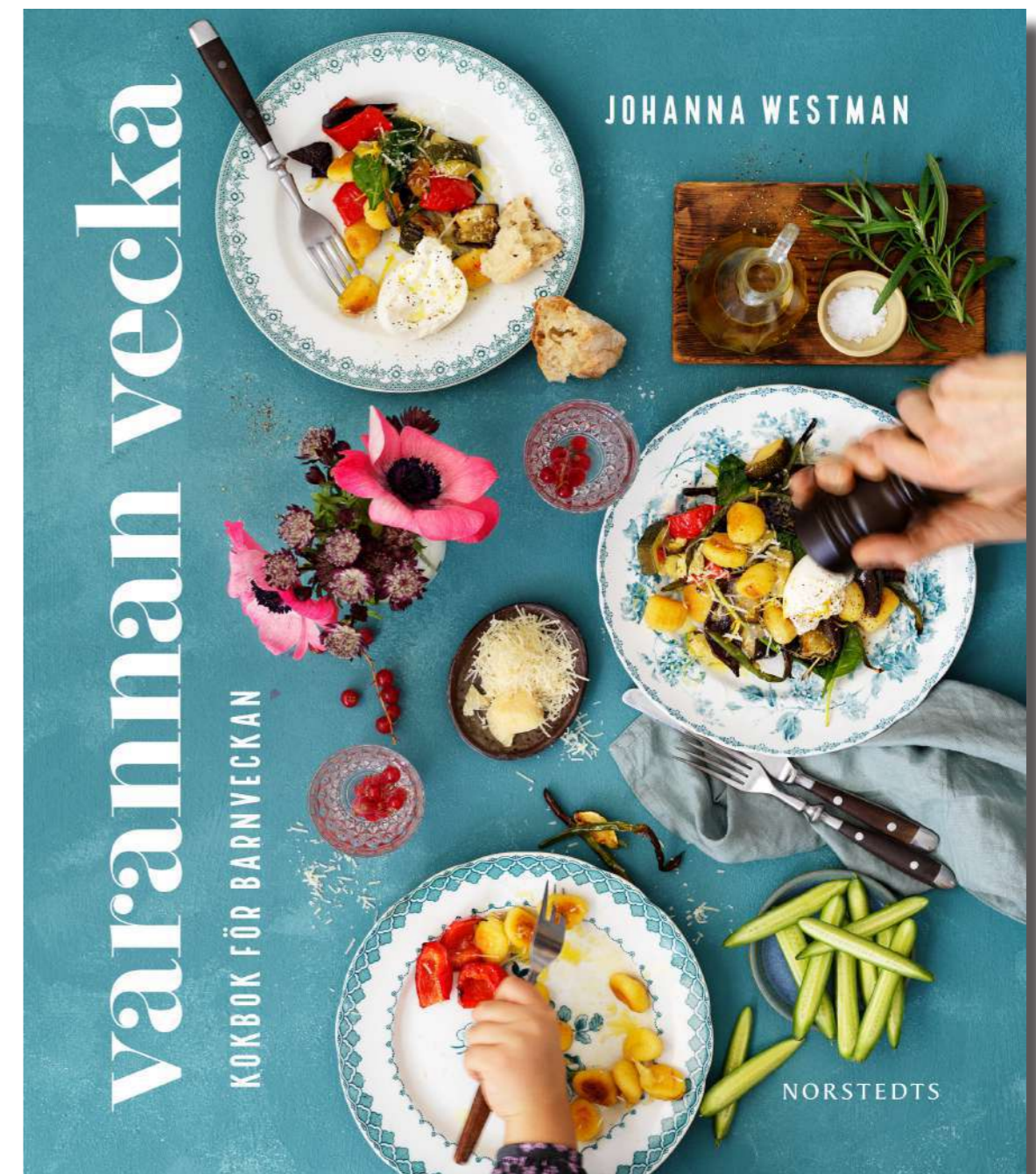
BEST FAMILY COOKBOOK

Varannan vecka
Johanna Westman
Norstedts

For cookbook author Johanna Westman, food and meals became extra important when she became an every-other-week parent. Everything in life became more intense and time was always so short. The weeks the children were with her, she wanted them to enjoy every second, with more favourite dishes and less everyday life, without her 'wasting' precious childhood time at the stove. On weeks without children, meals had to be over quickly and were often wasted.

Johanna Westman wants to share everything she learned here. The result is a book that can be read from two angles, one for the children's week and one for the week on its own, and with many tips on shortcuts and pleasures for the whole of life. For example, there are chapters on one dish that makes several and those that are ready in five minutes, on good snacks that children can make themselves and on dinners to cook together.

Every Two Weeks is a book for anyone who sometimes cooks too much and sometimes too little, and shows how meals can be an important key to a new chapter of happiness in life.



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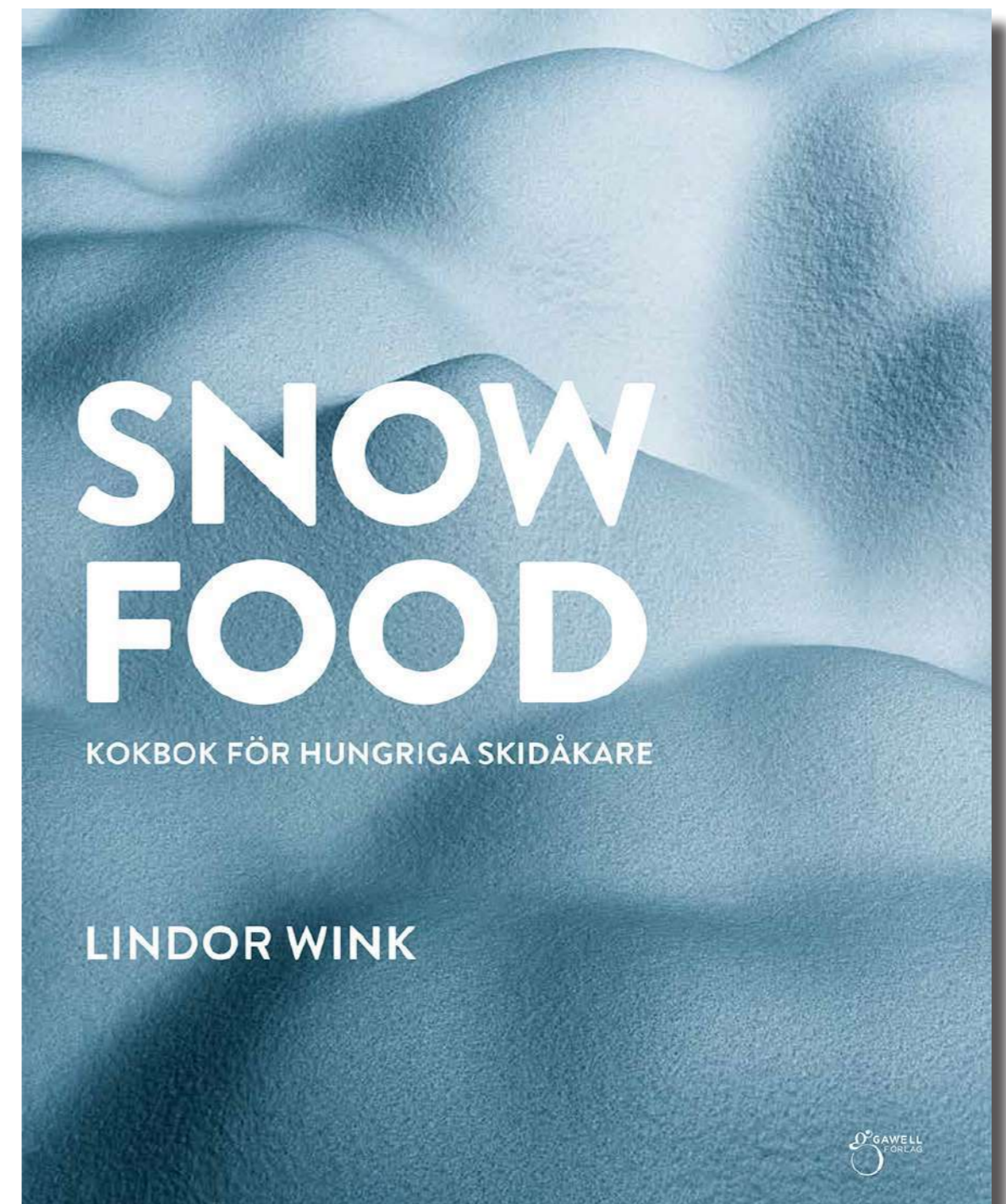
BEST FAMILY COOKBOOK

Snowfood: kokbok för hungriga skidåkare
Lindor Wink
Gawell Förlag

“For me it is important that you who read the book are inspired and that the joy spreads through your body when you cook my food, in the same way as when you take that first ride of the season!”

Chef and skiing pro Lindor Wink offers more than 70 recipes for anyone who wants to eat well before, during and after an active day on the snow. Hearty breakfasts, food to go to take on the slopes, after-ski snacks and those delicious dinners that are not in the kitchen but at the table - while we share the day's skiing with with each other. “It shouldn't be complicated, but still tasty and fun. I want it to be just as enjoyable and easy for you to cook as it is for me to it is for me.”

Working with a handful of Sweden's best chefs - such as Mathias Dahlgren and Tommy Myllymäki - has laid a solid foundation: Lindor Wink has represented Sweden at international cooking competitions, and as coach of the national junior chef team, he has led future chefs to victory in the Culinary Olympics.



GOURMAND AWARDS 2023 SWEDEN

Winner

GOURMAND
World Cookbook Awards

BEST EASY RECIPES COOKBOOK

Svenska smårätter - från fredagsmys till mingelfest

Maria Dahlquist, Maria Richardsson

Gazpacho

This book combines classic Swedish flavours with local interpretations of Mediterranean food. Along with unexpected flavour combinations, the recipes inspire you to try out new dishes for both everyday and festive occasions. And who said that mingling dishes don't go well on a weekday or for a Friday lunch?

By using locally grown produce and adapting what we eat according to the season, we can all make a difference in the transition to more sustainable food production. In fact, eating locally grown food in season is both delicious and easy, as well as being sustainable on many levels. We believe that sustainability should be easy and enjoyable for us to succeed, and we hope this book will inspire us to do so!



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BEST PASTRY BOOK

Tårtor och smörgåstårter: till årets alla fester och högtider

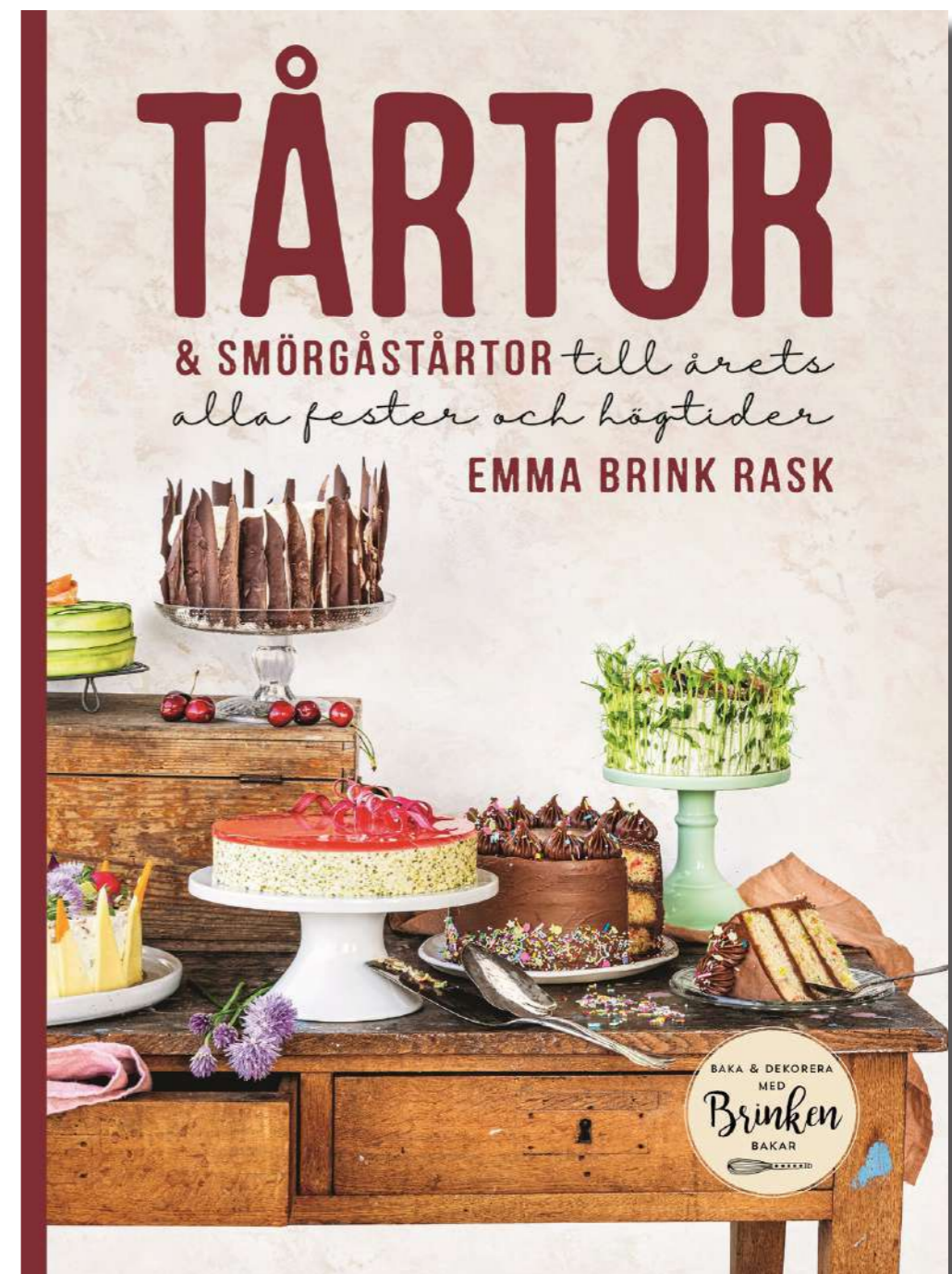
Emma Brink Rask

Bokförlaget Semic

Cakes and sandwich cakes brighten up any celebration! In this book, popular baking blogger Emma Brink Rask offers 45 inspiring and seasonally appropriate recipes. From a rhubarb cake with pistachio mousse and a classic midsummer cake with strawberries to a princess cake with apple and cinnamon flavour, this book is sure to please.

Savoury options include a sour cream pannacotta cake with onion roe and country chips, a pancake roll with dill and hot smoked salmon and a Christmas sandwich cake with meatballs, ham, beetroot salad and kale.

As usual, all the pastries are as beautiful as they are delicious!



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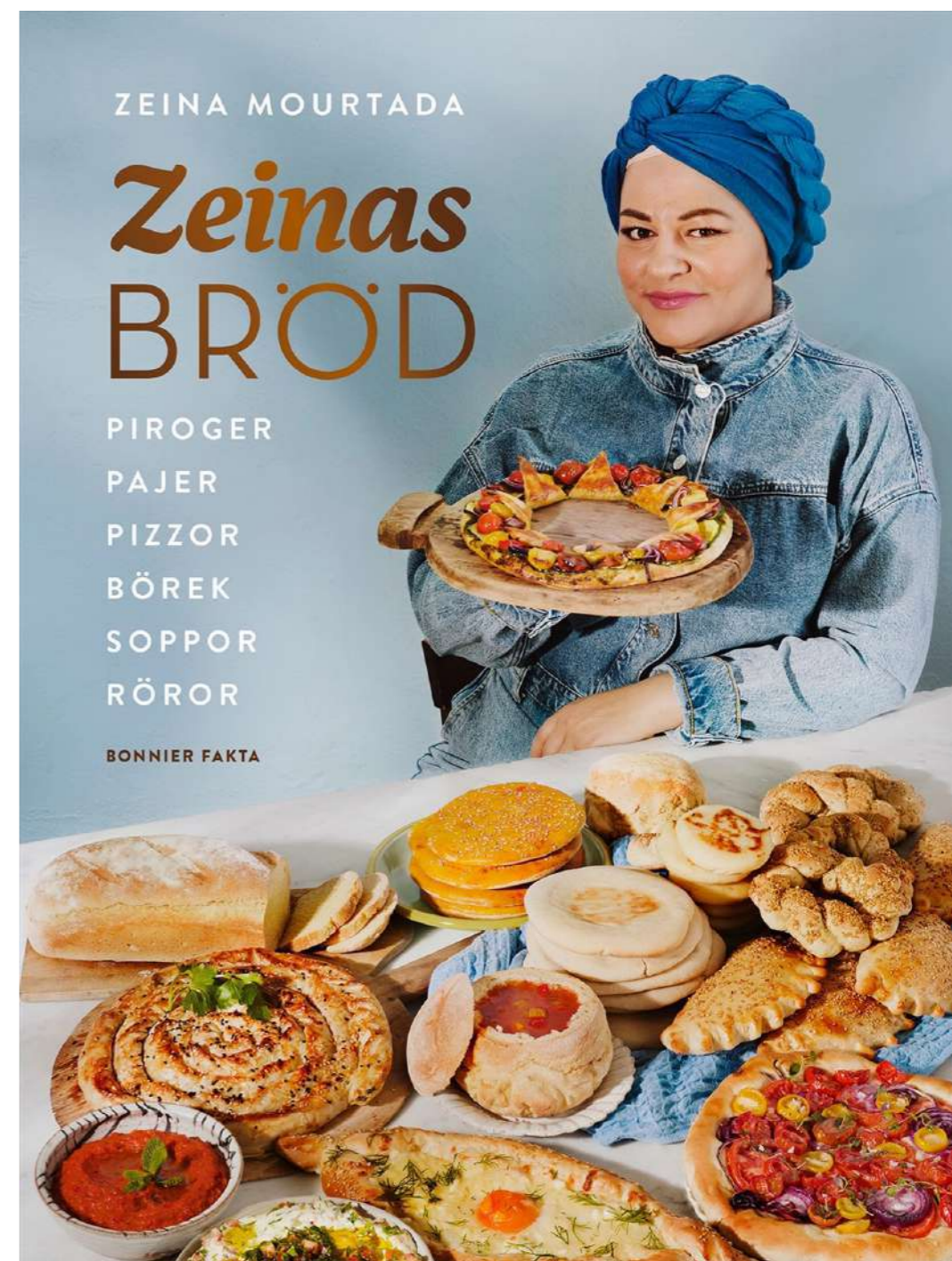
BEST BREAD BOOK

Zeinas bröd: piroger, pajer, pizzor, börek, röror, soppor
Zeina Mourtada
Bonnier Fakta

Around the world in 70 bread recipes! That's how you can sum up Zeina Mourtada's new book. Here she entices you with breads that go well with food, such as North African msemen and Lebanese kaak. There are also plenty of recipes for hearty, stuffed breads that are dishes in themselves: Indian thin bread filled with spicy mince or Latin American arepas con queso filled with melted cheese.

But it doesn't stop there, there are also wonderful recipes for fritters, pies, pizza, tasty stir-fries and soups. Food everyone will love!

Zeina has an unflinching flair for spices and flavour combinations, and here the recipes are particularly useful - cook them for breakfast, lunch, buffet, casserole or soup. Don't count on leftovers!



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BEST DAIRY & CHEESE BOOK

Sveriges Landskapspizzor
Västerbottensost
Isaberg förlag

Together with Västerbottensost and Svenska Kocklandslagen, we present the book of Swedish regional pizzas, one from each region.

The Swedish people were invited to a competition and entries poured in from all corners of the country. The best recipe from each region is included in this book, where the joy of eating and pride in local ingredients and food traditions shine through in all the recipes.

Why not try Gotland pizza with lamb mince and ramson, or Småland pizza with lardons and whipped cream cheese? There's a pizza for every taste!



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BEST PASTRY PROFESSIONALS BOOK

Inte bara bullar

100 klassiska bakverk och kakor från förr

Jan Hedh

Bokförlaget Arena

In the book *Not just buns: 100 classic pastries and cakes from the past*, pastry chef and master baker Jan Hedh collects a treasure trove of recipes for our best classic pastries and cakes. Here, baking is a real art form and everything is made from scratch in both simple and more advanced recipes. For those who want to take baking to the next level or just learn more about our very best pastries and cakes of yesteryear! A unique reference work for baking lovers and pastry chefs a nostalgia trip where everyone can remember their childhood pastry visits.

Jan Hedh is one of Sweden's foremost pastry and bakery masters. In addition to being an author, Jan Hedh works as a consultant, providing training, courses and product development in all branches of the pastry and baking industry. Jan Hedh is also the founder of Olof Viktors Bageri in Glemminge and Hedh & Escalante Chocolatier, which makes pralines, marmalade and cakes. Over the years, he has written a number of award-winning books on cakes, cookies, bread, chocolate, desserts, jams and marmalades, among other things.



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BEST FUNDRAISING BOOK

Männens bok: om mat, hälsa, livsstil och prostata
Katarina Tomic, Örjan Klein, Margit Eliasson
Bokförlaget Arena
For prostate fund

The men's book: on food, health, lifestyle and the prostate aims to raise awareness of prostate cancer and inspire healthy living. The book contains facts about the prostate, the latest research and information on how diet, health and lifestyle affect prostate cancer and inspiring food recipes based on scientific research developed by health and lifestyle experts.

This is a book for men but also for family and friends to gather around and be inspired by!

The book is published in collaboration with Mustaschkampen and the book also features Mustaschkampen ambassadors chefs Siri Barje, Sara Begner, Zeina Mourtada and Jennie Walldén.

MÄNNENS BOK

KATARINA TOMIC
ÖRJAN KLEIN
MARGIT ELIASSON
FOTO: BJÖRN LINDBERG

OM MAT, HÄLSA, LIVSSTIL OCH PROSTATA



BOKFÖRLAGET ARENA

DRINKS CULTURE



GOURMAND AWARDS 2023 SWEDEN



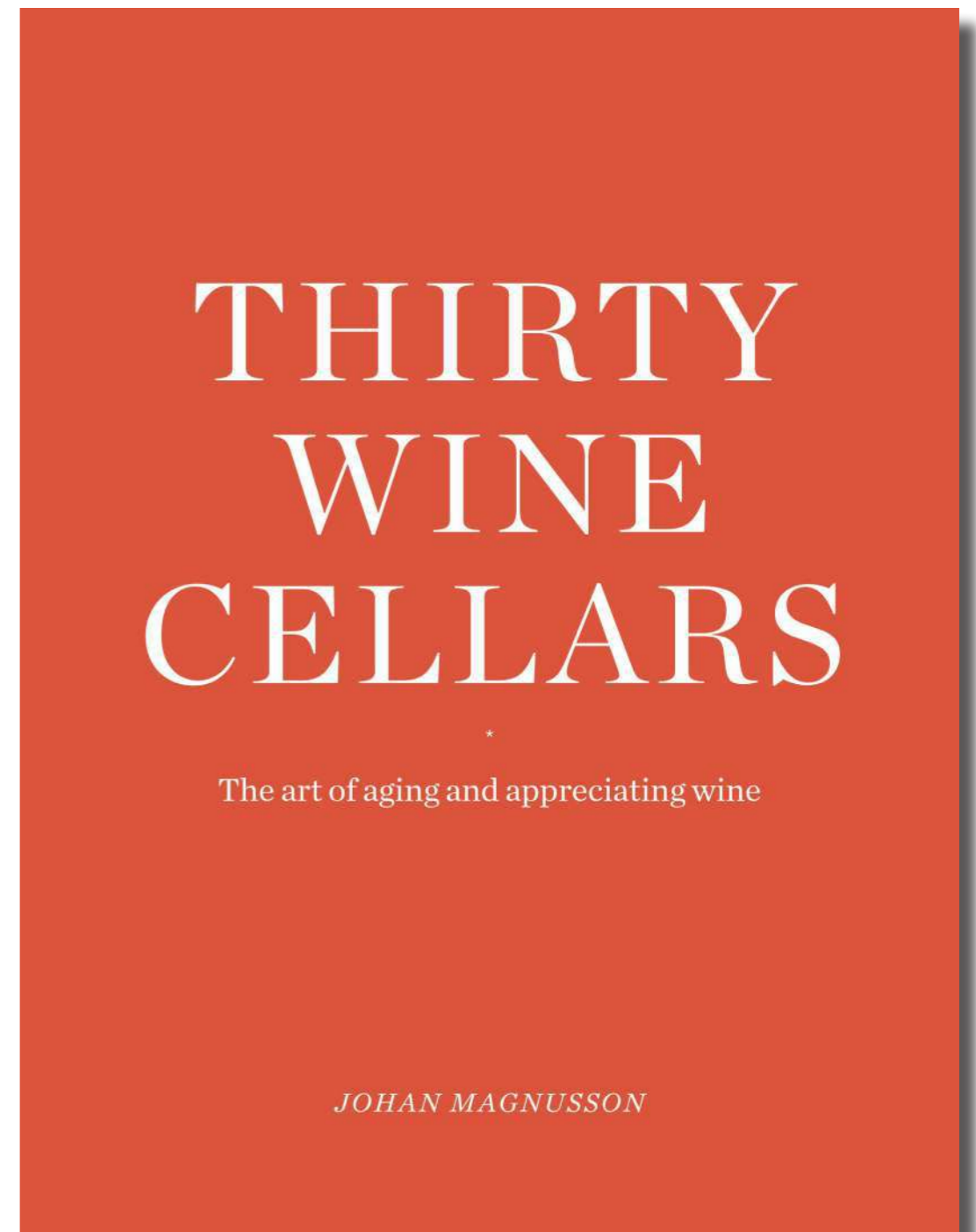
BEST OF THE BEST - DRINKS CULTURE

Thirty Wine Cellars - The art of ageing and appreciating wine
Johan Magnusson
Millhouse

This tour de force is intended for readers who want to build and equip their own wine cellar. People who already have a cellar will also find sage advice and handy tips. Even those with a general interest in wine will find much useful information.

The reader is also taken on an exclusive tour of 30 Swedish wine cellars in words and pictures from chateaux to apartments. The owners of the cellars describe their interest in wine, priorities for setting up their cellars, and plans for the future, alongside hundreds of sumptuous photographs and illustrations.

Johan Magnusson is a well-known wine expert, certified by the Swedish Chamber of Commerce as an appraiser of wine and distilled wines. He runs the wine cellaring business Magnusson Fine Wine in Stockholm and appears regularly on TV and radio.



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BEST DRINKS TOURISM BOOK

Vilda drinkar
Bella Porcile
Louise Bäckelin Förlag

Roses, crowberry, resin, rockrose, muskmelon ... Since time immemorial, we have used wild plants to add flavour and nutrition to our food, and to boost our health in various ways - to reduce fever, speed up digestion, speed up childbirth or chase away anxiety on the run. What you might not think of is that these fine wild plants can also come in handy when we want to spice things up with a good drink!

In Wild Drinks, you'll learn how to use nature as your pantry to create drinks that are wholesome, beautiful and delicious. You'll also learn the basics of botany and common law - which plants you can pick freely in the wild, which are edible, their unique properties and how to make the most of every part of them.

Bella Porcille is the bartender who has made a name for herself for her creativity and originality behind the bar. Many know her as @mixedbybella on Instagram, where she offers inspiring photos and delicious drink recipes.



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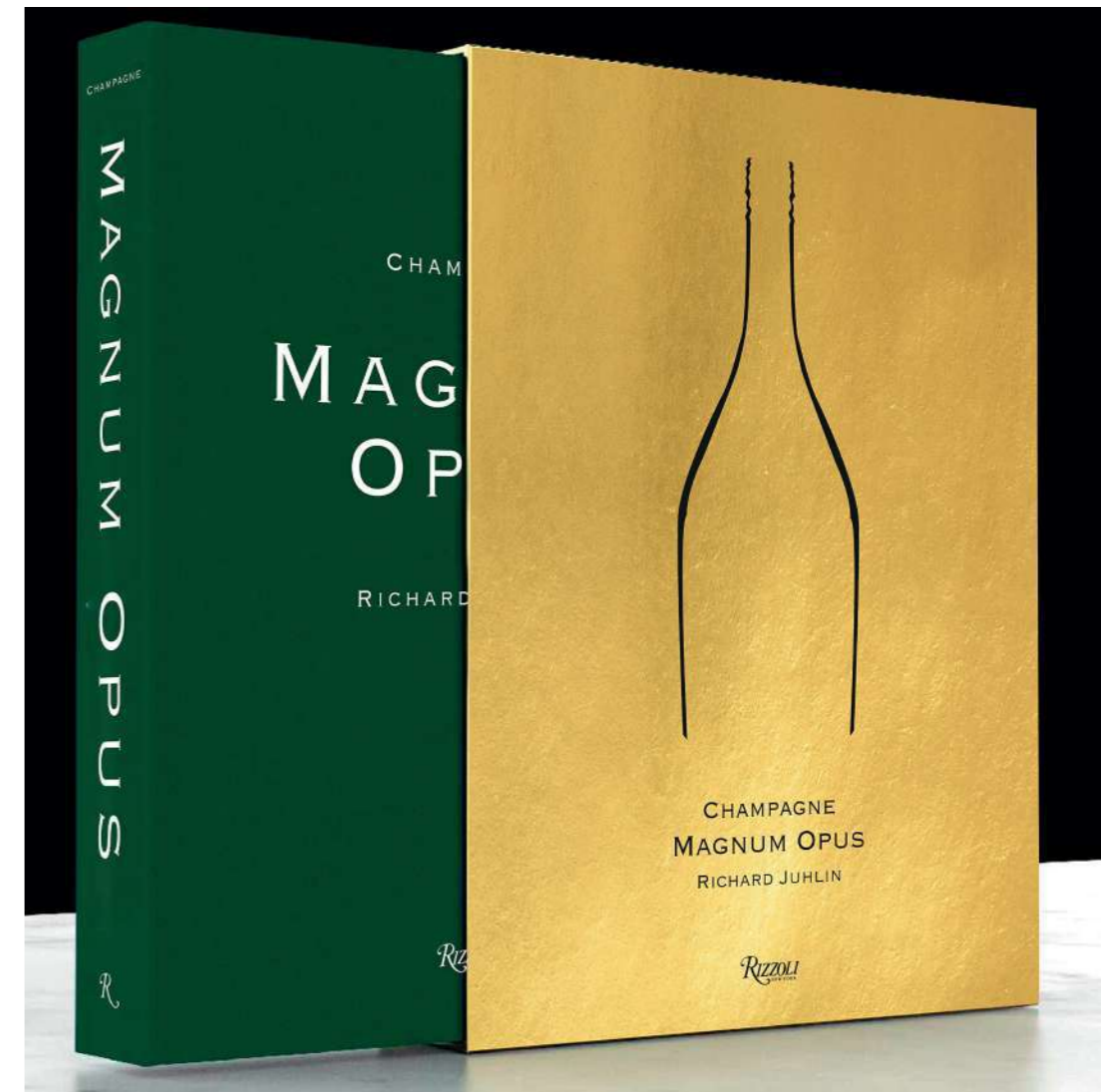
BEST TRANSLATION

Champagne Magnum Opus
Richard Juhlin
Rizzoli - USA

This is a grand and luxurious compendium on the most elegant beverage by world-renowned champagne expert Richard Juhlin. The world's foremost champagne expert, takes readers on a journey through the history of the beverage, the leading winemakers of Champagne, and the art of tasting.

Superbly photographed by Pål Allan, this book depicts breathtaking landscapes in Champagne, historic photographs from the most prestigious and long-standing caveau, as well as other images capturing the champagne lifestyle. Ten exclusive recipes by distinguished Swedish chef Tommy Myllymäki that are perfect for pairing with a glass of champagne are included in this unique publication.

The volume includes important champagne statistics, telephone numbers and addresses of thousands of champagne producers, and a glossary. It also includes detailed descriptions and score ratings of 13,900 champagnes assessed to date by the author. In his tenth publication, Juhlin summarizes, for the first time, everything he has learned about champagne in a beautifully packaged hardcover with an elegant gold slipcase. This is the ultimate book about champagne, for generations to come. It is an indispensable buying and tasting tool and an entertaining account of the history of champagne: such depth of insight from a single source has never before been available.



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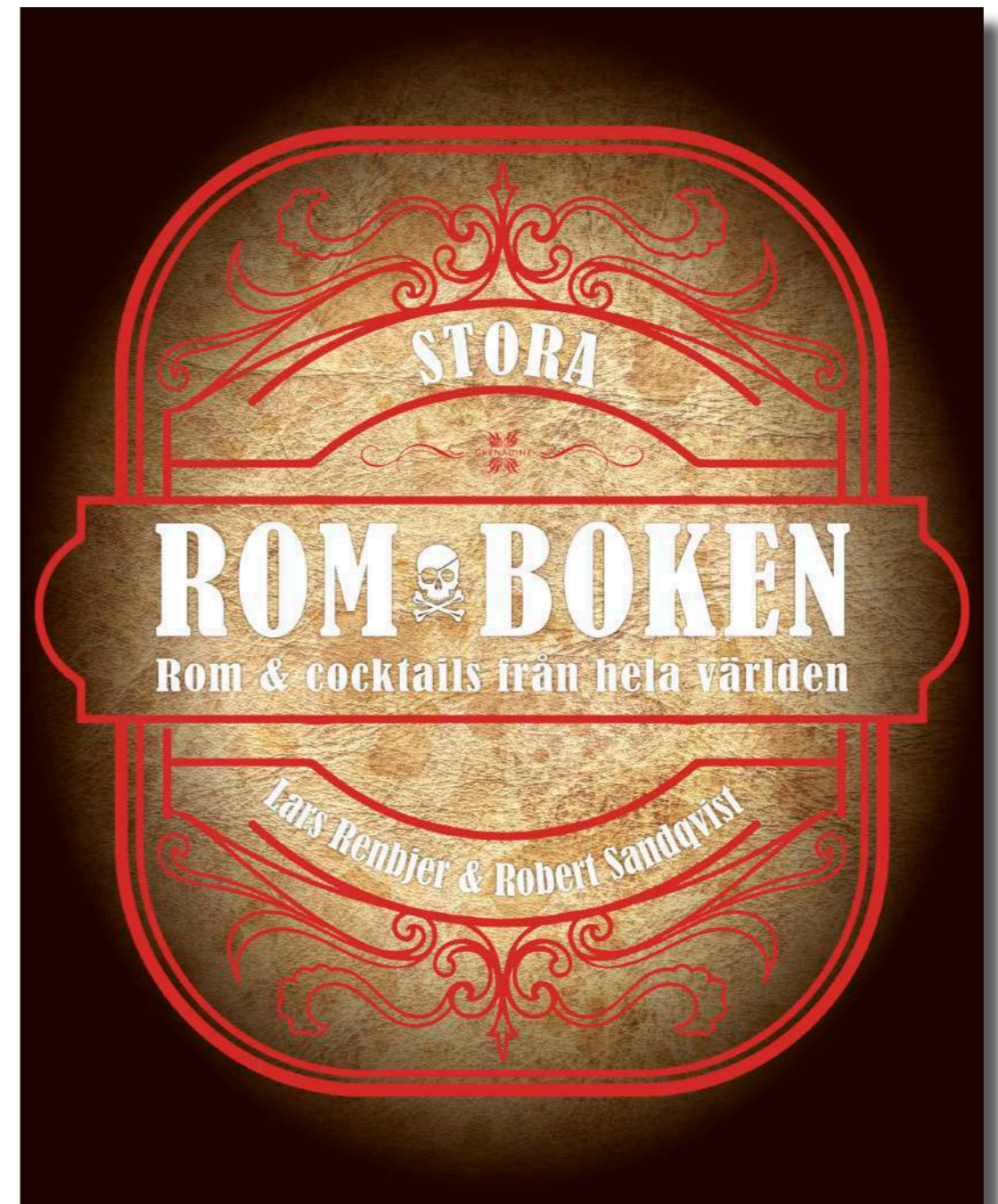
BEST SPIRITS BOOK

Stora romboken: rom & cocktails från hela världen
Lars Renbjer, Robert Sandqvist
Grenadine

The Big Rum Book - Rum & Cocktails from Around the World is a full-length Swedish rum book that captures the exploding trend of trying dark rum and rum drinks. The book conveys the feeling of the warm regions where rum is made and enjoyed. Every major rum-producing country is covered. The countries' rum characters are described, producers are interviewed and classic drinks are served in a row.

Robert Sandqvist, better known as Rom-Robban, has long experience behind the bar. In addition to importing his own rum, Robban has shaken drinks and soaked up the rum's atmosphere on location in the Caribbean, Panama and South America, where he has both travelled and worked as a bartender, building up a deep-rooted knowledge and passion for rum.

Lars Renbjer imports and distributes spirits, liqueurs and wine through his company Renbjer Fine Spirits. Through this business, Lars has a wide network of contacts around the world, including the more exclusive rum producers that are brought to Sweden both under their own names and also bottled under the auspices of Renbjer Fine Spirits.



GOURMAND AWARDS 2023 SWEDEN



BEST SPIRITS BOOK

Whisky - the final edition
Ulf Buxrud
Whiskyfacts / Holm Books

Whisky - the final edition by Ulf Buxrud is a tale of the supreme collectible, enjoyable and valuable iconic series ever made.

This book unfolds the story about the magnificent Playing Card Series from Hanyu and Chichibu Whisky Distilleries in Japan, distilled by the Akuto family and bottled by Ichiro Akuto-san. A near complete (54 of 58 versions) was sold at Bonham's auction house in Hong Kong November 20, 2020 for USD 1.5 million.

A chapter is dedicated to the complete Playing card series and how it started. Here, each bottle is the 'objets d'art', occupying a full page. Opposite page contains my 58 tasting notes, technical descriptions and the flip side of the bottles. All 58 bottle pictures are from Ulf Buxrud Playing Card Series collection.

Other sections comprise the series aftermath, auctions, rules and data, fakes and frauds. A special chapter called Passing time, deals with experimental mixology on account of the Playing card series and summarizing tasting notes.



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BEST COCKTAILS BOOK

Spritz: Italiens cocktailkultur numero uno
Sture Bjarnelind
Scampi Förlag

In just a decade, a certain orange summer drink has gone from barroom obscurity to worldwide success.

But few have any idea what a Spritz really is and stands for and what other spritz drinks there are besides that bittersweet orange one. Journalist Sture Bjarnelind decided to find out. He started collecting spritz recipes and contacted cocktail bars and hotels all over the world. He also sought help from some of Sweden's and the world's sharpest bartenders.

The collection grew. Bjarnelind mixed and tasted everything that seemed interesting and innovative or crazy odd.

After a while, the book began to take shape and here is the book in Swedish about Spritz.



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BEST BEER BOOK

Klosteröl: en bok om klosteröl, belgisk öl och öl i belgisk stil

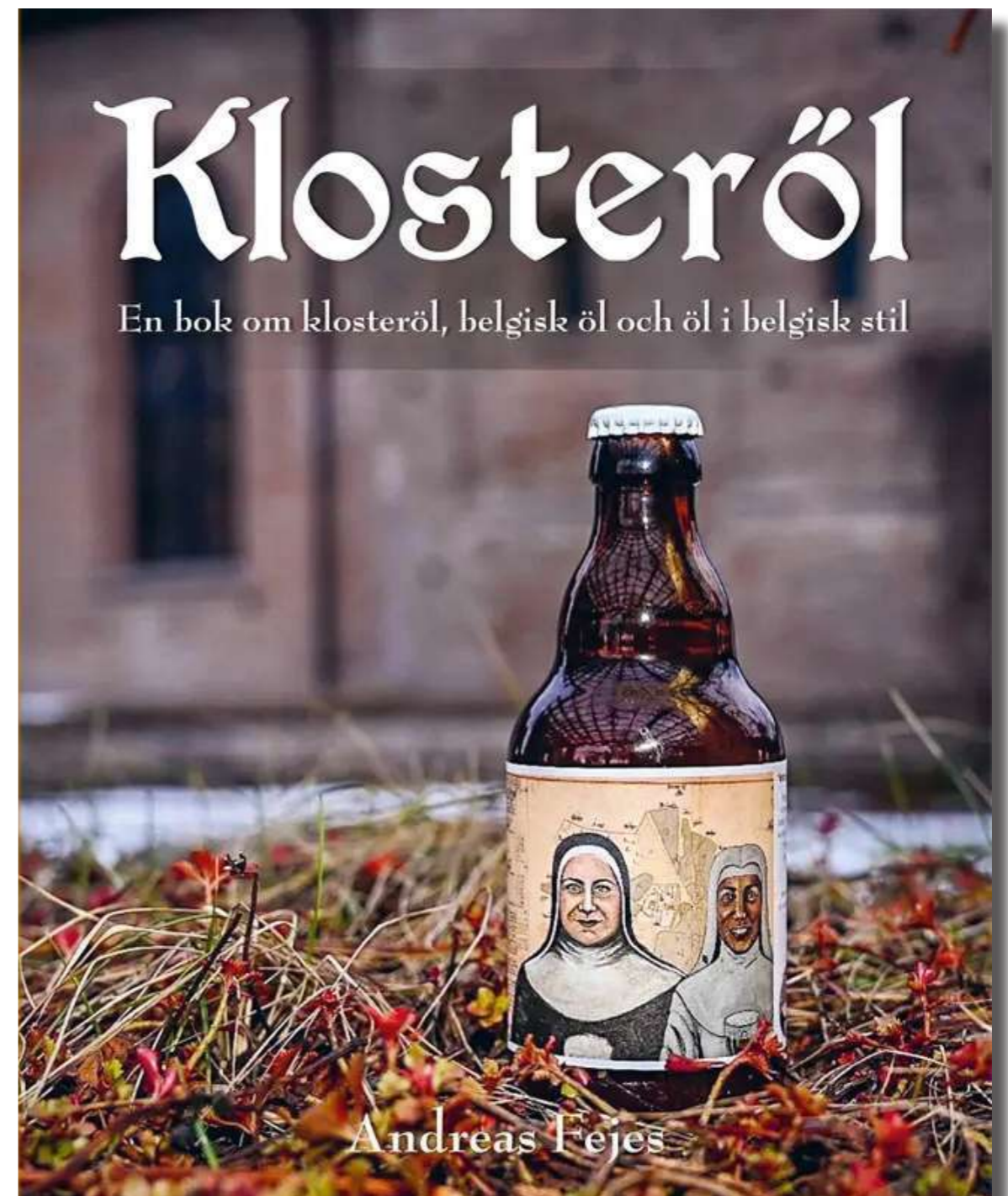
Andreas Fejes

Grenadine

Klosteröl is the first book in English to introduce the reader in more detail to the role of monasteries in the development of beer and to the Belgian beer tradition. It introduces Trappist monasteries as well as other monasteries and the ways in which they started to brew and sell beer. History is interspersed with tales.

The book also tells the story of the arrival of Belgian beer styles in Sweden, the Swedish breweries that now brew Belgian-style beer, and the pubs that show a special love for the Belgian beer tradition.

Andreas Fejes is the founder and owner of one of the few Swedish breweries that only brews beer in the Belgian style - Vreta Kloster brewery. The brewery is located 800 metres from the ruins of Sweden's oldest monastery and is the first Swedish brewery ever to win a medal in Belgium's largest beer competition. Klosteröl is the author's first book about beer, but he has previously written books in his role as professor of adult education at Linköping University.



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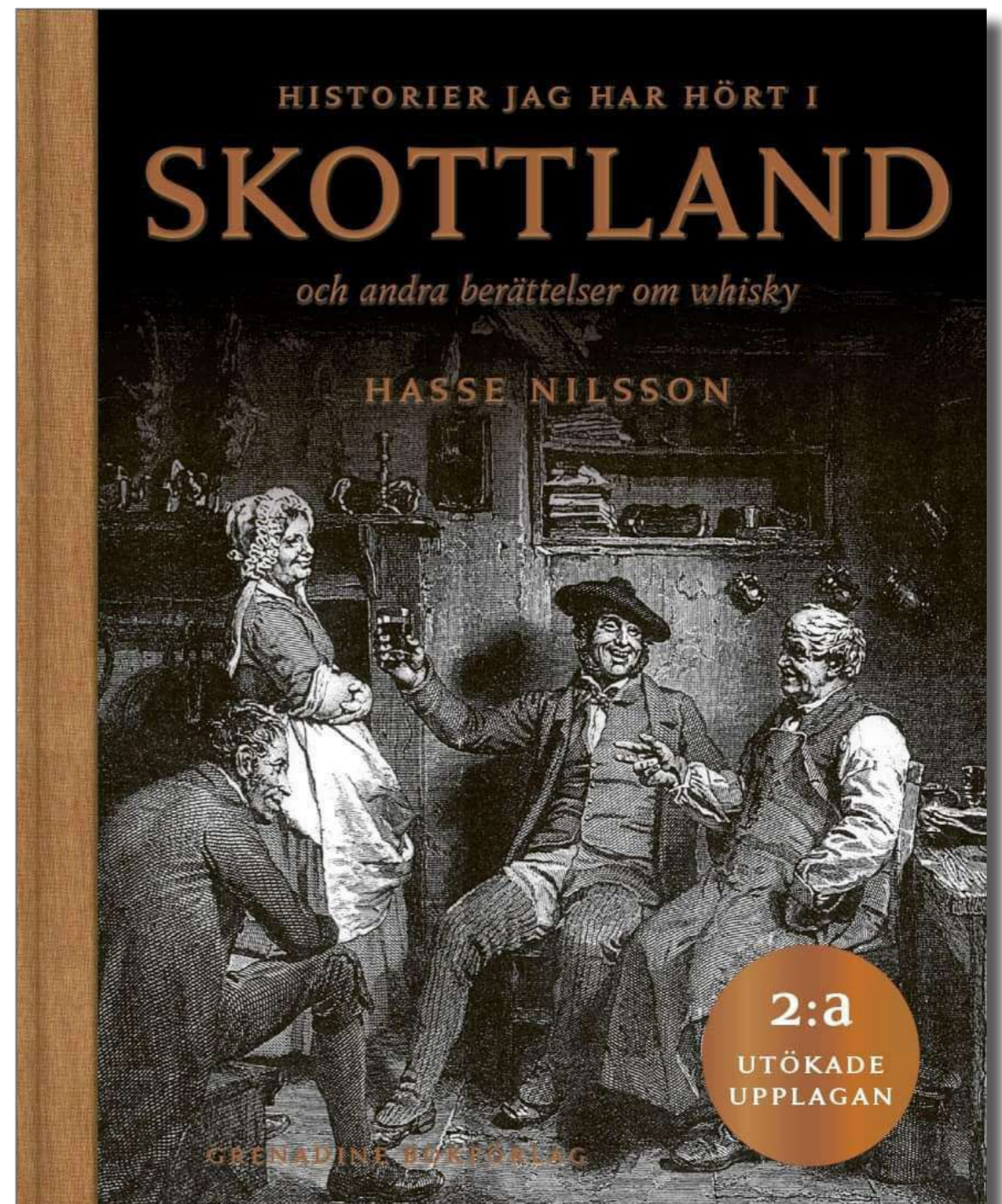


BEST DRINKS HISTORY BOOK

Historier jag har hört i Skottland och andra berättelser om whisky
Hasse Nilsson
Grenadine

The history of whisky is full of amazing stories. It is full of unlikely events, dramatic life stories and unparalleled success stories. Behind our most beloved brands are often rogues and smugglers, earls and barons, men of action and great women. And in between, love stories, wanderers, dancers of variety and the occasional fabulous thoroughbred eccentric.

Whisky connoisseur Hasse Nilsson takes us through these stories, which have now been compiled for the first time in drinks literature in a lively and beautiful book with captivating and in some cases unique illustrations.



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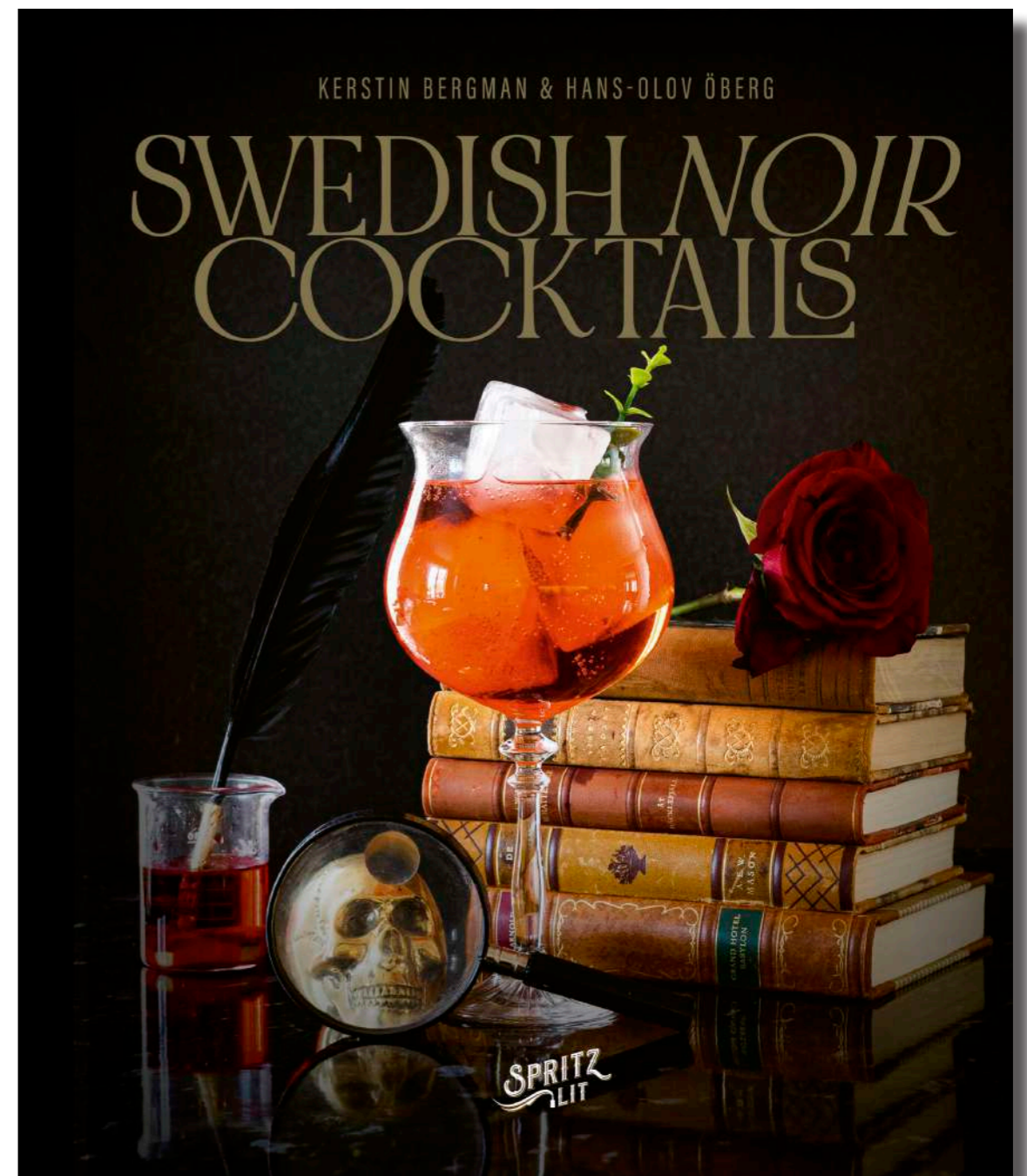
BEST DRINKS WRITING BOOK

Swedish Noir Cocktails
Kerstin Bergman, Hans-Olov Öberg
Spritz Lit

Swedish Noir Cocktails is an innovative cocktail book with cocktails to die (or murder) for. It is based on a question: what would happen if you created a collection of (un)deadly cocktails based on the work of some thirty world-famous and beloved Swedish crime writers and representatives of the Swedish Noir genre?

Jan Guillou, Camilla Grebe, Håkan Nesser, Viveca Sten, Anders Roslund, Anna Jansson, Arne Dahl, Mari Jungstedt, Mattias Edvardsson, Carin Gerhardsen, Stefan Ahnhem and many more inspire a cocktail menu with everything from non-alcoholic options to heavy amber autumnal ambience. Perhaps at the same time we can dispel the myth that Swedish detective stories only feature the alcoholic cop who only drinks pure alcohol in solitude.

The result is undoubtedly drinks to die (or murder) for. The question is: Do you dare to taste?



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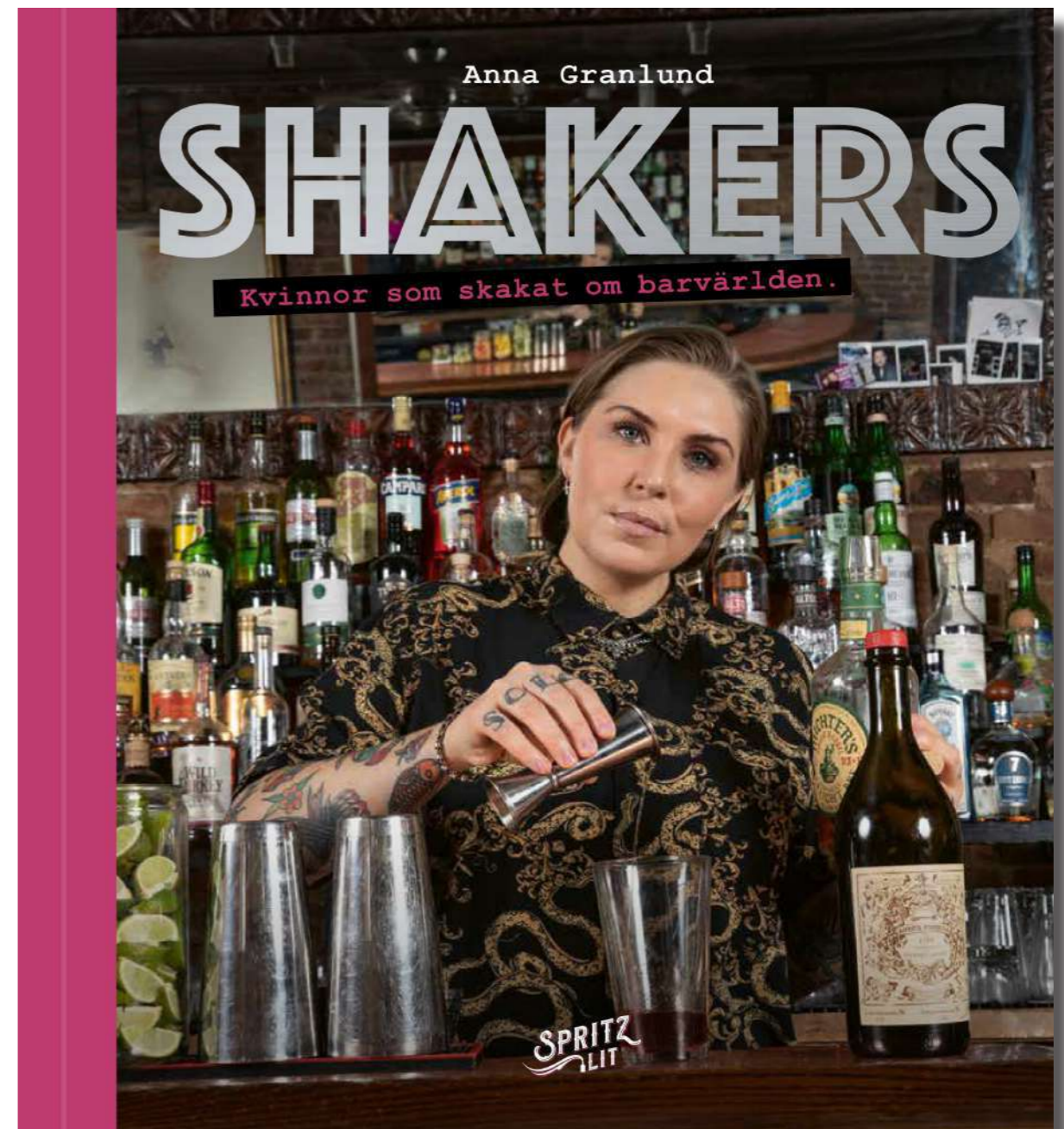


SPECIAL AWARD

Shakers: kvinnor som skakat om barvärlden
Anna Granlund
Spritz Lit

Strong women have always existed in the beverage world. As brewers, inventors, distillers, drink mixers. Since the beginning of time, in fact. Here is the book that brings together some of the passionate and pioneering women who have shaken up the bar world: from medieval widows in the Old Town to perhaps today's sharpest names, women who have taken drink mixing to the next level and far beyond Sweden's borders. Between these covers are the best drinks, cocktails and intoxicating stories of these women, past and present. Not only is this another drink book filled with great recipes and stories to suit most palates, it's an inspirational must-have for anyone who wants to get better at bartending, whether behind or in front of the counter.

Contributing bartenders: Hedda Spendrup, Charlotta Berggren, Tina Shine, Elsa Rapp, Josefine Thorén, Hanna Oscarsson, Hedda Bruce, Josephine Sondlo. And a whole bunch of women who are just as cool!



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Winner

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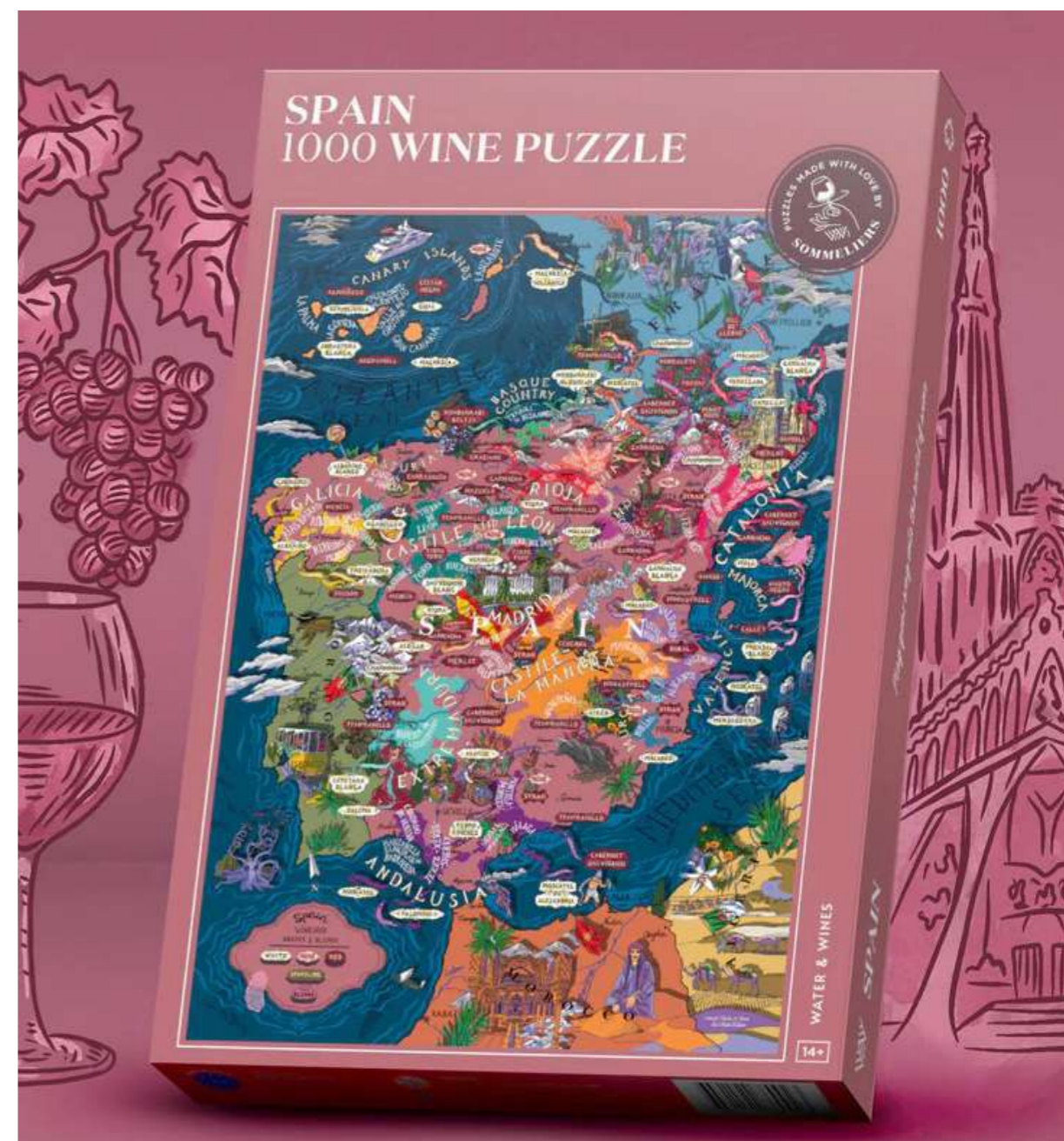
SPECIAL AWARD

Water and wines, wine puzzles
Yamit Viitaoja, Mathilde Iwar

Water & Wines was founded in 2020 by Yamit, a sommelier based in Stockholm, as she reinvented how to share her passion for oenology with wine lovers near and far. Having graduated from Swedish sommelier school Vinkällan just a couple of months before the pandemic, Yamit was isolating at home after falling ill and started making puzzles as a meditative activity. That's when the idea of making a puzzle about wine came: What better medium to use in order to learn about wine regions, appellations and grape varieties? She was soon joined by friend and fellow puzzle-lover Mathilde and together they continue to make the puzzles they dreamt about.

We are proudly female-led and committed to giving back as we grow. For every item sold we will plant one tree and make a donation to improve global access to safe drinking water.

All our puzzles are made in the EU from locally sourced recycled materials and in compliance with the toughest environmental standards.



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SPECIAL AWARD

Taste of France 2022 - Ten episodes
Producer Tobias Elvhage - Host Martin Forsström
Global Telemedia

Taste of France is a dynamic TV-series combination of documentary, cooking and host driven sequences where we meet some of France's distinguished Michelin-starred chefs. On our journey through the country we explore the creative minds and environments of these entrepreneurial masterchefs.

As we dive into their world we get to learn about their struggles to build their own culinary identities, and how their early years, legacy, life values and devotion for quality have moulded them into becoming modern culinary legends. With passion for taste and perfection, they introduce us to the sustainable thinking that permeates their craft, from carefully chosen producers, sustainable food handling, to the palate of the guest.

We also meet up with some of the most engaged French top-producers, who supply our chefs with simply supreme produce. Every episode ends with an exciting experience, where the chef introduces us to one of his/her favourite dishes. Together with our hosts they unravel how you can elevate your cooking and prepare these haute-cuisine recipes at your own home.



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