



RIGHTS LIST AUTUMN 2025

Contents

Craft & Hobbies.....	3
Food & Drink.....	31
Gift & Lifestyle.....	63

About us

We are a literary agency based in Stockholm, specialising in books on food, craft, gardening and general lifestyle.

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CRAFT & HOBBIES

COSY MITTENS



Knitted Mittens

Anne-Grete Lænkholm

This book contains 20 pairs of patterned mittens, ranging from the very simple to the more complex. You can follow the precise patterns, diagrams and colour instructions or use them as inspiration to create your designs. Mittens have been knitted in the Nordic countries since the 13th century – work mittens, fishing mittens, men’s and women’s mittens, wedding mittens, christening mittens and Sunday mittens. They were all adorned with regional symbols and intricate braided borders, and each one told a story about the time in which they were created.

Here, Anne-Grete Lænkholm brings the old patterns and knitting techniques into the present with her beautiful and colourful mittens.

Contents

Foreword: Unique mittens
Mittens were not just mittens
Techniques
The striped mittens
Amager hearts
Bird mittens
Easy mittens with embroidered stripes
Autumn lights
Amager couple
Angel mittens
A winter fairy tale
Fragments
Fir
Pomegranates with birds
Christmas joys
Fan mittens
The Christmas star
Solstice, half mittens
Half mittens with fingers
Cuffs
Make your mitten pattern

About the author



Anne-Grete Lænkholm (b. 1953) is a trained teacher and actress from the Danish National School of Theatre. She has worked as an actress for many years and has been the head of the Drama and Art School in Gentofte Municipality for 17 years. She spends her retirement designing mittens, holding mitten workshops and making mitten kits for, among others, Nivaagaard’s Painting Collection.

Mønster vanter
215x235, 128pp
Lindhardt & Ringhof, 2025

WARM SOCKS

Cosy Socks and Warm Mittens

Anna Hewitt

In *Cosy Socks and Warm Mittens*, knitting designer Anna Hewitt invites you to a cosy moment on the couch with yarn and knitting needles. This is a book to inspire you, perfect for those who love to knit and appreciate the moment.

Here, you will find 25 wonderful knitting patterns that will take you through all seasons and weather, from Valentine’s Day to Halloween and Christmas, and out into our beautiful natural surroundings. Discover a playful collection of beautiful garments that both warm and spread joy!

About the author

Anna Hewitt (b. 1975) has a lengthy background in the book industry and has worked for many years in bookstores and publishing, as an editor, designer and production manager. Today, she works primarily as a book designer and designs knitting patterns part-time under the name “The Comfy Knitter”. You can find her on Instagram and Ravelry as @thecomfyknitter.



Contents

Hello knitting friend
Good advice, tips and techniques
Yarn and other materials
Sizes
Reading diagrams and instructions
Knitting with multiple colours
Toes
Heals
Thumbs
Mesh stitch
Latvian braid
Abbreviations
Projects
Treatment
The yarns
Thanks

Sköna sockor & varma vantar
190x245, 144pp
Lind & Co, 2025

FINNISH SOCKS



Contents

To come

The Wool Sock Dance

Niina Laitinen

Lovely wool socks invite you to knit and dance to the tunes.

Niina Laitinen's new sock book is inspired by beloved melodies and dances, from swinging waltzes to passionate tangos and emotional beats. As usual, the book contains instructions for ankle-, calf- and knee-length socks made with yarns of different thicknesses, both in stockinette and garter stitch.

Join the Wool Sock Dance!

About the author



Niina Laitinen is one of Finland's most popular knitwear designers, and all her books have been sales successes both in Finland and abroad.

Villasukkavalssiin
210x255, 144pp
Moreeni, 2025

CUTE KNITS FOR KIDS

Cute Knits for Kids

Knitting for dolls and girls from 2 to 8 years old
Gunvør Reyðberg

The Flower sweater, Unicorn sweater, Bambi sweater, and Myly dress are some of the names of the book's clothing designs. The patterns are available in four sizes, ranging from 2 to 8 years. The special thing about the book is that the same models can be knitted in doll size. Clothes that invite play and adventure for sisters, girlfriends, doll sisters – big and small.

The clothing models include sweaters, dresses and skirts. There is a knitted princess crown and hair bow, and as decorations for the sweaters, there are patterns for a rich flourish of knitted flowers, leaves and unicorn horns. Details such as eyes and flower buds are embroidered at the end.

The doll clothes fit the knitted doll, for which a pattern is also available. In addition to sweaters, dresses, and skirts, the doll also features a jacket, trousers, shorts, a blanket, a scarf, and the iconic star sweater.

Everything is crafted from natural yarns of wool, mohair, cotton, alpaca, and silk. Along the way, the author gives simple knitting tips for achieving a beautiful finish. She also demonstrates how embellishments and embroidered details can be easily varied to add a personal touch to the garment.

About the author

Gunvør Reyðberg (@byreydberg) lives in the Faroe Islands. She originally trained as a floral decorator and has worked with flowers for two decades. This is reflected in her knitting designs, where inspiration often comes from flowers, the beauty of nature and children's wishes. Gunvør Reyðberg has knitted all her life and loves to use up all her yarn scraps.



Søsterstrik
210x270, 200pp
Turbine forlaget, 2025



Contents

To come

GERMAN KNITS



Contents

- Happy fiddling!
- Why sock yarn is perfect for children's clothing
- The correct gauge
- Needles and accessories
- The right yarn for children's items - choosing material and colour
- Safety first
- Techniques, abbreviations and useful information
- Clothing and Accessories - instructions
- Beautiful and practical - instructions
- Make it unique - customise your knitwear
- Sock yarns with that specific something
- Mini balls for mini projects
- Thanks

Knitting for Kids with Sock Wool

Colourful projects for kids from 0 to 4 years
Caroline Wallmann

In this book, knitting designer Caroline Wallmann shows how the most versatile of yarns is particularly suitable for children's and baby clothes, as well as various accessories.

The book contains 20 easy-to-knit models made from four-thread sock wool, including hats, jumpers, trousers and accessories - perfect for every season and occasion.

There are step-by-step instructions for all the necessary techniques to make knitting easier for beginners and advanced knitters.

- The first book for children's clothing made from sock yarn
- Any 4-ply sock yarn can be used, regardless of manufacturer
- Well-known author with more than 6.5 million views on YouTube ("Caros Fummeley")

About the author



Caroline Wallmann, a 35-year-old passionate knitter, combines her expertise as a content creator with her love of wool and needlework. Almost everything in her life revolves around wool, fibres and needles. In addition to knitting, she also crochets and weaves. On her blog and YouTube channel 'Caros Fummeley', she presents over 300 free instructions and informative articles. In her work, Caro combines traditional craftsmanship with modern media to share her passion with others. The name 'Caros Fummeley' ("Caro fiddles about") reflects both Caro's humour and her inspiration. Inspired by her grandmother's affectionate questions - 'What are you fiddling with again?' - this name carries both humour and tradition.

Stricken mit sockenwolle
210x260, 144pp
Stiebner Verlag, 2025

FOR KIDS

Knits for Moms and Minis

Irina Heemann

Timeless knitting designs and innovative techniques.

Irina Heemann, also known as "Strickenohne Naht" (>27.000 international Instagram followers), is known for her unusual construction technique for knitting in one piece: instead of classic raglan or round yokes, she uses a method based on shortened and lengthened rows in triangles.

The result is extraordinary silhouettes with a sophisticated fit – knitted in one piece, completely without seams.

In her new book, she applies this technique for "Mini me" patterns: ten ingenious knitted designs, each in two versions: one for adults and one for children.

About the author

Irina Heemann studied fashion design and textile art in Germany and Switzerland, as well as mathematics. This unusual combination of subjects explains her innovative approach to knitwear design: she thinks mathematically and creates sophisticated silhouettes that also fit very well. Irina Heemann works as a knitwear designer and has been running an online shop for sustainable yarns under her label 'Stricken ohne Naht' since 2016.



Contents

- Abbreviations
- Techniques
- Instructions
- Carla vest
- Gigi pullover
- Gigi jacket
- Gigi socks for moms and minis
- Lacy top
- Mara jacket
- Mara coat
- Lola pullunder
- Marla long sleeve
- Posa dress
- Sources/yarns used
- Thanks

Stricken ohne Nacht Duo
210x260, 240pp
Stiebner Verlag, 2025

KNIT POTHOLDERS



Contents

Foreword
Good to know before you get started
Classic squares
Animals, monsters and other forms
Plain and patterned
Especially for the big holidays
Good to know about knitting and crocheting

Knit Potholders

Patterns & inspiration
Stina Tiselius

An entire book devoted to potholders! Knitting and retro are in vogue. And yes, you can perfectly well knit potholders!

What gives rise to more granny memories than beautiful home-made potholders? It's simple, doesn't take long, and is perfect for those who want to start knitting. You don't even have to buy yarn – you can use scraps. Why not surprise your guests with a home-knit potholder at your next dinner party? It's a most appreciated and valuable gift!

Knit classic holders, retro squares, modern cable-stitched or shabby chic holders, animals or imaginative monsters... here are even patterns for Easter and Christmas potholders. Or what about a knitted oven glove? Or a potholder which looks like a hat?

The book contains 30 patterns. They are all for knitting, but many have crocheted details. At the end of the book, the knitting and crocheting school provides an opportunity to learn about basic techniques, illustrated with pedagogical photos. The potholders are playfully photographed in various settings.

About the author



Stina Tiselius works as a graphic designer. She is passionately interested in most forms of needlework, embroidery and knitting. She has published several knitting and crochet titles, all of which have been sold to many countries.

REGIONAL KNITTING

Knitting from Sapmi vol. 2

Sweaters, knits for kids, scarves and much more
Siv Romsdal

Siv Romsdal continues her journey in search of exciting Sapmi patterns and stories in the north. Now she has created a new knitting book inspired by the rich history of the Sapmi people. This time, with more small knits and simpler garments, but still featuring beautiful colours and stylish patterns.

Here you will find patterns for sweaters, mittens, socks, shawls, ponchos and headbands. Even stylish decorative pillows to have on the sofa! Some of the sweaters also feature children's patterns, accompanied by matching hats and mittens.

The book is packed with colourful pictures and beautiful nature, and occasionally tells interesting stories from Sápmi. For example, about Sapmi polar explorers. And about traditions related to fishing, food, harsh weather, superstitions, and the women's community.

Following up on last year's success, this year's offering features a slightly more straightforward design and a range of garments.

About the author

Siv Romsdal (b. 1977) is a knitting designer with a particular interest in Sapmi and Nordic-inspired design. She grew up in Gjesvær, a small fishing village in the Nordkapp municipality, but has lived in Ski for the past 23 years with her husband, Rune, and their daughter, Lillian. She published her first knitting book in 2024.



Contents

Welcome
Before you begin
Treatment and washing of wool clothes
The people of the sun
Traditional patterns and stories
Projects
Thanks



Contents

To come

Magic Knits with Yarn Scraps

Freja Hoffgaard

In *Magic Knits with Yarn Scraps*, Freja Hoffgaard shows how even the smallest scraps of yarn can be transformed into beautiful, unique knitting projects. With a combination of inspiring instructions, technical guides, and a passion for sustainability, the book provides knitters of all levels with the tools to work with scraps of yarn without compromising on aesthetics or quality.

Knitting with scraps of yarn can be a challenge, but with the proper techniques and a little creative thinking, it becomes an opportunity to create something truly special. The book includes:

- Basic techniques: How to get the correct knitting tension, tie knots and combine colours.
- 16+ patterns of varying difficulty, mostly beginner-level, including:
 - Zigzag Pants
 - Cardigan with Crochet Edges
 - Baby Blanket
 - Cable Sweater
 - A Beginner-Friendly Raglan Blouse
 - Classic T-Shirt
- Sustainability in knitting: A short section on yarn waste and overproduction – why it makes sense to use the materials we already have.

About the author

Freja Hoffgaard is a creative entrepreneur, knitting designer and creator of the popular knitting universe Frejasknit, where she inspires her 32,000 followers on Instagram. Her knitting journey began as a passion in 2019 and has since developed into a successful business, where she sells 500 patterns a month and holds 1-4 workshops a month.



Domino Knitting from A to Z

Vivian Høxbro

25 years ago, the book *Dominostrik* was published, which quickly became popular and has sold countless copies in several countries. The book was written by knitwear designer Vivian Høxbro, who has further developed the technique in recent years, and with *Dominostrik from A to Z*, she is now building on her success. As the name suggests, domino knitting pieces are assembled where the “eyes” fit, that is to say, where the stitches fit. Squares are knitted in rows and columns for small and large projects. The technique is incredibly flexible, and with Vivian Høxbro’s virtuosity and vast experience in the knitting craft, she juggles patterns, colours and textures to create the most beautiful designs.

In the book, she presents 18 new models:

- things for the home, such as placemats and cushions
- accessories such as clutches, hats and scarves
- clothing such as tops, ponchos, sweaters and shawls.

The book begins with a square alphabet, comprising 25 different squares – from A to Z. These squares form the basis for the book’s models and are combined with a step-by-step knitting school that demonstrates how squares are knitted together in vertical and diagonal panels. The book is therefore aimed at both beginners and experienced knitters.

About the author

Vivian Høxbro has worked as a knitwear designer for over 40 years, both for yarn companies and as a freelancer. She has written several knitting books, published by Norwegian, American, Japanese and Danish publishers. She lectures in Scandinavia as well as in the USA and Japan, and continues to work with design.



Contents

- Foreword
- Knitting friends
- About dominoes
- Ready - steady - start
- Tool box
- Square alphabet from A to Z

MAGIC CROCHET



Contents

- Foreword
- About HC Andersen
- The basics
- Techniques
- Projects
- Thanks

Fairy Tale Crochet

Characters from HC Andersen's universe

Lena Nørup Printz

Perfect for those who love crochet, fairy tales and creative immersion. Create something very special with your hands – and let the classic stories come to life in the softest yarn.

Fairy tale crochet contains instructions for crocheted figures from ten of H.C. Andersen's fairy tales. Each figure brings one of the classic fairy tales to life – from The Ugly Duckling to The Snow Queen.

The figures are crocheted in organic cotton and measure 13-15 cm in height. Several of them have removable parts that invite cosiness and play, for both young and old fairy tale lovers.

The difficulty level varies, allowing both beginners and experienced individuals to participate. The more challenging techniques and stitches are thoroughly explained. This makes it fun and easy to crochet the figures in the book, which are all filled with fine details.

About the author

Lena Nørup Printz is a crochet designer and is behind the Instagram profile @CrochetbyPrintz. She lives in Melby with her husband and three children. When Lena is not crocheting or spending time with her family, she works as an engineer at a pharmaceutical company.

Eventyrlig hækling
210x260, 160pp
Turbine forlaget, 2025

TRENDY CROCHET

Chunky Crochet

Amanda Ljunggren

Learning to crochet opens up a world of colour, shape, texture and endless textile possibilities. In this book, you will learn to crochet in large strokes – with thick yarn and larger crochet hooks – which is beginner-friendly and innovative.

The book teaches basic skills, including stitches, yarn types, how to hold the crochet hook, and how to succeed with 16 projects – everything from sweaters, hats, and vests to blankets, rugs, and pillows. Start with a quick and straightforward potholder, and let Amanda Ljunggren guide you further:

"I hope this book ends up in the hands of both enthusiastic crafters and curious beginners. No matter who you are, I hope you will be inspired to crochet big."

Contents: Foreword | Crochet hook & yarn | Getting started | Projects | Washing & care | Sizes | Yarn & replacement yarn | Index



Virka stört
180x240, 128pp
Natur & Kultur, 2025

Rights sold: WE

Dina's Crochet

Dina Lea Bay

A European Championship hat made Dina Lea Bay famous in Denmark. Her first crochet book features the famous hat, home interiors, and holiday decorations with playful and colourful patterns. Dina Lea Bay has never been interested in sports, but when she developed a pattern for a red-and-white European Championship hat at the request of a yarn company in 2024, it became part of the football fever. Suddenly, 19-year-old Dina Lea from Vejle became a national treasure and an entrepreneurial success.

Dina Lea's crochet book is a guide to creating fun, beautiful, and colourful crochet projects for yourself and your home. Dina Lea's patterns are aimed at colour-loving souls of all ages. Her book provides easy-to-follow instructions for creating hats, home interiors, accessories, and holiday decorations. It includes new patterns and bestsellers. In addition to the patterns, there are tips on finding inspiration and crocheting more sustainably.

Contents: How I learned to crochet | Less technique, more pattern | Materials | Hats | Accessories | Interior | Holiday decorations



Dina Leas hæklebog
195x255, 176 pp
Lindhardt & Ringhof, 2025

BEAUTIFUL



Contents

- Foreword
- The embroidery starter kit
- Start smart - my top tips
- The most important stitches
- Transferring a motif
- Projects
- Inspiration
- Templates
- Thanks

The First Stitches

Embroidery for beginners
Malene Bækgaard

Give your clothes and things new life with embroidery. Increasingly, people are taking up embroidery, and it has become a particularly popular trend for upcycling old clothes and accessories.

Many thousands follow Malene Bækgaard on Instagram, where she has created a colourful and inspiring embroidery universe for the past three years. Here, she gives old clothes, children's clothes, and items like bags, nets, tablecloths, and bedding new life and a beautiful, personal expression. With a flower, a bird or a name on an old shirt or a stained t-shirt, it can be pulled out of the closet and used again. You can also create your nets and tablecloths as unique items with delicate, decorative elements.

In this book, she shares over 20 simple motifs that are easy to transfer to your textiles. She also explains the five most central stitches and provides a thorough introduction to everything worth knowing about materials and tools, so that even a beginner knows where to start.

About the author



Malene Bækgaard has a background in the fashion industry. She now makes a living creating content about embroidery and housing. She lives in Vesterbro with her husband and three children.

De første sting
195x256, 232pp
Lindhardt & Ringhof, 2025

EMBROIDERY

Flowerly Embroidery

Justyna Skowronek

Join the embroidery adventure! All you need is a needle, thread and something you want to embroider on. Put your phone away for a while. And don't stress, this doesn't have to be perfect. Here, you will find beautiful, flowery embroidery patterns and technical guidance—stitch by stitch.

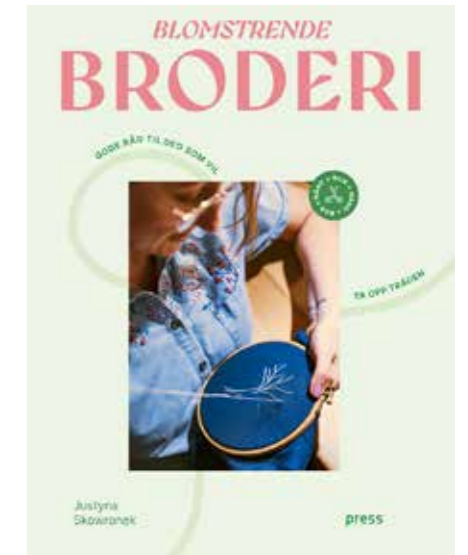
Through various projects and with good advice along the way, you will receive help in designing your embroideries, whether you want to decorate your trouser pockets or embellish a party suit. As much as a practical handbook in embroidery, this is an inspiring guide to how you can create something unique yourself.

About the author

Justyna Skowronek of @plants.on.people is from Kraków, Poland. She came to Norway for a summer vacation and fell head over heels for Lofoten. After four years there, she moved to Oslo, where she developed an embroidery course and collaborates with organisations such as Deichman, Oslo Sanitetsforening, HerSpace, Diversify, and many more.



Blomstrende broderi
198x256, 232pp
Forlaget Press, 2025



Contents

- Foreword
- What will you find in this book?
- Embroidery as therapy
- 10 commandments for those who want to create
- But will I be able to do this?
- Tools and materials
- Embroidery course
- Stitches
- Projects
- Create yourself
- Patterns
- Thanks

NATURAL PRINT



Contents

- Foreword
- Introduction and preparations
- Get started
- Chemicals and ingredients
- Tools and materials
- Shed
- Beta
- Basic recipe
- Plants and projects
- Raspberry leaf
- Yellow onion
- Eucalyptus
- Goldenrod
- Dew cap
- Birch leaf
- Oak leaf
- Rosenskare
- Tiger eye
- Golden shard
- More about eco print
- Take care of your coloured garments
- Troubleshooting and solutions
- Build your flower press
- Resources and inspiration
- Thanks
- Index

Eco Print

Natural dyeing with plants
Vanessa Hansen

Discover the art of plant dyeing, eco printing, and learn how to create sustainably with textiles. In this inspiring book, Vanessa Hansen, pattern designer and teacher, shares her passion for textiles and sustainable design.

The book demonstrates how to dye textiles with various plants in a climate-friendly manner, using natural dyes and minimising water consumption. It contains information about different plants and their applications in dyeing. In addition, material learning and simple sewing patterns for sustainable creation. All in practical step-by-step guides.

Whether you're a beginner or an experienced creator, this book will guide and inspire you to create sustainable and beautiful eco-printed designs. Give new life to your tablecloths, t-shirts, socks, cushions and bags.

Here you get insights into textile consumption and how we can reduce our climate impact. Creative and simple suggestions to reduce textile pollution. Inspiration to introduce crafts and design into the home.

About the author



Vanessa Hansen is a pattern designer, artist and teacher. She holds courses and workshops in ecoprinting and plant dyeing.

KOREAN SEWING

Pojagi

Korean patchwork
Lovisa Heinius

Pojagi is a Korean patchwork technique in which fabrics of varying sizes, materials, and colours are sewn together to create larger textile works—a creative way to use up scraps of fabric and leftover textiles. Pojagi, which means cloth, has been used in Korean everyday life for thousands of years to patch, mend, and create functional objects. When light flows through the textiles, an effect similar to stained glass occurs, where the fabric's seams appear and form geometric, decorative patterns.

This book mixes traditional Korean craftsmanship with Scandinavian interior design ideas. It is written for those who want to learn the technique, receive concrete sewing tips, and follow step-by-step instructions for succeeding with everything from cloth napkins and lampshades to curtains, drapes, and bed linens.

Pojagi is much more than just a sewing technique. It is a creative art form that encourages a pleasant lifestyle, where new, innovative approaches to existing textiles can inspire us to create cosy, personal and more sustainable homes.

About the author

Lovisa Heinius is a designer and craftsperson. Her work is characterised by exploring and processing different materials and experimenting with light, colours, textures and proportions. Her textile works are installed as room decorations and functional interior design solutions.



Contents

- Foreword
- Background
- Material
- Sew pojagi
- Projects

SEW CLOTHES



Contents

Introduction
Overview: the projects
When is clothing upcycled?
Materials
Patterns and techniques
Projects

Upcycling

Sew clothes from scraps of fabric
Signe Eriksen

In *Upcycling*, Signe Eriksen challenges the idea of when a piece of clothing can be described as upcycled, and she focuses on how to ensure that your upcycled clothing has a greater value than the material it is made from. Through the book's sewing projects, you learn to upcycle old clothes and fabric scraps by drawing inspiration and sewing techniques from the tailor's shop, transforming even the most mundane sweatshirt into a new, designer piece. You can use fabric scraps, old samples, recycled clothes, or discarded tablecloths, or you can buy new fabrics for your sewing projects, whichever suits you best. The goal is to create extraordinary new pieces of clothing that perfectly fit your style and can last a long time as a favourite in your wardrobe.

In *Upcycling*, you are guided through more than 20 different sewing projects, ranging from bags and accessories to jackets and party dresses. The sewing can be done on a sewing machine or by hand, and the level of difficulty ranges from beginner to experienced sewist. Some of the book's sewing projects teach you how to make patterns from scratch, while others are based on patterns or ready-made clothes that you either have lying around or buy for the individual project.

About the author



Signe Eriksen is a trained ladies' tailor from Aarhus Tailoring School and a model designer from VIA University College. Previously, Signe owned her tailoring shop, co-owned a clothing store, and worked as a freelance designer and seamstress for Danish designers, gaining extensive experience in the fashion industry. Today, she combines her knowledge from tailoring and the sector into easy-to-understand and educational online sewing courses via her website, synoter.dk. She runs an online membership club for sewists who create their favourite clothes.

Upcycling
210x260, 188pp
Bogoo Books, 2025

& TEDDY BEARS

Sew Teddy Bears

Simple patterns for 20 cute animals
Charlotte Astrup Beck

Do you dream of sewing your cute teddy bears? With *Sew Teddy Bears – Simple Patterns for 20 Cute Animals*, you get everything you need to get started, whether you are a beginner or experienced with a needle and thread.

Charlotte Astrup Beck has created a collection of 20 adorable teddy bears, each accompanied by a read-aloud story for little ones. Each teddy bear has its personality – from the sporty lion William to the colourful kingfisher Lucia.

They are all created from a simple basic pattern, so you can mix and match clothes and accessories and make your teddy bear unique. You can sew, knit or crochet the accessories – the choice is yours.

The author guides you with step-by-step instructions and pictures that make it cosy and easy to sew a teddy bear that is just right for hugging.

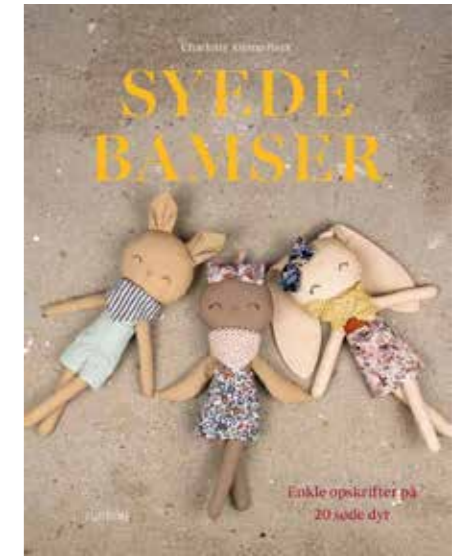
Sew Teddy Bears is more than a sewing book. It is a world filled with love and beautiful stories.

About the author

Charlotte Astrup Beck holds a Master of Arts degree in French and English and currently works as an external editor and translator. Sewing, knitting and crocheting are an essential part of Charlotte's life. As a child, she learned to cast on stitches and sew on her mother's sewing machine - in a cosy sewing room where there was always room for play and creativity. For many years, sewing was her primary occupation, but her interest in knitting and crocheting had always been there. With *Syede Tedser*, Charlotte combines her joy of language and needlework. At the same time, she wants to build a bridge between the worlds of sewing and knitting/crocheting - one does not have to exclude the other.

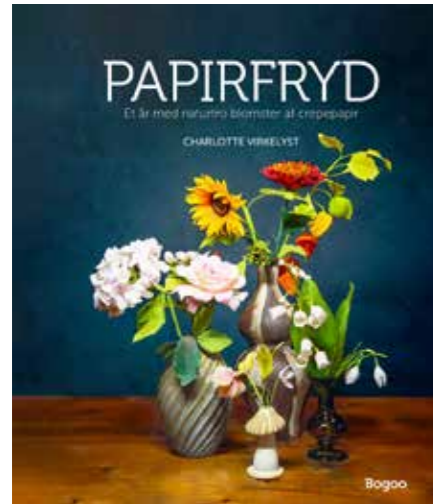


Syede bamser
195x250, 160pp
Turbine forlaget, 2025



Contents

Material and tools
Before you start
Instructions for teddy bears
Basic instructions
About the author
Thanks



Contents

- Introduction
- Materials and tools
- Types of crepe paper
- Colour techniques
- Paper processing
- The stem
- Leaves from squares
- Cut according to the template
- Fine fringes
- Botanical terms
- Spring
- Summer
- Autumn
- Winter
- Thanks

Paper Joy

A year of lifelike crepe paper flowers
Charlotte Virkelyst

Follow Charlotte Virkelyst into a blooming world of paper and learn how to create lifelike flowers from crepe paper. Step by step, she guides you through the fascinating process of creating beautiful flowers from paper. The book's 20 flowers follow the seasons, and you will encounter elegant anemones, blooming apple branches, showy peonies and Christmas classics such as amaryllis and poinsettias.

Paper Joy is for those who enjoy working with their hands and focusing on details. The book elevates paper flowers to an art form, where the detailed and lifelike flowers are a bit more challenging to create. Still, the thoroughly illustrated instructions will surely lead you to your goal, regardless of whether you are a beginner or a more experienced florist.

About the author



Charlotte Virkelyst is a floral artist, graphic designer, and founder of the company Virkeværk, where she has developed flower recipes, taught, and created small and large flowers in paper since 2018. She has always been fascinated by nature, particularly flowers, and loves studying them down to the smallest detail.

Paper Flowers by Almeja Space vol. 2

Sara Finne Frandsen & Sine Finne Frandsen

Learn how to make your own beautiful crepe paper flowers, get inspired by beautiful colour combinations, and get creative ideas for how to style your flowers.

Almeja Space is renowned for its exquisite and one-of-a-kind paper flowers, which brighten up and beautifully decorate any room. This well-illustrated book presents 15 very different flowers, ranging from a simple bellis to an impressive giant cone-flower. The flowers have varying degrees of difficulty, and you learn how to create, adapt, and develop them to suit your home.

In addition to the 15 step-by-step guides, you get a clear guide to materials and techniques, a thorough introduction to how to create your beautiful colour universes, and lots of ideas for how to use your flowers creatively in your home, for parties, or in bouquets.

About the authors

Sisters **Sine** and **Sara** are behind Almeja Space, a creative and aesthetic universe where they develop the most beautiful paper flowers, hold workshops, and collaborate with popular brands on styling. In this book, they share their skills so that everyone can learn how to make their delicate paper flowers from crepe paper.



Contents

- Welcome
- Paper Beauties
- Colours
- Colour Palettes
- Flower Anatomy
- Materials and Tools
- Techniques
- Flower Guides
- Styling with paper flowers
- Flowers and creativity
- Reuse and storage
- Index
- Thank you



Contents

- Introduction
- How to use the book
- Projects
- Purse
- Accessories
- Bags
- Straps
- Holidays
- Knitting & leather
- Inspiration
- Thanks
- Patterns

Sew and Create with Leather Scraps

Tine Schjelde Moberg

In *Sew and Create with Leather Scraps*, Tine Schjelde Moberg shows how even the most minor leather remnants, which would otherwise be considered waste, can be transformed into beautiful and functional projects. Inspired by the Scandinavian design universe, the book features 29 projects, including 11 sewing projects, while the others require only glue and a few tools. At the end of the book, you will find four knitting patterns that show how knitting and leather can be combined elegantly.

The projects range from practical purses and bags for everyday use and parties to decorative creations for Christmas and Easter, as well as small helpers for other hobbies such as knitting, crocheting, and embroidery. The leather used is soft furniture leather, which can be easily sewn on a regular sewing machine.

All the projects are easy to make, regardless of whether you are a beginner or have experience with leatherwork. The book guides you through the necessary techniques and tools, providing thorough instructions for each project, expert tips for alternative solutions, and an introductory review of materials and tools.

About the author



It all started a bit by chance five years ago, when **Tine Schjelde Moberg** was given a bag of leftover leather from a furniture factory. Since then, she has created a universe and founded the company SoSchjelde, where even the smallest leather leftovers find new life. Since childhood, Tine has always been involved in creative projects, alongside a commercial education and a management job in a large Danish company.

Resten ger forskellen
210x260, 176pp
Bogoo Books, 2025

Wood in Motion

Turning wet wood

Julie & Simone Lundgaard

This book is a practical and inspiring guide to working with wet wood as a living material. Instead of controlling or hiding the wood's movements and cracks, we see how these natural changes can be part of the aesthetic expression, inspired by the Japanese philosophy of wabi-sabi, where imperfection and change are seen as something beautiful.

The book combines craft knowledge with reflections on form, function and aesthetics. It goes through the entire process - from choosing and preparing the wood to shaping, turning techniques, creative repairs and surface treatments. We learn how to create unique bowls, dishes, and vases by interacting with the natural movement of the material.

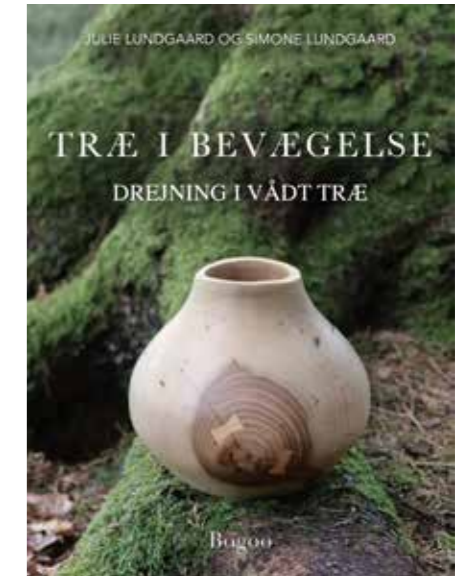
The book is aimed at both beginners and experienced woodturners, artisans and others who want to explore an intuitive approach to the material. The book offers a new perspective, where living wood opens up new techniques and aesthetic possibilities.

About the authors

Twin sisters **Julie** and **Simone Lundgaard** are designers and wood artisans. Through Skov Studio, they create objects primarily from fresh wood from their local area. Their work balances traditional craftsmanship with contemporary design, featuring an aesthetic that celebrates the natural movement and imperfections of wood.



Træ i bevægelse
175x235, 220pp
Bogoo Books, 2025



Contents

- Introduction
- Wet wood as a material
- Advantages and challenges of wet wood
- Choosing wood species for turning
- Wood structure and changes
- Preparing wood for turning: storage, handling and drying techniques
- Shaping: design and aesthetics in woodturning
- Basic principles of shaping
- Understanding materials
- Design choices
- Tools
- Basic tools for woodturning
- Safety and work practices
- Basic turning techniques
- Wet turning
- Natural edge turning
- Rough turning
- Repairs
- Crack handling
- Reinforcements and stabilisation
- Surface treatments
- Textured surfaces
- Sanding
- Colour treatments
- Treatment of finished topics: oils and waxes
- Environmental impact and sustainability
- Sustainable considerations in woodturning
- Maintenance of wood products
- Projects
- Thank you
- Literature and inspiration

FINNISH CERAMICS



Finnish Ceramics

Heli Valaja

Learn to make ceramics with the guidance of a new Finnish book. Written by a professional ceramist, this richly illustrated book guides you to start your ceramics hobby with clear and illustrative instructions.

The book introduces different types of clay, tools and other supplies, as well as the basic principles of making ceramics. Hand-building techniques, casting and the basics of pottery turning are covered in detail step by step, as are decoration, glazing and firing. In addition, you will be introduced to wild or natural clays and primitive firings. The book also covers the most common mistakes with solutions.

Experienced ceramist and teacher Heli Valaja has written a long-awaited book.

Contents

- For the reader
- From clay to ceramics
- Hand techniques
- Turning
- Making a plaster mould
- Foundry clay and casting
- Instructions for different mixtures
- Glazing
- Decoration techniques
- Porcelain
- Burning clay into ceramics
- Natural clays or wild clays
- Primitive burning
- Errors and corrections
- Safety and regulations
- Materials
- Glossary
- Acknowledgements and sources

About the author



Heli Valaja is a Master of Arts and a ceramist working in Renko, Hämeenlinna, whose main job is making ceramics. He has also taught ceramics enthusiasts and students for several years.

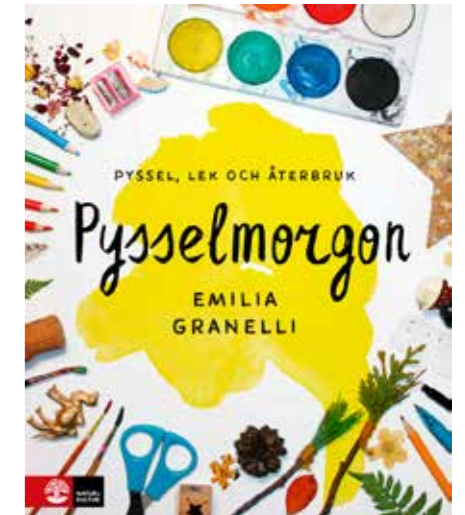
CRAFTING WITH KIDS

Crafty Morning

Emilia Granelli

Thousands of young and old crafters around the country follow Emilia Granelli's Instagram account, Pysselmorgon. With simple step-by-step instructions, she inspires fun crafts and creative activities with children, and it's neither expensive nor complicated.

Sustainability, recycling, and using what you already have at home are the key points, encompassing everything from toilet rolls and cardboard boxes to orange peels and coffee grounds. It's a wonderful mix of crafts and activities – suitable for both parents and children, as well as educators in preschools and schools. It's time to start crafting!



Contents

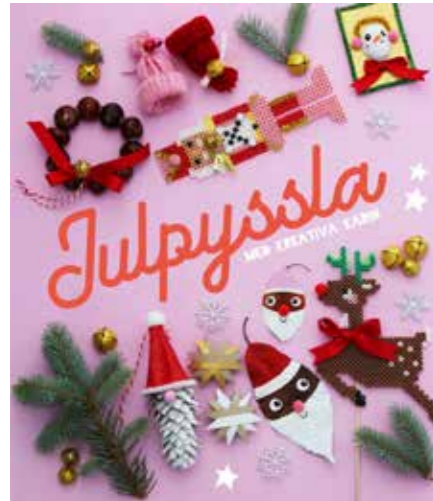
- Creativity from the kitchen
- Adventures in nature
- Playful recycling
- Fantasy and form in the playroom

About the author

Emilia Granelli (b. 1985) is the creator behind the popular Instagram account Pysselmorgon, which also gave its name to her debut book. She lives in Bergslagen with her family.



HOLIDAY



Crafting with Kids

Easter, Halloween, Christmas
Karin Andersson

The series *Crafting with Kids* features fun and easy projects for Easter, Halloween, and Christmas crafts, along with clear, step-by-step instructions. The projects are based on Creative Karin's three favourite themes – recycling, beads and nature. The books contain 30 inspiring projects for many creative and cosy crafting moments!

- New craft book series by Sweden's craft queen
- Crafts in the same spirit as the Big Craft book series
- Fun and beautiful crafts based on recycled materials, beads and materials from nature

About the author



Karin Andersson is one of Sweden's most prominent DIY and craft profiles, and her Instagram account boasts over 100,000 followers. She has designed and developed toys and products for children, appeared in several TV productions and is a frequently hired workshop organiser.

Påskpyssla med Kreativa Karin
Halloweenpyssla med Kreativa Karin
Julpyssla med Kreativa Karin
190x228, 64pp
Tukan förlag, 2025

CRAFTING

Cosy Christmas

Helena Lyth

With fantastic pictures and clear, step-by-step instructions, Helena takes you from the jump-start "novent" to the Christmas family games. The book contains all the classic recipes that belong to the mulled wine party, Lucia, and, not least, the Christmas table. However, it is also packed with crafts for the whole family - from flower arrangements and stylish door wreaths that the neighbours will admire to Christmas cards with potato prints for the children.

You'll get ideas for personalised gifts and wrapping ideas, clever reuse of old gadgets and even the lyrics to the snap songs you always forget. However, this is not a Christmas to be celebrated with bated breath and demands for perfection. Instead, Helena offers numerous tips on shortcuts and intelligent ways to plan.

When Christmas Eve arrives, it's a celebration for the whole family, filled with energy to enjoy the homemade sweets table, the festive table setting, the scent of hyacinths, and the company of loved ones.

About the author

Helena Lyth has been blogging since 2011 and has a large social media following. Her combination of simple tips, inspiring and innovative crafts, and beautiful pictures has made her one of Sweden's most prominent profiles in DIY, crafts, interior design, lifestyle, and everything related to seasons and holidays.



Julprassel & decembermys
190x250, 224pp
Polaris, 2021

Rights sold: NO



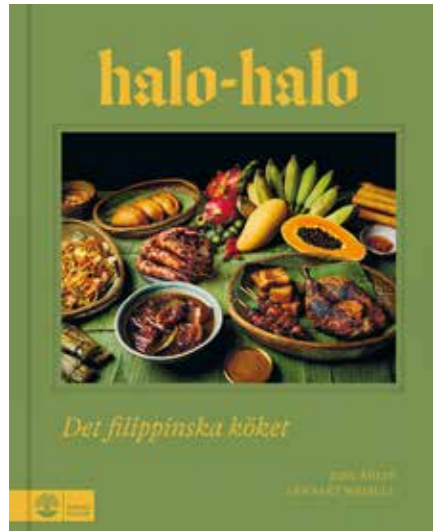
Contents

NOVEMBER - GET IN THE MOOD
Warm up November with lovely crafts, treats and movie night
GLÖGGEN - INVITE & INVITE
Recipes and tips for the happiest and tastiest mulled wine party
FIRST ADVENT - CRAFTS & RUSTLE
Classic Christmas crafts, new Christmas trinkets and recycling
SECOND ADVENT - MAKING CANDY & BAKING
A whole table of sweets and pastries
LUCIA - CELEBRATE & BREAKFAST
Light-filled Lucia morning with saffron bread in all shapes
THIRD ADVENT - DECORATE & WRAPPING
Home decorations and the most beautiful packages
FOURTH ADVENT - SET THE TABLE & COOK
Inspiring table settings and classic Christmas table dishes
CHRISTMAS EVE - GET TOGETHER & SNUGGLE
Dipping in the pot, songs, games and that little extra treat



FOOD
&
DRINK

FILIPINO FLAVOURS



Contents

- A Tribute
- Filipino Cuisine
- Ingredients & Pantry
- Vinegar & Soy
- Stock Dishes
- Chinese Influences
- Savoury Stews
- Grilled
- Fried
- Accessories
- Breakfast & Snacks
- Sugar, Coconut & Rice
- Index

Halo-halo

The Filipino kitchen
Joel Åhlin & Lennart Weibull

Today's Filipino cuisine is incredibly diverse and exciting. It has strong local traditions and tropical ingredients that meet a myriad of influences from different parts of the world. The result is sweet, salty, sour, and spicy—simply irresistible.

To delve into Filipino cuisine is to take part in a history of how customs, trade, and colonisation over the centuries have shaped the food of the Philippines' more than 7,000 different islands. From China came noodles and soy, Muslim traders from neighbouring countries brought aromatic spices like curry and ginger, Spanish flavours and dishes were introduced during 300 years of colonisation, and new spices, techniques, and ingredients emerged through trade routes with Mexico.

Cook the classic adobo stew, where vinegar and soy meet in perfect balance; the sour sinigang soup with tamarind that warms the soul; and Kare, a savoury peanut stew served with bagoong, a powerful flavour enhancer with depth and umami made from fermented baby shrimp.

Halo-halo means mix-mix in the local language, Tagalog. It is also the name of an iconic and beloved dessert that reflects the essence of Filipino cuisine—a unique blend of flavours, ingredients, and cooking methods, just like Filipino food culture.

About the authors



In addition to international culinary experience, **Joel Åhlin** has been active in Stockholm for almost 20 years as, among other things, head chef at Tjoget and co-founder of Agrikultur and Bar Agrikultur – with one star and Bib Gourmand in the Michelin Guide.

Lennart Weibull is one of Sweden's best food photographers and has made several cookbooks in Sweden, but also for Martha Stewart and Bon Appétit in the USA, among others.

Halo-halo
200x250, 176pp
Natur & Kultur, 2025

UMAMI + CHILI

Chili + Umami

The food world's most magical
flavour combination
Jonas Cramby

Do you remember where you first tasted chili crisp? If the answer is yes, this book is for you. *Chili + Umami* is dedicated to the most magical flavour combination in the food world: hot chili and comforting umami.

The secret lies in the contrast. Because if the chili's characteristic capsaicin heat is a warning, nature's way of signalling danger, umami works just the opposite. It spreads on the tongue, lingers longer than any other basic flavour, and, since mother's milk is full of it, it is the first flavour a newborn baby craves. *Chili + Umami* is about excitement and comfort. Heart palpitations and a safe, reassuring hand during a visit to the fairground. A horror movie. And someone to curl up next to on the couch.

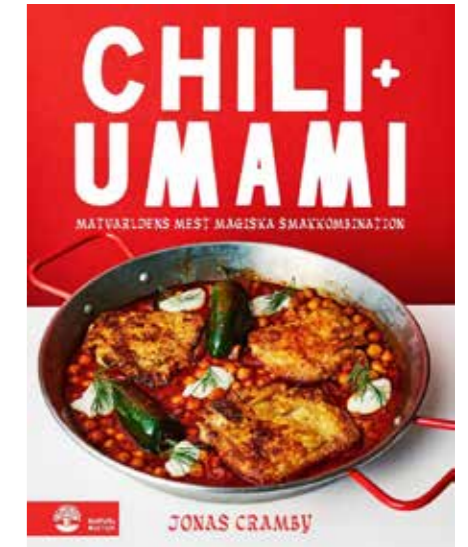
Maybe that's why all chili-eating cultures vary from Thai pad krapow and South African peri via Italian-American spicy rigatoni vodka and Mexican mole to Korean buldak chicken (with cheese). In the book, you will not only learn how to cook the world's most flavorful dishes. But also, with the help of both purchased and homemade condiments such as harissa, nduja, gochujang, and chili crisp, you can quickly and easily maximise the flavours and offer a roller coaster ride for dinner.

About the author

Jonas Cramby is a journalist and cook-book author. He has previously written books such as *Texmex från grunden*, *Texas BBQ*, *Sandwiches*, *Taco loco*, *Japanese grilling*, *Chinese food every day*, and *Americana*, which have been translated into about ten languages.



Chili + umami
190x240, 176pp
Natur & Kultur, 2025



Contents

- Foreword
- Chili
- Umami
- Chili + umami
- Fresh chili
- Dried chili
- Gochgaru + gochujang
- Nduja
- Chili crisp
- Harissa
- Recipe index



Contents

- Introduction
- Before we start
- Ramen and soups
- Dumplings and buns
- Noodle dishes
- Rice dishes
- More favourites
- Sweets
- Sauces and sides
- Thanks
- About the author

My Asian-ish Kitchen

Nicoline Lykke

My *Asian-ish Kitchen* invites you inside Nicoline Lykke, who shares delicious recipes for her favourites among classic Asian dishes. Here is everything from steaming bowls of ramen and crispy gyoza to soft bao, caramelised yakitori and sweet dorayaki – all inspired by travels and food experiences in Japan. Along the way, Nicoline shares personal food memories and good tips that make cooking even more fun. The dishes are authentic to Asian cuisine, but adapted so that they are easy for everyone to make.

The basic philosophy is that food should be easy to make, but still full of flavour. Whether you want to gather friends for a dumpling night or treat yourself to a good bowl of noodles, there is plenty of inspiration to be found. So find your chopsticks and bowls – it's time to make delicious Asian food!

About the author



Nicoline Lykke is an influencer, a passionate foodie, and a chef in her kitchen. She shares her love of food with over 100,000 followers on Instagram and TikTok, where she shows simple and delicious recipes. She is a multimedia designer and has a bachelor's degree in international communication. When she is not behind her camera filming food videos, she works as a social media specialist in a communications department. With her down-to-earth content on social media, she hopes to be someone people

can look up to, so that they dare to jump into the kitchen and experiment with food and taste. Instagram: @nicolinelykkex TikTok: @nicolinelykke.

The Vietnamese Cookbook

Nina Mihn

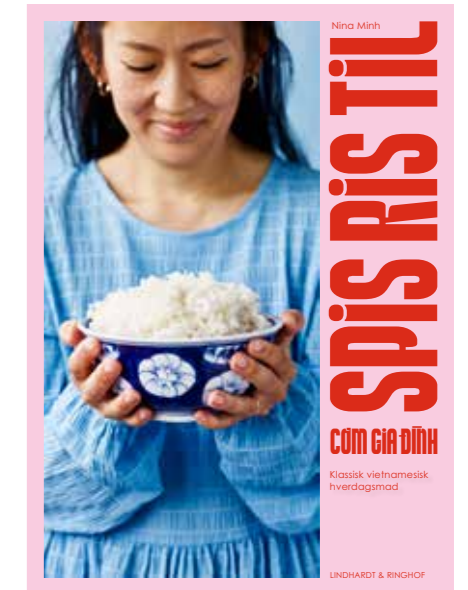
In Vietnamese, there is an expression called "cơm gia đình." Directly translated, it means rice for the whole family, and the term is used for the food that the family gathers around every day: a table with tiny, colourful, and tasty dishes served with a bowl of rice. And that is precisely what this book contains: classic Vietnamese everyday food—family style. Here are lots of delicious recipes and, not least, stories and pictures that ooze my love for Vietnamese cuisine.

Nina Mihn is behind the "Where I Come From" food universe and has been collecting her family's recipes for many years. She does this to preserve the food culture her parents brought with them when they came to Denmark as boat refugees in 1980 and to pass it on. According to Nina, Vietnamese cuisine is not only among the best in the world, but it is also one of the easiest.

The book includes everything from classic spring rolls and dumplings to the family's signature dish, caramelised neck chops with cucumber salad, and popular recipes such as fried aubergines and mother's chili sauce with lemongrass.

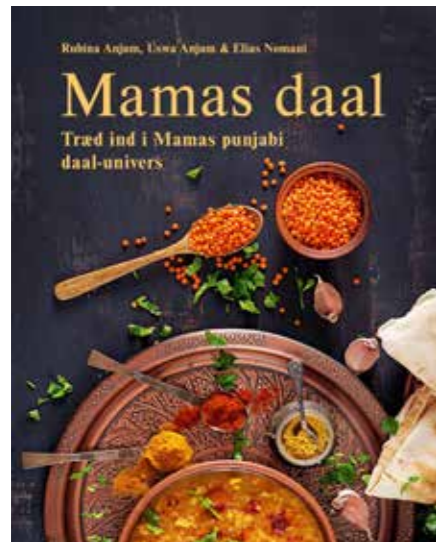
About the author

Nina Mihn is behind the popular food universe "There Where I Come From." Her parents fled Vietnam to Denmark in 1980, and Nina grew up in Randers and lives today in Aarhus.



Contents

- Foreword
- Beef, pork, chicken and fish
- Egg, tofu and greens
- Soups and sauces
- Snacks
- Drinks
- Index



Contents

Foreword by Claus Meyer
The story of MamasDaal
Daal-o-pedia
Spices from Punjab
Mama's musthaves
Mama's daal tips
Simply daal
Daal with vegetables
Daal with meat
Streetfood daal
Rice dishes and daal
Punjabi bread
Sides to the daal dishes
Desserts with daal
About the authors

Mama's Daal

Rubina Anjum, Uswa Anjum & Elias Nomani

Isn't daal just a stew with red lentils? That's what most people will probably ask. But in India and Pakistan, daal refers to the entire family of legumes, i.e. lentils, beans and peas, and there are many different types, each with its special properties. Rubina Anjum, who has roots in Punjab, is a true master in the field and here shares her knowledge and wonderful recipes for steaming hot, spicy and fragrant dishes with daal.

With decades of expertise, Rubina Anjum and the rest of the team behind Mama's Daal want to bring legumes into Danish homes and show how they can be filled with flavour and become an indispensable part of everyday food for vegans, vegetarians and meat eaters alike.

Mama's kitchen holds 18 jars of different types of daal, and has mastered the art of transforming these simple ingredients into crispy pakoras, classic soups, creamy curries, soft flatbreads and even desserts. The secret lies mainly in the combination of spices, and here Rubina reveals special spice blends from her kitchen that create real magic in the pot. She also provides recipes for bread, rice, chutneys and other side dishes to complete the meal.

About the authors



Rubina Anjum, aka Mama, moved to Copenhagen when she was 10 years old and has always expressed her love through cooking. **Uswa Anjum**, Rubina's daughter, is a doctor, researcher and teacher. During the coronavirus pandemic, she started the Instagram page @Mamasdaal to support Mama's dream of selling daal. It was just supposed to be a hobby, but then it took off. Mama's Daal was a finalist for the Danish Street Food Championship in 2022. Mama's passion and flair for Punjabi cooking and Uswa's desire to support her mother's dream are the backbone of Mama's Daal. Together they will bring true daal joy to Denmark. **Elias Nomani** is married to Uswa and has a background in business development, and has made a significant difference to Mama's Daal business.

Mamas daal
170x240, 234pp
Muusmann forlag, 2025

Maymay's Indian Kitchen

Maybritt Beutnagel

This book was born out of a love for Indian food and culture. An encounter with a cuisine that offers a diversity of flavours, colours, and textures, and which has had a significant influence on the author's life. The author wants to share this passion with his readers.

The result is a book filled with recipes for everyday Indian food, featuring a wide range of flavours from different regions of the country. Between the recipes, the author shares his personal experiences in India, including small anecdotes, travelogues, facts, and insights into life and food in the colourful country.

The recipes in the book are primarily vegetarian, with a few dishes featuring meat and fish, although vegetarian alternatives are also available. The author has made the recipes easy to understand, without compromising on flavours and the amount of spices. Spices are the backbone of Indian cooking, and the way and when they are used is crucial to the taste. The book teaches the reader how to get the most flavour and depth using techniques and handling of the spices.

The book can also be enjoyed as a coffee table book, as the numerous photos, stories, and recipes provide the reader with an exciting and visually stunning experience of India.

About the author

Maybritt Beutnagel from MayMays has been attracted to India since she was very young. She is married to an Indian and has travelled and lived in India for most of her adult life. In the kitchens of her family and friends, Maybritt's great passion for food has developed into an excellent knowledge and competence in Indian cooking. Daily, Maybritt runs the company MayMays, where she produces award-winning Indian specialities and teaches Indian cooking.

Maymays indiske køkken
170x240, 170pp
Muusmann forlag, 2025



Contents

To come

MOROCCAN &



Contents

Foreword by Claus Meyer
Introduction
Morocco meets Valby
Focus on what we have in common
Moroccan hospitality in Denmark
The respect for daily bread
Will the food survive over generations?
Conclusion
Thanks
Index

Mom's Moroccan Food

Jamila Mohammadi and Khadija Al Mohammadi

In *Mom's Moroccan Food*, you enter a world of beautiful memories, anecdotes, and recipes together with sisters Jamila Mohammadi and Khadija Al Mohammadi, who cook according to their mother's old recipes at their café in Copenhagen's South Harbour. They invite you inside for an experience of beautiful pictures, Moroccan gastronomy and warmth, where there is talk of family togetherness, community, traditions and love for food, which unites us across borders and generations.

Here is plenty of inspiration for the home kitchen, where the intense scent and taste of the world-famous Moroccan kitchen will spread an atmosphere through family recipes of food made with presence, joy and care. As a little extra spice, it is also told about the food's origin in Morocco and about what it has been like to come to a new country, grow up in Denmark and acquire the best from both cultures.

The food in this book is not only about flavour and recipes - it is an invitation to create communities, to welcome and to create new memories, just as the Mohammadi family has done for generations.

About the authors



Jamila Mohammadi and **Khadija Al Mohammadi** are sisters and came to Denmark in 1977 from Boujnanne in Morocco. The two sisters opened South Harbour Café in Sydhavnen. Their mission is to give guests unique experiences with authentic Moroccan food and hospitality, and invite everyone to enjoy the food that their beloved mother cooked. Jamila and Khadija have won several prizes, including the Sol over Gudhjem Product Prize 2022.

INDIAN FLAVOURS

Dhaba Walla

An Indian food adventure

Enayatullah Safi

Safi has been deeply fascinated by Indian food and food culture since childhood. In this Indian food adventure, he takes us on a journey to some of the places in India that are known for their food culture, from the street kitchen of Delhi and the classic butter chicken to the royal kitchen of Rajasthan, which offers some of India's best vegetarian dishes. The journey continues to Lucknow in the North, which reminds Safi of his childhood cuisine with traditional meat dishes and kebab specialities, and further down to the South, which is known for dishes with fish, coconut and banana.

The recipes in the book have been adapted so that they can be made with ingredients available in Denmark and made accessible so that they fit into an everyday kitchen.

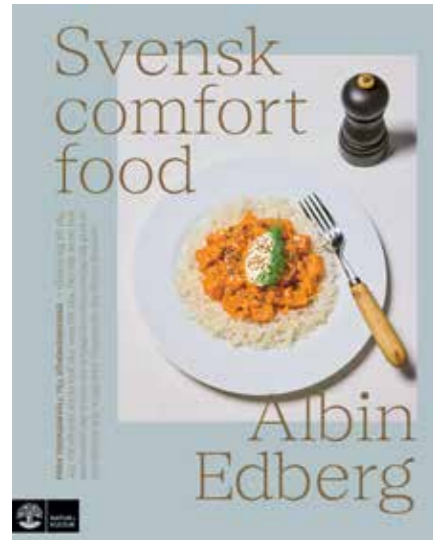
About the author

Enayatullah Safi (just called **Safi**) grew up in Afghanistan, lived in Denmark for 20 years, and loves Indian cuisine. He worked for the Danish Armed Forces Intelligence Service, studied political science and is now a chef and owner of several popular restaurants under the name Dhaba in Copenhagen, Køge, Næstved, Vordingborg and Nykøbing F.



Contents

To come



Contents

Foreword
 Good stuff to have at home
 Tips, tricks and tools
 Tuesday evening
 Sunday dinner
 Desserts

Swedish Comfort Food

Albin Edberg

”I want my first book to be for everyone. I could have filled a book with complicated recipes, complex techniques, and preparations that took four days. But honestly, that doesn't appeal to me, and I don't think it will appeal to you either. Instead, I want to make a book with the food I enjoy cooking at home, which I enjoy and feel safe with. Indeed, some recipes take a little longer to make and require different ingredients - I call them Sunday dinners, and they are my favourite dinners.

But the week consists of more days than Sundays. That's why I have collected the other half of the recipes in the Tuesday evening chapter. The recipes there are a little faster to make and don't require as much thought or shopping, but they are at least as good and well thought out.

The book's scope ranges from sausage stroganoff and chicken curry to whole baked turbot and a perfectly crispy fried schnitzel. I make the recipes—every single one of them. I have added twists and turns that take the dish to a new level in several of them. I hope you will want to try my method and maybe then spin off and develop your variations. The book's goal is to see it at someone I know's house in five years.

About the author



Albin Edberg is a chef and has worked with food most of his life. He grew up in a multi-generational home outside Jönköping. Albin's grandmother lived downstairs - his first primary source of inspiration for cooking. Albin dropped out of school to compete in the Bocuse d'Or in 2014-2015 with Tommy Myllymäki, where they won the European competition and came third in the world championship.

He has previously worked at the 3-star Per Se in New York and in Stockholm at Djuret and Tak, among others. He now runs his own company, which deals with various events, dinners, catering and consulting assignments. Since 2025, Albin has been the team manager for the Junior Chefs' National Team.

Swedish comfort food
 190x240, 192pp
 Natur & Kultur, 2025

Swedish Classics

Stefan Ekengren

Stefan Ekengren has been passionate about Swedish home cooking throughout his entire cooking career. Almost 10 years ago, he collected around 60 of his best recipes in the book *Swedish Classics*, which is now being published in a revised edition with a new format and eight new recipes. Here you will find favourites such as cabbage dolmar, fried herring, pork with onion sauce, Pelle Janzon toast, homemade cheesecake, and forgotten dishes such as sausage and pork flatbread that deserve a little more attention.

All recipes are listed for both 4 and 10 people. Stefan also gives cooking tips on how to succeed and suggestions on taking the dishes up a notch and taking them further in a slightly more non-traditional way. For example, try smoking the cabbage in a smoke box before assembling the cabbage pudding, serving the kale with grandma's cooked carrots forked with butter, or making the nettle soup with other types of weeds besides nettles.

About the author

Stefan Ekengren has been head chef at the acclaimed Restaurang Hantverket in Stockholm since 2017. He also writes columns, is often seen as a TV chef and can be heard on various podcasts. In addition to Husman, he has written *Högtid* and *Potatis*, which have become modern cookbook classics. With his genuine knowledge, Stefan wants to inspire people to cook and offer home-cooked food more often.



Contents

Foreword
 Classics
 The forgotten
 Potato dishes
 Lingonberry food
 Index

Husman
 200x250, 192pp
 Natur & Kultur, 2025

VEGGIE SICILY



Contents

- Foreword
- Introduction
- Briefly about Sicily
- Food talk in Italian
- Flour / Farina
- Citrus / Agrumi
- Health & sustainability
- Tomatoes / Pomodori
- Artichokes / Carciofi
- Aubergine / Melanzane
- Food & sensualism
- Fennel / Finocchi
- Cabbage / Cavoli
- Nuts & stone fruit / Noci
- Squash / Zucchini
- Asparagus / Asparagi
- Index

Vegetariana Siciliana

Francesca Magueri Holmström

In *Vegetariana Siciliana* Italian Francesca Magueri Holmström presents her best vegetarian recipes and food memories from her childhood in Sicily. The book's chapters revolve around typical Sicilian ingredients such as citrus, nuts, artichoke, fennel, zucchini, and eggplant with recipes such as pistachio gnocchetti, penne with lemon and walnuts, chocolate cake with chili, and much more.

This is a book for anyone who loves genuine Italian food. In Sicilian!

About the author



Italian **Francesca Magueri Holmström**'s vegetarian cooking courses in Malmö have been fully booked for most of the 16 years she has lived in Sweden. Francesca is known for her versatility and for mastering the art of creating innovative vegan dishes - with a Sicilian touch and passion.

Vegetariana Siciliana
190x270, 152pp
Bokförlaget Arena, 2022

Rights sold: DE, POL

AROUND THE WORLD

Taste the World

Maria Bore Lindboe and Tore Park Lindboe

Taste the World is more than a cookbook – it's a fun and culinary journey through 36 countries, tailored for the whole family. With child-friendly and straightforward recipes, the book invites parents and children to explore recipes from all continents together. Each dish is accompanied by fascinating facts about the country it originates from, providing an educational experience – and perhaps a whole new flavour! This is a book that combines the joy of food with cultural understanding and makes it easy to bring all the flavours of the world into our kitchen.

About the author

@ferskinger consists of **Maria Bore Lindboe** and **Tore Park Lindboe** – parents of young children, foodie adventurers and the founders of the popular Instagram account with over 47,000 followers. With five children around the kitchen table, they know all about how food can become both a gathering point and an entrance to new flavours and cultures. They are passionate about making cooking fun and accessible for the whole family – and to show that it is possible to experience the world from your kitchen counter.



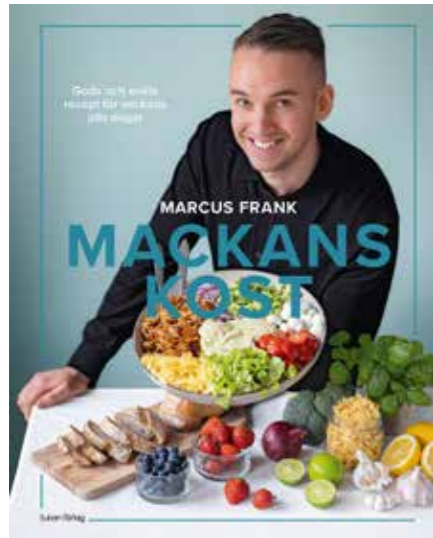
Smak på verden
x.184pp
Frisk Forlag, 2025



Contents

- How the food trip started
- Europe
- Middle East
- Asia
- North and South America
- Africa
- Oceania
- Inspiration
- Index

EVERYDAY



Contents

- Introduction
- Delicious food
- Everyday lifesavers
- Snacks and good food
- Breakfast, evening meals and everything in between
- Outdoor food
- Recipe index

Mackan's Kitchen

Simple and delicious everyday dishes
Marcus Frank

Finally, a cookbook for everyone who wants food to be good, simple, colourful and fun. In *Mackan's Kitchen*, the joy of eating is the focus. Here you'll find everything from everyday life savers, Friday dinners and outing favourites to breakfasts, evening bowls and of course snacks. The book's over 70 recipes contain few ingredients and are quick to put together – perfect for anyone who wants to enjoy a good meal without the hassle.

About the author



Marcus Frank inspires over 800,000 followers on social media with his simple and delicious recipes on his account @mackanskost. In 2024, his account was ranked as the most influential in the food and drink category on Instagram. This means that he is one of the few food influencers who reach and engage the most people in Sweden.

Mackans kost
200x255, 160 pp
Tukan Förlag, 2025

COOKING

Table for Two

Andreas Offenberg and Fredrikke Gullbekk

Here you will find recipes for everything from simple breakfasts to delicious weekend dinners. The idea is simple: When you cook together, you collaborate, laugh, solve small challenges – and build bonds that last.

Each chapter inspires you to use meals as small respites in a busy everyday life. From the first cup of coffee in the morning to lazy weekend lunches and cosy evening dishes – *Table for Two* makes it easy to find the magic in the little moments.

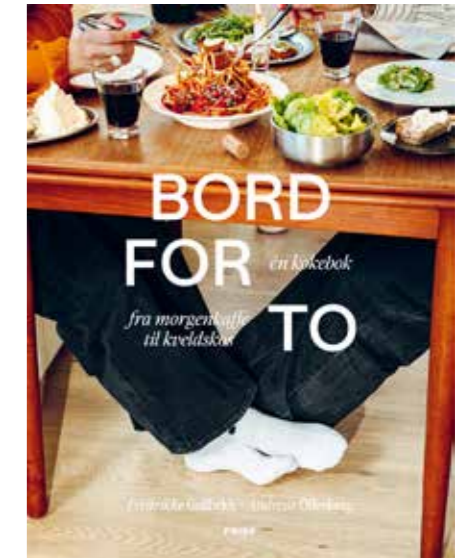
The book is based on both a genuine love of food and research-based tips on what strengthens relationships over time – but above all, it is full of great recipes that are easy to succeed with. So light the candles, set the table, find the pots – and enjoy your time together.

About the author

Andreas Offenberg and **Fredrikke Gullbekk** are behind the Instagram account @Detserveres, where they inspire their 40,000 followers to simple, enjoyable meals for couples and friends. They debuted with the book *Det serveres*, nominated for Cookbook of the Year 2023. *Table for Two* is about creating good times together around the dining table.



Bord for to
x, 208pp
Frisk Forlag, 2025



Contents

- Foreword
- Breakfast for two
- Lunch for two
- Aperitif for two
- Snacks and sides for two
- Dinners for two
- Desserts for two
- Nightcaps for two
- Thanks

QUICK AND LOW



Contents

To come

Dinners in 15-30-45 Minutes

Julia Ring Olsen

Dinner in 15-30-45 min is divided into three chapters according to minute preparation time and focuses on giving the reader a clear idea of when it is time to eat.

- Chapter 15 offers recipes that take 15 minutes from start to finish – including easy soup, sandwiches, pasta dishes, rye bread toast and a wonderful stew with butterbeans.
- Chapter 30 delves into dishes that can get a little more love, since there are 30 minutes available – including Indian chicken dish, stew with chickpeas, spinach Alfredo and hummus dish with tomato salad.
- Chapter 45 gives you more time to make some from scratch. The 45 minutes can include used in one-pot dishes, homemade rice cakes with spicy beef, tender spare-ribs, tuna steak burgers, dumpling soup and much more delicious.

Each chapter contains 20 recipes, so the cookbook has a total of 60 delicious recipes. The idea of the 15-30-45 concept is to help the reader plan the day's or week's schedule with easy and tasty dishes that fit the time available.

About the author

Julia Ring Olsen has the food blog Onekitchenblog.com, which she has run for many years. Her keyword has always been hygge – especially when it comes to food and cooking. In addition to the food blog, Julia also has the Instagram profile @onekitchen_ with almost 100,000 followers. Food has always been her passion, and that is to delight and inspire others to cook.

Hyggemad - Aftensmad på 15-30-45 min
170x240, 150pp
Muusmann forlag, 2025

CALORIE DISHES

Low-Calorie Dishes for Everyday

Line Hedegaard

Line Hedegaard, who is behind the bestseller *Low-Calorie Dinners*, is now coming out with a follow-up to even more recipes and tools for weight loss with a focus on sustainability. The book is about creating changes in your weight loss that you can maintain later. It takes the reader by the hand and gives many good examples of how meals can look throughout the day, without the food seeming overwhelming or time-consuming. There are no raised fingers, but good tools for planning the entire day's food intake and movement, and how we can work with our mindset.

Many people have tried to lose weight countless times and often face uncertainty when trying to lose weight again. Therefore, we must lower our expectations and avoid feeling compelled to change everything at once. This book guides the reader through this once and for all. "It's not about how fast you lose weight, but how sustainable it is." This is the book's starting point and guiding principle.

About the author

Line Hedegaard is the owner of the company Stable Weight Loss and makes a living by helping others to lose weight without food shame. She has struggled with obesity, and when she found her way to stable weight loss through food after many years, she began to share her experiences on social media. Since 2021, she has shared recipes and motivated others to a healthier lifestyle and has almost 70,000 followers on Instagram.

Kalorielet hverdag
170x240, 220pp
Muusmann forlag, 2025



Contents

To come

WARMING SOUPS



Contents

- Foreword
- Before you start
- Classic soups
- Purees
- Chicken soups
- Meat soups
- Fish and seafood soups
- Vegetarian soups
- Bread and toppings
- Index
- Thanks

Verdens beste supper
x,224pp
Frisk Forlag, 2025

Soups

Hot, filling and full of flavour
Ida Marie Aamot Storbakken

Soups is the book you've been waiting for - a unique collection of tasty, varied and easy recipes for all occasions. Here you'll find everything from quick everyday favourites to impressive party dishes, from light summer soups to warming, powerful soups for a cold autumn day.

With detailed, easy-to-understand recipes and smart prepping tips, this book makes it easy to succeed - whether you're experienced in the kitchen or love good food. The book gives you a clear overview of what can be prepared in advance, so that you can cook delicious meals with less stress and more joy.

There are many cookbooks - but this is Norway's first pure soup book: dedicated, thoroughly researched and written for those of you who want a soup for every occasion.

Let yourself be inspired, cook your way through the year - one fantastic soup at a time!

About the author



Ida Marie Aamot Storbakken is a former restaurant chef and the woman behind the popular food blog and Instagram account *Ida Maries mat*, where 35,000 followers are inspired by her tempting recipes. She has previously published the successful books *Vennemat* (2022) and *Vennefavoritter* (2024). Now she dives into the topic that has created the most excitement among her followers: soups in all their varieties – a valid declaration of love for one of our most versatile and beloved dishes

CABBAGE & SALAD

The Cabbage Book

Mette Mølbak

Cabbage is an overlooked superfood. It is one of the healthiest vegetables available, and it is also grown locally. It is also both long-lasting and cheap, and it tastes fantastic and contributes with beautiful colours and crispness.

Cabbage has been a cornerstone of the Nordic diet since the Viking Age and has been crucial for the health of our ancestors. Research shows that cabbage's unique content of vitamins and health-promoting substances is highly effective in protecting against lifestyle diseases and various forms of cancer. Therefore, there is good reason to turn up the cabbage on your plate.

The book contains Mette Mølbak's best recipes with cabbage, and in this updated version, you also get 10 brand new vegetarian dishes. The book is a tribute to the gastronomic diversity of cabbage and is guaranteed to make even the most sceptical person love cabbage.

Contents: Time to give cabbage rock star status | Long-term health | Five good reasons to eat cabbage | White cabbage | Cauliflower | Savoy cabbage | Pointed cabbage | Kale | Red cabbage | Broccoli | Brussel sprouts | Cabbage through time | Why is cabbage so healthy | Cabbage's important substances | Tips and tricks | Literature list | Thanks to | About the author | Index



Kål
215x280, 201pp
Muusmann forlag, 2025

The Salad Stand

Dominique Kørvell

In this book, you will find everything from fresh salads to warm, creamy, rich and quick variations. Among the 50 recipes you will see, for example, a creamy tzatziki salad, a summery Piña Colada salad, kale salad with spinach, toasted pine nuts and creamy goat cheese, avocado salad with oven-baked tomatoes and crispy Parma ham, a smoky Sicilian-inspired salad, warm squash salad with crispy panko topping and many more. The salads offer contrasts in taste and texture – without being complicated.

In the book, you also get a look into Dominique's garden and orangery, where you can see examples of the family's passion for building rustic with recycled materials, as well as their DIY projects..

Contents: Contrasts | The creamy ones | Dressings | The brittle ones | The moody ones | Salads with feta cheese | Salads with fruit | Salads with nuts | Recycling and DIY | The quick ones | The filling ones | Eatable flowers | Tasty to fish | Salads for sauces and potatoes | Salads with potatoes | The Orangery



Salatboden
210x280, 240pp
Lindhardt & Ringhof, 2025

SNACKS & BOARDS



Snacks

Hot and cold dips, bread snacks, boards & drinks
Siri Barje

Siri Barje has always loved snacks, from the simplest to those that can be served as a whole meal. In this book, she explores the subject deeply and shares around 70 small dishes with vegetables, fish, and seafood that can all be eaten with your hands.

Snacks consist of tasty and fun dishes, such as fried cheese-filled olives, cucumber sandwiches with green onions and horseradish, and filo pastry cigars with black cabbage, leek, and feta cheese. An entire chapter is devoted to tasty dips and hot and cold spreads, such as whipped ricotta dip with fennel and chili oil and warm cheese dip with dill, sesame, and lemon.

Next time you have dinner at home, skip the starter and serve snacks instead. Or serve a finger food dinner with mixed snacks from the book's different chapters, perhaps according to a theme or with a large, generous board in the middle.

Siri offers many shortcuts because you don't always have to cook everything from scratch. In addition to the recipes, you get tips on creating a welcoming environment and making guests feel comfortable. Simple details and tricks can make a big difference, whether it's a spontaneous get-together, a dinner party, or a larger party.

About the author



Siri Barje is a trained chef driven by finding shortcuts in the kitchen. She has previously worked in various restaurant kitchens and is today much appreciated as a TV chef, food stylist and recipe creator on social media. Siri's biggest passion is feeding people in her home, preferably with snacks.

Contents

- Foreword
- Garnish
- Dips
- Bread snacks
- Mixed snacks
- Sweets
- Boards
- Drinks
- Index

Snacks
180x240, 160pp
Natur & Kultur, 2025

SMØRREBRØD

Smørrebrød

The Manual
Adam Aamann

Renowned Danish chef and smørrebrød expert Adam Aamann presents the ultimate guide to mastering Denmark's iconic smørrebrød (open-faced sandwiches) - from timeless classics to modern creations. *Smørrebrød: The Manual* is packed with recipes featuring fish, vegetables, poultry and meat, along with an extensive section on sides like pickles, crispy toppings, creams and mayonnaise. To complete the experience, Adam Aamann shares recipes for the perfect smørrebrød pairing – homemade spiced snaps.

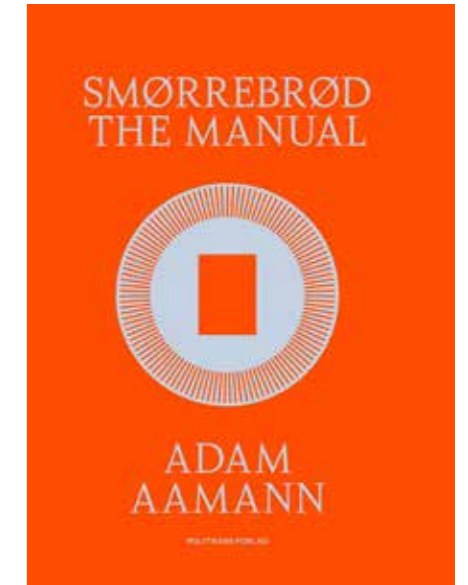
About the author



Adam Aamann-Christensen (b. 1974), chef, restaurateur, TV host and author. Opened his first open-faced sandwich shop in 2006 and currently runs several restaurants. In 2007, he received the Danish Gastronomic Academy's honorary diploma for his efforts to promote Danish open-faced sandwiches. Has hosted DR's program Madmagasinet and is now co-host of SVT's Trädgårdstider, which is broadcast on DR under the name Tv-dage i haven. Has previously published *Aamanns til*

lokoost (2009), *Aamanns kryddersnaps* (2010), *Aamanns appetit* (2012), *Aamanns open-faced sandwiches* (2016) and *Aamanns grønne køkken* (2020).

Smørrebrød. The Manual
210x270, 240pp
Politikens forlag, 2025



Contents

- The devil is in the details
- Foreword
- Structure of smørrebrød
- Fish
- Greens
- Poultry
- Pork
- Beef
- Cheese and desserts
- Bread
- Schnapps
- Accompaniments
- Index

PROTEIN



Contents

- Part 1: Weight loss or more muscle?
- Part 2: Protein
- Part 3: Training
- Part 4: Recipes

Protein

Hannah Grant

Protein is one of the body's most essential nutrients. It helps build and repair muscles and stabilise blood sugar. That's why it's also vital that we get enough protein. People who do many sports know this, but a solid portion of protein is also essential, even if you don't have to perform at the top level, but want to lose weight or strengthen your muscles to have a generally strong and healthy body.

The book contains protein-rich recipes that taste excellent - and are easy to make. There are recipes for breakfast, lunch, dinner and snacks. In addition to recipes, there is a guide to protein intake for both men and women, regardless of whether the goal is weight loss or more muscle mass.

About the author

Hannah Grant has been a chef for some of the most prominent cyclists during the Tour de France for several years. In this book, she shares her professional knowledge and tells you how to put together meals and training so that you increase your muscle mass and reduce your fat percentage. She has worked for Noma and The Fat Duck in England.



POWER

Protein-Rich Everyday Dishes

Kristine Weber

Do you dream of a stronger, tighter body and more energy in your everyday life – without resorting to supplements or special diets? *Protein-Rich Everyday Dishes* shows you how you can easily get enough protein through ordinary food, which is also suitable for the rest of the family.

This book is made for those of you who want to eat more of what gives results – not less. With tasty, easy-to-make recipes and clear nutritional information (including calories and protein), you will learn how protein-rich food can become a natural part of your everyday life, whether you are exercising, working or want to feel better.

About the author

Kristine Weber is a qualified nutritionist and economist, works as a lifestyle coach and personal trainer, and is a best-selling author of seven books on exercise and healthy eating. She is a former Norwegian and Nordic champion in body fitness. On Instagram, Weber inspires nearly 90,000 followers with tempting protein-rich food and smart exercise tips, and she has helped thousands of people make significant lifestyle changes.



Contents

- Foreword
- Good to know
- Breakfast
- Lunch and quick meals
- Dinners
- Healthy sweets
- Thanks
- Index



Contents

Foreword
About fruit & berry preservation
Fruit & berry marmalade
Citrus marmalade
Jelly
Jam & puree
Apple puree
Stewed fruit & berries
Cream, compote & soup
Juice, lemonade & syrup
Liqueur & spirits
Jams & candied fruit, marmalade
sweets & dessert jelly
Baked goods
Small fruit & berry dictionary
Index

The Jam Shop

Sanna Fyring Liedgren

With the help of *The Jam Shop*, you will learn how to process fruit and berries sustainably. Pickling and juicing are old preservation skills that were once a necessity but are still relevant today – it is rewarding in many ways to try to live more in season and to pick and buy fruit and berries when they are at their best.

After over 20 years of cooking, Sanna shares her best recipes for marmalade, jelly, jam, puree, and drinks such as juice, lemonade, fruit, and berry liqueur. And don't forget that you can also pickle, dry and preserve fruit and berries. In the book, you will find the essential recipes you can't do without and Sanna's favourites, such as rowanberry jelly with calvados, rhubarb marmalade with lemon and almonds, home-cooked rosehip soup and lingonberry pears. There are also recipes for toast and brioche to serve with the marmalades.

In addition to the recipes, you will learn the basics of preserving based on the fruit's magical pectin - the substance that creates the perfect consistency. Also, read about how to extend the shelf life of your jars. Preserving is not difficult; you must know how to do it. The more you cook, observe and learn about different techniques, the more fun it will be!

About the author



An old house with a mature garden full of fruit trees and berry bushes sparked **Sanna Fyring Liedgren's** great interest in processing fruit and berries. Sanna has attended restaurant school in London and is also a trained sommelier. After taking courses in food craftsmanship at Eldrimner and as a member of the Pickling Society, things have been bubbling intensely in the kitchen – and the result is her first book, *The Jam Shop*.

Bread and Buns

Anne-Kathrine Schelde

Anne-Kathrine Schelde from the popular website Madenimitliv.dk is back with a new book, this time with a focus on baked goods. The book offers more than 55 recipes for the most popular breads and buns from the author's website, as well as a few cakes.

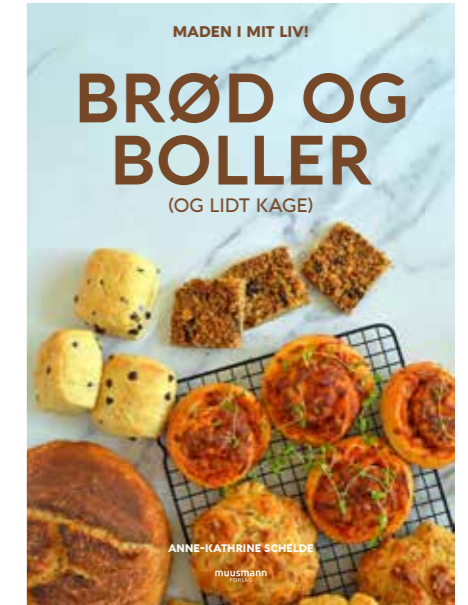
Anne-Kathrine Schelde published her first cookbook in 2019, and since then, there have been three more books with everyday food and air fryer recipes. This is the author's first baking book and a completely natural sequel, as baked goods are also a large part of her popular recipe universe.

The book is aimed at all baking enthusiasts, and contains a number of the most popular recipes that are already among the favourites on Madenimitliv.dk, as well as new recipes that are not found on the site. These are not advanced or time-consuming recipes, but rather good, well-developed recipes for rye bread and French bread, buns, packed lunch bread and cold-leavened pastries, which are particularly popular at the moment.

The book ends with several popular cake recipes, so there is something for everyone.

About the author

Anne-Kathrine Schelde (b. 1982) has a professional bachelor's degree in nutrition and health and has run the popular website Madenimitliv.dk since 2010, which, with 1.5 million monthly page views, is one of the largest in the country. Anne-Kathrine also has +200,000 followers on SoMe. Anne-Kathrine made her debut as a cookbook author at Muusmann Forlag in 2019. She has since published three more cookbooks, most recently *More Airfryer Favourites* in 2024.



Contents

To come

BOWL BAKING



Contents

- Cookies
- Muffins
- And soft cakes
- Favourites in a new way
- Buns, bread and pizza
- Desserts and pies
- Jams, marmalades and marengue
- Index
- Thanks

Bake in a Bowl

Ylva Lindgren

“Everything is mixed...” ... that’s what Ylva’s grandmother’s recipe says. Inspired by that, Ylva shares recipes for bread and pastries that can be easily mixed in a bowl. Here you’ll find 54 simple recipes for cakes, bread and pastries!

For over 20 years, Ylva Lindgren has worked as a pastry chef in bakeries, both small and large, in restaurant kitchens, at conference facilities and training centres, down in the basements of fine castles... and her little kitchen of course! But in the end, she returned to baking the way she likes best: simply and without any frills.

In this book, she wants to inspire baking at home in a slightly more straightforward way. The baking table barely needs to be floured, and here you don’t need to bring out a kitchen assistant. A bowl goes a long way!

About the author



Ylva Lindgren trained as a baker/pastry chef fifteen years ago. She both works with baking and also has it as her hobby. Ylva runs the blog Ylvas bakverkstad and has over 4,600 followers on Instagram. In 2023, Ylva’s book *Snällare bröd och bullar* was published.

Baka i bunke
200x250, 144pp
Ordalaget, 2025

SOURDOUGH BAKING

Sourdough Bread

From simple no-knead to traditional artisan breads

Martine Sletmoen

Here you will find a wealth of recipes: from coarse, nutritious breads that provide a healthy start to the day, to classic artisan breads baked with love and tradition. Whether you want to make simple no-knead breads without folding, or want to immerse yourself in the traditional art of sourdough, this book gives you everything you need - step by step.

Sourdough Bread is the only pure sourdough bread book on the market that combines simplicity, healthiness and diversity. You will get recipes that are suitable for both busy weekdays and quiet weekends when you want to go in-depth.

Let the kitchen be filled with the aroma of freshly baked bread every day. With this book, your sourdough dream will become a reality.

Contents: Foreword | Sourdough bread school | Bread | No-knead and simple bread | Artisan bread | Small bread | Garnish | Thanks



Surdeigsbrød
x.224pp
Frisk Forlag, 2025

Sourdough without Gluten

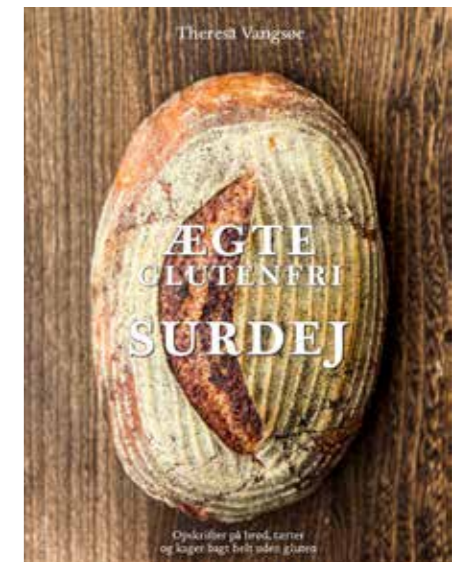
Theresa Vangsøe

Sourdough bakers open stores galore, and among home bakers, sourdough is the most significant trend. If you, as a gluten allergy sufferer, walk around in the belief that you can not participate in the wagon, you might well think again. You can. Theresa Vangsøe shows in her new bake book the way to delicious bread baked with sourdough - completely gluten-free.

Delicious texture, deep and good taste and a nice look are some of the things that a classic sourdough gives your bread. With Theresa Vangsøe’s gluten-free sourdough, you can achieve the same great result with your gluten-free baked goods - the taste is top-notch, the consistency just like it must be, and the bread is beautiful. No one will think this is gluten-free bread.

The book contains 30 recipes and a guide to learning about the different gluten-free flours. These are completely gluten-free baked goods. When buying gluten-free products in the grocery trade, they are allowed to contain small quantities of gluten. In Theresa Vangsøe’s home bakery, it is truly gluten-free.

Contents: Foreword | Sourdough | Good to know about sourdough | Challenges | Equipment | Recipes | Thanks | Index



Ægte glutenfri surdejsbrød
190x260, 148pp
Turbine forlaget, 2022

Rights sold: NO

NINJA CREAMI



Contents

To come

The Ninja Creami Cookbook

Make ice cream, shakes and slush ice

Peter Friehling

In *The Ninja Creami Cookbook*, the reader gets recipes for classics with chocolate and pistachio, strawberry and vanilla, but also new, exciting ice cream for every occasion. Serve frozen ginger shots for brunch, grab a protein ice cream after training and try popcorn ice cream for the Friday movie. The reader gets all of this in this book, and if you dream of a drink on the balcony, there are also recipes for ice cream cocktails. All recipes are based on pure ingredients, great taste and good consistency, so that every mouthful is a pleasure.

Peter Friehling has published several books on, among other things, sous vide and airfryer and is a specialist in modern, creative cooking. In addition to the well-tested recipes, he shares his best tips and tricks so that you can get the most out of your Ninja CREAMi.

About the author



Peter Friehling is the author of the bestselling *The Airfryer Cookbook* and *The Actifryer Cookbook*. He is also behind five cookbooks about the sous vide method, which have sold over 15,000 copies in Denmark.

Ninja Creamikogebogen
190x260, 160pp
Turbine forlaget, 2025

PALETAS

Paletas

Popsicles the Latin American way

Maria Borda

Paletas are popsicles in the Latin American style: easy to make, easy to vary, and with the perfect consistency! *Paletas* contains a wide range of recipes for ice cream, fruit ice cream, milk ice cream, and vegan ice cream. Of course, there are classic flavours, but also slightly different combinations. The book also contains basic recipes and inspiration for experimenting with your own favourites.



Contents

Foreword
What are paletas?
Experiment with your own paletas
Ice cream
Fruit ice cream
Milk ice cream
Vegan ice cream
Chocolate coating
Ice cream party
Common mistakes
Index
Thank you

About the author

Maria Borda is an anthropologist, parenting coach, lecturer, and author of five books, mainly on parenting and childbirth in different cultures. Her passion for ice cream has been there all her life – Maria has her roots in Bolivia and has previously run a café in La Paz where she sold her popular paletas.



Paletas
170x240, 128 pp
Bokförlaget Arena, 2025

Rights sold: DE, DK

SWEDISH LIQUOR



Contents

- Foreword
- The history of Sweden and spirits
- What we drink and how it is made
- Swedish distilleries from north to south
- BASICS
- Equipment
- Glasses
- Technology
- Acid & tartness
- Jar & salt
- Garnishes, marinades & infusions
- COCKTAILS
- Spiritual & messy
- Sour & fresh
- Sweet & dessert
- Drinks
- Punsch
- Low alcohol, aka shims
- Index

Swedish Liquor

Drinks & cocktails
Emil Åreng

Sweden has become a liquor country to be counted on, and both large and small Swedish distilleries have now found themselves in the international spotlight. In this book, Emil Åreng, one of the country's best bartenders, sets out on a journey through the country to mix classic cocktails, stiff grogs and completely new drinks using only Swedish spirits and Swedish ingredients.

"For the past 15 years, we bartenders in Sweden have been making classic cocktails from scratch while traveling around the world to find new spirits, new techniques and different ingredients to give our guests new experiences - but have we given Sweden a chance?" asks Emil, who runs the Facit bar in Umeå.

Come along to the best Swedish distilleries and delve into new ways of mixing cocktails with keywords such as boozy & messy, sour & fresh, sweet, bonfire and drinks with a bit of alcohol. Learn the right grips and techniques you can't do without, and get tips on clever shortcuts that allow you to mix great drinks at home without buying a whole bar.

About the author



Emil Åreng is an award-winning bartender with 20 years of experience. He is the beverage editor at Café, has started the legendary bar Open/Closed, has been the creative director of Cadierbaren at the Grand Hotel in Stockholm and most recently founded Facit Bar in Umeå.

AND SNAPS

Swedish Snaps

Classic flavours and small plates
Anna Berghe

Snaps, what would our Swedish celebrations be without a glass of liquid cheer? Whether it's an Easter dinner, Midsummer lunch, crayfish party, or Christmas, there's always room for a little drop of the hard stuff to wash it all down with. A vast array of varieties exists, and while sometimes controversial in bygone days of excess, snaps still has pride of place on the Swedish table, albeit for the more moderate enjoyment of the modern consumer.

Join food writer Anna Berghe as she takes us on a botanical tour of Swedish snaps, using seasonal herbs, flowers, fruit and berries to flavour her delicious homemade offerings. Paired with her suggestions for small plates and snacks, they'll be the talk of the party!

About the author

Anna Berghe is a food writer, restaurant critic, and chair of Skånes Dryckesproduenter, as well as a board member of Framtidens Krogkultur. She is the author of the books "Konsten att fika" and "Snapsboken", both of which illuminate Swedish food and drink history. Anna lives in Malmö and works on various projects, both nationally and internationally, that concern food, drink, and sustainability.



From the contents

- Snaps basics
- Lemon snaps
- Smetana and honey with salt gherkins
- Elderflower snaps
- Salmon tartar
- No snaps without snaps songs!
- Lilac snaps
- Bog myrtle snaps
- Snaps with rosemary and honey
- Midsummer plate
- Dill snaps
- Pan-fried chanterelles
- Mackerel with egg yolk
- Heather snaps
- Charcuterie platter
- Classic herring on rye
- Steak tartar
- Tarragon snaps
- Speedy herbal snaps
- Vodka marinated tomato bruschetta
- Cumin snaps
- Apple snaps
- Rosehip snaps
- Cinnamon and cardamom snaps
- Walnut snaps
- Lingonberry snaps
- Classic pickled herring

GIFT & LIFESTYLE





Contents

- A few words about the book
- Feng Shui
- Other useful tools
- Getting started
- Soulify your home - room by room
- Energy cleansing & space clearing
- The essence of the book
- About the authors

Create your Dream Home

With Feng Shui and creativity

Therese Skoog, Mirelle Stoor

Your home is more than just a place – it is a reflection of you, your dreams, and the energy you surround yourself with. With you, we can create a harmonious and inspiring home where you thrive, incorporating feng shui, intuition, and conscious interior design choices.

In this beautiful and practical book, the authors take you on a journey through all the rooms of the home. Here you will learn to decorate with feeling and awareness, rather than to follow trends. Discover chi flows, power positions, colour psychology and the five elements, and find the balance that makes your home one place with positive energy and harmony - in your way.

The book helps you through simple but powerful tools to clean up the mess, highlight what strengthens you and create a place which gives peace and joy. With inspiring pictures, clear tips and practical exercises, it makes it easy to transform your home into a place where both body and soul can land.

Regardless of whether you want to make minor adjustments or a total transformation, you'll find the tools to create a home that feels both beautiful and alive.

About the authors



Mirelle Stoor is an interior designer, influencer, stylist and florist outstanding commitment spreads the healing power of creativity. Her Instagram account@designbymirelle has just over 170,000 followers. **Therese Skoog** is a behavioural scientist, decorator, and feng shui consultant who is passionate about inspiring others to a more harmonious environment.

Tulip & Narcissus

Ulrika Grönlund

Tulips and daffodils are perhaps our most loved spring flowers and offer an unbeatable variety of colours, shapes and sizes. In the book *Tulip & Narcissus*, hundreds of varieties are presented, arranged according to colour themes in an inspiring chapter where plant portraits are interspersed with the fascinating history of both the tulip and the narcissus, beautiful arrangements and colourful flower beds.

You will learn about classification, the botany of the plants, cultivation and care. We also get to accompany you to various theme gardens. Here you will find the historic tulip garden, the colourful cut flower cultivation, a wonderful interplanting garden and an inspiring garden for those who want to grow on a slightly smaller scale.

The book is richly illustrated with new photographs, illustrations and historical pictures.

About the author

Ulrika Grönlund works as a writer and photographer in gardening and interior design; she also draws gardens and works as an interior stylist. Ulrika is herself a passionate dahlia grower and has started the Dahlia farm at Österlen in Scania. The book *Dahlia: 222 varieties, cultivation, care and inspiration* is her fifth gardening book.



Contents

- Foreword
- Tulips
- Narcissus
- The gardens
- Index
- Thanks



Contents

Foreword

1. Thoughts, feelings, instincts
2. The dog's senses - the way to the brain
3. The brain from the inside
4. The basics of learning
5. More about learning
6. Remembering what you have learned
7. Innate or learned?
8. Learning & ageing
9. The dog's intelligence
10. Learning from others
11. Being aware of yourself
12. Language & thought
13. The meaning of play
14. Relationships
15. Life's various problems
16. The dog's external world

Afterword

Sources

The Inner Life of the Dog

Per Jensen

Have you wondered if your dog remembers what you did on your walk last week? Or how intelligent is it? These are two examples of things we get answers to in this book. The dog is born with several characteristics inherited from its ancestor, the wolf. One of the strongest is the inherited drive to learn new things. But how is everything connected? What is innate, and what is learned?

The book thoroughly overviews the biological and psychological principles of learning and memory, cognition and emotions – the dog's senses and how the brain is structured and functions are treated in detail. We also learn how the dog's learning changes as it ages and how it learns by imitating other individuals, both dogs and humans. The importance of language and relationships for the dog's cognitive world is also illuminated. Life with a dog is not always free from worries, and different learning-based methods for dealing with problem behaviours are an essential part of the book. The text is based on the latest decades of behavioural research and has a rich list of scientific sources for each chapter.

About the author



Per Jensen is a professor of ethology at Linköping University who has been researching and teaching about the behaviour of dogs and other animals for more than 40 years. At the same time, he has shared his life with one or more dogs. Based on the latest research in the field, he has written about a dozen books, such as *Living with a Dog* and *The Secrets of a Dog*. Per is a frequently hired and appreciated lecturer and often participates as an advisor on animal welfare issues both nationally and internationally.

Tell Me the Story of Your Life: Mother, Father, Grandmother, Grandfather, Son, Daughter, Darling, My best friend

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