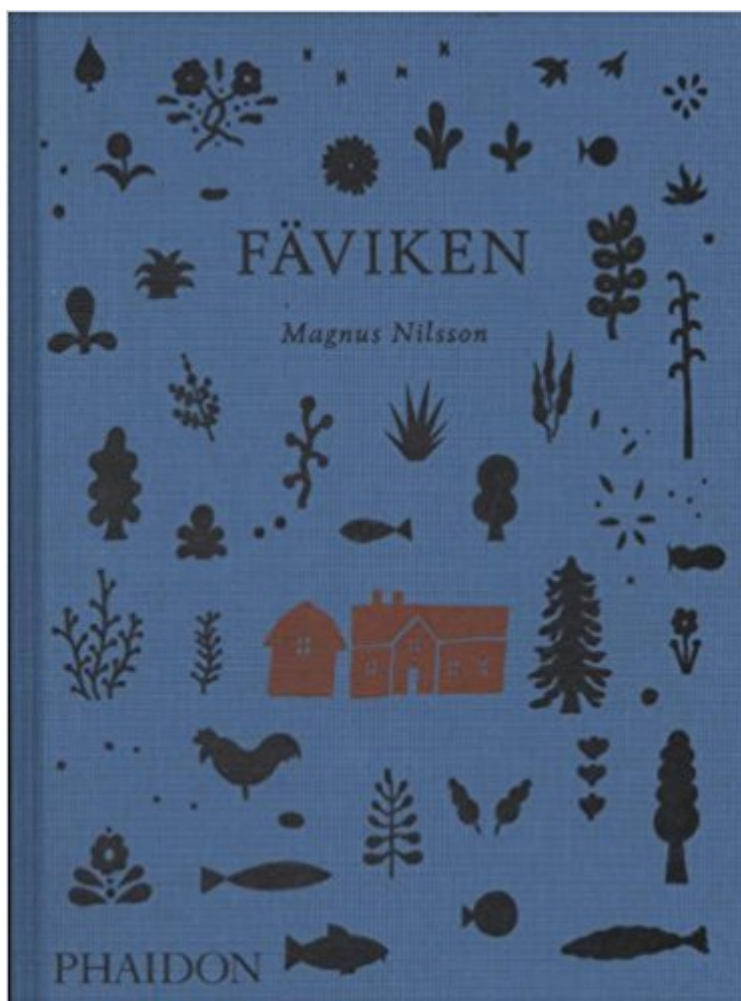


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# Fävikén



## Synopsis

"Magnus is one of the brightest chefs that I have ever met." — Ren  Redzepi, NOMA F viken is the first major cookbook by Magnus Nilsson, the 28-year old chef whose restaurant is located on a 20,000 acre farm and hunting estate in Northern Sweden. It has recently been called "the most daring restaurant in the world" by Bon Appetit. In F viken, Nilsson writes about how he only cooks with ingredients that are raised, farmed and hunted in the immediate vicinity of his remote restaurant. The food served at F viken — from the dairy to the meat to the vegetables — is harvested, butchered and preserved by hand using the most natural and primitive methods possible, and Nilsson is in favor of simple cooking methods such as roasting over open coals. This approach results in the highly creative food and intense flavors of which, far from seeming traditional, are remarkable. F viken features 100 recipes and 150 color photographs, featuring the finished dishes, unique local ingredients and beautiful landscapes of the farm. The book will inspire chefs and food lovers to think differently about the ingredients that are available to them. Many of the basic recipes for yogurt, bread, vinegar, pickles and preserve are straightforward enough for anyone to attempt at home, and the advice on the natural preservation methods can be followed by anyone. The book also includes an introduction by food writer Bill Buford."

## Book Information

Hardcover: 272 pages

Publisher: Phaidon Press; 1st edition edition (September 1, 2012)

Language: English

ISBN-10: 0714864706

ISBN-13: 978-0714864709

Product Dimensions: 8.8 x 1.2 x 11.8 inches

Shipping Weight: 3.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 59 customer reviews

Best Sellers Rank: #92,601 in Books (See Top 100 in Books) #12 in Books > Cookbooks, Food & Wine > Regional & International > European > Scandinavian #196 in Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking #220 in Books > Cookbooks, Food & Wine > Celebrities & TV Shows

## Customer Reviews

Featured on the Netflix documentary series Chef's Table "Magnus is one of the brightest chefs that I have ever met" — and this comes through so clearly when flicking through the pages of this

book."â "RenÅ© Redzepi, NOMA"...Extraordinary food... A book about an honest, and fundamentally Scandinavian, philosophy of food."â "The Sunday Times"A wonderful, fascinating book, richly designed and whose photos show both the actuality of everyday life at Faviken and its rare culinary minimalism."â "The Daily Telegraph"Master of even one dish would be worth the price tag."â "Food & Travel"Phaidon, lately, has led the way in quirky, uniquely designed, international cookbooks. The press raises the bar dramatically here with 100 recipes taken from Faviken Magasinet."â "Publishers Weekly"This collection of recipes and stories from Nilsson's experimental, hyperlocal restaurant in west-central Sweden is a beautiful reminder of what 'farm-to-table' really means."â "Bon Appetit"Just as the best travel books describe an internal and external journey, Faviken tells the story of a chef discovering his cuisine in the woods of Sweden."â "The Huffington Post"Its heavy-stock pages open a door into one of the hottest restaurants in the world right now."â "Time Out New York

"Magnus Nilsson (b.1984) is the head chef of FÅviken Magasinet restaurant in Sweden. After training as a chef and sommelier in Sweden he worked with Pascal Barbot of LâAstrance in Paris before joining FÅviken as a sommelier. Within a year he had taken over the running of the restaurant. He is featured on the most recent season of "Mind of a Chef" on PBS, originally aired November 2014."

It seems really superfluous to write a review of this book after so many have reviewed it so well, but I am so entranced with it I couldn't help myself. I can't really consider it a cookbook in the usual sense - it has many recipes but I don't know if I'll actually ever cook any of them (and I think most would be difficult or impossible to replicate with ingredients I have access to anyway). What I find fascinating is the story this book tells - it's about a restaurant, a chef, and his cooking, but it makes the experience much broader and deeper than just sourcing and preparing food. Nilsson tells the story of a deep connection with the natural world and of his very personal relationship with the ingredients he uses and with the people and land they come from. There is a profound respect, reverence and intimacy in all his discussions that's very compelling, and an energy, curiosity and joy that's inspiring. He transcends the idea of perfectionism with his desire for deeper connections and fuller experience in his work. I suspect Magnus Nilsson's food is quite brilliant, but even if I never have the chance to taste it, I'm so glad he wrote this book. Reading about his thoughts and processes had\s broadened my perspective about food and cooking in general, and made me long to establish my own deeper connection with the natural world.

I am a sucker for conceptual cookbooks written by chefs that bring novelty to cooking (e.g. Noma: Time and Place in Nordic Cuisine, A Day at elBulli, Essential Cuisine), [[ASIN:0714863637 Mugaritz: A Natural Science of Cooking]. The current book fits the category. If you don't like the category, this book is not for you. I admire the chef for his purity and that is what makes the book interesting. The constraint being only to use seasonal ingredients that are found locally (i.e. the anti-thesis to A Day at elBulli). His part of Sweden is a landlocked region, but he does not mind shipping seafood across a mountain range, so it is not exactly local. Still a challenge because northern Sweden is covered in snow for several months per year, but you can shoot a bird in the winter and store carrots from the summer. In addition he mostly cooks using open fire. No wonder the restaurant only seats 25. The chef is less than 30 years old and it shows that a unique approach can give you fame. My guess is that this chef has taken on board some basic ideas from his time in French restaurant kitchens. The fairly narrow range of produce in Northern Sweden has probably helped him be more creative and knowledgeable. I very much like the low-key style of the chef. The book contains a few essays and they written without any presence of being literature. He is just telling stories about topics that he cares passionately about. For instance the importance of ageing fish (e.g. a turbot should be aged a week). The essays are in no way scientific, but they are written by a chef that loves the scientific method (i.e. experimentation). From a negative perspective, I would have loved more details. Another thing to be aware of is that this book is not really about ecology and sustainability as it applies to restaurant. The chef has located his restaurant in the wilderness so must guest must travel their by plane or a very long drive. I like that that book is not using too much food-porn photos. There are a fair share of photos but they are mainly to illustrate the dishes and not there to scream out "coffee table book". I get the feeling that the chef actually wants to share quite a bit of his experience and it is clear that the book mostly is written by the chef and not a ghost writer. Good! There seems to be loads of fake five star reviews for this book. The book is borderline between four and five star. I give it five.

I read and watched everything avail online about Magnus before i bought the book, and i knew i wanted to have a piece of his creation in my home. I didnt expect much more to learn from the book, i thought i already had a pretty good opinion what will be there. The book arrived, i opened it and it smelled! Seriously, im not exaggerating, i looked around in my kitchen and yes, it was the book that had some flowery fragrance. I browsed back and forward, couldnt decide where to start reading it, then finally i tamed myself and started from the beginning. Gobbled it ...for 2 days! What a wise

young man, what a beautiful soul! Then i read his personal story and when he start remembering his grandparents i cried. Never heard anybody describing his grandparents with so much love and how his grandmas cooked. Just like my grandmas! I have so many marking in the margins for the things to try and for so many ideas it arouse in me. He definitely transferred his vibration (loved his descriptions) to the book for others to feel it. It resonates with me very very much, i live in a remote island in Alaska and i have so many beautiful ingredients as he does. I probably will never visit his beautiful restaurant, but in my mind i already spend there two days and i know where to go when i get discouraged to find inspiration. I have no doubt that Faviken is the next number 1 in the world, sorry Rene, you made a big impact to the world, no its Magnus time. I also hope that people who visit Faviken not only will satisfy their appetites, but will get inspired to love and respect the nature as much as Magnus does! And those who'll never visit his creation there is a lot to enjoy in his book!

The beauty of this book is earth shattering. If you have become numb to food due to commercialization, plastic additives, lack of artistry, etc., this is the book for you! It will open your mind to new possibilities and bring you back to that visceral desire to create something satisfying and elegant. And to those people who say they cannot source ingredients..you are missing the premise of this book! It's foraging, creativity, and transforming YOUR ingredients! A recipe is a suggestion, not a decree. I'm not a picture or a memoir fan, but this is a story that is not based on an inflated ego..it is a humble account of an artists journey and the processes he employs. A stunning, inspiring reference!

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Faviken

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