

DANISH CUISINE

First of all I have two questions for you. Do you know any Danish specialties? Do you know any chef from Danish? Well, I'm here to introduce you Danish cuisine.

In the past Danish was known as station of farmers and fishermen's. Danish food tradition is still reflecting a culture of hard working people. Food was containing lots of energy, which they needed. Danish food is very rich and sometimes heavy. Typically for Danes are 3 main meals on a day; breakfast, lunch and dinner.

In the morning basically every adult drink coffee or tea and eat bread with cheese or jam. Children often eat milk products with cereals such as corn flakes, muesli... Sunday breakfast is sometimes including fresh bread, boiled eggs, juice, tea or coffee, and the Sunday newspaper. Bread has always been very important in their diet.

Breakfast and dinner are eaten at home, but one half of Danes eat lunch elsewhere. It can either be homemade or available in school kitchens or canteens. They are offering a open sandwiches or hot meals. Most Danes bring their lunch from home and most of the time they have an open sandwich. This is ryebread with meat. The Danish ryebread is a speciality in Denmark and comes in a lot of varieties like: light rye, dark rye, and with a variety of grains.

At a smorgasbord you usually start with the ryebread first and the white bread is treated more like a dessert. Smorgasbord is a type of Scandinavian meal served like buffet.

For family is dinner only meal of the day where everyone can be together. On Fridays and Saturdays they like to invite their friends to dinner. If you are invited for a dinner at a Danish family you should show up at the time you are invited, you can't really show up an hour or two later like some people do in a lot of other countries, because it isn't polite.

In Danes were born some great chefs like Claus Meyer, Rene Repzpi, Lertchai Treetawatchaiwong, Søren Gericke, Bo Bech, Rasmus Kofed and Erwin Lauterbach. So have you remember just one of them?

Now I'm going to introduce you a receipt for Danish cookies named Finnish bread. For preparing this desert we need 750 g of flavor, 200g of sugar and 500g of butter. First, you must mix all ingredients together.

Roll out the mixture and about 1 cm thick and place it on the baking paper and put it into a fridge.

Cut out in slices and cover it with egg and crushed nuts and sugar. then put baking paper on a salver and put it in the oven at 180°C and bake it for about 10 minutes.

That's all, thank you for listening.