



Sea and Simplicity – Scandinavian Cuisine

"Simple, fresh, and full of tradition."

Scandinavian cuisine is well-known for its clean flavors and fresh (1)____. It is very healthy because it focuses on natural foods from the sea and the land. Scandinavian meals often include fish, root vegetables, and berries. A special feature of this cuisine is the *smörgåsbord*, which is a big table of different dishes where you can (2)____ a little of everything.

Common ingredients in Scandinavian cooking are salmon, herring, potatoes, and dill. Salmon and herring are (3)____ smoked or cured, giving them a rich flavor. Potatoes are a key part of many meals, and they are boiled, mashed, or roasted. Dill is a popular herb used to add (4)____ to both fish and vegetable dishes. Berries, such as lingonberries and cloudberries, are also important and often served as sweet sauces or jams. These ingredients are fresh and (5)____ to the region, giving the cuisine its characteristic taste.

Popular cooking methods include smoking, curing, and boiling, which help preserve the food in the cold climate.

Some typical Scandinavian dishes are *gravlax*, which is cured salmon; meatballs with potatoes; and herring served in many different (6)____. For dessert, people often enjoy cinnamon buns, which are (7)____ with coffee. Coffee is a very popular hot drink in Scandinavia. As for alcoholic drinks, many Scandinavians like to drink *aquavit*, a strong (8)____ made from potatoes or grains.

In conclusion, Scandinavian cuisine is (9)____ for its fresh ingredients, simple preparation, and traditional dishes. The mix of flavors from the sea and land makes it (10)____ all over the world. People enjoy a hearty meal and love the tradition of the *smörgåsbord*.



Word Bank

ingredients, famous, popular, paired, unique, usually, try, ways, flavor, spirit