

Super Salads

Sunde salater

by Anne Hjernøe



New inspiration and not too many calories. That is the basic idea behind this inviting cookbook. Classic and non-traditional salad ingredients have been put together criss-crossing to serve 151 recipes for the most delicious hot and cold salads. They come either with or without meat, so they can be a complete and healthy meal filled with important vitamins and proteins, vitamin-filled fixing, or work as part of a larger meal of several small dishes.

Thanks to Anne Hjernøe's many culinary travels there are both Danish and Nordic-inspired salads – and just as many with a Southern, Asian or Latin American influence in ingredients and taste. With *Super Salads* there are plenty of easily accessible opportunities to try new dishes while staying healthy.



Anne Hjernøe is a journalist and a self-taught cook. She is a well-known TV figure and has hosted programmes such as 'Anne's Food' (AnneMad), and has recently appeared in a themed programme series visiting Danish castles, manor houses, seaside hotels and the Danish Isles together with journalist Anders Agger. And last but not least, Anne has also written various cookbooks, amongst others *Anne's Pickle Book (Annes syltebog)*, *Politikens Book on Tapas (Politikens bog om tapas)*, *The Good Kitchen – Healthy Food against Cancer (Det gode køkken – sund mad mod kræft)*, *More Anne's Food (AnneMad med mere)* and *Anne's Advent Calendar*, all published with Politikens Forlag.

SPECIFICATIONS

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Hjernøe has sold more than 80,000 books

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