

# Spectacular salads all year round

## Suveræne salater året rundt

by Tina Scheftelowitz



### SPECIFICATIONS

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**The series have sold close to one million copies**

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Tina Scheftelowitz invented the concept of Spectacular Salads 15 years ago, together with Sonja Bock. Together they made Danes eat more vegetables years before it became hip to do so. Their popular *Spectacular Salads* -books have sold hundreds of thousands copies, and along with their other cookbooks have been such an inspiration that their fantastic recipes have become classics in many Danish homes.

Just as new exciting products keep on being introduced, a steadily increasing awareness of the benefits of eating in accordance with the seasons and eating more vegetables is growing.

With her 90 new spectacular and easy recipes Tina puts Scandinavian vegetables and fruits to the forefront – without excluding all the goodness that comes from abroad, such as aubergine or mango. She emphasises which vegetables are at their ripest and most flavourful for each season, and makes it easy for you to remember.

The recipes include all kinds of salads; crunchy salads, creamy salads, green salads, baked salads, snack salads, filling salads, cold salads and warm salads, salads with and without meat and fish, as well as other ideas for healthy side dishes from the oven or the stove.

The book ensures a continuous influx of inspiration and healthy solutions for regular meals, party dinners and celebrations all year round. *Spectacular Salads All Year Round* is a joy and a relief to have in your kitchen.

**Tina Scheftelowitz** originally trained to become a kitchen manager and was the woman behind and partner of Floras Kaffebar as well as the Amokka coffee company and café. Today she regularly features as food columnist in the newspaper Politiken. Since *Spectacular Salads and Brilliant Buffets* was published in 1997, Tina Scheftelowitz has, together with Sonja Bock as well as on her own, written several cookbooks, many of them in the *Spectacular* -series.