# Stockholm Food Stories: All seven

## Bocuse d'Or Europe in Stockholm 2014

In Stockholm, gastronomy intersects with design, fashion, music, gaming and technology – making it an ideal location for the most anticipated culinary competition of the year. The European finals of Bocuse d’Or, the world’s most prestigious cooking competition takes place in Stockholm, May 7-8th.

In recent years the city of Stockholm has gained international attention and reputation as a place where chefs are reinventing their roots and food traditions, and are creating new. Stockholm is arguably where the new Swedish gastronomy got its start and where it continues to develop. The European finals of Bocuse d’Or takes place in conjunction with Gastro Nord, the leading trade fair for the food and beverage industry in Northern Europe.

### All stories including images are available here

[press.stockholmbusinessregion.se/StoryIdeas/Bocuse-dOr-Europe-in-Stockholm/](http://press.stockholmbusinessregion.se/StoryIdeas/Bocuse-dOr-Europe-in-Stockholm/)

* Ready steady breakfast
* What is “fika” and does it really make you more creative
* Trend: Stockholm’s creative chefs reinventing the roots
* Trend: Backpockets of Stockholm
* Trend: Career meets homemade food – The everyday life of the Stockholmer
* Trend: Thriving Micro Breweries
* Finding Bocuse in Stockholm.

### Additional resources

* **mediabank.visitstockholm.com** (stock shots and images from Stockholm)
* **imagebank.sweden.se** (wide selection of Stockholm images)
* **visitstockholm.com**
* **Let’s meet on Twitter**: @acjoensson @bocusedor @tryswedish

# 1. Stockholm Food Stories: Ready steady breakfast go!

Every Swede learns in childhood that breakfast is the most important meal of the day. We even invented the Food Plate Model. Sweden has a unique breakfast culture. Our roots are firmly grounded in peasant traditions, and breakfasts are generous. Coffee, fruit, eggs, and sandwiches on hearty bread with cheese, ham or swedish spreadfriendly liver pâté (leverpastej) comprise a fairly common breakfast combination. And Stockholmers are no exception: meeting for breakfast at a hotel or restaurant is a popular trend at the moment.

Health and streamlining the workday aren’t the only reasons that breakfast has become the most popular time of day to meet in Stockholm. It is also an excellent occasion for less formal meetings. In Stockholm, breakfast get-togethers are personal, unpretentious, and perfect for building relationships.

*“Stockholmers have returned to their roots and done something new and exciting. We’re picking up an old tradition and taking it a step further, which is apparent in the city’s restaurant scene, and breakfast is no exception. More and more Stockholmers are choosing to indulge in big breakfasts out. That part has definitely gained a strong foothold, and likely has to do with the fact that people are increasingly opting for breakfast meetings rather than lunchtime ones. People would rather have a substantial breakfast and a simple take-out salad for lunch,” says Daniel Lindeberg, creative director of Wienercafeet and former Michelin-starred restaurateur in Stockholm.*

**Don’t miss a classic breakfast**Breakfast menus in Stockholm have a huge selection, and a classic breakfast looks like this:
• **Coffee**, possibly the most important ingredient for many people. Sweden, by the way, is among the countries with the highest coffee consumption in the entire world.
• A **sandwich** with toppings such as ham, cheese, sausage or liver pâté is a must.
• A **hard-boiled egg** with Kalles Kaviar (smoked and salted cod roe paste, served as a sandwich topping or on eggs)
.• A bowl of muesli with **filmjölk**, a delicious, tangy dairy product similar to yogurt or kefir. And **porridge**, usually oatmeal with applesauce and milk, or rice pudding with strawberry jam and milk.
• **Fruit** or **juice**.

**Stockholm: Breakfast 2.0**
Our passion for brunch in Stockholm is linked to the fact that we are highly receptive to new trends. We are quick to embrace new influences and try new dishes and flavors. But when it comes to breakfast, the most important factor is to constantly advance our classic morning dishes.
Bread still forms the foundation of breakfast, according to Daniel Lindeberg, who says that no other city in the world bakes as many varieties of bread as Stockholm. There is a bread for everyone here, from light, airy baguettes, to thinly sliced dark rye.

Sourdough, followed by crisp bread (knäckebröd), is the most popular bread choice in Stockholm. According to one survey, no fewer than 40 percent of Stockholmers prefer sourdough bread. Indeed, Stockholmers take their sourdough seriously. Urban Deli in Södermalm is home to the world’s first sourdough hotel, for example. Stockholmers can have their sourdough starters cared for and fed here for SEK 200 per week. We even have Sourdough Day, which is celebrated on the second Saturday in April. Sourdough baking is a thousand-year-old tradition that is experiencing a renaissance among GI-interested bread lovers. The acidity in sourdough bread keeps blood sugar low and steady, resulting in a longer sense of satiety than from bread made with yeast.

Crisp bread (knäckebröd) is the other favorite among Stockholmers. Swedes have been baking crisp bread since the Middle Ages, and it is on the table at breakfast, lunch, and dinner as a matter of course, served with toppings such as hard cheese, ham, or leverpastej, which is a spreadfriendly liver pâté. In fact, crisp bread is what Swedes living abroad miss the most. Salvation can be found at the nearest IKEA, which sells the beloved bread.

Porridge is a rising trend in Stockholm right now. The classic oatmeal has seen a renaissance, thanks to a growing interest among Stockholmers in traditional cooking. Health-conscious Stockholmers are replacing oats with barley, which has a better effect on blood sugar. Porridge 2.0 is topped with fresh blueberries, cinnamon, almonds, and coconut, then finished with milk.

According to Daniel Lindeberg, Stockholmers consume a relatively high amount of dairy products such as hard cheese, filmjölk, and butter; many people even churn their own butter.

*“We have an extremely strong dairy tradition in Sweden. That’s because we have a cold climate, and in the past, we could store food outdoors. It was actually the Vikings who taught the French to make butter!” explains Daniel Lindeberg.*

### Breakfast impacts health

Children in Sweden learn from a young age about maintaining a healthy lifestyle, the importance of exercise, having a love for nature, and healthful eating. It starts with breakfast. The “Food Plate Model”, which is widely used all over the world, is a Swedish invention that is still used to teach pre-school children about healthy food.
New studies show that what we eat in the morning can impact our health for 16 hours. Researchers at Lund University have concluded that we can improve memory and concentration all the way until lunch by, for example, eating fiber-rich bread for breakfast.

**Our best breakfast tips**
Breakfast meet-ups are a widespread trend in Stockholm, and if you’re aiming for brunch at one of the most popular places, you’ll have to reserve a table.

**Classic breakfast spots**:
Wienercaféet: A popular, newly opened, classic café in Stockholm’s business district. Address: Biblioteksgatan 6-8, Östermalm. [www.wienercafeet.se](http://www.wienercafeet.se/)
Riche: Popular among business people and has excellent potential for celebrity sightings.  Address: Birger Jarlsgatan 4, Östermalm. [www.riche.se](http://www.riche.se/)

Café Bakverket: Has been designated the best breakfast in Stockholm. Address: Bondegatan 59, Södermalm. [www.bakverket.blogspot.com](http://www.bakverket.blogspot.com/)

Café Giffi: An institution for Södermalm residents and construction workers, with generous opening hours. Address: Hornsgatan 65, Södermalm.

**Selection of breakfast hotels:**

Radisson Blu Waterfront Hotel: Has a broad selection of everything and a gorgeous view of Stockholm City Hall. Address: Nils Ericsons Plan 4, City. [www.radissonblu.com/waterfronthotel-stockholm](http://www.radissonblu.com/waterfronthotel-stockholm)

Hotel Rival: Fantastic breakfast in a beautiful, incredibly cozy setting. Address: Mariatorget 3, Södermalm. [www.rival.se](http://www.rival.se/)
Veranda at Grand Hôtel: Luxurious and delicious. You’ll find everything here. Address: Grand Hôtel, Södra Blasieholmshamnen 8, City. [www.grandhotel.se](http://www.grandhotel.se/)
Clarion Hotel Sign: Clarion Hotel offers huge breakfasts in a trendy setting. Order omelettes and pancakes straight from the chef. Address: Östra Järnvägsgatan 35, City. [www.clarionsign.se](http://www.clarionsign.se/)
Stallmästaregården: A wonderful breakfast in a Gustavian setting. Beautifully situated with a view of Brunnsviken in the Royal National City Park. Address: Norrtull. [www.stallmastaregarden.se](http://www.stallmastaregarden.se/)

**Trendy breakfast spots**:
Nybrogatan 38: Serves food from morning to night, with a delightful atmosphere in fashionable Östermalm. Address: Nybrogatan 38, Östermalm. [www.nybrogatan38.com](http://www.nybrogatan38.com/)
Urban Deli and the Sourdough Hotel: Bakery, restaurant and shop. Young, hip clientele. The Sourdough Hotel is in Bageriet Urban Deli on Skånegatan 76. Address: Nytorget 4, Södermalm. [www.urbandeli.org](http://www.urbandeli.org/)
Fabrique: Famous for its stone oven bakery, sourdough bread, and grilled sandwiches. Address: Eleven locations around the city. [www.fabrique.se/butiker/](http://www.fabrique.se/butiker/)
Albert & Jacks: Organic deli and sourdough bakery. Address: Drottninggatan 22, City. Skeppsbron 24, Gamla Stan. Stockholm Central Station. [www.albertjacks.se](http://www.albertjacks.se/)
Café Egoïste: A wonderfully bustling spot in one of the city's trendiest malls. Address: Mood Stockholm, Norrlandsgatan 13, [www.egoiste.se](http://www.egoiste.se/)

 *The facts in this article are based on an interview with Daniel Lindeberg, creative director of Wienercafeet, who used to run the two-star Michelin restaurant Frantzén-Lindeberg in Stockholm, together with Björn Frantzén.*

# 2. Stockholm Food Stories: Chefs reinventing their roots

Stockholmers’ curiosity about the world has helped them find home, and international interest in classic Swedish cuisine is exploding. Stockholm celebrity restaurateurs have found their stride in cooking local, seasonal ingredients and have become experts at how to best draw out their unique flavors. The chefs have paved the way for new trends by reviving old preparation methods, such as slow-cooking, and by reconsidering classic Swedish ingredients. Over the last year, Stockholm’s restaurant scene has gained a handful of niche restaurants specializing in classics like meatballs, herring, and sandwich cakes.

### Urban meets nature

When it comes to equality , Stockholm is ranked highest in the world. It is said that Stockholm is one third blue water, one third green parks, and one third yellow buildings. The water and parks are two of the city’s biggest assets, and people enjoy them all year long. Did you know the water in Stockholm is so clean that you can fish for salmon, swim in it, and even drink it outside of Stockholm City Hall? And with 87.5 square meters of green space per resident, Stockholm has tons to offer.

The uniquely Swedish law Allemansrätten (Right of Public Access) gives all people the right to temporarily stay and pick berries, mushrooms and more, even on private land. Stockholmers go outside to pick edible plants that grow wild in nature. Recently, wild garlic has gained renewed popularity. Along with ground elder, it grows wild just a stone’s throw from the home of Crown Princess Victoria in Haga Park, which is located in the Royal National City Park near the heart of the city. In late April and early May, Stockholmers can pick plants in the park for their weekend dinners for free.

### Ingredients around the corner

Urban gardening is a rising trend in Stockholm. Globally, small-scale gardening in a flower box on the balcony is new, but Stockholm has a long tradition of locally grown food. The city has over 10,000 allotment gardens, several of which are in the middle of residential areas downtown, where multiple generations of urban residents have carried on the farming tradition. Fruit, berries, vegetables and other edible plants are grown here. When the community gardens were created over a hundred years ago, the intention was for ordinary urban residents to be able to grow fruits and vegetables to keep costs down. The new generation of community gardeners are young, inner-city residents with a great interest in organic, sustainable growing practices.

The Stockholm Farmers Market is a popular alternative for Stockholmers who don’t have the chance to grow their own veggies. The market began in 2000 in Stockholm and quickly became a huge success. Every product sold at the market is locally grown and the producers have to have grown, raised, or refined what they sell themselves. When the market is set up in the Södermalm and Östermalm neighborhoods, Stockholmers flock from all over to stroll around and shop for fresh produce. The market is open on Saturdays from 10 a.m.-3 p.m. in May, beginning on the 10th, and every Saturday in August through October 18. In addition, there are four Christmas markets beginning November 29.

## Classic Swedish cuisine in Stockholm

Swedish cuisine usually features ingredients such as pork, beef, or fish as well as potatoes and root vegetables. Stockholm has numerous restaurants that specialize in classic Swedish food. Here are some of our best suggestions.

### Classic

**Gubbhyllan**: Restaurant and café with a passion for traditional Swedish cuisine. Gubbhyllan brings traditional preparation methods and techniques into the present, combining these practices with the modern concept of sustainable farming. Skansen, Djurgården. gubbhyllan.se

**Restaurang Tradition**: This is the place to come for classic Swedish dishes at a good price. We recommend the meatballs, blood pudding, or poached cod. Address: Tulegatan 10, Vasastan [www.restaurangtradition.se](http://www.restaurangtradition.se/)

**Östermalm’s Saluhall Market**: If you are looking for a first-class offering of Swedish ingredients, then don’t miss Östermalm’s Saluhall, also called Östermalmshallen, which is an indoor market. The space opened in 1888 and has delicatessens and restaurants. Everything from fruits and vegetables to game and seafood can be found here. Address: Östermalmstorg, Östermalm. [www.ostermalmshallen.se/](http://www.ostermalmshallen.se/)

### Urban meets nature

**Bondens egen marknad** (Farmers’ market): Buy locally produced goods from some thirty booths. The year’s first market will be held on Saturday, May 10 from 10:00 a.m.–3:00 p.m. Address: Katarina Bangata, Södermalm. [www.bondensegen.com](http://www.bondensegen.com/)

**Koloniföreningen Söderbrunn community garden**: Söderbrunn is Stockholm’s oldest community garden, and it is located in the world’s first national urban park: Royal National City Park. The allotments are for cultivation, and gardeners may only have one small shed on their lots. There are also nice community gardens on Långholmen and in Tantolunden on Södermalm. Address: Björnnäsvägen, Djurgården. [www.soderbrunn.se/Soderbrunn/Nytt\_fran\_Soderbrunn.html](http://www.soderbrunn.se/Soderbrunn/Nytt_fran_Soderbrunn.html)

**Rosendal’s Garden**: At Rosendal’s Garden, you can see and learn about biodynamically grown vegetables, flowers and fruits, and enjoy organic food in the popular café. You can also buy plants and pots, see exhibits, take courses or simply enjoy yourself on a blanket beneath an apple tree. Address: Rosendalsterrassen 12, Djurgården. [www.rosendalstradgard.se](http://www.rosendalstradgard.se/)

### New niches

**Strömmingsvagnen**: This classic herring cart is perfect for lunch, dinner, or a quick snack. We recommend choosing herring on crisp bread and enjoying it on a sunny bench. Address: Södermalmstorg, Södermalm
**Smörgåstårteriet**: Naturally, you shouldn’t miss the sandwich cake (smörgåstårta\*) here, but the restaurant also serves a tasting menu with dishes from various parts of Sweden. Address: Dalagatan 42, Vasastan. smorgastarteriet.se

**Nalle och Kroppkakan**: Here, you can taste *kroppkakor* dumplings from Småland, which are made of meat and potatoes and served with lingon berries. Address: Svandammsvägen 41, Midsommarkransen. [www.nalleokroppkakan.se](http://www.nalleokroppkakan.se/)

**Meatballs for the People**: A shop that only serves homemade meatballs for take-out. Address: Nytorgsgatan 30, Södermalm. [www.meatball.se](http://www.meatball.se/)

**Restaurang Ekstedts**: One of Stockholm’s Michelin-starred restaurants, featuring traditionally prepared, locally produced ingredients. No hot plate, no gas stove – just natural heat, soot, ash, smoke and fire. Simple, yet innovative. Address: Humlegårdsgatan 17, Östermalm. [ekstedt.nu/](http://ekstedt.nu/)

*The facts in this article are based on an interview with KC Wallberg, chef at the historic restaurant Gubbhyllan in the open-air museum Skansen on Djurgården in Stockholm. Gubbhyllan offers traditional Swedish cuisine prepared with a twist. Everything here is made from scratch. Locally sourced ingredients from small-scale producers are primary components of the seasonally influenced menu, which offers an innovative taste experience.*

\*The smörgåstårta is typically made of creamy fillings between several layers of white or light rye bread. Egg and mayonnaise often form the base, and additional fillings may vary greatly but generally include one or more of the following: liver pâté, olives, shrimp, ham, various cold cuts, caviar, tomato, cucumber, grapes, lemon slices, cheese and smoked salmon. Smörgåstårta is common on birthdays and at big family gatherings.

# 3. Stockholm Food Stories: “Fika” like a Stockholmer

*Fika* – a common word in Stockholm, but what does it mean? Simply put, it is the Swedish word for coffee break. Together with friends, family or colleagues, we drink a cup of coffee and eat sweet baked goods, called *fikabröd*. *Fika* is a social institution in Stockholm; it’s a way of socializing.

To understand Stockholm’s coffee break culture, there are two primary guidelines to keep in mind.

1. A cup of coffee isn’t enough. The trimmings are the most important part, and the most common *fika* sweet is the cinnamon bun. Sweden even celebrates “Cinnamon Bun Day” on October 4 each year. Stockholmers also like various kinds of cookies and baked treats, of course. Perched on its throne with a green marzipan cover, the classic princess cake rules here, with origins in Stockholm’s Östermalm neighborhood.
2. The *fika* is an informal event. Having coffee and a sweet is a good way to meet new friends and the perfect first date. But Stockholmers don’t only take part in *fika* at cafés; having a few friends over for coffee is a relaxed alternative to a lunch invitation.

### Creativity, work and *fika*

*Fika* culture is strongly embedded in society, and in many workplaces, particularly in the healthcare and service industries, it is practically on the schedule. For fifteen minutes in the morning at 10 a.m. and for fifteen minutes in the afternoon at 3 p.m., crowds gather around the coffee pot at offices, colleges and universities in Stockholm.

Swedish business economists have even concluded that a coffee break together is important at workplaces. During the *fika* break, all forms of hierarchy break down; people drink coffee together regardless of power or position. This is when informal decisions are made and where an information exchange takes place among colleagues from various departments. During the break, people’s brains often clear out and fill up with fresh inspiration.

### The export of Swedish *fika* culture

The culture of the Swedish coffee break can be found in several major cities around the world. Some cool cafés and bakeries have opened in London and New York. At 186 Fifth Avenue in ultra-hip Brooklyn, the Swedish flag waves outside the café Konditori, which serves cinnamon buns and, of course, meatball sandwiches. And at Swedish Bageriet near Covent Garden in London, Brits line up to buy “seven kinds of cookies”.

### Find the right spots in Stockholm’s *fika* jungle

Stockholm has historic cafés and hip new spots with their own niche. Stockholmers love to *fika*, and every neighborhood puts its own spin on the coffee break.

**Fashionistas** – Tures in Sturegallerian, Grev Turegatan 11, Östermalm: A popular café and restaurant with a Mediterranean feel. You’ll have to fight for a seat on the cozy outdoor terrace in summertime. Website: <http://www.sturegallerian.se/butik/tures/>

**Söder hipsters** – Pom & Flora, Bondegatan 64, Södermalm: This is the place to check out the latest in fashion and spot a few celebrities. Of course, you can take home the delightful sourdough bread.

Website: <http://pomochflora.se/>

**Parents with young kids** – Vurma Kungsholmen, Polhemsgatan 15, Kungsholmen: A colorfully decorated café with a wonderfully cozy atmosphere. Popular among moms and dads on parental leave. Website: <http://www.vurma.se/>

**Teenage girls** – Espresso House: This coffee chain has locations throughout the city. The offering includes a wide selection of everything you can think of to eat and drink for a *fika.* Website: <http://www.espressohouse.com/>

**Seniors** – Vetekatten, Kungsgatan 55, Norrmalm: One of the most classic places to *fika* in Stockholm, with roots dating back to the 1920s. Their Easter buns have been awarded best in the city two years in a row. Vetekatten is divided into several areas: there is a bakery with savory breads, lunch and sandwiches for take-out, and a genuine coffee house where visitors can have a seat. Website: <http://www.vetekatten.se/>

**Businesspeople** – Wienercaféet, Biblioteksgatan 6-8, Östermalm: This café takes its inspiration from Paris and Vienna, and visitors can see how the baked goods are made. The central location on one of Stockholm’s most exclusive streets attracts many businesspeople. Website: <http://www.wienercafeet.com/>

### Five gems worth at least one visit

Kafé Esaias, Drottninggatan 102b, Vasastan: Awarded best café in Stockholm in 2014. Friendly service, espresso bar with excellent coffee, tasty lunches and super-trendy canelés are the recipe for success. Website: <http://kafeesaias.se/>

Chokladfabriken, Renstiernas gata 12, Södermalm: The ultimate spot for chocolate-lovers, you’ll find chocolate in every form here. There are also locations in Vasastan and City. Website: <http://www.chokladfabriken.com/om-oss>

Kaffeverket, St: Eriksgatan 88, Vasastan: A café with everything you could possibly desire: good coffee, nice decor, tasty sandwiches and sweet cookies. Website: <http://www.kaffeverket.nu/>

Rosendal’s Garden Café, Rosendalsterrassen 12, Djurgården: This café has an organic, biodynamic focus. It is located inside of a greenhouse in the beautiful garden. This is the perfect option if you want a little nature and fresh air – just a stone’s throw from downtown. Website: <http://www.rosendalstradgard.se/>

Kaffe**,** St Paulsgatan 17, Södermalm: So trendy that it could only be in Södermalm. Daniel Craig had coffee here in The Girl with the Dragon Tattoo. Good coffee in a cool space; it doesn’t have to be any more complicated than that. (No website).

Café Kaffekoppen, Stortorget 20, Gamla Stan: This cozy café is housed in a building from 1648 right next to Stockholm Cathedral and the Royal Palace. Have a seat outside or poke into the cozy cellar space inside. Website: <http://www.cafekaffekoppen.se/>

### This is how to *fika* like a Stockholmer:

* Start with a sandwich (Note! They can be quite big.)
* Choose a bun or ask the staff about their specialty. Try a classic, like a cinnamon or cardamom bun. *Kladdkaka* (a gooey chocolate cake) is also extremely popular.
* Finish with small, dry cookies.
* Choose brewed coffee; “*påtår*” is almost always included – free refills when you’ve finished your cup.

### A *fika* glossary

* *Fikabröd* – Buns, cookies, or baked goods that you eat with coffee during *fika*.
* Cinnamon bun – A sweet bread made with sugar and cinnamon. Sweden celebrates Cinnamon Bun Day on October 4.
* “Seven kinds of cookies” – A phrase referring to the minimum number of small, dry cookies that should be served on the platter for *fika*.
* Easter bun *(semla)* - A traditional Swedish dessert consisting of a sweet cardamom-scented bun filled with whipped cream and almond paste and dusted with powdered sugar. Easter buns are traditionally served the day before Lent begins (Fat Tuesday) – but these days, you can enjoy them from January through March.
* Princess cake - A sponge cake filled with whipped cream, vanilla cream and covered with marzipan. The marzipan is usually green and has a thin dusting of powdered sugar on top. The cake is often decorated with a pink marzipan rose. The original recipe first appeared in the Princess’s New Cookbook from 1948. The treat is called “princess cake” because the author, a home economics teacher in Östermalm, taught the Swedish princesses, who loved the cake.
* Friday *fika* – At three o’clock on Fridays, colleagues gather at workplaces all over the country to drink coffee and eat some kind of *fika* sweet. They often discuss their weekend plans.
* Latte mom/dad – Men and women who spend their time on parental leave visiting cafés and walking around with take-out lattes in hand

*This article is based on an inteview with Mia Öhrn, baker, cookbook author and a leading expert on cafees and fika culture.*

# 4. Stockholm Food Stories: Career meets home cooking - balancing everyday life

When it comes to equality, Stockholm is ranked highest in the World.. Parents are given 18 months of parental leave, which they typically share – paternity leave is nothing unusual in Sweden’s capital. But how do Stockholmers balance life and cooking without compromising their careers, family life, or a healthy lifestyle?

In Sweden, we are raised eating three cooked meals a day – we start the morning with homemade porridge for breakfast, then enjoy the daily special in the city for lunch, and we cook dinner from scratch at home after work. Everyday food is one thing on which not even stressed out Stockholmers are willing to compromise: on average, they cook more daily meals from scratch than the rest of the country.

### Career meets home-cooked food

Dads in Sweden are taking more paternity leave each year, and this has been the trend for fifteen years. Stockholm is no exception. Dads happily go on paternity leave here, which brings with it greater responsibility for daily life in terms of cooking and all that it entails.

Peder Bergstrand is 33 and lives in a 50s-inspired apartment with his two kids, Julian and Selma, his wife Hanna, and two cats. They are a typical Stockholm family of 2014, and having equal choices and piecing together the puzzle of life are nothing unusual. He has been freelancing for the last three years, which has allowed greater freedom to manage daily life while maintaining quality.

*“A balanced lifestyle is about problem-solving. Because I work from home, I can take more responsibility at home. I eat breakfast with the kids and drop them off at pre-school every morning. Then we take turns picking them up in the afternoon. And since I like to cook, I’m often the one who makes dinner,” says Peder Bergstrand*.

### Well-prepared food for everyone

To create balance in their lives, Stockholmers gladly accept help from the experts, and life became simpler for many people in 2008. That was the year that "The recipe bag" (*Matkassen)* was introduced. Instead of toiling to assemble exciting, varied daily meals yourself, a dietitian plans a five-day menu, and the recipe and ingredients are delivered straight to your doorstep.

The concept was an immediate success, and today, Stockholmers are big consumers of the home-delivered recipe bag, which even won Christmas Gift of the Year. Multiple companies deliver recipe bags today, and there is something for everyone – vegetarians, families with children, options for people with lactose intolerance, and a bag for people just seeking a bit of extra inspiration.

### Gourmet take-out

Another easy way to simplify daily life is to buy prepared meals or takeout. One of the latest trends is buying dinner from a restaurant and taking it home. An increasing number of acclaimed restaurants have expanded their offering and now offer takeout.

Restaurang Jonas, which is run by Bocuse d’Or silver medalist Jonas Lundgren, offers a three-course, ready-to-serve takeout dinner from Tuesday through Saturday. The meal also includes homemade bread and freshly churned butter. Another example is the restaurant Lux Dag för Dag, which is also run by a former Bocuse d’Or silver medalist. A specialty there is the Friday bag, which is a semi-prepared three-course menu composed by celebrity chef Henrik Norström. Something has to be heated, stirred or mixed before serving. And the food is cooked with care and the day’s best ingredients.

### Classics in bulk

Even if Stockholmers love to cook traditional Swedish cuisine themselves, such classics are now also available in a simple way with the best ingredients. For example, trendy Södermalm is home to Meatballs for the People – a delicatessen that specializes in Swedish meatballs. Choose from a variety of meatballs; options range from vegetarian to rooster or moose meatballs. You can even buy meatballs in bulk. Broms, a neighborhood deli, is another option when the motivation to cook is lacking. From their delicatessen, shoppers can buy high-quality prepared food, meat, poultry and vegetables.

### Quality over cost

Organic and local ingredients are a given in Stockholm. A record amount of organic goods were sold last year, and Stockholmers are willing to spend more money on food in order to be sure the quality is high. Healthful food is prioritized over cheap food, which Peder and his family also take into consideration.

*“I think you should be conscious of what you put in your body, especially when you have kids.* *Our bodies aren’t built to eat as much meat as we do, or to drink the amount of milk that we do today, even as adults.* *It’s not good for us,”* says Peder.

**Tip box:**

·  Meatballs for the People, Nytorgsgatan 30, Södermalm: A delicatessen specializing in meatballs. Eat there, choose meatballs and take them home, or buy the prepared dinner bag. Website: <http://meatball.se/>

·  Broms, Karlavägen 76, Östermalm: A popular restaurant, bakery, deli, caterer and flower shop in one. Visitors can save time here by buying everything in one place. Website: <http://bromskarlaplan.se/>

·  Restaurang Jonas, Fleminggatan 39, Kungsholmen: From Tuesday–Saturday, you can buy a three-course dinner to eat at home. Website: <http://www.restaurangjonas.se/>

·  Smörgåstårteriet, Dalagatan 42, Vasastan: A relaxed, friendly restaurant that serves tasty food and delicious sandwich cakes\*. Website: <http://smorgastarteriet.se/>

·  Linas Matkasse (Lina’s Recipe Bag): One of the first companies to sell prepared recipe bags to stressed urban parents. Website: <http://www.linasmatkasse.se/>

*\* A sandwich cake is a type of sandwich preparation of a certain size and shape. It has so many toppings and fillings that it is more reminiscent of a cake in appearance and consistency than a sandwich. The sandwich cake typically has several layers, alternating bread with various toppings and creamy fillings. Typical ingredients are shrimp, smoked salmon, eggs, tomatoes and cucumber. Crayfish and cold cuts may even be included on occasion. The sandwich cake is served cold and cut like a normal cake.*

*This is based on an interview with Peder Bergstrand. He is 33 and lives in a 50s-inspired apartment with his two kids, Julian and Selma, his wife Hanna, and two cats. They are a typical Stockholm family of 2014, and having equal choices and piecing together the puzzle of life are nothing unusual. Peder wears many hats. He has been freelancing for the last three years, which has allowed greater freedom to manage daily life while maintaining quality.*

# 5. Stockholm Food Stories: The back pockets of Stockholm cuisine

Stockholm’s food scene has changed. The classic and exalted fine dining concept – with luxurious tasting menus and starched white tablecloths – has been pushed aside in favor of a new approach. The latest trend is a wallet-friendly bill combined with high quality and an unpretentious atmosphere. Say goodbye to fine dining and hello to fun dining!

### Back pockets of star restaurants

One sign of the rising trend is the number of *bakfickor*, or “back pockets”, that are popping up all over the city. Back pockets are characterized by a conversation-friendly, personal atmosphere with high-quality food at a reasonable price. Visiting the back pocket of one the city’s most buzzed-about restaurants is a relaxed, affordable way to enjoy food prepared by Stockholm’s absolute best chefs.

The much-acclaimed restaurant Gastrologik was awarded a Michelin star barely a year after opening, and major names like Bruce Springsteen and Hillary Clinton have dined here. A few months after Gastrologik opened, Speceriet opened its doors immediately next door. According to the owners Anton Bjuhr and Jacob Holmström, the idea was to offer a space for a spontaneous meal with no table reservations necessary.

### The new neighborhood restaurant

Even fine restaurants in Stockholm have started serving everyday food. Some restaurateurs have relinquished their Michelin star to focus on this simple new style, and some want to be neighborhood restaurants. When the updated Michelin Guide was released, an impressive nine restaurants in Stockholm earned Bib Gourmand designations.

Lilla Ego is one of many restaurants that opened with the goal of being a neighborhood spot, where the love of food comes first. Tom Sjöstedt and Daniel Räms are behind the restaurant, both of whom have been named Chef of the Year. Lilla Ego is informal, and it is always possible to find dishes for less than SEK 200, which is spot on for the prevailing trend.

Last year, celebrity chef Henrik Norström changed the concept. The Michelin-starred restaurant Lux Stockholm became “Lux Dag för Dag”, an accessible, budget-friendly neighborhood restaurant. The restaurant also features takeout. One of the popular concepts is the “Friday bag”: a three-course dinner composed by Henrik that requires minimal preparation once home.

### Stockholm’s best restaurants for fun dining

In Stockholm, it’s easy to find a back pocket that perfectly suits your tastes, whether you prefer hip Södermalm, or the slightly more refined Östermalm.

**Back pockets**

* Speceriet : Easily accessible and unpretentious back pocket to Gastrologik. Address: Artillerigatan 14, Östermalm. [www.speceriet.se](http://www.speceriet.se/)
* Pocket: Cooked simple but with top class ingredients. Address: Norrlandsgatan 31, Norrmalm <http://pontusfrithiof.com/pontus/pocket/>
* Djuret: Nose to Tail restaurant . The name the Djuret is swedish for animal. Address: Rålambshovsleden 5, Old Town. [www.djuret.se](http://www.djuret.se/)
* Oaxen Slip: Back pocket to Oaxen Krog serves uncomplicated dishes. Address: Beckholmsvägen 26, Djurgården. <http://oaxen.com/slip/>
* Mat & vinbaren: The menu changes according to availability of products in season. Address: c / o Restaurant Jonas, Fleminggatan 39, Kungsholmen. [www.restaurangjonas.se](http://www.restaurangjonas.se/)
* Råkultur: Asian baby sister to restaurant Esperanto. The food is usually served raw, sometimes fried or smoked but almost always cold . Address: Kungstensgatan 2, Östermalm. [www.rakultur.se](http://www.rakultur.se/)

**Neighborhood restaurants**

* Matbaren: Mathias Dahlgren's modern bistro located in the historic Grand Hôtel. Address: Södra Blasieholmshamnen 8, Norrmalm. [www.mathiasdahlgren.com](http://www.mathiasdahlgren.com/)
* Lilla Ego: Praised chefs offers great taste at reasonable price. Address: Västmannagatan 69, Vasastan. [www.lillaego.com/](http://www.lillaego.com/)
* Pubologi: A hybrid between the dining room, bar and traditional pub. Was rewarded in 2013 with a Bib Gourmand for the second year in a row. Address: Stora Nygatan 20, Gamla Stan. [www.pubologi.se](http://www.pubologi.se/)
* Sjögräs: The classic French cuisine combined with Swedish influences. Popular bar. Address: Timmermansgatan 24, Södermalm. [www.sjogras.com](http://www.sjogras.com/)

**From fine to fun**

* Lux Dag för Dag: Swedish ingredients at its best. Address: Primusgatan 116, Lilla Essingen. [www.luxdagfordag.se](http://www.luxdagfordag.se/)
* The Flying Elk: Star chef Björn Frantzén’s gastropub is inspired by both solid Swedish dishes and British pub culture. Address: Mälartorget, Gamla stan. [www.theflyingelk.se](http://www.theflyingelk.se/)

*This article is based on an interview with Anton Bjuhr and Jacob Holmström, owners of acclaimed restaurant Gastrologik and the back pocket Speceriet.*

**6. Stockholm Food Stories:
The back pockets of Stockholm cuisine**

Interest in locally produced beer has grown in recent years. More small breweries are opening in Stockholm, and star restaurants are now including quality beer in their beverage pairings or developing their own brews that are specially suited to their food. Interest in beer has never been greater in the capital city.

Stockholm has a proud brewing tradition. In the nineteenth and twentieth centuries, the city was home to many now-closed breweries – often with German-inspired names, like Münchenbryggeriet and Nürnbergs Bryggeri. The park Humlegården is still in the heart of the city, where *humle*, or hops, were once cultivated for brewing beer. But today, Stockholmers are discovering beer via the new microbreweries.

### Curious and at the forefront

A passion for high-quality beer is linked to several trends in Stockholm. The overall trend of putting a premium on artisan and locally produced products naturally results in Stockholmers choosing beer from local microbreweries over giant producers. But, perhaps somewhat contradictorily, it is also linked to the growing health trend.

*“Stockholmers are curious people.* *We want to try new things, and we want to know everything there is to know about a topic.* *And that’s exactly what’s been happening with beer in recent years.* *The level of knowledge is incredibly high, and so is demand.* *We want it to be an experience to try new drinks,” says Jessica Heidrich, lead brewer at St Eriks Bryggeri in Stockholm.*

### Several proud Stockholm-based breweries

There are several interesting breweries in Stockholm like St Eriks Bryggeri and its sister brewery, Sigtuna. Other players in the Stockholm beer scene are Pang Pang Brewery, Södra Maltfabriken and Gamla Enskede Bryggeri. The latter produces light beer with a low alcohol content. The classic brewery Carnegie has opened a new location in Hammarby Sjöstad in collaboration with the popular American Brooklyn Brewery, and the Danish giant Carlsberg.

### Star restaurants focus on beer

A clear change is also evident at Stockholm’s restaurants and pubs. Several of the city’s well-reputed restaurants have developed beer menus and beverage pairings that include beer. Some restaurants and pubs have even started making their own beer.

### Five gems for beer lovers

* **Monks:** A brewpub chain that makes their own beer. Don’t miss their “tasting flight”, with small glasses of five different kinds of beer. Address: Wallingatan 38, Vasastan. [www.monkscafe.se](http://www.monkscafe.se/)
* **Akkurat:** International beer pub with a huge offering of beer from all over the world, and a nice selection of beer from Swedish microbreweries. Ask what they have on their guest tap. Address: Hornsgatan 18, Södermalm. [www.akkurat.se](http://www.akkurat.se/)
* **Oliver Twist:** Looks like a fairly ordinary pub, but offers a wide, exciting selection of beer, especially when it comes to Swedish microbreweries. Come early or book a table; it fills up quickly! Address: Repslagargatan 6, Södermalm. [http://olivertwist.se](http://olivertwist.se/)
* **New Carnegie Brewery:** Brooklyn Brewery + Carlsberg + Stockholm. A brand new, modern artisan brewery in historic Lumahuset. Enjoy the gorgeous space, have a bite to eat, and try their house brews. Address: Ljusslingan 15, Hammarby Sjöstad. [www.nyacarnegiebryggeriet.se](http://www.nyacarnegiebryggeriet.se/)
* **Bishops Arms:** A classic pub chain with a total of eight locations in Stockholm. Offers a broad regular selection, and local beer on the guest tap. Address: Folkungagatan 105, Södermalm. [www.bishopsarms.com](http://www.bishopsarms.com/)

### Five Stockholm breweries to remember

* **St Eriks**: Brewery dating back to 1859. Consists today of a series of contemporary beer styles.

[http://steriksbryggeri.se](http://steriksbryggeri.se/)

* **Sigtuna Brygghus**: Started in 2005 and shares brewery with St Eriks. Specialized in seasonal brews. [www.galatea.se/bokning](http://www.galatea.se/bokning)
* **PangPang Brewery**: A former bakery has turned into what might be the tiniest brewery in Stockholm. [http://pangpangbrewery.se](http://pangpangbrewery.se/)
* **Södra Maltfabriken**: Stands for innovation and experimentation rather than tradition. [www.sodramalt.com](http://www.sodramalt.com/)
* **Gamla Enskede Bryggeri**: A local brewery focused on exclusive and hand made light beer. [http://gamlaenskedebryggeri.se](http://gamlaenskedebryggeri.se/)

*The facts in this article are based on an interview with Jessica Heidrich, head brewer at St Eriks Bryggeri. To date, she has managed to produce around forty different varieties of St Eriks – a brand with roots dating back to the 1800s. The beer that Mathias Dahlgren has produced in collaboration with Jessica Heidrich for his Michelin-starred restaurants Matsalen and Matbaren have garnered significant attention. Their focus was on Nordic tastes, and theyused well-known herbs like myrtle and juniper berries, which are traditionally used instead of hops in Swedish beer*

# 7. Stockholm Food Stories:Finding Bocuse d’Or in Stockholm

Through the years, Stockholm has also achieved great successes in the competition, and can proudly claim one gold medal and four second place medals. And the Bocuse d’Or medalists are all represented in Stockholm.

Stockholm is home to nine Michelin-starred restaurants, and the country’s best chefs are based in the capital city. Stockholm has a distinct food culture that is based on its cultural heritage and the nature that surrounds the city. We begin with our own, locally produced ingredients and we don’t believe in complicating things. Our innovative chefs push the evolution of our food culture further by blazing their own trails and continuously seeking new ways to present our cuisine.

**Tommy Myllymäki:** **Silver medalist with a thirst for redemption**
Sweden’s latest medalist also has the best chance of winning the next competition. He took home the silver medal at the Bocuse d’Or in 2011. And now, it’s time for redemption. Tommy is representing Stockholm and Sweden in Bocuse d’Or Europe 2014 in Stockholm.

During his restaurant program training in Katrineholm, he staged at Mathias Dahlgren’s restaurant Bon Lloc, which was in conjunction with Mathias’ Bocuse d’Or win. Tommy was inspired. He continued his career with well-reputed chef Erik Lallerstedt at Gondolen and Eriks Bakficka. He was named Chef of the Year in 2007 and has frequented various TV programs since then.

Tommy is the creative director of the  Stockholm restaurants Sturehof, Riche and Teatergrillen, as well as the slightly newer Taverna Brillo. Tommy describes his food as good and uncomplicated, but still interesting and sophisticated.

* Sturehof, Stureplan 2, Östermalm: [www.sturehof.com/](http://www.sturehof.com/)
* Riche, Birger Jarlsgatan 4, Östermalm: <http://riche.se/>
* Teatergrillen, Nybrogatan 3, Östermalm: [www.teatergrillen.se/](http://www.teatergrillen.se/)
* Taverna Brillo, Sturegatan 6, Östermalm: <http://tavernabrillo.se/>

### Melker Andersson: From silver place to restaurant king

Melker Andersson was the first Swede to stand on the awards podium. In 1995, he took home the Bocuse d’Or silver medal, and the rest, as they say, is history. He has worked at the three-star Moulin de Mougins in Cannes, among other places.

Today, he runs some ten restaurants in downtown Stockholm and has been involved in several TV shows. Melker’s restaurant empire includes Fredsgatan 12 (F12), which has had a Michelin star since 1997. All of Melker’s restaurants have one thing in common: none of them are anything alike.

* F12, Fredsgatan12, Norrmalm: [www.f12.se/](http://www.f12.se/)
* Grill, Drottninggatan 89, Norrmalm: <http://grill.se/>
* Trattorian, Norr Mälarstrand Kajplats 464, Kungsholmen: <http://trattorian.se/>
* Orangeriet, Norr Mälarstrand Kajplats 464, Kungsholmen: <http://orangerietbar.se/>
* Smak, Oxtorgsgatan 14, Norrmalm: <http://restaurangentm.com/>
* Brasserie Le Rouge, Brunnsgränd 2-4, Gamla Stan <http://lerouge.se/>
* Miss Voon, Sturegatan 22, Östermalm: <http://missvoon.se/>

### Mathias Dahlgren: Star-studded gold medalist

In 1997, Mathias Dahlgren did something no other Swede has managed to do since: he won the Bocuse d’Or, an event he has called the most important of his career. Mathias has extensive experience in the restaurant industry, with several Michelin stars to his name. He was one of the founders of Fredsgatan 12, along with Melker Andersson, and he ran the restaurant Bon Lloc from 1996-2005. Both restaurants have a Michelin star. Mathias is honorary president of Bocuse d’Or Europe in Stockholm.

Since 2007, he has been operating eponymous restaurants at Stockholm’s Grand Hôtel. The three different restaurants offer complementary experiences – Matsalen, Matbaren and Matbordet. “Matsalen” is a modern gastronomic restaurant that has had two Michelin stars since 2009; “Matbaren” is described as a modern bistro, and has also been awarded a star. “Matbordet” is Mathias Dahlgren’s latest initiative. Meals of the future are created around the dining table in a social setting, where only four of the ten seats can be reserved.

What unifies Mathias Dahlgren’s restaurants is his goal to use the best ingredients here and now, whether from Sweden or the rest of the world. Mathias describes his cuisine as open to local ingredients and global influences.

* Matsalen, Grand Hôtel Södra Blasieholmshamnen 8, Norrmalm.
* Matbaren, Grand Hôtel Södra Blasieholmshamnen 8, Norrmalm.
* Matbordet, Grand Hôtel Södra Blasieholmshamnen 8, Norrmalm. [www.mathiasdahlgren.com](http://www.mathiasdahlgren.com/)

### Henrik Norström: The heart of local growing

Henrik Norström competed and won the silver in 2001. He is a multi-award-winning chef who runs three restaurants in Stockholm. Best known is Lux Stockholm, which opened in 2003 and had a Michelin star from 2004-2013. Last year, Henrik decided to shut down Lux Stockholm to focus on a simpler and more wallet-friendly concept. The result was Lux Dag för Dag.

Henrik uses locally grown Swedish ingredients from small producers and features them front and center in his dishes, which is key to his food philosophy and also applicable to his other two restaurants: the Asian-inspired EAT, and B.A.R., which serves popular seafood dishes.

* Lux Dag för Dag, Primusgatan 116, Lilla Essingen. [www.luxdagfordag.se/](http://www.luxdagfordag.se/)
* EAT, Jakobsbergsgatan 15, Norrmalm. <http://eatrestaurant.se/>
* Blasieholmens Akvarium and Restaurang B.A.R, Blasieholmsgatan 4A, Norrmalm. <http://restaurangbar.se/>

### Jonas Lundgren: Nordic ingredients and personal flavor experiences

The next Swedish Bocuse d’Or medalist was coached by Henrik Norström and won the 2009 silver medal: Jonas Lundgren. Jonas has worked at several starred restaurants abroad, including three-starred The French Laundry in Napa Valley and Pierre Gagnaire in Paris.

In 2011, he opened Restaurang Jonas on Kungsholmen in Stockholm. Jonas found the idea of combining Nordic ingredients with his own, personal flavor experiences too compelling to not make it a reality. At Restaurang Jonas, everything is based on fresh ingredients, and guests are encouraged to let go of ingrained patterns and allow themselves to be taken on a gastronomic journey.

* Restaurang Jonas, Fleminggatan 39, Kungsholmen. [www.restaurangjonas.se/](http://www.restaurangjonas.se/)

### L’Académie Suédoise de Bocuse d’Or

Sweden was the first country in the world to open a local Bocuse d’Or academy: L’Académie Suédoise de Bocuse d’Or. It was founded in 1990 by Sven-Gunnar Svensson to take care of and manage Sweden’s Bocuse d’Or participation. Numerous countries have founded similar academies that are based on the Swedish academy’s approach. The Swedish Bocuse d’Or Academy is now included in Gastronomy Sweden. [www.gastronomisverige.se](http://www.gastronomisverige.se/)

Swedish Bocuse d’Or results 1987 – 2013:

2013  Adam Dahlberg   (6th place) [www.adamalbin.se](http://www.adamalbin.se/), Stockholm

2011  Tommy Myllymäki  (Bocuse d’Argent – silver) see above

2009  Jonas Lundgren  (Bocuse d’Argent – silver) see above

2007  Markus Aujalay  (5th place) [www.winterviken.se](http://www.winterviken.se/), Stockholm

2005  Jonas Dahlbom (4th place) Åre

2003  Paul Svensson (5th place) [www.paulsvensson.se](http://www.paulsvensson.se/) Stockholm

2001  Henrik Norström (Bocuse d’Argent – silver) see above

1997  Mathias Dahlgren  (Bocuse d’Or – gold) see above

1995  Melker Andersson (Bocuse d’Argent – silver) see above

1993  Fredrik Eriksson  (7th place) [www.langbrovardshus.se](http://www.langbrovardshus.se/) Stockholm

1991  Crister Svantesson (5th place)

1989  Crister Svantesson (12th place)

1987  Christer Lingström