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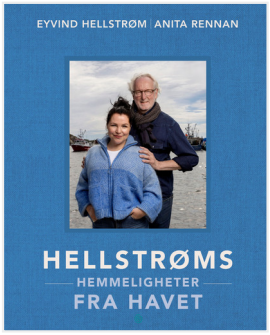

Secret Delicacies from the Sea

Original title: Hellstrøms hemmeligheter fra Havet
Publisher: J. M. Stenersen Forlag 2022
Non-Fiction / Cookbook
PDF in Norwegain

Winner of the award, Best Norwegian Cookbook of the Year 2022!

Impress your family and friends with heavenly tasty fish and seafood dishes!

Food from the sea is healthy, sustainable and short-travelled. *Secret Delicacies from the Sea*, offers a variety of tempting recipes with dishes of fish, shellfish clams and mussels, in other words an ocean of inspiration to become a master chef in your own kitchen.

Eyvind Hellstrøm takes you through how to prepare heavenly tasty dishes with few ingredients that will allow you to create and discover amazing new flavor combinations. The book offers recipes for botheveryday life and parties, and not least delicious sauces that make seafood extra exciting.

Eyvind Hellstrøm and Anita Rennan

Eyvind Hellstrøm is an award-winning Norwegian gourmet chef. He was the president of the 2008 Bocuse d'Or Europe, is frequently a judge at the Bocuse d'Or world finals.
He was formerly the part owner of the two-Michelin-starred restaurant Bagatell in Oslo. He is also well known for his several TV shows, including Masterchef and runs the hugely popular Instagram account @hellstroms_verden together with his girlfriend Anita Rennan.

Together the couple has published several very popular, acclaimed and award-winning cookbooks, where Anita Rennan has been responsible for the visuals.

Other titles
Flavours from the World of a Master Chef (2024)
A Master Chef's Green Secrets (2021)
A Master Chef's Secrets (2020)