

The Swedish Way

MIDSOMMAR



Karolina Pikus

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To my husband, Tomasz -
for lifting the camera, the spirits, and the pickled herring jars
(even when I made us refilm the same scene five times).
Your love, support, and tech magic made this book possible.

And to my parents -
thank you for always cheering me on,
celebrating every win, big or small,
and proudly telling everyone that "our daughter wrote a book about
Swedish food!"

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About me

Hi, I'm Karolina – the voice and heart behind LikeSweden.com.

I started this blog back in 2020, but the love story began long before that. I'm originally from Poland, but my connection to Sweden started in 2012, the first time I set foot on Swedish soil. I came to visit my then-boyfriend (today he's my husband), and let's just say it was love at first everything.

Since then, I've been completely enchanted by all things Swedish – the language, the culture, the flavors, the way of life. I began learning Swedish, diving into its history (because let's be honest, we don't get much of the Swedish perspective in Polish schools), and soaking up everything I could – from traditions to pastries.

Over time, Sweden became more than a destination – it became home. I found peace here. A rhythm that fit me. And even though I'm still learning, this "Swedish way of living" feels more like who I really am than anywhere I've ever lived.

I've always loved experimenting in the kitchen – especially with sweets – and although I don't have as much time to play with flavors as I'd like, food remains my favorite creative outlet. It's also what I studied. I'm a certified food safety engineer with solid training in food technology. That's why you'll often find little notes and tips in my e-books that go beyond the recipe – I want to make things not just delicious, but smart, safe, and beautifully thought out.

In real life, I'm also a dog and cat mama – to Homer (my rescue pup), Roco (our proud Cardigan Corgi), and Tosia (our clever housecat). We live in Gothenburg now, though Malmö and sweet little Markaryd have a special place in our hearts too.

I created LikeSweden for anyone who feels connected to this country – whether you've moved here, were born here, dream of visiting, or are just curious about Swedish life and culture. My goal is to show that Sweden is a beautiful (and yes, sometimes complicated) place – but with balance, curiosity, and a little courage, it can be your home too.

Here, I hope you'll find inspiration. Real stories. Comfort in shared experiences. And, of course, something really good to eat.

Välkommen. You're in the right place.





**Little
Things
That
Make
the
Table
Sing**



Pressgurka

Pressed cucumber with vinegar and parsley

Pressgurka has been a staple of Swedish cooking for centuries – a humble yet essential part of traditional meals from north to south. The technique of lightly salting, pressing, and marinating cucumber in a sweet-sour brine reflects Sweden's long-standing love of preserving seasonal produce. Often served next to meatballs, fried herring, or creamy potato dishes, this refreshing side adds brightness, balance, and a little crunch to any plate. With every chilled slice, you taste a bit of Swedish everyday tradition passed from one generation to the next.



Veggie



Prep:
10 min

Rest:
3 days



8 portions

Ingredients:

- » 1 cucumber
- » 1 tsp salt
- » 4 tbsp distilled white vinegar (12%)
- » 1½ dl water
- » 6 tbsp sugar (≈ 50 g)
- » 1 dl chopped fresh parsley

Instructions:

1. In a bowl, stir together the salt, vinegar, water, sugar, and chopped parsley until the sugar is dissolved.
2. Slice the cucumber very thinly using a mandoline or knife.
3. Place the cucumber slices in a bowl.
4. Pour the brine over the cucumber and stir gently.
5. Let sit overnight before serving – the longer it rests, the more flavorful it becomes.
6. Serve chilled as a refreshing side to classic Swedish dishes.



Fröknäcke

Crispy seed crackers

Swedes have a long-standing love affair with knäckebröd – crisp, rustic breads that last forever and pair with just about anything. This seed-packed version, fröknäcke, is a newer favorite that brings together old-school baking with modern tastes. It's naturally gluten-free, full of texture, and completely addictive. Serve it with tapenade or cheese, or just snap off a piece straight from the jar – it's fika with crunch.



Veggie



Prep:

15 min

Bake:

60-75 min



8 portions

Ingredients:

- » 1 dl sesame seeds
- » 1 dl pumpkin seeds
- » 1 dl sunflower seeds
- » 1 dl corn flour
- » ½ dl whole flaxseeds
- » ½ tsp salt
- » ½ dl rapeseed oil
- » 2 dl boiling water

Instructions:

1. Preheat the oven to 150°C.
2. Line a baking tray (about 30 x 40 cm) with parchment paper.
3. In a bowl, mix all the dry ingredients.
4. Stir in the oil and boiling water.
5. Let the mixture rest and swell for about 15 minutes.
6. Spread the dough very thinly over the baking sheet using a spatula or spoon.
7. Bake in the middle of the oven for 1 to 1½ hours, until dry and crisp.
8. Remove from the oven and transfer the entire sheet of paper with the knäcke onto a wire rack to cool.

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Recipes Based on Prep Time

30 minutes and under

- » Gubbröra på knäckebröd.....49
- » Matjessill med färskpotatis.....51
- » Toast Skagen.....63
- » Färskpotatis med dill och smör.....71
- » Jordgubbsbål.....115
- » Rabarbersaft.....117

30-60 minutes

- » Köttbullar med gräddsås och lingonsylt.....79
- » Jordgubbstårta.....97
- » Hallonsnittar.....111

60-120 minutes

- » Skärgårdssill med stenbitsrom och dill.....53
- » Senapsill.....55
- » Inlagad Vego-sill.....57
- » Grillad lax med primörer.....73
- » Västerbottenostpaj.....87
- » Västerbottenostpaj med sparris.....91
- » Ljus Kladdkaka med sommarbär.....101
- » Rabarberpaj med vaniljglass.....103
- » Fröknäcke.....139
- » Hembakat knäckebröd.....141

120 minutes and over

- » Gravad Lax.....45
- » Smörgåstårta.....59
- » Siltårta.....65
- » Janssons frestelse.....77
- » Vaniljglass med färska bär.....105
- » Midsommarmaräng.....107
- » Jordgubb & Rabarbersnaps.....125
- » Citronsnaps.....127
- » Lingonsnaps.....129
- » Hallonsnaps med mynta & vanilj.....131
- » Picklad rödlök.....135
- » Pressgurka.....137

Recipes Based on Category

Fish

- » Gravad Lax.....45
- » Gubbröra på knäckebröd.....49
- » Matjessill med färskpotatis.....51
- » Skärgårdssill med stenbitsrom och dill.....53
- » Senapsill.....55
- » Smörgåstårta.....59
- » Toast Skagen.....63
- » Siltårta.....65
- » Grillad lax med primörer.....73
- » Janssons frestelse.....77

Meat

- » Köttbullar med gräddsås och lingonsylt.....79

Veggie

- » Inlagad Vego-sill.....57
- » Färskpotatis med dill och smör.....71
- » Västerbottenostpaj.....87
- » Västerbottenostpaj med sparris.....91
- » Picklad rödlök.....135
- » Pressgurka.....137
- » Fröknäcke.....139
- » Hembakat knäckebröd.....141

Desserts

- » Jordgubbstårta.....97
- » Ljus Kladdkaka med sommarbär.....101
- » Rabarberpaj med vaniljglass.....103
- » Vaniljglass med färska bär.....105
- » Midsommarmaräng.....107
- » Hallonsnittar.....111

Non-Alcoholic

- » Jordgubbsbål.....115
- » Rabarbersaft.....117

Alcoholic

- » Jordgubb & Rabarbersnaps.....125
- » Citronsnaps.....127
- » Lingonsnaps.....129
- » Hallonsnaps med mynta & vanilj.....131

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