



Scandi superfoods

MOVE OVER MEDITERRANEAN; NEW RESEARCH SAYS COLD-WEATHER FOODS, LIKE ROOT VEGETABLES AND OILY FISH, ARE THE HEALTHIEST WAY TO EAT

Who doesn't love the Mediterranean diet? Big on olive oil, fish, fruit and veg, it's a delicious and healthy way to eat. But, while sun-ripened peppers and tuna steaks are available all year, they're not seasonal to the UK, especially in winter. Enter the Nordic diet. New research from the University of Copenhagen has found this is just as good for you – and possibly better suited to a British shopping list. We asked Danish chef Trine Hahnemann, author of *The Scandinavian Cookbook* (Quadrille, £20), to tell us more about the Nordic diet.

Rosehip (1)

Source of iron, vitamins and essential fatty acids, plus high in vitamin C.

Rosehip Soup, £2.20, totallyswedish.com

Kale (2) and cabbage (5)

Research from Oslo University found these have some of the highest levels of antioxidants of any vegetable.

Cold-pressed rapeseed oil (3)

The most commonly used cooking oil in Scandinavia, it contains more omega-3 fatty acids than olive oil.

Rapeseed Oil, £3.55, Malmö Nordic Dining (malmonordicdining.com)

Mackerel (4)

Fish is full of B vitamins and minerals. Try mackerel fillets in tomato sauce on rye bread or eat them, Swedish-style, with boiled potatoes and root vegetables.

Mackerel in Spring Water, 68p, Waitrose

Celeriac (6)

Packed with nutrients and high in fibre. Trine Hahnemann suggests using it to make a smooth winter soup, or mash it for a side dish.

Dill (7)

Dill is used to flavour everything in the Nordic diet, from gravdax to pickled herrings. It is nutrient-rich and aids digestion.

Cloudberry and lingonberries (5)

Studies at the University of Agder in Norway found these native berries, as well as cowberries and blueberries, contain as much unsaturated omega-3 fatty acids per unit of energy as fish.

Tilmans of Sweden Arctic Cloudberry, £3.60, swedishjuice.com

Crispbread (9) and rye bread (11)

High in fibre, rye flour has more antioxidants than wheat. The slow-releasing properties reduce cravings and, along with oats and barley, make a healthier alternative to pasta and rice.

Organic Danish Style

Rye Bread, £3.50, Scandinavian Kitchen, or Malmö Crisp Bread, £3.75, Malmö Nordic Dining (malmonordicdining.com)

Pickled herring (9)

Rich in heart-healthy omega-3 fats, there are lots of different flavours and Scandinavian Kitchen stocks up to a dozen varieties during the winter months.

Abba Pickled Herring, £2.45, Scandinavian Kitchen

Sprats (10)

A smaller version of herring, and part of the anchovy family. Best served on rye bread.

Abba Grebbestads Original Anchovy, £2.90, totallyswedish.com