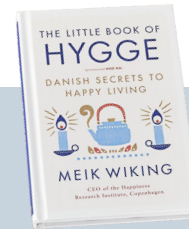




*The Hygge*krog

A CASCADE CULINARY INSTITUTE
DANISH EXCHANGE PROGRAM NEWSLETTER

Velkommen til The Hyggekrog! With the culinary exchange on hold, CCI volunteer Laura Becker is highlighting some fun hygge insight for the change of seasons with Meik Wiking's book, The Little Book of Hygge: Danish Secrets to Happy Living. Look for each episode of this newsletter to cover part of the book!



Inside:

- Hygge + Oxytocin
- Danish Twist Bread
- Hygge Equality

Hygge + Oxytocin = Society's Glue

Stay with me for the next few paragraphs. We're diving deep into trust and caring, the art of hygge.

Close your eyes and think about the times you have been the happiest. Most often as not, they have included being with other people, forming a bond that cements your friendship, trust, and belonging. Meik Wiking's research shows us that the best predictor of our happiness is the quality of our social relationships. According to his research, 60% of all Europeans socialize with friends, family and co-workers at least once a week. Danes best their fellow Europeans, averaging 78%.

Socializing underscores our sense of belonging. No matter the country, all humans share a basic need for connection. Close, caring bonds with other people play a major role in our motivation and behavior. And this positive reinforcement means that it is hard for us to break those bonds once they are formed. That is a good thing. These bonds mean we should work hard to shape our communities and our lives to allow our social relationships to flourish.



By flourishing, they increase our satisfaction with life. Research shows that increasing our togetherness may be equivalent to making \$100,000 more a year.

Together implies a feeling of relaxed closeness shared with others, which triggers our body to release the hormone oxytocin, making us feel happy, reducing stress, fear and pain.

We might dub this hormone the “hygge hormone,” since hygge requires thoughtful interaction. Oxytocin is a social glue, helping to keep society together through cooperation, trust and love. To release more oxytocin, thrown in warmth and fullness, i.e. candles, blankets, a fireplace and food and drink. And what a great lead up to our next hygge recipe!

Up Next:

In the next episode,
you'll learn about Hygge +
Lighting ("Let There Be Light")



Snøbrød – Danish open fire twist bread

The twistbread is to be eaten by 4-6 people who are making it. Prep and baking time is 75+ minutes, including allowing the dough to rise 1 hour. Fire embers are recommended for baking. Otherwise, fake it to bake it!

Ingredients

- 2 T butter
- 2 t sugar
- 1 c milk
- ¾ t salt
- 6 ½ t yeast
- 3 1/8 c flour
- 6 sticks for the fire
- embers of a fire



Snøbrød recipe, pages 76-77 in Meik Wiking's book

Steps

1. Melt butter in saucepan; add milk. Heat until lukewarm; add yeast and allow to dissolve.
2. Pour the mixture into large bowl. Add the rest of the ingredients to make a dough, setting aside a small amount of flour. Knead the dough well; replace back in bowl. Cover and allow to rise in a warm place, approximately 1 hour. (*Feel your oxytocin being released?!*)
3. On a flour covered surface, knead the dough, adding the remaining flour. Dividing the dough into 6 equal pieces, roll each into a strip 16 inches long. Wind each strip around a thickish stick.
4. Bake over the fire embers, careful not to have the bread too close to the heat. After about 10 minutes bread will be baked, giving a hollow sound when knocked or slipping easily off the stick.

Equality

After the relaxed thoughtfulness of being together, act on another aspect of hygge, equality. This means everyone helps with the clean up tasks. With Danes, everyone takes part in all aspects of the event, planning, preparing, enjoying and cleaning up. No one leaves early, because he/she “has to be somewhere....” “Show not go” means authenticity and integrity, with no one more important than anyone else.

Ok, what if you're an introvert you ask? All the more reason to embrace hygge! It's a warm, relaxed, meaningful walk into a small company of others. And extroverts, beware! Stand down from “me”, 'cause it's all about “we”! Our most meaningful relationships are because of common, shared, and understood experiences. Thoughts and feelings, both given and received supply us with the glue, our network of support. Without it, society does not exist and therefore, neither do we.

