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STOCKHOLM

YOUR PERSONAL GUIDE TO THE SWEDISH WAY OF LIFE

GOING TO THE SUPERMARKET

Unless you have applied for a "self scan" service at one of the large supermarkets, the fruit and vegetables are weighed by the cashier.

"Extrapris" means that the price has been temporarily reduced.

"Kort datum" means that the products' expiration date has almost been reached. Sometimes stores sell such products at reduced prices.

"Bäst Före" means best before, and indicates that the date printed on the product is the recommended date for the product's consumption.

"Ekologiskt" means that the product has been grown/produced without artificial pesticides, hormones and so on.

"Bra miljöval" means that the product has been certified as having a low impact on the environment (for its product category). The products are marked with a green and white logo with a stylised swan.

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Types of flour

- Graham/Wholemeal flour - Grahamsmjöl
- Oats - Havregryn
- Rye - Råg
- Wheat flour/White flour – Vetemjöl

Types of sweetener

- Brown sugar - Farinsocker
- Icing sugar/Powdered sugar - Florsocker
- Golden Syrup - Ljus sirap
- Granulated white sugar - Strösocker
- Molasses - Mörk Sirap/Baksirap
- Sugar cubes - Bitsocker

Miscellaneous

- Almond - Mandel
- Baking powder - Bakpulver
- Dry yeast - Torrjäst
- Fresh/Live yeast - Kronjäst (red text for sweat bread)
- Hazelnuts - Hasselnötter
- Peanuts - Jordnötter
- Vanilla custard - Vaniljsås/Marsansås
- Walnut - Valnöt

Types of baked goods

- French loaf/White bread - Franska
- Whole grain - Fullkorn
- Cookies (Sweet) - Kakor
- Crackers - Kex
- Crisp bread, traditional for Sweden - Knäckebröd
- Rusks - Skorpor
- Thin flat unleavened bread (soft/hard), traditional for northern Sweden - Tunnbröd (mjukt/hårt)
- Wort flavoured rye bread - Vörtlimpa

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Dairy

Butter (Smör)

Butter for spreading on bread is sold in boxes with a lid and comes with different percentages of fat. The levels are often graded with medium (mellan) and light/low (lätt) . Full fat (80%) is the standard. The percentages should be clearly visible on the box. Paper-wrapped pieces of butter marked "Smör" are so-called "real butter". This has not been processed for use on sandwiches and is therefore quite hard. It is usually used for baking. Paper-wrapped (usually larger) pieces called "Margarin" are only meant for cooking and baking.

Cheese (Ost)

There are many different types of cheese. They differ in flavour, fat content and style. "Hushållsost" and "Edamer" are mild cheeses, "Herrgårdsost" and "Prästost" are usually medium and "Grevé", "Ementaler", Cheddar and "Västerbottensost" are the stronger kinds. Each type of cheese has also its milder and stronger versions. "Lagrad" often means that it has a little more flavour, "Vällagrad" or "Extralagrad" means that it is very flavourful. The normal (and cheaper) way of buying cheese is in one piece rather than in slices. There is a utensil called a "Osthyvel" (cheese slicer or cheese planer) that is used to slice the cheese at home. Cottage Cheese is called Keso and can be found in the milk and butter counter. A Swedish speciality called Messmör is a sweet soft spreadable goat cheese.

Milk (Mjök)

The different types of milk are "Lätt mjök" (light/low fat) that comes in a yellow carton, "Mellanmjök" (medium fat content) that comes in a red carton and "Mjök" (the highest fat content) that comes in a green carton. Take care not to confuse the cartons with the similarly coloured cartons of "Filmjök," as they are usually placed next to each other in the store. These

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contain an unsweetened yogurt style product that is commonly eaten with your breakfast cereal.

Sour Cream

There are two sour cream style products. They are called Crème fraiche and Gräddfil. Crème fraiche has different fat contents and with additional flavourings. Gräddfil is not as thick and is often used for dressings or dips.

Yogurt

Conveniently, yogurt has the same name in Swedish as in English. There is a wide assortment of yogurt products of all sorts of flavours with different fat and sugar contents. There are also buckets and containers of cooking yogurt (matlagningsyogurt), Turkish yogurt (Turkisk yogurt) and Greek yogurt (Grekisk yogurt) that are meant for use in cooking, not to eat for breakfast.

Fish & Seafood

- Flundra - flounder
- Lax - salmon (can be sold fresh, frozen, smoke-cured/rökt or raw spiced/gravad)
- Röding - charr
- Sej - coalfish
- Sill - herring (when sold in glass jars the herring is pickled and comes in different flavours and sauces)
- Strömming - baltic herring
- Torsk - cod
- Kräftor - crayfish
- Musslor - mussels/clams
- Räkor - shrimp or prawn (Ishavsräkor - shrimp from the Arctic Ocean)

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Fruits

- Blåbär - blueberry
- Citron - lemon
- Fläder - elder (berry or leaf - cordial is often made from the leaf of the elder bush)
- Hallon - raspberry
- Hjortron - cloudberry (a northern speciality)
- Jordgubbe - strawberry
- Lingon - lingonberry/red Whortleberry (not very sweet, often served with game meat)

Vegetables

- Majs - corn/maize
- Morot - carrot
- Palsternacka - parsnip
- Pepparrot - horseradish
- Purjolök - leek
- Rotselleri - celeriac
- Syltlök - pickled onion
- Vitkål - cabbage
- Vitlök - garlic
- Ärtor - peas

Meat

Types of Meat

- Fläsk - pork
- Hjort - venison
- Kalkon - turkey
- Kalv - veal
- Kyckling - chicken
- Nöt - beef
- Ren - reindeer

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- Vilt - assorted game
- Älg – moose
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Other Meat Products

- Blandfärs - minced pork and beef
- Blodpudding - blood pudding/black pudding (made from pigs blood)
- Falukorv - a type of pork sausage
- Isterband - spiced sausage-like product made from the fattier pieces of pork (Ister=fat)
- Kassler - boneless smoked pork chops
- Korv - sausage (sausages usually contain pork, unless specified otherwise)
- Köttfärs/Nötfärs - minced beef

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