



Royal Polak
Spices

Unwind with a FIKA

Just like the Swedes

In short, the fika is a coffee break with a sweet snack; a description that does not do justice to this typical Swedish tradition. A fika is a social occasion. Colleagues, friends and family use this moment to relax and catch up. Time for us to embrace the concept, or at least introduce the delicious Swedish pastry!

In the Netherlands, colleagues only share some cake on birthdays. But the Swedes make time for a fika twice every day. At 10:00 and 15:00 o'clock, everyone gathers for coffee and a snack. The Swedes are real sweet tooths and have a rich patisserie culture.



PEPPARKAKOR

Swedish ginger biscuits

These brittle biscuits are a hit year-round, but in anticipation of Christmas is when the Swedes just can't get enough of pepparkakor. Combining the flavours of cinnamon, ginger and clove, these ginger biscuits are a perfect companion for any cup of coffee.

Ingredients

200 g brown sugar
200 g white sugar
200 ml syrup
150 ml water
300 g butter
25 g J.S. Polak cinnamon
6 g J.S. Polak ground ginger
8 g J.S. Polak ground clove
1 kg patent flour
20 g baking soda

Preparation

Heat the brown and white sugar with the syrup and the water in a pan. Add the butter and allow it to melt. Stir firmly and allow to cool down a bit. Next, add the cinnamon, ginger and clove, baking soda and flour and mix into a nice dough. Place the dough in the refrigerator overnight to rest. Take the dough out of the refrigerator and knead until smooth. Preheat the oven to 185°C, roll out the dough to ± 1 mm and cut out the biscuits with a cookie cutter. Place the biscuits on a baking sheet and bake for 8-10 minutes in the preheated oven.



HALLONGROTTAR

Vanilla biscuits with raspberry filling

Known to Americans as the 'thumbprint cookie', the Swedes literally call this buttery biscuit 'raspberry cave'. The classic recipe is with raspberry jam but feel free to try a different fruity flavour!

Ingredients

200 g butter
100 g granulated sugar
290 g patent flour
5 g baking powder
5 g J.S. Polak vanilla sugar
Fruffi raspberry fruit filling

Preparation

Preheat the oven to 200°C. Beat the soft butter and sugar together. Mix the baking powder, vanilla sugar and flour through the butter/sugar mixture to form a dough. Divide the dough into 20-gram pieces, roll them into balls and place them in a paper mould. Make a small hole in the middle of the balls. Fill the holes with the raspberry fruit filling. Bake the biscuits for about 15 minutes and leave them to cool on a wire rack.

