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## Cook the dishes that nourished the world's greatest minds

**If you believe that you are what you eat, you should be eating African corn porridge, pike pâté, and chicken stew. Because these are the dishes that nourished such geniuses as Nelson Mandela, Ingvar Kamprad and Ella Fitzgerald. This unique recipe book, "Eat like a genius", presents the favourite recipes of some of the leading minds of all time, compiled by a little Swedish company – Ankarsrum Kitchen – from the province of Småland.**

The book presents recipes from some of the greatest minds of all time, and includes not only original recipes from the former President of South Africa, Nelson Mandela, the entrepreneur and founder of IKEA, Ingvar Kamprad, and the Queen of Jazz, Ella Fitzgerald, but also the favourite dishes of many other immortal names, such as Friedrich Nietzsche, Selma Lagerlöf, August Strindberg and Jackson Pollock.

"It's a great honour to have this opportunity to present this compilation of recipes for all to share, and we hope that it will help spread the joy of cooking to more kitchens. We can't guarantee that you'll become a genius if you eat homemade food, but eliminating junk food from your diet for a couple of days a week isn't just fun, it's good for you – body and soul. We are passionate about proper, homemade food and, let's face it, eating the same food as geniuses can't do you any harm!" says Marcus Grimerö, CEO of Ankarsrum Kitchen AB.

Processed foods often contain high levels of salt, saturated fats, and sugar – increasing the risk of serious diseases and health issues. But recent studies have also shown that the brain's development and its cognitive abilities are linked to the food we eat. Too much junk food, for example, can result in learning difficulties and poorer memory. And it's this that provided the inspiration for Ankarsrum Kitchen's new cookery book.

"For us, it's a given – the best food is the food that's made from the ground up, using proper ingredients and proper equipment. Our aim, by highlighting the favourite, homemade dishes of some of the world's leading minds, and by making those recipes available to everyone, is to show that homemade food can be an important part of our development. We want to give everyone the chance to make it part of their lifestyle," says Marcus Grimerö, CEO of Ankarsrum Kitchen AB.

### **For further information, please contact:**

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### **About Ankarsrum Kitchen AB**

Ankarsrum Kitchen AB is one of three companies in the Ankarsrum Industries group. Located in the distinguished company town of Ankarsrum in Småland, the firm markets, sells and distributes the kitchen appliance Ankarsrum Assistent Original®. This kitchen appliance was first developed in the 1940s by industrial designer Alvar Lenning under the three watchwords of quality, functionality and design. Ankarsrum Assistent Original® became Sweden's first kitchen appliance and is just as popular today. Since its launch in 1940, 1,500,000 Ankarsrum Assistent Original® machines have been sold in 30 different countries.