

A TASTE OF MALMÖ

Begin with a genuine love for good food and drink. Add a desire to create something new, season with influences from near and far, and add a large dose of craftsmanship. Top it all with a little touch of genuine, Scanian cockiness and then put it all in a location where the plains meet the sea and the supply of fresh ingredients is almost unlimited. Then you are in Malmö.

The morning begins here

Even before the first rays of sunlight are reflected in Turning Torso, Malmö has already woken up. There is a thriving café culture, many breakfast alternatives and only you know the best way to start your day. With organic eggs and caviar on homemade bread and a cup of good, old-fashioned coffee at Uggla Kaffebär by St Knuts torg? A refill cup is included. Or newly baked levain bread and a mellow espresso at Noir's lovely outdoor café, just a stone's throw from Lilla Torg? Or perhaps a cup of Mäster's blend at Solde Kaffebär, roasted and blended at Solde's own coffee roastery at Malmö Frihamn? You can drink the same coffee at the Michelin restaurant Hedone in London where it is imported direct from - yes, that's right, Malmö.

Lunch, anyone?

In 2015, more than one new restaurant a week was opened in Malmö. Creative restaurant keepers who all have a dream to realise and a name they want to establish in Malmö, a city that already has many great restaurants. The competition for the title "Malmö's best lunch restaurant" is really tough but if you are yearning for brisket of beef that has been baked for 24 hours, complex natural wines and homemade ice cream with rhubarb-caramel sauce and algae meringue that will soften even the most hard-hearted person - and all served in a cool harbour milieu - then you must visit Saltimporten Canteen at Hullkajen. But if you would rather have well-made street food, you can head for Casual Streetfood on Spångatan 32 and order a Cricketburger with chips and homemade malt mayonnaise. And of course you can't leave Sweden's falafel capital without browsing among Malmö's wide range of deep-fried chickpea balls. Crispy, delicious and amazing value for money!

Evenings in Malmö revolve around the squares

Lilla Torg, the pulsating heart of the inner city, great for hanging out and mingling, or the hipster mecca Möllan where you will find vegetarian gourmet menus with locally produced, natural and often pickled ingredients. Tell me which square you choose and I will tell you who you are. Or why not do it the real Malmö way - test one place tonight and then another tomorrow? At Lilla Torg's lovely outdoor restaurants, you can sip at a cocktail under the bare sky before you go into one of the numerous restaurants - we promise you, there are many to choose from.

Wine enthusiasts will love Bord 13 and L'Enoteca which are located a few blocks away and on the other side of the canal, you will find Hamnmästaren's beer garden with quality beers on tap, many of them from their own brewery. If you set your sights on Möllan - that little green area which is popularly known as Jesusparken - you are guaranteed relaxing food bars with a high trendiness factor. Both Lyran and Kvarteret Åkern serve first-class vegetarian food but here you can also enjoy delicacies like KRAV labeled Munkasvin pork, locally fished cod and tenderized Rödkulla beef. Nearby, at Nobelvägen 24, you will find Beer Ditch, a great retro pub with nine taps and 230 types of bottled beer.

Fine dining with star power

It's no secret that serious foodies have had their eyes on Malmö for a long time but 2015 was the year when the stars began to float down over the city for the first time. No fewer than three restaurants can now proudly show off their Michelin star - all of them with completely different profiles and character. At highly acclaimed Vollmers, the old tradition of Scanian inns has been given a modern touch. Here they serve good food without "messaging it about". When translated into "menu Swedish", it could be anything from pointed cabbage, pork and sherry to lamb, white

asparagus and liquorice. In a small, unassuming Alpine cottage with a view over Pildammsparken, you will find Bloom in the Park and the gold-painted entrance will take you into one of Malmö's most surprising restaurants. At Bloom's, the dishes are not presented until the plates are brought out to the table, all under the supervision of Titti Qvarnström, Sweden's first female master chef with a Michelin star. If you want to cheat and read up a bit before your visit, Google will whisper in your ear that they serve dishes like goose liver with ice cream and scallops with soft tofu. If you want a relaxed, homely feel and unbeatable French delicacies, you take the bus to Tygelsjö. Ten minutes from town, on a beautiful farm, you will enjoy turbot with sweet-roasted peppers, creamy cheek of beef with sweet potato puree and French cheeses. The Vindåkra ambiance will complete the circle of stars but who knows what is waiting around the corner? In Malmö, the journey of culinary adventure never ends.