



# Hygge

AT HOME

A GUIDE FOR ACHIEVING  
YOUR HAPPIEST SELF FROM  
THE COMFORT OF HOME

WITH



CHEESE

AND

**CAROLINE FLEMING**  
DANISH CHEF & BARONESS



**HYGGE** hyg·ge

/ˈh(y)oōgə, ˈhoōgə/

a defining characteristic of Danish culture that acknowledges a feeling or moment of coziness and comfort – whether alone or with others; at home or out – that brings a feeling of contentment and well-being





# INTRO TO *Hygge*

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By now, you may have heard about the Danish concept of hygge, and more likely than not, you've debated how you even pronounce this odd-looking word (Higgah? Hi-gah? Hoo-gah?).

Hygge is not just a word; it is a Danish way of life that has likely attributed to Denmark's constant rating as one of the happiest countries in the world. And you may be surprised to learn that how to say hygge (officially pronounced hue-guh) is more complicated than the actual practice of hygge.

At its core, hygge is about simplicity. It is about creating and enjoying a comforting atmosphere and experience – from the foods we eat to the clothes we wear – rather than focusing on the trivial and complex. Hygge is that feeling of home – both physical and emotional – where we find relief and comfort. It's a place where we can leave the outside world behind and be our unique selves; where we can enjoy full conversations with loved ones (even if virtually!) but also feel equally content in silence.

In these unprecedented times, practicing hygge has perhaps never been more appropriate or needed. The good news is there are many simple ways to incorporate hygge into your daily life, and this handbook was created to help its readers embrace this Danish way of being – whether it's cozying up or indulging in a delicious, distinctly Danish Castello Havarti cheeseboard.

We invite you to snuggle up in your favorite spot (an essential part of hygge) and hope this handbook helps bring peace and happiness. Remember: it's not complicated!

ENJOY,  
*Caroline Fleming and Castello® Cheese*





# THE ELEMENTS OF *Hygge* AT HOME

## ATMOSPHERE

Setting a tranquil atmosphere is essential for hygge, and it all starts with lighting. You can instantly transform any room into a hygge oasis by lighting candles or positioning lamps to create soft pools of light.

“

ADDS CAROLINE

*Light as many candles as you can find. Take pleasure in the beautiful glow the candles scatter across the walls.*

”

## COMFORT

Getting cozy is what hygge is all about. Opt for casual, comfortable clothing and snuggle up with a nice blanket in your favorite chair or spot on the couch. You don't need to buy anything special – your well-loved college sweatshirt and wool socks will do.

“

*Pull your family's blankets from the beds, mix a large bowl of candy and popcorn, and sit together in front of a good movie or play a board game. Enjoy this moment of being together in such a hygge way.*

SUGGESTS CAROLINE

”

## PRESENCE

In a world that revolves around technology, it can be difficult to disconnect. Challenge yourself to put your phone away for one hour a day and enjoy a conversation with your loved ones at home or simply flip through a magazine or a book.

## INDULGENCE

Treat yourself to your favorite sweet or savory comfort foods – especially the decadence of cheese, which is known for boosting serotonin! Pair a deliciously Danish cheeseboard featuring Castello Havarti (see additional inspiration on pg. 6) with a glass of your favorite wine. The creamy texture and rich, buttery flavor of the Havarti will cue feelings of comfort with each bite. The more decadent it feels, the better the hygge!

“

CAROLINE SUGGESTS

*Spend time in nature and take in its simple beauty in solitude or with loved ones.*

”

“

*I love Castello Havarti for a creamy, Danish touch! Pair it with your favorite wine and great conversation with loved ones for ultimate hygge.*

ADDS CAROLINE

”



## GRATITUDE

Notice small moments throughout each day to ground yourself in gratitude. Take the time to appreciate the memories being made with your family at home or make it a practice to write down three things you're grateful for each day.

## TOGETHERNESS

In an unprecedented world where we're seeing our loved ones less, it can be difficult to find moments for togetherness. To achieve that much-needed quality time, consider picking up the phone to converse and laugh with friends and family. Whether you're in person or miles away, catching up with friends and family adds to happiness – the true essence of hygge.

“

*Make a date with the ones you love, even if virtually, and catch up on every aspect of life. Find your greatest strength, love and support through your closest friendships.*

CAROLINE SUGGESTS

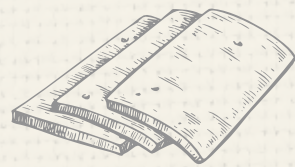
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# THE PERFECT *Hygge* CHEESE BOARD

## SEVEN TIPS FOR STYLING AND ARRANGING YOUR CHEESES

### 1 SELECTING CHEESES



For a hygge-inspired cheese board, think of color, shape and texture. Include a hard, soft and semi-soft cheese with a variety of flavor profiles, and always ensure to have a mild cheese, such as Castello Creamy Havarti, in your selection for everyone to enjoy!

Castello Creamy Havarti Cheese is lusciously smooth, creamy and authentically produced in Denmark using traditional cheese-making methods dating back more than 130 years making it the ultimate hygge addition!

### 2 STYLING

Incorporate the clean lines of Scandinavian style and use interesting surfaces. A wooden cutting board or dark dish will allow the cheese to stand out.

### 3 HOW TO CUT YOUR CHEESE

Cut cheeses in different shapes for the best visual appeal.

#### Yellow & hard cheeses

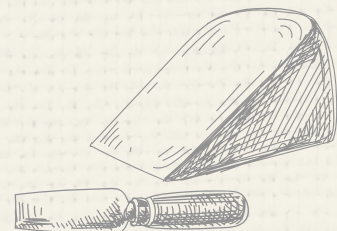
triangles, sticks or bricks

#### Brie

wedges

#### Blue mold

squares or wedges



#### TIP

Heat up the knife in hot water before cutting blue and soft cheeses.

Add a knife or cheese cutter for each cheese so the flavors don't mix.

### 4 SERVING SIZES

The amount of cheese each guest eats varies depending on the occasion.

#### Snack

.75-1.75 oz  
per person

#### Breakfast

1.75-2.5 oz  
per person

#### Lunch

2.5-4.5 oz  
per person

#### Dinner

5-6 oz  
per person

#### Dessert

1.75-2.5 oz  
per person

### 5 SERVING TEMPERATURE

To enjoy the full flavor, remove cheese from the refrigerator 30 minutes before serving.

### 6 PERFECT PAIRINGS

Choose comforting accompaniments that complement, add color and texture, and do not compete with the cheese.

#### Crunch

Crackers, crisps, bread, nuts,  
radishes and celery sticks

#### Savory

1-3 cured meats, like prosciutto  
and salami; olives, olive tapenade

#### Sweet

Figs, apples, pears, grapes,  
dried fruit or jams

#### Finishing Touches

Sprinkle berries or  
pomegranate seeds



### 7 CHEESE AND WINE

Nothing can cue cozy quite like a glass of wine. When pairing cheese with wine, always taste the cheese and then the wine for the best taste experience.

#### Rosé

Soft, creamy cheeses like Castello Creamy  
Havarti or Castello Fontina

#### Sauvignon Blanc

Tangy cheeses, such as goat cheese

#### Chardonnay

Pair with Gruyere, Gorgonzola, or Castello  
Creamy Havarti

#### Champagne

Soft cheeses with rind; pairs beautifully with  
Castello Brie

#### Cabernet Sauvignon

Bold cheeses like Aged Cheddar, Castello  
Smoked Gouda, Parmigiano-Reggiano, and  
Castello Aged Havarti

#### Port

Strong hard and salty cheeses, such as  
Castello Blue







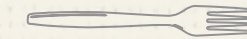
RECIPES FOR  
*Hygge*

—  
COZY UP TO THESE RECIPES  
FROM CAROLINE FLEMING





## WARM SALAD WITH CASTELLO AGED HAVARTI CHEESE



### INGREDIENTS

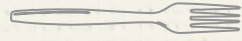
- One 5 oz. bag of salad mix
- One small red onion, sliced
- 1 small pear, thinly sliced
- 3.5 oz. Castello Aged Havarti Cheese, cubed, plus 1/4 cup set aside for salad topping
- 1/2 cup fresh walnuts
- 4 tbsp olive oil
- 2 tbsp liquid aminos
- 1 tbsp honey
- 1 tbsp fresh lime juice
- 2 slices of the bread of your choice in small chunks
- Olive oil

### DIRECTIONS

- Heat olive oil gently in a saucepan. Sauté the red onion slices on medium heat for a few minutes. Once sautéed, turn down heat and add the honey, and when dissolved, add the walnuts. Cook until golden. Add the lime juice followed by the cheese and allow to melt (1-2 minutes).
- In another pan, heat olive oil on medium heat and add the bread pieces. Cook until golden on all sides. Season with salt.
- Slice the pear.
- Toss the salad mix, bread pieces and pear slices and pour the sauce with the nuts and Castello Aged Havarti Cheese over it. Add additional cubed Havarti over top. Serve immediately.



# DOUBLE-BAKED CHEESE SOUFFLÉ WITH CASTELLO AGED & CREAMY HAVARTI CHEESE



## INGREDIENTS

- 1 cup milk
- 1 small yellow onion, quartered
- 3 tbsp butter
- 1/3 cup plain flour
- 4 oz. Castello Aged Havarti Cheese
- 4 oz. Castello Creamy Havarti Cheese
- 1 tsp mustard
- 1/4 tsp nutmeg
- 4 eggs, with whites separated from yolks

## DIRECTIONS

- Butter one large soufflé dish well (or 4-6 small ramekins) and preheat oven to 350 degrees.
- In one saucepan, warm the milk with the onions and cook on low heat for 10 minutes ensuring the mixture never boils. Remove from heat. Strain the milk and discard the onions.
- In another saucepan, melt the butter and add the flour. Once combined, remove from heat and gently stir in the onion-flavored milk.
- Add the mustard, nutmeg and Castello Havarti Cheeses and continue to stir until the cheese melts. Pour into your soufflé dish. Allow to cool 5-10 minutes.
- Add the egg yolks, mixing very well. Beat the egg whites until they form mountain tops. Add the beaten egg whites to the mixture, one spoonful at a time, folding gently into the mixture.
- Place the soufflé mix into the preheated oven for 20 minutes, then turn the heat down to 300 degrees and bake for another 10-15 minutes depending on how well-done you prefer your soufflé. If you decide to bake the soufflé in small ramekins, bake for 15 minutes at 350 degrees, and then for 10 minutes at 325 degrees.
- Serve immediately with mustard and a side salad (optional).







## ROASTED CAULIFLOWER WITH CASTELLO DILL HAVARTI CHEESE



### INGREDIENTS

- 1 whole cauliflower, stem removed and cut into quarters
- One red onion, cut into quarters
- 4-5 slices of smoked bacon
- 8 oz. block of Castello Dill Havarti Cheese, grated
- Olive oil
- Parsley

### DIRECTIONS

- Preheat oven to 400 degrees.
- Drizzle the cauliflower and onion generously with olive oil and season with salt and pepper. Place into a preheated oven for 15 minutes.
- Cook bacon lightly and take off heat when golden. When cooled, chop into smaller pieces.
- When the cauliflower and onions have roasted for 15 minutes, remove from the oven and add Castello Dill Havarti Cheese. Place back into the oven for an additional 10 minutes. The cheese will melt on top of the cauliflower and fall to the sides.
- Once cheese has melted, top with bacon and roast for 5 minutes. Garnish with parsley. Serve immediately.



# CHICKEN LASAGNA

## WITH CASTELLO CREAMY HAVARTI CHEESE

### INGREDIENTS

- 1 1/2 - 2 lbs. chicken, minced
- 2 small red onions, finely chopped
- 2 garlic cloves, finely chopped
- 6 tbsp olive oil
- 32 oz. tomato sauce
- 1 cup fresh basil
- 1 large dash of red wine (optional)
- 1 tsp Himalayan salt
- 2 bags of fresh spinach (optional)
- 2 - 8 oz. blocks of Castello Creamy Havarti Cheese, grated
- 1 lb. cooked lasagna noodles

### DIRECTIONS

- Preheat oven to 350 degrees.
- Add olive oil to a pan and gently sauté the onions and garlic. Add minced chicken. Once chicken is fully cooked, pour in the tomato sauce and salt. Simmer on low heat for 10 minutes. Add the fresh basil and red wine and continue to simmer for 5 minutes.
- Spread thin layer of sauce on the bottom of your lasagna dish followed by a layer of fresh spinach leaves and cheese. Place one layer of lasagna noodles on top of mixture until covered. Continue layering ingredients until all have been used up.
- Place remaining cheese on top.
- Bake lasagna in the oven for approximately 30 minutes. Serve with a salad or steamed vegetables.







## ABOUT CASTELLO

Part of the Arla family, the Castello brand is steeped in a rich tradition of cheesemaking excellence. Since being founded in 1893 by Danish master cheese-maker Rasmus Tholstrup, Castello cheeses have brought a balance of innovation and tradition to the art of cheese making.

### DISTINCTLY DANISH HAVARTI

Castello Havarti is authentically produced in Denmark using traditional cheese-making methods dating back more than 130 years. The result is a lusciously smooth, creamy, buttery and mild cheese with a meltability and multi-faceted taste experience that is second to none.

As a result of Castello Havarti's authentic Danish heritage and premium taste, the cheese was granted the European Union's Protected Geographical Indication (PGI) status in October 2019, a distinguishing mark of quality and authenticity.

Castello Havarti is available in eight varieties to suit all taste preferences, including Creamy Havarti Cheese, Aged Havarti Cheese, Dill Havarti Cheese and more.



## ABOUT CAROLINE FLEMING

Caroline Fleming is a Danish Baroness, entrepreneur, chef, model and television personality known for her role on Ladies of London and serving as the host of Denmark's Next Top Model.

A phenomenal and passionate cook, she has published three best-selling Danish cookbooks and wrote her first English cookbook, "Cook Yourself Happy: The Danish Way," in September 2017.

Born into one of Denmark's oldest aristocratic families, Caroline is also a prominent businesswoman in her own right and is the creative mind behind a homeware and apparel brand.

A proud mother of three children, Caroline and her family currently reside in Denmark. You can find Caroline on Instagram: @carolineflemingofficial.







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