

# bo.stad

About your housing with AF Bostäder

2/2006

## TOP RANKING FOR AF BOSTÄDER

AFB – the best student housing company

## WELCOME TO OUR NEW CUSTOMER SERVICE CENTRE

Brand-new Customer Service Centre at Sparta

## SUSHI AT SPARTA

Good, cheap food

Theme: Food

CORRIDOR MENU

HERE'S  
MY FRIDGE



# Bo.STAD No. 2

- Food, food, food. In addition to easily digested information about your housing, the theme of this issue of Bo.stad is food.
- Along those lines, we asked a cook to compose a perfect menu for a corridor party or for inviting friends to your flat for dinner.

In the centrefold, where the Swedish and English sections meet, we have used a universal language.

- The pictorial art signed by photographer Azin Ashourvan will help you make a great poster to announce the party.
- We hope the twelve pages are tasty reading!

- AFB – the best student housing company** 3
- Roskilde, Hultsfred, Emmaboda and Lund** 3
- Welcome to the new Customer Service Centre!** 4-5
- New Parentes, exclamation point** 4
- Project: VildUp** 4
- Easier on the environment, easier on you** 5
- Stonecrop flourishes on the roof** 5
- The Lund Paediatric Clinic** 6
- All set to party!** 6
- The laundry room gets Webbed** 6
- What is your rent used for?** 6
- Full speed ahead in Lund** 6
- Sushi at Sparta** 7
- CONTEST** 7
- The Corridor Foreperson – your link to us** 7
- THEME: Food** 8
- Gadgets** 11

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Tel 046-19 15 00  
Fax 046-13 63 14  
E-mail info@afb.se  
www.afb.se

Securitas. Note! Do not use this number to report non-urgent problems. Securitas charges for its services even when you call only to ask a question.

**Other useful phone numbers**

**Housing ombudsman**  
Tenant influence  
E-mail bomben@afb.se  
Tel 046-19 15 13

**Parking issues**  
Carpark  
Tel 0771-96 90 00

**Emergencies**  
Tel 040-30 74 26 for

**Police (non-emergency) Reports, etc.**  
Tel 046-16 50 00

**Nix Address**

Blocking junk mail  
Tel 020-55 70 00  
www.konsumentverket.se

**Nix Telephone**

Blocking telemarketing  
Tel 020-27 70 00  
www.konsumentverket.se

**Membership in Academic Society**

(Akademiska Föreningen)  
Tel 046-38 49 00  
E-mail omb@af.lu.se

**Cable TV**

Fault reports and information  
Tel 0771-55 00 00  
www.comhem.telia.se

**Housing allowance**

www.forsakringskassan.se

**Change of address**

www.adressandring.se

**Current queue times**

	2005												2006											
	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov
Flat	20	22	22	22	25	20	19	19	25	19	20	20	21	21	19	18	16	21	13	15	20	16	17	19
Corridor room	8	8	6	8	10	10	10	8	6	4	7	7	7	7	4	6	6	7	10	7	2	5	4	5

Months in the queue.

The table shows the average time in months that tenants were in the housing queue before moving in. Any priority for new students is included in the material. Note that the data does not indicate queue times for future move-ins, but is meant only to give a snapshot of the situation at the end of each month.

# AFB – the best student housing company

AF Bostäder is now number one among the biggest student housing companies in Sweden! When for the fifth year in a row we summed up the annual tenant survey carried out in parallel with the other major

student housing companies in Sweden, the matter was settled: AFB tenants have the nicest caretakers, the best maintained housing areas, the cleanest, freshest laundry rooms and the most secure housing of all.

The outcome of the tenant survey is by far the most important input when we set our goals and make action plans for our business. That is why we are so pleased and proud to see that our efforts have produced results. We have had some complaints in the past after thefts from common areas like laundry rooms, kitchens and stairwells. It was a serious problem and we felt it had to be dealt with quickly. Looking at the results of the latest survey, we can see that our endeavours were successful. We have brought down complaints to a minimum by implementing the key tag system for nearly all of our tenants. That is only one

of many examples of how the tenant survey helps us give you better housing.

The survey has been performed every year since 2001. The questions deal with how you perceive your housing, common areas and the neighbourhood and what you think of our service and information. We analyse the results down to the level of individual housing areas, which gives us a good picture of where and how we should allocate effort and resources. And since the other large student housing companies in Stockholm, Göteborg and Linköping carry out the very same survey, we can see how we are doing compared to

our colleagues up north. The top score overall in this year's survey is proof that we are on the right path.

Although you have given us good scores on many points, there are still things that can be improved. The condition of the corridor kitchens is one of those areas for improvement. That is why we have been implementing a comprehensive plan for refurbishing our corridor kitchens for the past few years now. We can manage up to 30 kitchens a year and all of them will be completely renovated by 2009. Another change we have high hopes for is our new Customer Service Centre at Sparta. A lot of you have

been unhappy about the hours at our local Service Offices. The Customer Service Centre gives you full-time access to all administrative services. Even though we hope and believe you will find the Customer Service Centre a valuable improvement of our service to you as an AFB tenant, we won't be patting ourselves on the back until we get the results of next year's survey. Our opinions are not what matters – yours are.

**Do you have comments or opinions about your housing? Don't hesitate to log onto our website and let us know!**

## ROSKILDE, HULTSFRED, EMMABODA – AND LUND

One too many? Not! And in case you haven't noticed, Lund has had its very own music festival for the past few years and the event is growing steadily. The biggest AFB Festival ever will be happening the twelfth of May at Sparta – mark your calendar now!

It started with the Delphi Festival in May 2004, which was followed by the Ulrikedal Bash in '05 and the Vildandan Party in '06. Our faithful readers can probably see a pattern and they are absolutely right: AF Bostäder is the backer and supports the project financially, hence the well-known sites. But we don't want to take any credit away from the truly committed movers and shakers whose voluntary work makes it all possible.

The one-day festival is modest and ambitious at the same time. Free entry, two stages, more than twenty bands sharing the time available. Rock, jazz, punk, synth and big band are only a few examples of what's on offer side-by-side in the deliberately miscellaneous line-up. One prerequisite is that performance fees are kept at a moderate level. "This is a music festival by students and for students," explains Nemo Ekström, festival project manager. "It's a free event put together on a shoestring. Most of the performers are very open to the idea and are happy to play for a symbolic fee."

Despite the festival's success, the name (or more accurately, names) has been a bit of a continuity problem, especially regarding communication with the performers. For that reason, the project team has chosen to put more emphasis on the general "AFB Festival" name. We are investing more this year to further develop the festival, with two big stages and even more energy devoted to

attracting well-known bands. The festival will keep its itinerant form and the music will still be a juicy mix of local and global, mainstream and niched. A few of the names that have marched past include DJ Al-Azif with ADL (Blacknuss), Hype, Kitty and the K, Lashing Patsy and Nina Rochelle.

Preparations for the upcoming festival are in full swing. Considering how well the Vildandan Party '06 succeeded at drawing performers and audiences in the midst of the major carnival season, there is every reason to look forward to a great festival this year. You can get all the details about the AFB Festival online at [afbfestivalen.se](http://afbfestivalen.se). You are coming, right? See you at Sparta on Saturday the twelfth of May!





# Welcome to the new Customer Service Centre!

We've opened the doors to AF Bostäder's brand new Customer Service Centre at Sparta. The Grand Opening also marked the reorganisation of AFB's procedures for housing issues.

In the past, administrative handling was split up among five different addresses. There are a lot of advantages to having a joint office. For one thing, business and phone hours are longer, which our customers have been wanting for a long time. And now there is only one

phone number to keep track of and no question about which office you should contact.

You will find the thoroughly refurbished office at Tunavägen. Enter from the west (towards ICA Tuna) and go up the stairs. The interior of the Customer Service Centre is bright and

colourful, an impression reinforced by the view over the new sedum-covered roof outside (see page 7). The situation is ideal for Lund students – our neighbours are the Holger Crafoord Centre (EkonomiCentrum) and LTH.

### What do students think?

Judging by appearances, the Customer Service Centre seems to have been greeted with open arms by students and

staff alike. By concentrating the staff in one large office, we have made sure service is fast and waiting times are short. The staff also have rolling work schedules, which adds variation to the job and helps them get familiar with each other's areas. Anna at the Customer Service Centre sums it up: "Student response has been enthusiastic and of course the new centre has been a boost for us worker bees, too."

The Customer Service Centre takes care of leases, keys, sublet agreements, exemptions from the study and membership requirement, housing limits and lease cancellation notices – just about everything, in fact. For more information about business hours, forms, etc. visit our website ([www.afb.se](http://www.afb.se)), which is also the easiest way to report technical/maintenance problems. Last but not least, you are always welcome to the Customer Service Centre!



## New Parentes, exclamation point

When it comes to its role in the Student City of Lund, the two angled buildings have a highly misleading name. Parentesen is a familiar and expected part of the urban landscape and has been home to countless students over the years. While that kind of life leaves its marks, it is mainly the ravages of time that have made refurbishment so necessary.

The façades especially need refurbishment. The buildings, which were completed in 1964, will be undergoing an extensive exterior face-lift. The project is expected to take six to eight months or about two months per stairwell. It is difficult to be precise about the work period because the weather may affect the pace.

Happily enough, the procedure is going to be a little different from ordinary refurbishment projects. For instance the all-too-familiar props like scaffolding and plastic wrapping will be avoided. The work will instead be done from a number of platform lifts – essentially, workers will be hoisted up in the morning and brought down at the end of the day.

There are a lot of advantages, including preventing the higher risk of burglary that comes with scaffolding and minimal obstruction of the view from the buildings.

There are several sub-projects involved. For instance, parts of the brick façade will be torn down and rebricked, the balcony railings replaced, reinforcements and bricks above the windows improved and the façade anchored to the underlying concrete wall. And the work is often complex. Technical challenges abound and the fact is the Department of Construction Engineering at LTH have been involved in the project. And so closes another academic circle in the city of learning.





## Easier on the environment, easier on you

Now AFB is making it even easier to sort waste. Vildanden was the first to get a new recycling/sorting centre three years ago. It is now going to be the model for similar centres at several other AF Bostäder properties. Kännärrätten, Ulrikedal and Parentesen/Gylleholm are coming up next.

The new system is a clear improvement for residents and the environment. It involves a virtually complete system for basic sorting of rubbish. Eventually all AFB tenants will have access to containers for eight waste categories and designated sites for bulky items and electrical scrap wherever possible. For safety reasons and to prevent unauthorised use, the areas will be locked and accessible to tenants only.



### WHERE TO FIND US

Street address: Tunavägen  
39 (Sparta; enter from the west, one flight up)

E-mail: [info@afb.se](mailto:info@afb.se)

Phone: 046-19 15 00

Fax: 046-13 63 14

Visit [www.afb.se](http://www.afb.se) for current business hours.



## Project: VildUp

Continuous effort towards achieving an optimal housing environment is part and parcel of AF Bostäder's everyday business. One of the bigger projects coming up involves Vildanden, which is going to be gradually refurbished over the next several years. The working group includes architects, landscape architects and other specialists in addition to AFB personnel.

As with all projects with major impact on the housing environment, it is important to us that tenants participate in the process. VildUp is no exception and the residents' opinions and comments have been valuable planning input.

The plan was based on careful review of what can and should be done. The scope of VildUp includes a comprehensive overhaul of the outdoor environment as well as the buildings. The award-winning neighbourhood is forty years old now and the update is most welcome. In addition to purely technical maintenance, there will be strong focus on the aesthetic aspects of the green areas around and between the buildings.

First up is the family section, where the façade work has been in full swing for a while now. Next year we will start upgrading the outdoor environment there before moving on to other parts of Vildanden.

## Stonecrop flourishes on the roof

Nature has come a bit closer to the Spartans of Lund. Flowers and greenery have perhaps not been the first things to come to mind in connection with the architectonically solid Sparta, but the winds of change are blowing. Since August, a vegetational fitted carpet has been spreading across the formerly sterile rooftops. Since they also serve as the nearest view for many of the student rooms, the new roofscape is positive in several senses.

The sedum roof, as they are usually called, gets its name from the plant family sedum, which includes stonecrop and similar hardy succulents. Many other species are included in the new roof flora, such as thyme. In addition to the aesthetic benefits, the plant cover has good insulating properties, absorbs surface water and lessens the effects of acid rain.

The new roof is a five-year-old idea, but it could not be carried out until this year. Laying pre-cultivated sedum mats is a common method for "living roofs," but we chose to grow the plants on site at Sparta. Nearly 1,000 m<sup>2</sup> were laid in the first phase, appropriately enough next to our new Customer Service Centre (more about that on page 4). If the results of the trial are good, more roofs will be put in the queue.

# THE LUND PAEDIATRIC CLINIC

The Lund Paediatric Clinic has had its premises in the Sparta building since last summer. The doctors, nurses and other specialists at the clinic, which include a dietician and a psychologist, provide healthcare to about fifty kids a day.

The premises were adapted for the purpose and a great deal of work went into making a good healthcare environment. New construction solutions to let in more natural light were created, new and light floors were laid and sound-damping panels were installed. The result is a bright and pleasant clinic enjoyed by both patients and staff. Partner Lena Sandqvist reports that patients and parents think the premises are very nice and especially like the plentiful and nearby parking.

## No waiting times

The clinic sees patients by appointment only to make access to care as smooth and easy as possible. Waiting your turn is not a lot of fun for grown-ups, but for children, especially kids who are not feeling well, waiting rooms are torture. The appointment-only system means people know when they will be seen and waiting times at the clinic are minimised. This system makes seeing the doctor less painful for kids and planning easier for parents and the clinic.

The clinic keeps a third of appointment times open every day to make sure time is available to see patients with more urgent problems. When people call to make appointments, a nurse also gives simple advice for home care and assesses how quickly the patient needs to be seen.

## General practitioner

In addition to the paediatric clinic, there is a GP surgery on the premises that is open to anyone. That means residents of Sparta are literally within crawling distance of help when they are not feeling well.

### Phone hours

Mon-Thurs 8.15-11.00  
13.00-15.00  
Fri 8.15-11.00  
Sat 8.15-12.00

Phone number: 046-32 30 30

Address: Sparta, stairwell G,  
level 2, Tunavägen/Scheelevägen

[www.lundsborn.se](http://www.lundsborn.se)

General Practitioner:  
Lou Norton, 046-12 53 30

## All set to party!

You do know you can hire a party room from us? They might not be the biggest rooms at AF, but our recreation rooms at Ulrikedal and Sparta are perfect for all kinds of get-togethers. The rooms are furnished and complete with kitchens (you provide the crockery). And the rent will give you more room in your budget for the fun things! You pay only SEK 500 for 24 hours (12.00 till 12.00), plus VAT at Sparta. Tenants are responsible for the cleaning. The rooms are very popular, so book well in advance with Elisabeth Melin by phone 046-19 15 24 or e-mail [elisabeth.melin@afb.se](mailto:elisabeth.melin@afb.se).

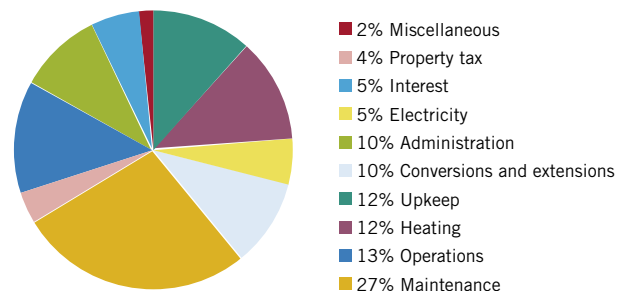
## The laundry room gets Webbed

Say what you like about the laundry room, but dynamic it ain't. Time spent there is mainly a matter of waiting around, bored out of your skull. That makes it even more fun to be able to tell you about some definite progress. AF Bostäder has now implemented a system for booking laundry times via our website ([www.afb.se](http://www.afb.se)). Log onto Mina sidor (My Pages) and look under Mina Tjänster (My Services) for information about your particular laundry room, which you will need to book laundry sessions, etc.

The new system brings other improvements as well. The tag system completed during the year is going to make access to stairwells and corridors safer, better and easier for all tenants.

## What is your rent used for?

Rent. There it is, a big dip in your bank balance every month, expensive but necessary. AF Bostäder works hard to make sure you feel you are getting good housing at a reasonable price, of course, but what do you actually get for your money? As to be expected, almost all of it goes back into our properties. Running costs, maintenance and administration mean that revenues and expenditures come out pretty much even. The diagram shows where your money goes in greater detail.



## Full speed ahead in Lund

All AF Bostäder students are now connected to the Lunds Energi Open City Network. The first phase provides Internet connection from 1-100 Mbit/sec. IP telephony and IP TV will be completing the triple play, but even more services will become available over time.

If you are not connected yet, you might be interested to know that the Lunds Energi Open City Network is operator-neutral, which lets you to pick and choose among service providers. The fierce competition for customers is bound to keep prices down. Another big advantage of the city network is that getting started is easy. Essentially, all you have to do is hook up your computer to the network jack and start your browser. You register, select your supplier and voilà – warp speed.





# SUSHI AT SPARTA

Sushi has been on the commercial and retail menu in the Sparta district since mid-September when Lund-based Ikizukuri opened its doors. Ikizukuri opened its first restaurant four years ago in central Lund. The business has since been expanded to Helsingborg and Malmö, with Sparta the latest venture.

The restaurant interior has been decorated according to the chain's characteristic concept centred around their logo, a drawing of a fish. Founder Peter Kubicek is very pleased with his new premises,

which are also home to the restaurant's office. "We could provide food that nobody else in the area was anywhere close to." The steady stream of customers is proof that success is a fact. The restaurant serves at least one of the menu choices to more than 150 guests every day.

**Student-friendly prices**  
The basic menu consists of three dishes, one of which changes daily. Hungry students can get eight pieces of sushi for less than fifty kronor! There are also larger sushi plates available

and special variations for pregnant women, for instance.

The restaurant will be keeping the low prices in future so they can offer good food at cheap prices to students. The planned price increase of a few kronor per dish will apply to all Ikizukuri restaurants except the one at Sparta.

"Five kronor here and five kronor there really adds up for students," reasons Peter.

**Evening hours**  
Right now, the restaurant is only open for lunch and the location is perfect. Lunchtime guests come to Ikizukuri from

the university, Ideon, nearby neighbourhoods and of course from Sparta. The response to the new premises has been so enthusiastic that plans are well on the way to start keeping evening hours on Fridays.



Lunch service starts at 11.00  
Address: Tunavägen 39  
Phone: 046-12 32 90  
Website: [www.ikizukuri.com](http://www.ikizukuri.com)

## The Corridor Foreperson – your link to us

A pilot project will be ongoing until the end of the spring semester at Parentesen and Delphi 55 H – a foreperson has been appointed for every corridor. The plan is for our other properties to follow suit. Of course this isn't a new concept – AF Bostäder has had corridor forepersons for many years. But we do want to breathe new life into the system, for one simple reason: to make the dialogue between you and AF Bostäder better and easier.

The foreperson is your link to AF Bostäder. She or he passes on information and the like to the corridor and is someone you can go to with questions or opinions about your housing. Corridor residents have surely noticed what an advantage it is to have someone at hand who always knows what's up - but of course your foreperson is mainly a regular "corridor mate".

Hannes' beloved salad spinner:

*"You're kidding! They are an absolute must," he proclaims with the biggest smile at Parentesen.*

see page 10

## CONTEST

Answer the questions by the 20th of January by e-mail to [bostad@afb.se](mailto:bostad@afb.se)

Ten lucky winners, each win a prize related to the Food theme. A foldable cutting boards, lunch for two at Ikizukuri, a plastic banana skin, an oil can, a tray with a "Sergels Torg" design, a copy of Studenternas kokbok (*The Student's Cookbook, in Swedish*), a "Daddy Cool" dish brush and finally the salad spinner so beloved by Hannes.

<p><b>Where did the basil plant originate?</b></p> <p>A: Italy B: India C: Indonesia</p>	<p><b>The Customer Service Centre's hours on the first weekday of every month?</b></p> <p>A: 9-18 B: 10-18 C: 9-17</p>
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Cooking can be either a lot of fun or a main pain, depending on what you're cooking, how much time you have, who's doing the cooking and – especially – who is going to be eating. But since we have to have food to survive, we might as well get into it and make cooking fun!

This issue is stuffed with food. We list the best fruits, neighbours open their fridges wide and you find out what to mix into a winner's drink before the big exam. Finally, we've asked a cook to compose a simple "student gourmet" menu for an evening hanging out with your mates in the corridor.

# Corridor menu

Cooking is a tricky art. It takes space and dishes should preferably be adapted to the surroundings. A corridor kitchen is a wonderful place to prepare festive meals. There is a sense of community in the group and enough room for lots of cooks to work at the same time. The supply of utensils and pots and pans can sometimes be hit or miss though.

We asked a cook used to cooking for large numbers but without compromising on quality to compose a menu just a bit above the ordinary. But it also had to be easy to put together in a corridor kitchen.

Tom Olsson's usual job is to cook for 300 people at the Rescue Services College in Revinge. His challenge there is to come up with unusual and interesting meals with relatively few resources and a small budget.

**What makes your dish right for a corridor?**

"It doesn't require a lot of pots and pans or utensils. The meat is oven-roasted without browning, which eliminates the

problem of frying pans that are too small. The couscous doesn't have to boil on the cooker. As long as you have an electric kettle for boiling water and many small pans, you are set. And cold sauces like tzatziki can be made without using the cooker at all."

**Cabbage tzatziki?**

"I think cabbage is a fun but neglected vegetable that's also cheap and packed with vitamins."

Since there is usually more than one oven in a corridor kitchen, one is also used to roast vegetables for the salad. Oven-roasting has a lot of advantages.

"The meat is juicier and

**Lemon and rosemary-roasted hind loin of pork with warm couscous salad with olives and feta cheese, served with cabbage tzatziki.**

doesn't shrink as much. You don't have to watch it in the same way you do when you fry. There's also less clean-up," says Tom Olsson.

**What do you have to think about when serving the meal?**

"Keeping things hot is hard when you are cooking for a crowd, so buffet-style is perfect. The food stays hot even when you go back for seconds and the buffet is nice for everyone."

**Why would students want to cook this particular dish?**

"It's easy to make and takes care of itself in the oven, which gives people time to socialise. It spreads the aroma and taste of summer, which is invigora-

ting. The aromatic tartness of the lemon zest and the strong flavour of the rosemary give the meat a terrific taste kick. The feta cheese and olives lend a piquant flavour to the couscous that lifts the salad through its saltiness."

Your taste buds should be tempted enough by now to start putting the party in motion. You can use the centre-fold of this magazine to create an irresistible poster invitation.

Bon appétit!

## Three tips

- Take your time
- Read through the recipe first
- Always adjust seasonings before serving

## SHOPPING LIST

Serves 10. (Amounts for two)

3 kg hind loin of pork (350g in one piece)

5 lemons (1)

8-10 tsp chopped rosemary

(fresh or dried) (1-2 tsp)

250 g black olives, pitted (50 g)

7.5 dl couscous (1.5 dl)

5 capsicums (1)

3 red onions (1/2 onion)

2 courgettes (1/4)

500 g cubed feta cheese (100 g)

1.25 vegetable stock cubes (1/4 cube)

12 dl plain yoghurt (3 dl)

7.5 dl finely shredded or  
grated cabbage (1.5 dl)

2 bulbs of garlic (1)

2.5 tsp salt (1/2 tsp)

Salt, pepper, olive oil,  
and herbs.

### Instructions:

Make the tzatziki a few hours ahead of the rest. Strain the yoghurt through a coffee filter or a sieve lined with a tea towel. Let stand for at least an hour, preferably longer, so the whey runs off. Shred the cabbage and let it steep in a bowl of saltwater for about an hour. Pour into a colander and drain. Press out all the liquid with your hands. Mix the yoghurt, one bulb of garlic and a splash of olive oil. Add the shredded cabbage. Salt and pepper to taste, add more garlic if desired and a few drops

of lemon juice. Put the tzatziki in the fridge for a couple of hours so the flavours will blend.

Preheat oven to 200 degrees. Cut slits along the top of the meat. Zest the lemons and press a clove of garlic. Mix the lemon zest and garlic with the rosemary and rub into the meat. Make sure the mix is evenly distributed over the slits. Put the meat into an oven-safe dish and roast on the middle rack for 75-104 minutes. It is a good idea to use a meat thermometer – the meat should be 67 degrees in the centre. You can also pierce the meat with a skewer to check for doneness. The juice should be clear, not cloudy-pink. When the meat seems to be done, start by slicing once through the middle

to make sure it is not still pink. Wrap the meat in aluminium foil and let it rest for 10 minutes before slicing the rest.

Cut all the vegetables into chunks and put them in an oven-safe dish. Drizzle with oil and season with salt, pepper and herbs. Roast in the oven for 20-25 minutes (they can also be sautéed on the cooker). Put the couscous in a bowl. Boil water with the stock cubes and 4-6 cloves of garlic. Pour the water over the couscous and cover the bowl with plastic wrap. Let stand for about 10 minutes. Gently mix the vegetables, olives and feta cheese into the couscous. Season to taste with salt, pepper and a little lemon juice before serving.

## Vegetarian alternatives

Substitute carrots, parsnips and beetroots for the meat. Cut into thick, long pieces and mix with the olive oil, lemon zest, garlic and rosemary. Roast in a 200-degree oven until the vegetables are soft and golden. Season to taste with salt and pepper.

## THE SUBJECTIVE LIST OF BEST FRUITS:

(criteria: usefulness, design, taste)

1. Banana – Comes in its own easy-open package. Does not have to be rinsed. That Warhol used it for an album cover says everything about its design.

2. Pear – has a very high lowest level and seldom disappoints. The curvy but austere pear-shape has been the model for many beautiful design creations over the years.

3. Tangerine – A sweet little sugar kick that fits in your pocket. Easier to peel than its big brother the orange.

No. 1

### Delaram Hormozastarabady

#### Delphi

1. Grapes: Like candy but good for you – in the perfect bite-sized packaging
2. Pomegranates: They taste so fantastic, peeling them is worth the effort
3. Cherries: Gorgeous colour and very summery

### Katarina af Sandeberg

#### Vildanden

1. Apples: They're not sticky and they keep a long time
2. Mangos: YUM!
3. Bananas: Easy to take along and you can eat them quietly

### Olof Jönsson

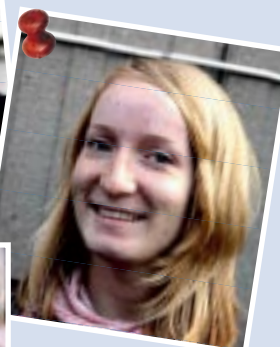
#### Vildanden

1. Tangerines: Small and practical – with no messy, sopping bits left over
2. Apples: Hardy and the cores feed the earth when you throw them away
3. Mangos: They're just so incredibly delicious!

## FRUITY FAVOURITES?



Delaram



Katarina



Olof

## ENERGIDRINK

Is there a shortage in your nutritional intake? Instead of expensive ready-made protein drinks, it's a snap to fix your own:

- 2 eggs
- 1/2 banana
- 2 dl milk

Put two eggs and half a banana in a mixing bowl and whirl with a stick mixer. Add two decilitres of milk and mix until foamy. Pour into a glass and enjoy!

# LOOK INTO MY FRIDGE

Food tells us more than we think. Sure, we check out other people's baskets in the supermarket queue and sure, we are a little embarrassed when we load up on junk food ourselves. The food we buy and keep in the fridge can say a lot about our personalities. We visited three people and their fridges

to see what is hiding behind their insulated white doors and found out what people were going to be cooking that evening. Maybe it's also possible to figure out something about the personalities behind the beautiful smiles?



## Anna Andersson – Flat in Kännärsträtten

Anna shares her flat and the fridge too. That's no problem except for that her flat-mate is two metres tall and has a hard time resisting her chocolate, which she keeps at the top of the door, where Anna tends to forget about it because she doesn't really see it. "What you see here now is the standard contents, plus a little cottage cheese. Cottage cheese has a lot of protein, which is good for me since I'm a vegetarian. Today I am going to make a creamy vegetable salad with pasta. Otherwise I eat a lot of beans and I love mixed vegetable soup. Cabbage is great!" Ingredients tend to move in and out pretty quickly, but: "I was given a ready-made creamy pepper sauce at a welcome party that I still haven't found any use for."

### What's the white stuff in the plastic container?

"Cream cheese. I use it instead of butter on sandwiches. It's good you can buy packages that are little smaller."

"Pasta with creamy vegetable salad"

## Hannes Josephson – Corridor at Parentesen

With a long-suffering voice, Hannes tells us he loves to cook, but only has one shelf in the fridge. And that shelf is really packed. The love of food comes partly from summers spent working as a ship's cook. "Today it's going to be sausage stroganoff with carrots, capsicums, mustard and crème fraiche. I usually make other dishes in large quantities that are easy to heat up, like fish soup and beef stew. I also do that because they are good to have in the freezer, where there is plenty of space."

Hannes cooks for a gang of friends every Sunday at 7 o'clock. He makes his own marmalade, which smells divine.

### You seem like the ideal corridor neighbour?

"No, actually, I think it's the other way around. I take up a lot of space, use a lot of pots and things like that." Before we leave Hannes with the stroganoff, we have time to feel like kitchen rookies when we explain that we don't own a salad spinner or even know what it is. "You're kidding – they are an absolute must!" he proclaims with the biggest smile at Parentesen.

"Sausage Stroganoff"



## Theresa Maska – Corridor at Delphi

"I prefer to cook without a cookbook," Theresa tells us just before she opens the door to her two shelves. Theresa uses Dijon mustard a lot and is addicted to salt. Her fridge is very structured and the inside is still clean and white.

"Using the stuff I have on hand, I'm going to make a mushroom sauce with crème fraiche and jalapeño peppers and serve it with pasta. I like spicy food, but I also like pickled herring, which I pile on my sandwiches any time of the year. It's cheap and delicious."

### What's been here the longest?

"The barbecue sauce, jam and tomato juice Mum gave me. Stuff people give me that I'm not used to using tends to stay around a while."

The corridor seems like a friendly place and it's not unusual for the students to eat or cook together. "Exchange students usually invite people to share food from their home countries too, which we all think is fun and exciting."

"Pasta with mushroom sauce"

# GADGETS

IRRESISTIBLE KITCHEN GADGETS



## Online recipes:

[www.tasteline.com](http://www.tasteline.com)

Very broad, extensive and interesting content. You can enter what you have in the fridge and get recipe suggestions. Even recalculates quantities of ingredients for the number of servings you want.

[www.vegetariskt.com](http://www.vegetariskt.com)

Vegetarian food only. Based on readers' own recipes.

[www.arla.se](http://www.arla.se)

High quality throughout. Good search function.

[www.dagensmuffin.se](http://www.dagensmuffin.se)

642 muffin recipes. Say no more.

## Scones!

Probably the best England has given the world in the way of food. In only half an hour and using the simplest of ingredients, you will have everything you need for a perfect Sunday interlude with friends. To make the atmosphere a bit more upscale, add English marmalade, some vodka cheese and a cup of tea.

8 dl flour, 1 tsp salt, 4 tsp baking powder, 100 g margarine, 3 dl milk. Mix the flour, salt and baking powder. Cut the margarine into the dry mixture. Add the milk and stir in quickly. Form into four balls and lightly flatten them on a baking sheet. Cut a cross in each. Bake for 10 minutes at 250 degrees.

### Tray

Underestimated gadget, perfect for an evening snack in front of the TV. Inspired by the Sergels Torg pattern. SEK 290 [www.designorget.se](http://www.designorget.se)



### CHOP 2 POT

Foldable cutting board that guarantees the chopped onion will end up in the frying pan! SEK 189 [www.bluebox.se](http://www.bluebox.se)



### Daddy Cool

This dish scrubber is a colourful addition to the sink and makes cleaning pots almost fun. SEK 160 [www.favoritsaker.se](http://www.favoritsaker.se)



### Reful

Elegantly designed cooking oil can inspired by the workshop. SEK 59 [www.ikea.se](http://www.ikea.se)



### Banana keeper

A future classic that keeps the world's best fruit in royal style. SEK 90 [www.designorget.se](http://www.designorget.se)



**VARI/WHERE:**



**NÄR/WHEN:**