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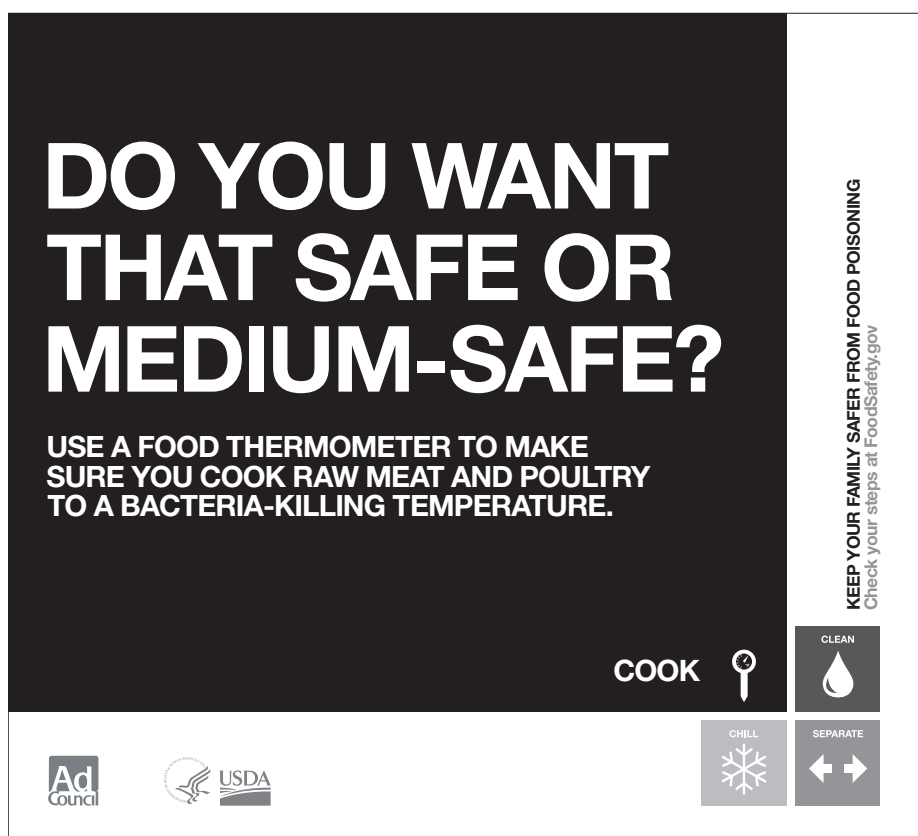
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HYGGE

A word that wraps you in **warmth**

BY CAMILLA MORTENSEN

Hygge. It's a noun. It's a verb. In Denmark, it's a way of life. When I think back on my childhood, growing up in a Danish household, the word *hygge* conjures memories of sitting on the sofa curled up with my dog, sipping hot chocolate in the glow of candlelight while it rains outside.

These days I'd probably spike the hot chocolate and turn it into an adult beverage.

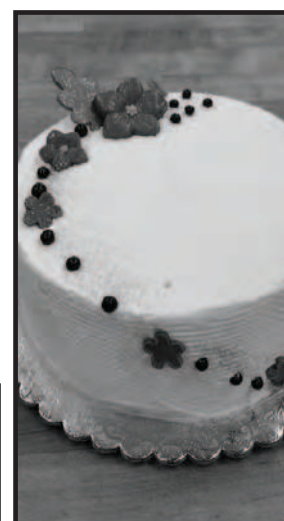
The most common American translation I come across of the Danish concept of *hygge* is "cozy" or "coziness," but it's one of those terms that is so much a feeling and a way of life that it's hard to put into non-Danish words. But because Danish is both a difficult language to spell and pronounce, I'll stick with cozy.

Food can be *hyggelig* (the adjective form of *hygge*), cozy and comforting. It may be because we relate it to our childhood, or because someone we love once made it for us. One person's cozy may be utterly foreign to another. I feel *hyggelig* when I eat *gravad lax* (salt, sugar and dill-cured salmon) with mustard sauce. Someone else's *hyggelige* might be masala, cinnamon rolls or even meat you butchered yourself.

The theme for this Winter Chow is *hygge*, so whatever your *hygge* is in this cold rainy Oregon January, sit down, eat up and be happy. ■

CHOW EDITOR: RACHAEL CARNES

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