



HYGGE: HOO-GA

Hygge, a concept that originated in Denmark, refers to a feeling of contentment or well-being. It has been coined the act of being “consciously cozy.” Hygge may be felt while conversing with friends, tasting a savory dish, sipping tea or cocoa, enjoying the smell of a fireplace or watching the flicker and glow of candlelight. Hygge has a place in the hustle and bustle of Princeton’s campus. How do you hygge?



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Campus Dining

1. GOURMET HOT CHOCOLATE

(serves 4) Recipe by Rick Martinez (Bon Appétit)

INGREDIENTS

3 tablespoons cocoa powder
3 cups whole milk
6 ounces semisweet chocolate, finely chopped

3 tablespoons demerara or granulated sugar
lightly sweetened whipped cream

INSTRUCTIONS

Bring $\frac{3}{4}$ cup water to a simmer in a medium saucepan over medium-high heat. Whisk in 3 Tbsp. cocoa powder until no lumps remain, then add milk and return to a simmer. Whisk in chocolate and sugar and cook, whisking frequently, until mixture is smooth and creamy and chocolate is melted, about 5 minutes. Divide hot chocolate among mugs. Top with whipped cream and dust with cocoa powder.

2. HOMEMADE CREAMY TOMATO SOUP

(serves 4) Recipe by Nora (A Clean Bake)

INGREDIENTS

2 tablespoons extra virgin olive oil
1/2 teaspoon garlic powder
1/2 teaspoon red pepper flakes

1/2 teaspoon chili powder
1/4 teaspoon onion powder
4-5 cups tomato puree

15 ounces unsweetened full fat coconut milk (1 $\frac{3}{4}$ cups)
1/8 teaspoon salt or to taste
1/8 teaspoon freshly ground black pepper or to taste

INSTRUCTIONS

Heat the oil in a stockpot. Add all of the spices except the salt and pepper, and fry until fragrant. Add the crushed tomatoes to the pot, stir to combine and bring to a simmer and cook 5 more minutes. This allows the flavors to mingle a little. Stir in the coconut milk. Taste and adjust spices to your preference. Serve immediately, or store in an airtight container in the fridge for up to five days or in the freezer for up to a month.

3. BUTTERNUT SQUASH WITH SMOKED SWEET PAPRIKA

(serves 6) Recipe by What's Cooking

INGREDIENTS

1 large butternut squash
1 teaspoon smoked sweet paprika
1 teaspoon garlic powder

1 teaspoon onion salt
1 teaspoon fresh ground black pepper

2 teaspoons balsamic vinegar
3 tablespoons extra virgin olive oil

INSTRUCTIONS

Preheat oven to 375°. Cut ends off butternut squash, peel, and slice lengthwise. Remove seeds and chop into 1 inch cubes. In a medium bowl, combine spices, oil and vinegar into a paste. Add squash and toss until coated. Arrange the squash cubes in one layer in a roasting pan. Roast for 20 minutes, toss once, and cook for an additional 25 minutes or until the squash is browned and is tender throughout.