

# DENMARK THROUGH GASTRONOMY

## Land of Gastronomic Wonder

In Denmark, we look for a touch of magic in the ordinary, and we know travel is more than ticking sights off a list. It's about finding the wonder in the things you see and the places you go.

One of the wonders we at VisitDenmark are particularly proud of is our gastronomy. With this itinerary we invite you to experience Denmark through your tastebuds.

Denmark is home of the New Nordic cuisine, and we have a little something for everyone, whether you like salty or sweet food, salt licorice, lobsters or herring, and of course, we have plenty of drinks to offer too! Bon appétit!



# Denmark and its regions



## Geography

- The smallest of the Scandinavian countries
- The southernmost of the Scandinavian countries
- Only has a physical border with Germany
- Denmark's regions are: North, Mid, West and South Jutland, Funen, Zealand, and North Zealand and Copenhagen

## Travel distances

- Copenhagen to Odense: Under 2 hours by car
- Odense to Aarhus: Under 2 hours by car
- Aarhus to Aalborg: Under 2 hours by car

## Facts

- [Video Introduction](#)
- Denmark's currency is the Danish Kroner
- Tipping is not required
- Most Danes speak fluent English
- Denmark is one of the happiest countries in the world and Copenhagen is one of the world's most liveable cities
- Denmark is home of 'Hygge', New Nordic Cuisine, and LEGO®
- Denmark is easily combined with other Nordic countries
- Denmark is a safe country
- Denmark is perfect for all types of travelers (family, romantic, nature, bicyclist dream, history/Vikings/Royalty)
- Denmark has a population of 5.7 million people

# All you need to know about Danish food

**01:** What is special about Danish food?

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# What is so special about Danish food?

Here in Denmark, we place a high emphasis on quality – in preparation and in taste. Whether you are at a Michelin restaurant or in a Dane's home, you will notice a distinct focus on sustainability, creativity and on the meal as a social event.

In 2004, several Nordic chefs developed and signed [The Nordic Kitchen Manifesto](#). The manifesto contains 10 sections, covering purity, seasonality, ethics, health, sustainability and quality in the future development of the Danish food scene.

One of the chefs behind the manifesto is the world-famous chef René Redzepi from [noma](#). Curious about sustainability at Danish restaurants? Check out [this guide](#) to Denmark's most sustainable restaurants.

noma is certainly one of the crown jewels of Danish gastronomy. Since the restaurant opened in 2003, it has won World's Best Restaurant four times, for constantly challenging the norm in Danish and global cuisine.

Denmark is Scandinavia's gourmet food powerhouse with a total of **32 Michelin Stars** and 25 star-studded restaurants to choose from. See the full list of mouth-watering gastronomy experiences [here](#).



© Giuseppe Liverino

# Denmark's foodie experiences

There are many different ways of experiencing Denmark through our gastronomy. Here are just a few!

## Go on a food tour

There are many exciting food tours placed all around Denmark. Go and taste the local food in its natural habitat. More on that later in this itinerary...

## Choose a hotel with a great restaurant

A list with recommendations on hotels in Copenhagen with great restaurants can be found right [here](#).

## Take a cooking class

There is no better way to get to know a cuisine than to learn how to cook it yourself! That could either be a class in:

- [Sourdough bread baking like a Dane with Claus Meyer](#)
- [Smørrebrød with Hahnemanns](#)
- [Authentic Danish and Nordic dishes with CPH Cooking Class.](#)



# A taste of traditional Danish food



© Mette Johnsen

## Wash it down with a beer

You might know beer breweries like Tuborg and Carlsberg, but we have a [long list of great local breweries](#) and different craft beers for you to try. And why not try a traditional aquavit while you are at it? Skål!



© Niclas Jessen

## The sea is our larder

You're never far from a delicious supply of fresh seafood. Because of that, freshly-peeled prawns, locally-caught herrings and delicious oysters found in the sand play important parts in traditional Danish cuisine.



© Maria Nielsen

## The answer is cake

There is a cake for every occasion and every point of the compass in Denmark. Do you know your snegle from your spandauer? Your småkager from your kransekager? We've prepared the most delicious guide to take you through it [here](#).



© Maria Nielsen

## Hot dogs and hog roasts

There are more pigs than people in Denmark, and many Danish dishes are based on pork. To name a few is the traditional hotdog, *stegt flæsk* and roast pork, our traditional Christmas dinner. Learn all about our eight traditional dishes [here](#).



© Maria Nielsen

## The topless sandwich

Smørrebrød, are perhaps the most famous Danish food. These slices of rye bread have various combinations of toppings such as pickled herring, roast beef, and eggs topped with mayo and shrimps. These handy lunch item have had a facelift in recent years and are now hipper than ever.

# Copenhagen

The food scene in Copenhagen is versatile and colorful. Here you can find everything from Michelin restaurants, to cosy communal dinners, to vibrant street food markets. These are some of the best food experiences Copenhagen has to offer:

## [noma](#)

The internationally-acclaimed restaurant noma is the crown jewel at the Danish food scene. Getting a table at one of the world's best restaurants is not so easy. But for those who book ahead, you're in for an extraordinary culinary experience.

## [AMASS](#)

Out on the rustic and industrial Refshaleøen area, you'll find the gourmet restaurant Amass, headed by former noma Head Chef, Matthew Orlando. It's a frontrunner in sustainable cooking.

## [Absalon Church](#)

Absalon Church is a kind of community centre that hosts many different events for all ages, from pottery to bingo. They also host a communal dinner every night, which is a perfect local experience for those who want to dine with the Danes.

## [The Meatpacking District](#)

Originally home to the Copenhagen meat industry businesses, 'Kødbyen' has changed into a new and creative cluster with galleries, nightlife and restaurants.

## [La Glace Konditori & Hart Bakery](#)

La Glace and Hart Bakery are two examples of your new favourite spots, if you are looking for Danish pastry heaven.

## [Mikkeller Bar](#)

At the original Mikkeller Bar you find craft beer on tap from Mikkeller and the world's best breweries, along with cheese, snacks, meats and a special bottled beer selection.

© Giuseppe Liverino



© Giuseppe Liverino



© VisitCopenhagen, Ditte Isager, noma



# Copenhagen

## Cofoco restaurants

Cofoco is a chain of 13 restaurants placed around Copenhagen. Cofoco offers a great menu of New Nordic dishes made from Danish ingredients, and a visit here is a great value for money and won't break your bank account.

## Food Tours Copenhagen

If your time in Copenhagen is short, go with Foods of Copenhagen on a walking or biking food experience and explore the 'real' Copenhagen. Learn about Copenhagen's history and why the gastronomy scene is a must-visit for travelers and foodies.

## Reffen Street Food Market

At Reffen – Copenhagen Street Food gastronomy and entrepreneurship, craft and culture, intimacy and community all come together. With 6000 m2 as a playground 50+ keen chefs and creative artisans share their great passion for food and craftsmanship. At the same time, it's a place where local Copenhageners take active part in the development of the area and weekly events bring both locals and foreign visitors together.

## Find a restaurant that fits your needs and budget with these different guides

Whether you are into bistros or Michelin-starred restaurants, you will find it in Copenhagen. The restaurant scene is among the world's most distinct and innovative, and it caters to all budgets, tastes and situations. On Copenhagen's menu is delicious food from all over the world and a strong focus on making exquisite meals from local ingredients in season.



© Kim Wyon



© Chris Tønnesen



© Astrid Maria Rasmussen

# Bornholm

The island's vibrant transformation to a diverse gastronomic hotspot, is largely thanks to the locals who've gone back to their roots and drawn economic strength from Bornholm's beautiful and fertile natural landscapes. So not only is it a tasty place to visit, but you'll find no better place to get up close to local artisans and food producers in their natural habitat!

Here is a list of some of the best food experiences, Bornholm has to offer:

## Restaurant Kadeau

Kadeau has kick-started Bornholm's food revolution, with its menu of locally sourced seasonal produce showcasing the very best ingredients from the island. If you get a chance to try a meal here, you'll not only get to savour local food and drink, but also eat from local tableware, surrounded by local designs

## The traditional smokehouses

The traditions of smoking fish have passed down from the very first smokehouse that opened on the island in 1866. Fish is smoked over the fragrant embers of alder wood fires and you can buy or taste from the experts themselves at the cafés and shops attached to the island's smokehouses.

## The local liquorice giant at Svaneke

The local liquorice giant is not a mythical creature (though that would be pretty cool). It's Johan Bülow! You might have sampled his exquisite liquorice treats, Lakrids, which you can buy (almost) everywhere. But it all started here. In 2007, Johan Bülow opened his first Lakrids store in the previously fishing-dependent village of Svaneke, now the ultimate place to satisfy your sweet tooth.

© Niclas Jessen



© VisitCopenhagen/Marie Louise Munkegaard, Kadeau



Kadeau



Gudhjem



© Kristina Bosjanoks

# Funen

Funen is not only home to the great fairy tale writer H. C. Andersen, but also to a very special food scene, that offers everything from traditional restaurants, to fish from smokehouses, to Danish Wine and whiskey.

Here is a list of some of the best food experiences, Funen has to offer:

## Restaurants in Odense

The restaurant scene in Odense has really evolved over the last 5 years. Reportedly they now have more restaurants per inhabitant than any other Danish city. The selection is varied and offers something for everyone; from traditional Danish to authentic Japanese, large bistros and gourmet restaurants.

## The art brewery Far & Søn

At Far & Søn (means farther & son), they brew beer in the traditional way, that was done before the industrialization of Denmark. They make five great beers, which go fantastically with the New Nordic cuisine.

## Falsled Kro

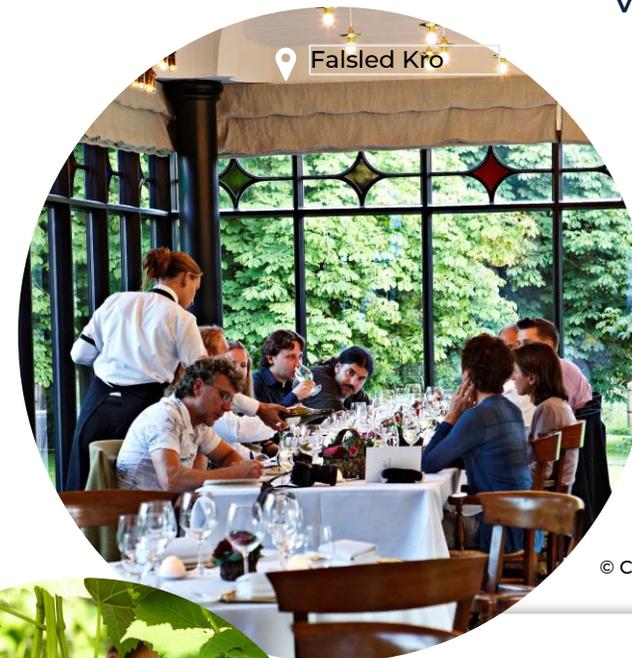
This inn's history goes way back, and the old, beautiful village inn is today internationally acclaimed for its gastronomy and heart-warming service.

## The island of Ærø

The island of Ærø is often called the island of romance. Prepare to fall in love with the cobblestoned streets and colourful houses – and the fact that they have their own whiskey breweries and smokehouses doesn't hurt!

## Many different vineyards

Funen is home to many of Denmark's vineyards? You didn't know that we produce wine? Well, we do, and we are quite good at it. Go and taste for yourself!



© Claes Bech-Poulsen



© Niclas Jessen



# The West Coast of Jutland

The West Coast of Denmark is nothing like the rest of Denmark. The wild coastline invites you to breath in the fresh smell of the sea, but also to walk out directly into the water, to collect your dinner. Go here, when you need a breather from the city and enjoy some of Denmark's most beautiful views.

Here is a list of some of the best experiences, the West Coast has to offer:

## The Wadden Sea

The Wadden sea is a part of UNESCO World Heritage and definitely worth a visit.

## Oyster Safari

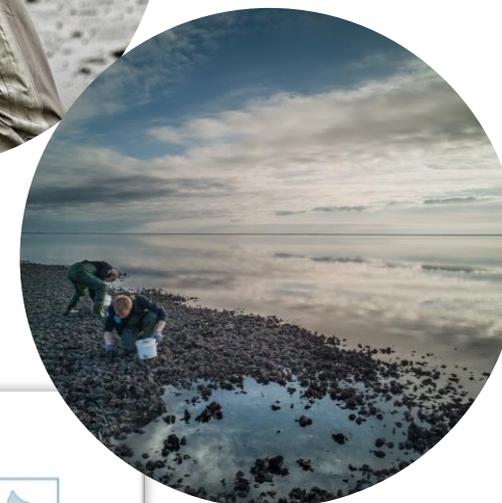
A must do if you are a foodie on the West Coast, is to go on an oyster safari. An oyster safari is a walk along the coastline, picking oysters directly from the water, opening them and eating them right then and there. A delicious and even sustainable activity! There are different guided tours to choose from, and if you are lucky, the guides will even bring a bottle of Champagne to accompany the oysters with.

## Henne Kirkeby Kro

One hour outside of the charming town of Ribe, you find this very special inn. It is small and cozy with only 12 rooms and is also home to one of the country's best restaurants, which has 2 Michelin stars. They have a sincere focus on using local resources, and even have their own 4.000 sqm kitchen garden. The inn is situated in the most beautiful surroundings, perfect for a recreational trip away from city life.



© Red Star / Nationalpark Vadehavet



© Vadehavscenret



# The Aarhus Region

Aarhus is home to both four Michelin restaurants, several vibrant restaurants and street food markets.

The Nordic Kitchen offers newly caught fish from the Aarhus bay, local delicacies, vegetables from the island of Samsø, and fresh produce from the neighboring Djursland peninsula.

## Home to 3 Michelin restaurants

Aarhus is the gastronomic capital of Jutland and the menus at the Michelin restaurants – Frederikshøj, Gastromé and Domestic – include both the new Nordic Cuisine and French cuisine, and they distinguish themselves by being classic, modern, and experimental all at the same time.

## Vibrant food markets

Aarhus is home to several different food markets. A visit to the vibrant Aarhus Street Food Market is mandatory, and if you have a Sunday morning free, we recommend a stroll through the colorful Ingerslev Market.

## Cold Hand Winery

Between the cities Randers and Viborg you find Cold Hand Winery, situated in idyllic and rural surroundings. Here you find some of Denmark's most popular fruit wine. A wine tasting here is always a good idea, and you can even spend the night surrounded by chestnut trees and apple trees at their camp: Camp Back To Nature.

## Food walks

Food Walk offer guided gastro tours in Aarhus, where you get to explore the city while tasting it. The guides tell you stories about Aarhus and take you to various eateries where you can meet the owners and taste the local specialties.



© VisitAarhus/Runi,  
Natteliv og udendørs hygge i Aarhus



# North Jutland

North Jutland is abundant with taste experiences and specialties, all awaiting your arrival. Mussels, crabs, herring, lobster and lots of other specialties are caught freshly from the local seaside. Nature has always been part of the menu here and the entire region is abundant in these delicious and fresh ingredients.

Here are some of the best food experiences from the region:

## Restaurant Tabu

Restaurant Tabu delivers gourmet food accompanied by delectable wine without getting too pricey. Quite appropriately, you can find them at the heart of Aalborg.

## Svinkløv Badehotel

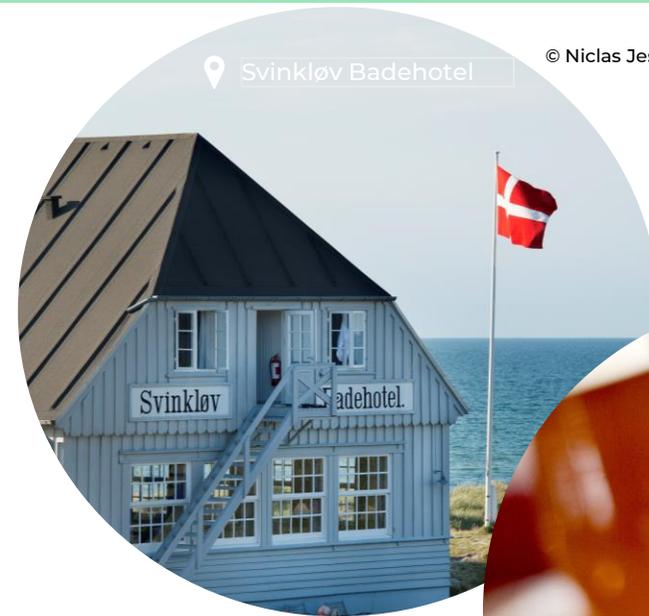
Right by the water, on the edge of the sand dune is Svinkløv Beach Hotel. A place to stay and relax in the middle of nature. Wake up to a view of the dunes, the forest, the beach, and the North Sea. As if this wasn't idyllic enough, the hotel is also home to the world's best chef, who will make sure, that your tastebuds will sing of joy.

## Læsø Salt

On the small island of Læsø in the middle of Kattegat, on North Jutland's east coast, you can explore the seething of salt, something that has been done here since the middle-ages. Seething salt is a specialty of North Jutland and tastes amazing. The Læsø Saltworks is open all year and entry is free.

## Skagen

In Skagen you will find Skagen Fish Auction, which mainly deals in lobsters and herring. Experience how fish is being dealt with as a product and enjoy the salty taste of Northern Denmark, straight from the sea. Are you looking for a good deal, then meet the fishermen at the harbour and buy some of the freshly caught fish.



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## Hungry for more?

For VisitDenmark's food pages, please click [here](#)

For VisitDenmark's Travel Trade website, click [here](#)

You're always welcome to contact us on our Travel Trade email:

[travelagent@visitdenmark.com](mailto:travelagent@visitdenmark.com)



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