

Stilton Literary Agency



Irresistibly tasty Stews!

Original title: Skikkelig gode gryter
Publisher: Frisk Forlag 2026
Non Fiction / Cookbook

Everyone loves stews! Choose between 90 irresistible recipes!

Welcome to Ina Janine's world of stews where you'll find anything from traditional to slightly exotic stews. From slow cooked to everyday stews that you can make in less than thirty minutes. All-in-one (one pot) where the whole dish is prepared in one and the same pot. Stews with meat, chicken, seafood or just vegetables, pasta, rice or potatoes. Spicy and less spicy stews and stews for all seasons.

In ***Irresistibly tasty Stews***, you can choose between 90 recipes that can be used all year round, for everyday life and for celebrations and parties. Explained with step-by-step instructions and using ingredients you can find in most grocery stores.

Ina Janine Johnsen

As a trained chef, she has spent more than 10 years sharing recipes that are beloved by many on her blog Mat på Bordet. She has written several bestselling cookbooks, in addition to inspiring over 100,000 followers daily on Instagram.

Ina-Janine was born in Germany and has lived in Canada, the US, Switzerland, and the UK, but now lives in Oslo, Norway.

In addition to being a chef, Ina-Janine is also a licensed interior architect.

Other titles

Irresistibly tasty Cakes (2025)
Irresistibly tasty Salads (2024)
The Potato Cookbook. A love letter (2021)
No-Kned Baking (2019)