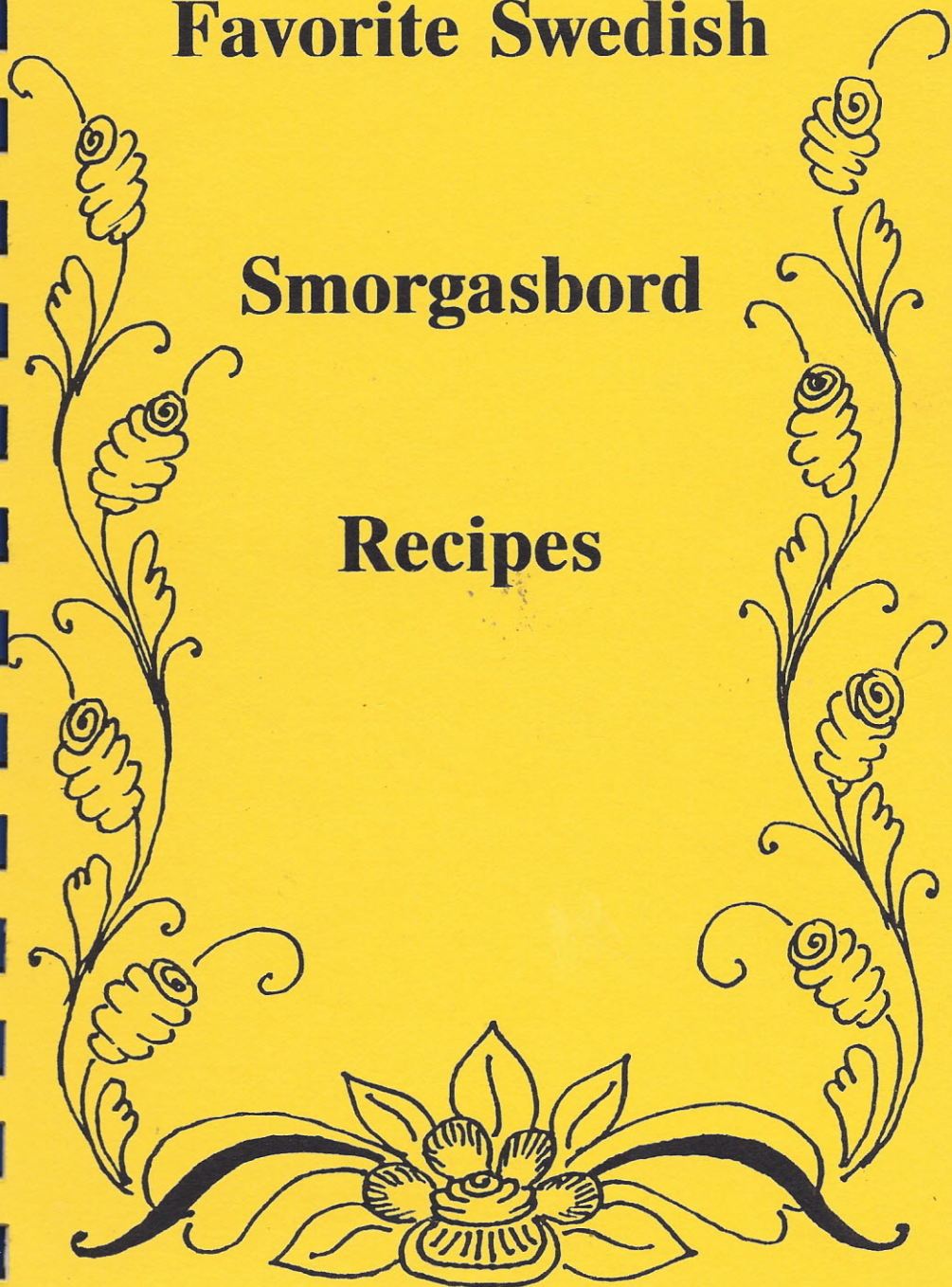


Favorite Swedish

Smorgasbord

Recipes



INTRODUCTION

A smörgåsbord (pronounced smürr-göäss-böörd) can never be too big. And, because it really cannot be too big, this gigantic feast is a symbol of appetite unleashed, to the point of gluttony for some. It has so captured the imagination of non-Scandinavians that it is imitated throughout the world. Today, away from its homeland, the smörgåsbord is a customary way of offering everybody a little of everything.

In Sweden, the country of its origin, the smörgåsbord (which translates as the "bread and butter table") remains pure in concept. Traditionally, it is a carefully arranged feast, a source of family pride when prepared at home, and national pride when laid out in a restaurant. It is comprised of many of Sweden's finest delicacies, whose roots reach deep into the past.

The smörgåsbord must be experienced by four of our five senses: sight, smell, taste and feel. Start with your sight. Step back and take a good look at everything you see. Let your eyes wander over the table settings, the colors and shapes; the reds, the greens, the glistening silver. Now step forward and bring your sense of smell into play. Breathe in the scent of spice pepper, cloves, dill and the tantalizing smell of the hot dishes. Now you have attained the proper psychological state for attacking the smörgåsbord. But, where to begin?



Begin with the herring. Your initial plate must be of salted and heavily spiced herring. Add to your plate a boiled potato, a spoonful of sour cream, some chopped raw onion and finely chopped chives. Follow this with a slice of bread and butter and a few slices of hard cheese. Having cheese to start off a meal may seem barbaric. But, the cheese has its place; it cleanses the mouth of the taste of each different type of herring and prepares the taste buds for the next one. Now, a good piece of advice. Take just a little on each plate. A smörgåsbord is made up of several different courses.

The first rich plateful is now to be followed up by a balancer - a milder one. This time you choose the various fish dishes. A brief rule of thumb: fish before meat, cold before hot. If you keep that in mind the smörgåsbord will be easier to conquer.

The third plate is devoted to cold meat cuts. This plate also includes pickles, cucumber, various salads and cold sauces. It may be a good idea to do this course in two rounds.

A new delight awaits you - the tasty hot dishes. The most unusual of these is Janssons Frestelse, or in English, Jansson's Temptation. Actually, it is a potato dish in which strips of potato are flavored with fillets of anchovy, onion, cream, salt and pepper. This is a remarkable dish in many ways but the most remarkable thing about it is that it goes well with meatballs and the other hot dishes.

To round it all off comes dessert. Your body is now craving for fresh fruit and something sweet. With that you have enjoyed the smörgåsbord, attacking it correctly. Now all that remains is a cup of coffee. Enjoy your meal.


*This cookbook is dedicated
to the memory of
Don Gustafson*


Abbreviations used in this book:

Tbsp. = tablespoon

tsp. = teaspoon

pkg. = package

qt. = quart

lb. = pound

pt. = pint

oz. = ounce

All temperatures are given in degrees Fahrenheit.

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If you wish to order additional cookbooks for family or friends, please write to:

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Herring Sill

Herring in Sherry Pickle

Sherrysill

2 salted herring, filleted and skinned	$\frac{1}{2}$ cup sugar
$\frac{1}{3}$ cup sherry wine	$\frac{1}{4}$ tsp. ground allspice <u>or</u>
$\frac{1}{4}$ cup water	3 allspice berries, crushed
3 Tbsp. vinegar	2 onions, thinly sliced
	fresh dill, chopped

Cover herring with cold water; soak for 24 hours. Drain and rinse. Place in a non-metallic bowl. Combine sherry, water, vinegar, sugar and allspice. Pour over herring. Refrigerate for about 24 hours. Serve garnished with sliced onions and dill.

Pickled Herring

Inlagd sill

salted herring	1 bay leaf
1 cup vinegar	2 Tbsp. whole allspice
1 cup water	sliced onions
$\frac{3}{4}$ cup sugar	

Stir all ingredients together, except herring and onions. Bring to a boil and simmer for about 10 minutes. Set aside and let cool overnight. Next morning, add sliced onions (as many as you like) and your cut-up salted herring that has been soaked overnight, skinned, and filleted. Enjoy after a few hours in brine.

Herring**Herring in Mustard Dill Sauce***Senapsill*

5 herring. Fillet and soak overnight. Cut into small pieces and add to the sauce.

Sauce:

2 Tbsp. Swedish mustard or Dijon mustard	½ tsp. salt 1 tsp. dill
1 Tbsp sugar	⅓ cup salad oil
1½ Tbsp. wine vinegar (white)	

Marinate for several days to make it tasty.

Bread

Bröd

Swedish Rye Bread

Limpa

(This recipe makes one loaf and is adapted to use in your Cuisinart machine.)

1 Tbsp. grated orange peel	$\frac{1}{4}$ cup water
1 tsp. fennel seed	1 cup buttermilk
1 tsp. salt	1 pkg. yeast
3 Tbsp. butter	1 cup rye flour
$\frac{1}{4}$ cup molasses	$2\frac{1}{2}$ cup white flour
1 Tbsp. brown sugar	

Combine the first seven ingredients in a pan and bring to a boil. Add 1 cup of buttermilk, stir, then add 1 package of yeast. Let the yeast dissolve and foam. In your Cuisinart bowl, put 1 cup of rye flour and 1 cup of white flour. Gradually pour liquid in and mix well. Add another $1\frac{1}{2}$ cups of white flour, $\frac{1}{2}$ cup at a time. Mix well until it forms a ball. Put in a greased bowl and let it rise to double size. Punch it down and let it rise again. Knead into a round loaf and put it in a greased pie plate. Let it rise to double size. Bake in oven at 350° for 45 minutes or until done. After the bread is out of the oven, baste it with some molasses mixed with a little hot coffee.

Swedish Limpa Bread

Limpa

1 envelope dry yeast ($\frac{1}{4}$ oz.)	$1\frac{1}{2}$ tsp. caraway seeds
$\frac{1}{4}$ cup warm water (110°)	$1\frac{1}{2}$ tsp. fennel seeds
2 cups milk, scalded, cooled	$1\frac{1}{2}$ tsp. anise seeds
$\frac{1}{2}$ cup dark molasses	grated peel of 1 orange
$\frac{1}{2}$ cup vegetable oil	$1\frac{1}{2}$ cups stirred rye flour
$\frac{1}{2}$ cup packed brown sugar	5-6 cups all-purpose or bread flour
$1\frac{1}{2}$ tsp. salt	

In a large bowl stir yeast into warm water; let stand 5 minutes to soften. Stir in milk, molasses, oil, brown sugar and salt. Crush caraway, fennel and anise seeds in a mortar and pestle, or pour into a plastic bag and pound with a hammer. Add crushed seeds, orange peel and rye flour to yeast mixture. Beat until smooth. Adding 1 cup at a time, beat in enough all-purpose or bread flour to make a stiff dough. Turn onto a lightly floured board. Cover with a dry cloth; let stand 5 to 15 minutes. Wash and grease bowl; set aside. Grease 2 round 8" or 9" cake pans; set aside. Adding flour as necessary, knead dough until smooth, about 10 minutes. Place in greased bowl, turning to grease all sides. Cover and let rise in a warm place until doubled in bulk, 1 to $1\frac{1}{2}$ hours. Punch down dough; divide in half. Shape each half into a round loaf. Place loaves, seam side down, in prepared pans. Cover and let rise until doubled in bulk, about 1 hour.

Preheat oven to 375°. Bake 35 minutes or until loaves sound hollow when tapped with your fingers. Turn out of pans; cool on a rack. This recipe makes 2 loaves.

Suggestion: Bake on rack in lower third of the oven.

Swedish Limpa

Limpa

3 cups unsifted white flour	$\frac{1}{2}$ cup water
2 $\frac{1}{2}$ cups unsifted rye flour	2 Tbsp. molasses
$\frac{1}{4}$ cup sugar	2 Tbsp. margarine
1 Tbsp. salt	1 cup chopped raisins
2 pkgs. dry yeast	1 Tbsp. grated orange peel
1 $\frac{1}{2}$ cup milk	

Combine flours. In a large bowl mix 2 cups flour mixture, sugar, salt and undissolved yeast. Combine milk, water, molasses and margarine in a saucepan. Heat over low heat until liquids are very warm (120°-130°). Margarine does not need to melt. Add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add $\frac{3}{4}$ cup flour mixture. Beat at high speed for 2 minutes, scraping bowl occasionally. Stir in raisins, orange peel and enough additional flour mixture to make a stiff dough. (If necessary, add additional white flour to obtain desired dough consistency). Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Cover with plastic wrap, then a towel. Let rest 20 minutes. Divide dough in half. Form each half into a smooth round ball. Flatten each ball into a mound, 7" in diameter. Place in 2 greased 8" pie pans or on greased baking sheets. Brush loaves with oil. Cover loosely with plastic wrap. Refrigerate for 2 to 24 hours.

When ready to bake, remove from refrigerator. Uncover dough. Let stand at room temperature 10 minutes. Puncture any gas bubbles with a greased toothpick or metal skewer. Bake at 375° 35 to 40 minutes, or until done. Remove from baking pans or sheets and cool on wire racks. If desired, brush with melted margarine.

Margaret's Swedish Limpa

Margarets limpa

1 Tbsp. fennel seed	1 qt. buttermilk
2 Tbsp. orange rind	2 pkgs. Fleischmann's yeast
1 Tbsp. salt	3 cups rye flour
1 cup water	8-9 cups white flour
1 cup Brer Rabbit dark or light molasses (whichever you prefer)	

Put the first five ingredients in a pan and bring to a boil. Boil for a few minutes. Add 1 quart of buttermilk and stir well. You will find that the temperature is just right now to add 2 packages of Fleischmann's yeast (the only kind I can get to work right). Let this set for awhile until yeast dissolves. Add 3 cups of rye flour, beat well, then add enough white flour (8-9 cups) to make a workable dough. Put on a floured board and knead well. Put in a greased bowl or pan and let rise in a warm place until double. Punch down and let rise again. Divide dough into six parts. Knead into round balls. Put the balls of dough in round greased pie plates or on a cookie sheet. Let rise to double size. Bake at 375° for about 30 minutes or until done. When you take the bread out of the oven, baste it with a mixture of molasses and a little hot coffee (a good swede always has the coffee pot on) or a little hot water. Enjoy!

Swedish Rye Loaves

Rågbröd

2½ cups medium rye flour	2 cups water
2 pkgs. dry yeast	¼ cup unsulphured molasses
⅓ cup firmly packed brown sugar	¼ cup butter or margarine
1 Tbsp. salt (or scant)	4-5½ cups all-purpose flour or bread flour

Lightly spoon flour into measuring cups; level off. Combine rye flour, yeast, sugar and salt in a large mixer bowl; blend.

Heat water, molasses and butter in saucepan over low heat until very warm (120°-130°F). Add to rye flour mixture. Blend at low speed until moistened. Beat 2 minutes at medium speed. Stir in 3½-4 cups of all-purpose flour to form a sticky dough. Knead dough, adding flour (½-1½ cups) until dough is smooth, pliable and no longer sticky (about 5 minutes). Place dough in greased bowl; turn over to coat bottom; cover. Let rise in warm place until light and not quite doubled in size, about 45-60 minutes. Grease two 9" x 5" pans. Punch down dough; divide into two parts. Shape into loaves and place in loaf pans. Cover; let rise in warm place until light but not quite doubled in size, 30-40 minutes. Bake at 375°F. for 25-35 minutes until loaf sounds hollow when lightly tapped. Immediately remove from pans; cool on wire racks.

Salads

Sallader

Herring salad I

Sillsallad

1 cup pickled herring -
finely diced
2 cups boiled potatoes -
finely cubed
2 cups pickled beets - finely
cubed
 $\frac{1}{2}$ cup apple - finely chopped
 $\frac{1}{8}$ cup onion - finely
chopped

$\frac{1}{2}$ cup dill pickles - finely
chopped
1 Tbsp. dill weed
1 cup heavy cream, whipped
and seasoned with a little
beet juice
Garnish: 2 hard boiled
eggs - finely chopped

Mix all ingredients together except the eggs. Pack in a salad bowl and decorate the top with finely chopped, hard boiled eggs.

Herring Salad II

Sillsallad

1 salt herring
 $1\frac{1}{2}$ cups diced, boiled
potatoes
 $1\frac{1}{2}$ cups diced, pickled beets

$\frac{1}{2}$ cup diced apple
 $\frac{1}{8}$ cup diced, pickled
cucumber
 $\frac{1}{4}$ cup chopped onion

Dressing:

$\frac{1}{4}$ cup white vinegar
2 Tbsp. sugar
dash of pepper
 $\frac{1}{2}$ cup heavy cream (optional)

Garnish:

hard-boiled eggs
 $\frac{1}{2}$ cup heavy cream
parsley

Fillet fish and soak overnight in cold water in a cool place, preferably refrigerator. Remove small bones and skin from herring. Rinse and drain, then dice the herring. Mix all ingredients for salad in large bowl thoroughly, but carefully. Shake ingredients for dressing. Let stand for a few minutes. Pour dressing over salad. Blend gently. If desired, $\frac{1}{2}$ cup whipped cream may be added. Pack into glass bowl or mold, rinsed in cold water. Chill in refrigerator. Serve as smörgåsbord dish from bowl or unmolded, garnished with hard-boiled eggs, whipped cream and parsley.

Potato and Herring Salad

Potatis och sillsallad

Place in large bowl and toss gently:

2 cups diced boiled potatoes	1 Tbsp. minced parsley
1 $\frac{1}{4}$ cups diced marinated or pickled herring fillets	1 Tbsp. minced chives
$\frac{3}{4}$ cup chopped celery with leaves	6 Tbsp. cultured sour cream
	1 $\frac{1}{2}$ Tbsp. lemon juice
	$\frac{3}{4}$ tsp. paprika

Serve chilled on a bed of lettuce. (This recipe may be doubled).

Swedish Pickled Beets

Inkokta rödbetor

4 servings	
4 lbs. small beets (about 4 bunches)	1 cup sugar
2 $\frac{1}{2}$ cups boiling water	10 cloves
1 cup vinegar	10 peppercorns
1 $\frac{1}{2}$ tsp. salt	2 tsp. horseradish

Cook beets until tender; peel under running cold water. In a saucepan, mix hot water, vinegar, sugar, cloves, peppercorns, and horseradish. Place cooked beets in a 3 quart casserole. Pour in hot pickling mixture. Cover with plastic wrap and cool. Refrigerate overnight.

Pickled Beets

Inlagda rödbetor

2 cans (whole) beets	1 cup sugar
1 cup vinegar	1 cinnamon stick
1 cup beet juice	whole cloves

Bring liquid and spices to boil. Simmer for about 5 minutes. Remove from stove and add your whole beets. If the beets are too large, cut in halves or quarters.

Swedish Pickled Cucumbers

Inlagda gurkor

3 medium cucumbers	2 Tbsp. sugar
$\frac{1}{2}$ cup vinegar	1 tsp. salt
$\frac{1}{2}$ cup water	$\frac{1}{4}$ tsp. ground white pepper

Wash cucumber and slice thinly into serving bowl. Combine remaining ingredients; beat with fork. Pour over cucumbers. Cover the mixture. Chill at least one hour before serving.

Cucumber Salad

Gurksallad

1 large cucumber	$\frac{1}{2}$ tsp. salt (optional)
$\frac{1}{3}$ cup white vinegar	few grains white pepper
5 Tbsp. water	parsley, finely chopped
5 Tbsp. sugar	

Pare the cucumber, then score it by pulling the tines of a fork lengthwise on the cucumber, all around. Cut into thin slices. Mix the remaining ingredients well. Pour over sliced cucumber and toss lightly to coat evenly. Cover and refrigerate for several hours to chill and allow flavors to blend. Garnish with finely chopped parsley.

Apple Beet Cabbage Salad

Kålsallad

2 cups packed green or
white cabbage - finely
chopped

1 cup pickled beets -
coarsely chopped

2 medium apples - peeled
and coarsely chopped

½ cup mayonnaise
(preferably light)

1 Tbsp. prepared mustard
small amounts of salt and
pepper

minced parsley
cabbage leaves (for
decoration)

In large bowl, toss to mix well. Turn into serving dish (lined with cabbage leaves if you wish). Sprinkle with parsley. Chill at least ½ hour. Serves 4 or more.

Cold Dishes

Kalla rätter

Deviled Eggs

Ägghalvor

Slice hard-cooked eggs in half lengthwise, remove yolks, mash and mix with a filling and pile back into the whites. Garnish with paprika, parsley or pimiento strips. Serve on lettuce or watercress.

For six eggs to be filled, mix mashed egg yolks with:
 4 Tbsp. mayonnaise
 or equal amounts of mayonnaise and soft butter,
 or mayonnaise and sour cream
 salt and pepper to taste

Add any of the following:

$\frac{1}{4}$ cup minced cooked chicken, or sauteed chicken livers,
 or minced smoked meat, or mashed liver sausage,
 or minced canned fish such as crabmeat, shrimps, lobster, tuna,
 sardines,
 or chopped raw spinach with mustard,
 or minced celery or stuffed olives,
 or 2 tsp. anchovy paste, or caviar, or crisp bacon

Hint: Just a touch of grated raw onion adds fine flavor to any of the above.

Salmon Mousse

Laxmousse

1 envelope unflavored
 gelatin

2 Tbsp. lemon juice
 1 small onion (chopped)

$\frac{1}{2}$ cube chicken bouillon	1 15 $\frac{1}{2}$ oz. can salmon
$\frac{1}{2}$ cup boiling water	(drained)
$\frac{1}{3}$ cup mayonnaise	$\frac{2}{3}$ cup whipping cream
$\frac{1}{2}$ tsp. paprika	
1 tsp. dried dill weed	
$\frac{1}{2}$ tsp. hot pepper sauce	

Place the first five ingredients in blender. Blend in remaining ingredients except whipping cream. Slowly add cream with blender running until mixture is smooth. Pour into oiled 3 to 4 cup mold. Refrigerate the mixture until set. Wrap well and freeze. To serve, thaw for 24 hours in refrigerator. Remove from mold and garnish with fresh dill. Serve with crackers.

Smoked Salmon

Rökt lax

1 Salmon

Clean, fillet and cut into strips or chunks depending on size of salmon. Soak salmon in ice water for a few hours, or if salmon is frozen, soak overnight. Wipe dry. Make the following brine and marinade at least 3-4 hours depending on size of salmon. (No more than 6 hours or it will be too salty)

3 qts. rock salt	1 cup brown sugar
3 qts. water	$\frac{1}{2}$ cup honey
1 $\frac{1}{2}$ cups sugar	

Mix well until most of the rock salt is melted. After the salmon has marinated, remove and lay on old bath towel. Pat dry. Lay pieces on rack of smoker to air. Dry the fish for an hour or so. Meanwhile, get your smoker going. Use chips and saw dust from your favorite trees such as alder, cherry or apple. Smoke for at least 6 to 8 hours depending on weather and size of salmon. It is important to keep the smoker going all the time. It is an all day job and then some, so don't plan on doing anything else that day.

Lox*Gravlax*

About 4 lbs. of salmon fillets (skin intact)	few sprinkles of brown sugar
fresh dill	1 tsp. cracked white peppercorns
$\frac{1}{3}$ cup rock salt	$\frac{1}{4}$ cup aquavit or cognac (optional)
$\frac{1}{4}$ cup sugar	

Rinse salmon and pat dry. Place some dill sprigs in a flat glass dish. Combine salt, sugar and aquavit. Rub flesh side of fillets. Place a fillet skin side down on top of the dill. Cover top of salmon with dill. Cover with other fillet, skin side up, placing thick width to thin width to create a uniform thickness. Place some more dill on top. Cover dish loosely with plastic wrap. Place about 5 lbs. weight on the fish. Refrigerate for 3 to 4 days. 2 to 3 times a day, separate the fillets and baste with accumulated liquid. Cover the dish again. To serve, remove the dill, slice the fillets diagonally into thin strips freeing from skin. Roll slices into rosette shapes and serve with mustard sauce (recipe follows) on toasted thinly sliced bread.

Mustard sauce*Senapsås*

This warm sauce is also good at room temperature with smoked salmon.

3 Tbsp. unsalted butter	3 Tbsp. Dijon mustard
1 cup finely chopped onion	$\frac{3}{4}$ cup fresh minced chives
$\frac{3}{4}$ cup dry vermouth or white wine	salt
$1\frac{1}{2}$ cups heavy whipping cream	fresh ground pepper

Melt butter in saucepan. Add onion and cook until onion is soft but not brown. Add wine. Increase the heat and cook until liquid has evaporated. Stir in the cream and cook until reduced by one-fourth. Remove from heat, stir in mustard, chives, salt

and pepper to taste. Serve immediately.

Jellied Veal

Kalvsylta

4 lbs. shank of veal (meat
and bones)
1 medium onion
2 bay leaves

10 whole allspice
(approximately)
2 tsp. salt
3 Tbsp. vinegar

Place all ingredients, except the vinegar, in a large kettle. Cover with cold water and simmer for about 2 hours until the meat is tender. Remove the meat and let it cool. Cut off the fat and gristle. Grind the meat in a food chopper. Strain the stock and add the ground meat. Bring slowly to a boiling point. Add about 3 Tbsp. of vinegar. Pour into mold or oblong dish. Chill the mixture overnight.

Salmon Mousse (Ellen Harrod)

1 1/2 lb can salmon (15 oz)

2 sticks (1/2 lb) unsalted butter
softened

1/2 cup sour cream

1-2 Tsp lemon juice

Head Cheese

Pressylta

5 lbs. fresh pork shoulder
2 lbs. veal shoulder

1-2 pieces of pork rind

For boiling the meat, to each quart of water add:

1 Tbsp. salt	1 clove
5 white peppercorns	2-3 slices onion
5 whole allspice	$\frac{1}{2}$ carrot
$\frac{1}{2}$ bay leaf	

For molding the sylta:

1 Tbsp. gelatine	1 tsp. crushed allspice
2 Tbsp. salt	$\frac{1}{2}$ tsp. crushed cloves
1 tsp. crushed white peppercorns	

Cooking time: $1\frac{1}{2}$ to 2 hours.

Put meats in stock pot with water to cover (can bring it to a boil first, if desired). Skim off any foam and then add seasonings. Cover pan and simmer until meats are cooked. Remove the meat and reserve the liquid.

When meats are cool, remove any rind from the pork shoulder. Cut the meats into thin slices. Line a pie plate or bowl with double cheese cloth and into this put the skin of pork as inner lining. Layer the meat, sprinkling with the spices and gelatine as you do so. Cover the meat with pork rind. Gather the four corners of the cloth and tie as tight as possible. Lift out of the pan (or bowl). Hold it in the hot cooking liquid for a few minutes. Return to plate, cover with a plate and then with a heavy press. Let stand in cold place overnight.

On the same day, cook a gallon of water and 1 cup salt. Let boil for 10 minutes. Put in stone jar (or other suitable jar) and let cool overnight. Next day, remove cloth from sylta and put it into the brine for keeping.

Serve sliced cold with pickled beets and mustard. (Note: Pork shoulder is used in this recipe since pig's head, used in the original recipe, is not easy to come by in today's society!)

Poor Man's Pâté

Fattigmans pastej

½ lb. liverwurst, cut in
chunks
2 oz. softened cream cheese
1 Tbsp. mayonnaise

1 tsp. Worcestershire sauce
1 Tbsp. brandy
¼ tsp. ground nutmeg

Blend together, using a food processor, or just with a fork. Put in bowl and refrigerate for 2 hours or more. Use on bread for open-faced sandwiches. Decorate sandwiches with pickled cucumber twists and parsley, or your choice of garnish.

Swedish Liver Pâté

Leverpastej

1 lb. liver (pork if available,
or beef)
1 qt. water
1 Tbsp. salt
1 lb. bacon
4 Swedish anchovy fillets
1 tsp. salt (optional)

1 Tbsp. (or more) finely
chopped onion
3 eggs
1 tsp. white pepper
1 Tbsp. cornstarch
2 Tbsp. cold water
2 cups heavy cream

(if desired, ¼ lb. bacon slices may be used to line pans)

In 2 qt. bowl, soak liver in water and salt about 2-3 hours. (Time can be shortened). Drain. Put liver through fine blade of meat grinder, alternating with 1 lb. bacon strips and anchovies. (This can better be done in food processor, if available). In small skillet, melt margarine and saute onion until transparent. Add to meat mixture with salt, pepper, eggs, cornstarch mixed with water, and cream. Beat with fork until smooth. Spray mini-loaf pans with Pam (or line pans with bacon). Pour mixture into loaf pans. Place pans in large baking pan; fill large pan to a depth of one inch with hot water (hot water bath). Bake at 350° about 1 hour, or until knife inserted near center shows no pink meat or juices. Chill well;

1 Tbsp. brandy

remove from mold and serve in slices. This freezes well.
Makes 5 mini-loaves.

Swedish Roast Beef

Tjärknöl

2-3 lbs. frozen boneless
roast
1 qt. water
½ cup salt
1 tsp. sugar

½ tsp. black pepper
1 bay leaf
crushed juniper berries
(optional)

Place the frozen roast in a pan in the lower part of the oven at 210°F. When the roast has thawed, place a meat thermometer in the middle of the roast. Cook the roast until the temperature of the meat is 140°-160° (roast beef temperature), which will take approximately 10 to 12 hours.

Combine the remaining ingredients in a pot and bring to a boil. Remove the pot from the heat. Place the meat in the hot broth completely covered. Let stand for 4 to 5 hours to cool.

Remove the meat from the broth. Store the meat wrapped in aluminum foil in the refrigerator until ready to serve. Serve cold.

Hot Dishes

Varma rätter

Baked Salmon

Ungsbakad lax

1 salmon

Melt one cube of butter. Add some grated onion, salt and pepper to taste, a dash or two of cayenne pepper, and juice of 1 lemon. Lay the salmon on a piece of foil. Cover with the above ingredients and sprinkle with dill. Wrap the foil around the salmon and bake in 350° oven for 30-45 minutes depending on size of salmon. Unwrap and serve with lemon slices and fresh dill sprigs.

Baked Filled Omelet

Fylld omelett

9 eggs

2 cups milk

4 Tbsp. flour

Mix well. Pour into buttered baking dish, approximately 10 x 13 inches, about 1½ inches deep. Bake at 375° for ½ hour or a little longer, until puffed up and lightly browned. Meanwhile, prepare the filling: Make 2 cups of cream sauce, using 4 Tbsp. each of flour and margarine, and 2 cups of milk. Add 1-2 tsp. of sherry, to taste. Mix into the sauce 2 cans (4-6 oz. each) of well drained shrimp or crabmeat. When omelet is done, pour filling onto it. Serve immediately. Enjoy.

for sauce, sub cream sherry for
 ¼ c of milk
 can season c Garden Fresh Garlic Dill
 seasoning

Jansson's Temptation

Janssons frestelse

3 medium onions, cut in rings	1 (2 oz.) can anchovy fillets
2 Tbsp. margarine or butter, melted	1 cup heavy cream or evaporated milk
6 potatoes, peeled and cut into $\frac{1}{2}$ " strips	

Place the cut potatoes in cold water to keep from discoloring. Sauté onion rings in margarine until golden brown. In a buttered 2 quart casserole, place alternate layers of potatoes, onion rings, and anchovies, ending with a layer of potatoes. Carefully pour cream over top of potatoes. Dot with margarine. Bake in moderate oven (350°) 45 to 50 minutes or until potatoes are tender. Makes 4 to 6 servings.

Baked Ham (whole)

Skinka

Remove skin and fat. Score. Dot with whole cloves. Bake for about 3 hours at 350° depending on size of ham. Mix some mustard and brown sugar to a paste. Remove ham from the oven. Cover the ham with the paste. Put the ham back in the oven and roast awhile.

Champagne Mustard

Champagnesenap

$\frac{2}{3}$ cup white champagne vinegar or white wine vinegar	3 eggs
$\frac{2}{3}$ cup dry mustard	$\frac{3}{4}$ cup sugar

Mix vinegar and mustard together. Beat eggs and sugar, and

add to mustard mixture in top of double boiler over hot water. Stir until thick. Excellent for ham, on sandwiches etc.

✓
Swedish Meatballs I

Köttbullar

1 lb. ground beef (or $\frac{3}{4}$ lb. beef and $\frac{1}{4}$ ground pork)
1 egg
1 cup soft bread crumbs
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ medium onion, finely chopped or grated

allspice

$\frac{1}{2}$ tsp. nutmeg (or more - to taste)
 $\frac{1}{4}$ tsp. pepper
1 pkg. bouillon (beef, low sodium) *we use no salt*

cloves

Soak bread crumbs in milk and beaten egg for a few minutes. Add onion and seasonings. Then add the meat and mix well. Shape into small balls.

Brown* on all sides in small amount of butter or margarine. Shake pan from time to time to try to keep meatballs round. Lower heat, add a little water, cover pan and simmer for about 20 minutes. Instead of water, another packet of low sodium beef bouillon granules dissolved in $\frac{3}{4}$ cup of water may be used to simmer the meatballs. Gravy may be prepared, if desired.

*Meatballs may also be baked in a 350° oven for about $\frac{1}{2}$ hour, turning after 15 minutes. This can be done on a baking sheet or broiler pan that has been sprayed with Pam. They do not require pre-browning if prepared this way.

Swedish Meatballs II

Köttbullar

3 lbs. good ground beef (like ground chuck or ground round) and you can use some ground pork.

2 onions grated

4 tsp. salt

1 tsp. pepper

1 cup instant potatoes or mashed potatoes

1 cup sour cream

2 tsp. Worcestershire sauce

1 tsp. sage

1 tsp. allspice

4 eggs beaten

Mix well. Make into small balls. Roll in flour before browning in 2 Tbsp. butter. This gives your meatballs a crisp brown crust but keeps juices inside.

Gravy:

5 Tbsp. flour

3 beef bouillon cubes

3 cups water

Dissolve beef cubes in water. Blend flour into fat left in skillet. Add liquid. Cook until thickened.

Meat Ball Recipe

Köttbullar

(makes about 600 1" meat balls)

21 lbs. good ground beef

6 lbs. ground pork

2 dozen eggs

3 cups bread crumbs

4.5 oz. onion powder or use fresh grated onion

24 envelopes of instant beef broth

little salt

water if too thick

Mix well, roll into balls. Put into frying pan that has at least two inches of water. Add about 3 to 4 whole allspice. Boil just until the meatballs are firm. Take them out of the water. Cool. Put into zip lock freezer bags, enough for one meal. When you are ready to use, just put in oven to brown and finish cooking. Save the liquid and add to country gravy mix and you will have real swedish meatballs. Great recipe to use and have on hand for unexpected company or when you are too busy to cook.

To make Swedish Meatballs:

The tender, firm, delicately flavored Swedish meatballs are highly popular. They are basically simple, yet many cooks have difficulty achieving the right texture and flavor.

What is the secret? Here are some rules suggested by home economists in Sweden. First, good meat. If possible pick your meat and have it ground. Twice, if possible. Lean chuck or round steak are good choices. For Swedish meatballs ground pork is often added, usually one-third pork to two-thirds beef.

Prepare your meatballs as soon as possible after buying the meat. Storage causes it to dry. If you must store it for awhile, place it in a covered dish.

Good fresh bread crumbs are best to mix with the meat. They give a firm, well flavored consistency. Mashed potatoes instead of bread crumbs are also good as an extender, they give a juicier, but more grainy consistency. Onions, finely chopped or grated, may be sauteed gently beforehand, but this is not necessary. Onions may also be omitted. Egg may be used or omitted. It adds to the firmness. Tests indicate that water, milk or cream are equally satisfactory liquids for meatballs. Cream adds richness and delicacy of flavor, milk gives a lighter color. Add salt to the mixture before all the liquids are added. Salt tends to bind the liquid and give the mixture more firmness.

Simple rules for preparation:

***Blend** ingredients lightly in a bowl; you may use your hands if you like, but don't work the mixture too hard.*

***Form** the meatballs with a spoon and your hands, or roll them in your hands which you have dipped in water. Place the*

Hot Dishes

rolled meatballs on a wet cutting board or plate. Or, grease your hands lightly with cooking oil, if so, place the rolled meatballs on a dry board before putting them in skillet.

Frying; Use either cooking oil, margarine, or butter. Don't mix different fats. Be sure to have the right temperature for whatever fat you use, butter and margarine require lower temperatures than oil, or such fats as Crisco.

Heat the fat before adding the meatballs. Fry a bit of meat to test if the fat is the right temperature. Don't crowd the meatballs - just fill the pan $\frac{2}{3}$ full. Shake the pan now and then so that the balls are round and even. When they are nicely browned all around lower the heat. Do not cover pan. Small meatballs require about 10 minutes frying, larger ones about 15.

Meatballs may also be baked successfully in the oven, see *Swedish Meatballs I* on page 21.

Swedish Meat Loaf

Köttfärslimpa

(meat loaf that's different)

1½ lbs. ground beef	¼ tsp. ground nutmeg
1 egg, slightly beaten	1 can cream of mushroom soup
½ cup finely crushed herb-seasoned stuffing	½ cup sour cream

Mix thoroughly the beef, egg, stuffing, nutmeg and ½ cup of the soup. Shape firmly into a loaf and place in shallow baking pan. Bake at 350° for one hour. Blend the remaining soup and sour cream. Heat, stirring the mixture now and then. Serve over loaf. Sprinkle with additional nutmeg. Makes 4-6 servings.

Swedish Cabbage Rolls

Kåldolmar

head of cabbage	1 rounded tsp. salt
1 lb. ground beef	$\frac{1}{2}$ tsp pepper
1 cup cooked rice	$\frac{1}{8}$ tsp. allspice
1 egg	$\frac{1}{2}$ tsp. Worcestershire sauce
1 small, diced or grated onion	

Mix all the above ingredients, except cabbage. Now, cook 6 to 8 large cabbage leaves in boiling, salted water. Drain. Place meat mixture on cabbage leaves. Roll up (may be fastened with toothpicks). Melt some butter in heavy skillet, brown rolls, all sides. Place in baking dish, spoon some Ragu italian cooking sauce (or tomato sauce) over rolls and bake in 350° oven until done.

Potato Sausage

Potatiskorv

2 $\frac{1}{2}$ lbs. ground beef	3 onions, ground
2 $\frac{1}{2}$ lbs. ground pork	Salt, Pepper, Allspice, Sage
5 lb. ground potatoes	

Add your seasonings to taste, mix thoroughly. Stuff into casings being sure not to pack too full. Taste improves if allowed to stand in salt water overnight. Put in boiling water and simmer slowly for about 45 minutes. Note: Corti Bros. has sausage casings and if you do not have a sausage stuffer, just use the inside of your angel food cake pan.

Brown Beans

Bruna bönor

1 package (1 lb.) brown
beans
6 cups water
1 small cinnamon stick
2 Tbsp. butter
 $\frac{1}{2}$ cup dark molasses

$\frac{1}{2}$ cup brown sugar
2 tsp. salt
4 Tbsp. white vinegar
(approximately)
cornstarch (optional)

Rinse and pick over beans. Place in large kettle. Add water and let soak overnight. Add butter and whole cinnamon stick. Bring to a boil. Lower heat, cover, stir occasionally. Simmer for $1\frac{1}{2}$ hours or until beans are almost tender. Add molasses, brown sugar, salt and vinegar. Continue cooking. Stir often and adjust lid to cover the kettle partially. Simmer for 30 minutes or longer until beans are completely tender and the sauce is brown and slightly thickened. If you wish, the sauce can be thickened with a little cornstarch mixed with cold water.

Desserts

Efterrätt

Cardamom Bread

Vetebröd

1 envelope active dry yeast	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup warm water	crushed seeds from 10 cardamom pods
1 cube butter	6 cups sifted all-purpose flour (approximately)
$1\frac{1}{2}$ cups milk	1 beaten egg
$\frac{1}{2}$ tsp. salt	
Filling:	
1 cube butter	$\frac{1}{2}$ Tbsp. cinnamon
$\frac{1}{2}$ cup sugar	

In large mixing bowl, dissolve the yeast in the warm water. Melt butter, stir in milk and add the lukewarm mixture to yeast. Stir in salt, sugar and cardamom. Gradually add flour and work the dough until smooth and well blended. Spread a light covering of butter over dough (just enough to prevent the crust from forming). Then, cover the bowl and let rise for 1 hour in a warm, draft free place.

Stir together softened butter, sugar and cinnamon to form a smooth paste.

Turn the dough onto lightly floured surface and knead well until smooth and shiny. Divide into 3 portions. Roll out each portion into a 9 x 12 inch rectangle. Spread with filling and roll up like a jelly roll, beginning at the long side. Pinch seam together and place seamside down on a lightly greased baking sheet. Cover and let rise to double in size.

Brush with beaten egg and bake in preheated 350°F oven for about 20 minutes. Let cool on a wire rack lined with a cloth.

Desserts

Cover with another cloth. When completely cooled, store in an air tight container such as a plastic bag or Tupperware to keep bread from drying out.

Variations:

- Scissored Loaf (klippt längd) Cut through roll with scissors at $\frac{1}{2}$ inch intervals. Pull the sections alternately to the right and left.
- Twisted Loaf (vriden längd) Cut roll in half lengthwise and twist halves together.
- Butter Cake (butterkaka) Cut roll in 1 inch pieces and place cut side up in buttered 9 inch skillet or round baking pan.
- Cinnamon Rolls (kanelbullar) Cut roll in 1 inch pieces and place cut side up in paper-lined muffin tins. Bake at 350°F for 10 to 12 minutes until golden brown. Each bread roll makes 1 dozen rolls.

Spritz Cookies I

Spritsar

- | | |
|----------------------------------|--------------------------|
| 1 lb. butter (or half margarine) | 1½ tsp. almond flavoring |
| 1 cup sugar | 4 cups flour |
| 1 egg, lightly beaten | |

Cream butter and sugar very well. Add egg and flavoring and mix well. Gradually add flour and mix well after each addition. If using electric mixer you may find it well to add an extra $\frac{1}{4}$ cup or so of flour. Dough may be chilled for an hour or so, if desired. Dough should be soft enough - but not too soft - to go through cookie press easily. Using cookie press (with star) make circles on ungreased cookie sheets - about 2 inches in diameter. Bake at 375° for 8-12 minutes. Watch them carefully. Cool on wire racks. These cookies freeze well.

Spritz Cookies II

Spritsar

1 cup butter
 $\frac{2}{3}$ cup sugar
3 egg yolks

$2\frac{1}{2}$ cups cake flour (or
regular flour)
1 tsp. almond flavoring

Mix well. Use cookie gun to make various shapes. Bake in 325° for 8-10 minutes.

Dreams

Drömmar

$\frac{1}{2}$ lb. margarine
 $\frac{2}{3}$ cup sugar
2 tsp. vanilla
2 cups flour

1 tsp. baking powder
For tops - pecan or walnut
halves, or whole blanched
almonds.

Cream butter, sugar and vanilla. Gradually add flour mixed with baking powder. Mix well. Roll into small balls about $\frac{3}{4}$ of an inch in diameter. Press a nut piece into center of each cookie and mold (push up) dough to sides of nut so it will not fall out after baking. Bake on ungreased cookie sheets at 325° about 18-20 minutes until golden brown. Watch them carefully. Let sit on cookie sheet for a minute or two before removing to rack. Cool. These cookies freeze well. Makes about 70 to 75 cookies.

"Melting Moments"

(cookies)

$\frac{1}{2}$ cup cornstarch
 $\frac{1}{2}$ cup powdered sugar
2 tsp. grated lemon rind

1 cup flour
1 cup soft butter
1 cup fine grated coconut

Mix in order. If dough is too soft to handle, chill for about 1

hour. Shape into small balls and place on ungreased cookie sheet. Flatten cookies with a lightly floured fork. Bake in a slow (300°) oven for 20-25 minutes.

Swedish Snowballs

Snöbullar

1 cup butter	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup powdered sugar	1 tsp. vanilla
$2\frac{1}{4}$ cups flour	$\frac{3}{4}$ cup nuts, chopped fine

Cream butter. Add sugar. Work the flour and the rest of the ingredients in by hand. Form small balls or finger-like shapes. Bake on greased cookie sheets in 400° oven 14-17 minutes. Dip in powdered sugar.

One-Two-Three Cookies

Ett-två-tre kakor

$\frac{1}{2}$ cup brown sugar	$1\frac{1}{2}$ cups flour
1 cup butter or margarine	

Cream sugar and butter or margarine. Add flour. Refrigerate for 1 hour. Form dough into balls and press down with a fork or bottom of a plastic spool that sewing thread comes on. Bake at 350° for 8-10 minutes to a golden brown.

Swedish Cuts

Skurna kakor

1 cup sifted flour	3 eggs
$\frac{1}{2}$ cup butter	$\frac{1}{4}$ tsp. salt
2 Tbsp. cold water	$\frac{1}{4}$ tsp. almond extract
1 cup water	$\frac{1}{4}$ tsp. vanilla
$\frac{1}{2}$ cup butter	1 cup powdered sugar
1 cup sifted flour	1 Tbsp. butter

Mix 1 cup flour, $\frac{1}{2}$ cup butter and 2 Tbsp. water as pie crust and divide in two parts. On ungreased cookie sheet, press into two 3-inch strips the length of the cookie sheet. Use the heel of your hand to flatten dough. Bring to boil 1 cup water and $\frac{1}{2}$ cup butter. Remove from stove. Add 1 cup of flour and stir until smooth. Add 3 eggs, one at a time, and beat well after each egg. Add salt, almond and vanilla extract. Spread this mixture on the top of the first mixture. Bake at 375° for about 45 minutes. Cool and frost with the following - 1 Tbsp. butter, 1 cup powdered sugar, few drops almond and vanilla extract. Cream enough to handle easily, spread on baked surface. May add chopped nuts and cut up maraschino cherries. Cut into strips. The sooner you eat, the better.

Swedish Oatmeal Cookies

Havrekakor

$\frac{1}{2}$ cup butter	1 cup flour
$\frac{1}{2}$ cup margarine	1 $\frac{1}{2}$ cups quick oats
$\frac{1}{2}$ cup sugar	

Cream butter, margarine and sugar. Add flour and oats. Shape into little balls and flatten with bottom of glass dipped in flour. Bake in 350° oven 15-20 minutes. Sprinkle with powdered sugar while still warm. (Makes about 50)

Swedish Ginger Cookies

Pepparkakor

(Recipe can be halved)

1 cup butter (or half
margarine)
1 cup syrup ($\frac{1}{2}$ cup Karo
blue label and $\frac{1}{2}$ cup
molasses)
1 cup sugar (half brown
sugar)
1 cup heavy cream, whipped
stiff

About 6 cups of flour
 $1\frac{1}{2}$ tsp. cinnamon
 $1\frac{1}{2}$ tsp. cloves
2 tsp. ginger
 $\frac{1}{2}$ tsp. lemon flavoring
1 Tbsp. baking soda

Cream butter and sugar very well. Stir the syrup in well; add flavoring; blend in the whipped cream. Gradually add the flour, into which the baking soda and spices have been blended. After mixing the dough, place in covered bowl and refrigerate for a couple of hours or overnight. Roll out very thin on floured board or pastry cloth. Cut the dough into desired shapes with cookie cutters. Place on ungreased cookie sheets and bake in 350° oven 10-15 minutes. Watch carefully because these cookies burn if left too long. Cool on wire racks and pack in airtight containers. These cookies freeze well.

Gingersnaps

Pepparkakor

1 cup sugar
1 cup light molasses
1 cup butter or margarine
1 Tbsp. ginger

$\frac{1}{2}$ tsp. salt
1 Tbsp. soda
2 eggs, beaten
4 cups sifted flour

Cook together the first four ingredients. When the mixture comes to a boil, remove from heat and stir in the soda. Cool to lukewarm and add eggs. Gradually mix in flour and salt. Chill the dough overnight. Roll thin. Cut the dough into desired shapes and bake 10 to 12 minutes at 375°.

Ginger Cookie

Pepparkaka

(This is a simpler cookie to make than Swedish Ginger Cookies.)

$\frac{1}{2}$ cup margarine	$\frac{1}{2}$ tsp. baking soda
$\frac{1}{2}$ cup sugar	1 tsp. baking powder
$\frac{1}{2}$ cup molasses	1 tsp. ginger
1 egg	1 tsp. cloves
$2\frac{1}{2}$ cups flour	1 tsp. cinnamon

Cream margarine, sugar and molasses together. Add egg and mix well. Stir in flour sifted with baking soda, baking powder and spices. Mix well. Chill dough; roll out thin and cut with cookie cutters. Bake 10-12 minutes at 350° on ungreased cookie sheets. Cool on wire racks. Store in airtight tins. Freeze well. Makes over 100 small cookies.

Swedish Gingersnaps

Pepparkakor

1 cup butter	2 Tbsp. molasses
$1\frac{1}{2}$ cups sugar	3 cups flour
1 egg, beaten	2 tsp. soda
1 tsp. cloves	1 tsp. cinnamon
1 tsp. ginger	1 tsp. cardamom

Cream butter and sugar, add egg and syrup. Sift flour with other dry ingredients and add to the first mixture. Mix well. Let dough stand in refrigerator overnight. Roll very thin and cut into various shapes. Bake at 375° for 10-15 minutes. Take small amounts at a time from the refrigerator and roll out. More spices may be added if desired. Makes 100 thin cookies.

Lucia Gingersnaps

Lucia pepparkakor

1½ cups heavy cream	1 Tbsp. lemon rind, grated
2½ cups brown sugar	2 Tbsp. baking soda
1¼ cups dark syrup	9 cups flour
1 Tbsp. ginger	

In a large bowl, whip cream, add sugar, syrup, ginger, lemon rind and baking soda. Stir 10 minutes. Add flour and work until smooth. Cover dough and leave in a cool place overnight. Turn dough onto a floured board and roll out thin. With floured cutters cut out gingerbread men, houses, animals or other shapes. Brush with water and bake on greased cookie sheets in a slow oven (250°) for 15 minutes. Leave on sheet to cool. Decorate with icing if desired.

Icing for Lucia Gingersnaps:

½ cup powdered sugar
½ egg white, beaten

Beat together powdered sugar and beaten egg white until smooth. To decorate cookies, force through a fine paper tube.

Rice Pudding

Rispudding

2 large eggs	2 cups cooked rice
½ cup sugar	½ cup raisins
¼ tsp. salt	Nutmeg or cinnamon for flavoring
2 cups milk	

Beat slightly to mix, eggs, sugar and salt. Scald milk and pour into egg mixture. Mix in rice and raisins. Pour into 1 qt. casserole and set in pan of water. Sprinkle with flavoring. Bake at 350° for 1 hour and 15 minutes.

Other Swedish Favorites

Andra svenska favoriter

Swedish Oven Pancake

Ugnspannkaka

4 eggs	2 cups of milk
3 Tbsp. sugar	1 cup flour
1 tsp. salt	$\frac{1}{4}$ cup melted butter

Put in blender and beat for about 15 seconds. Scrape down sides and be sure it is mixed well. Pour into oblong pan with melted butter. Bake 25 to 30 minutes at 375°. Serve with powdered sugar and lingonberries, or lemon juice, or your favorite berry syrup.

Swedish Pancakes

Pannkakor

(family size recipe)

4 eggs	2 cups milk
3 Tbsp. sugar	1 cup flour
1 tsp. salt	

Put in blender and beat well. Use Swedish pancake pan to make dollar size pancakes or use regular frying pan with some melted butter. Pour a thin layer of batter to make one large crepe. Roll them up and serve with melted butter, powdered sugar, and berry syrup or lingonberries.

Swedish Pancakes

Pannkakor

(to serve 50 people)

20 eggs
2 cups sugar
1 Tbsp. salt

1 gallon milk
8 cups flour

Makes 7 quarts of batter. Mix in order. Let batter sit for a few hours or overnight, it will be easier to fry. Serve with melted butter, powdered sugar and lingonberries.

Lingonberries

Lingon

1 pt. lingonberries
 $\frac{3}{4}$ cup water

1 cup sugar

Add water to the washed berries and bring to a boil. When boiling hard, add sugar, and cook together for ten minutes, slowly enough so that the juice does not boil over.

Swedish Almond Cake

spray segmented pan with PAM

Mix $1\frac{1}{4}$ c sugar & 1 egg

Add $1\frac{1}{2}$ tsp almond extract & $\frac{2}{3}$ c milk

add $1\frac{1}{4}$ c flour - can sub $\frac{1}{4}$ c almond meal

$\frac{1}{2}$ tsp baking powder

1 stick butter, melted

Bake 350° 40"-50". Cool in pan

sprinkle with confectioner's sugar

