

THE ART OF ENJOYING A SMÖRGÅSBORD



If you have never been to an authentic Swedish smörgåsbord, you might ask yourself how to approach this tremendous abundance of food. Here are a few basic rules.

A smörgåsbord is made up of several courses and you take a new plate for each course. A brief rule of thumb: fish before meat, cold before hot. Make sure you do not overdo it in the beginning, so you won't have room for all the courses, The Swedes have a sensible rule when enjoying a smörgåsbord. They say that an evenly disposed plate is a joy - an overloaded plate is an abomination!

Table 1 is the fish course with pickled herring, marinated salmon, baked salmon etc. There are also varieties of hard tack, homemade rye breads and Swedish cheese to cleanse the palate after each type of fish and to prepare the taste buds for the next one.

Table 2 is the cold table with the special home cured Christmas ham, roast beef, pate, jellied veal and various kinds of sausages as well as pickled cucumbers and beets and various salads.

Table 3 has the tasty hot dishes. The most unusual of all these is what is known as Janssons Frestelse or in English, Jansson's Temptation. Actually, it is a potato dish in which strips of potato are flavored with filets of Swedish anchovy, finely chopped onion and cream. This is an unusual dish in many ways, but the most remarkable thing about it is that it goes so well with meatballs and potato sausage.

Table 4 is the dessert table. Your body now has a craving for something sweet and you will find rice pudding with lingonberries and various baked goods on this table along with a cup of coffee.

ENJOY YOURSELF and SMAKLIG MÅLTID!