



Monitor Lodge # 218

VASA Order of America

Swedish-American Fraternal Organization
featuring Swedish food, language, culture and camaraderie

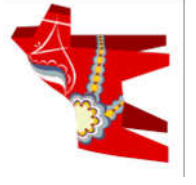
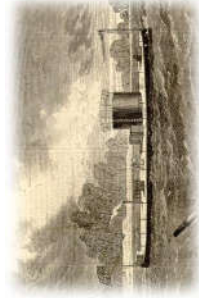
Julbord – traditional Smörgåsbord – Midsommar
celebrations – Sillfrukost – Lucia Program --
Kräftskiva – and more

We meet once every month except July, usually on Friday
evening or on Saturday mid-day

Our official meeting place is at the IOOF Hall, 1831 Howe
Ave (at Alta Arden) in Sacramento, California

Contacts:	916-482-9762
Chuck Johnson	916-416-1144
Ed Netzel	916-801-7580
Yvonne Magneheim	

www.monitorlodgesacramento.net



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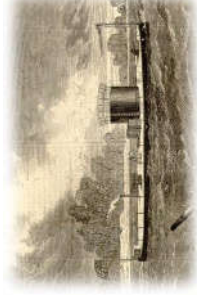
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**Swedish Pancake (*pannkakor*) recipe used by
Monitor Lodge for Sacramento's annual
Scandinavian Festival**
(family size recipe)

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

Be sure to add all of the four ingredients before all of milk otherwise you will have lumps.

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.

NOTES:

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