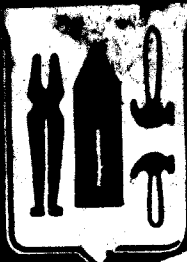


Harjedalen



Västergötland



Halland



Blekinge

Götland



Hälsingland



Jämtland



Västmanland



Värmland



# Swedish Recipes

OLD and NEW





## SOUPS AND SOUP DUMPLINGS

### FRUIT SOUP (FRUKTSOPPA)

$\frac{1}{2}$  lb. mixed dried fruit  
(prunes, peaches,  
apricots)  
 $\frac{1}{2}$  cup dried apples  
 $\frac{1}{4}$  cup currants  
 $\frac{1}{4}$  cup seedless raisins  
2 quarts cold water  
 $\frac{1}{4}$  cup red sago  
(röda sago-gryn)  
1 inch stick cinnamon

$\frac{1}{8}$  tsp. salt  
2 Tbsp. sugar  
1 Tbsp. grated lemon  
2 cups sweet raspberry  
juice  
 $\frac{1}{4}$  cup finely sliced  
blanched almonds

1. Wash and drain dried fruits. Cover with 2 quarts cold water and let stand overnight.

2. In the morning add sago and cinnamon. Bring to the simmering point, cover tightly and simmer  $1\frac{1}{4}$  hours. Stir in salt, sugar, lemon rind and raspberry juice. Chill.

3. Serve very cold as dessert. Sprinkle with almonds.

Yield: 8 servings of about 1 cup each.

### FRUIT (FRUKTSOPPA)

1 lb. prunes  
 $\frac{1}{2}$  lb. raisins  
6 cups water  
 $\frac{1}{2}$  lemon, thinly sliced

$\frac{1}{2}$  cup sugar  
2 Tbsp. minute tapioca  
juice of  $1\frac{1}{2}$  lemons  
( $\frac{1}{3}$  cup)

1. Wash and drain prunes and raisins. Place in kettle, add water and lemon slices. Cover kettle tightly. Simmer 1 hour or until prunes are tender.

2. Mix sugar and tapioca and stir into soup. Cook uncovered 20 minutes stirring occasionally. Add lemon juice.

3. Chill soup. Serve very cold.

Yield: 8 servings.

## **UPS AND SOUP DUMPLINGS**

### **FRUIT SOUP (FRUKTSOPPA)**

- |                                  |                             |
|----------------------------------|-----------------------------|
| $\frac{1}{2}$ cup dried prunes   | 5 Tbsp. sage                |
| $\frac{1}{2}$ cup dried apricots | $\frac{1}{2}$ cup sugar     |
| $\frac{1}{2}$ cup raisins        | $\frac{1}{8}$ tsp. salt     |
| $\frac{1}{4}$ cup currants       | $\frac{1}{2}$ lemon, sliced |
| 10 cups cold water               | 2 Tbsp. corn syrup          |

1. Add prunes, apricots, raisins and currants to cold water and let soak overnight. In the morning add sage. Bring to simmering point, cover tightly and simmer 1 hour.

2. Add sugar, salt, lemon slices and syrup. Simmer  $\frac{1}{2}$  hour longer.

Yield:  $2\frac{1}{2}$  quarts soup.

### **FRUIT SOUP (FRUKTSOPPA)**

- |                                  |                                    |
|----------------------------------|------------------------------------|
| $\frac{1}{4}$ lb. dried apples   | $\frac{1}{2}$ cup seedless raisins |
| $\frac{1}{4}$ lb. dried apricots | $2\frac{1}{2}$ quarts water        |
| $\frac{1}{4}$ lb. dried peaches  | 1 stick cinnamon                   |
| $\frac{1}{4}$ lb. dried pears    | $\frac{3}{4}$ cup sugar            |
| $\frac{1}{4}$ lb. dried prunes   | $\frac{1}{2}$ cup tapioca or sago  |
|                                  | juice of $\frac{1}{2}$ lemon       |

1. Soak dried fruit in 2 quarts water overnight. In the morning add cinnamon stick and bring to the boiling point. Remove from heat and add sugar.

2. Stir tapioca or sago into remaining 2 cups water. Cook over very low heat until transparent. Add to hot soup mixture with lemon juice. Soup may be served either hot or cold.

Yield: 8 servings.

### **FRUIT SOUP (FRUKTSOPPA)**

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1 cup prunes                   | 2 quarts cold water               |
| $\frac{1}{2}$ cup raisins      | $\frac{1}{4}$ cup sago            |
| $\frac{1}{2}$ cup currants     | 1 small stick cinnamon            |
| $\frac{1}{2}$ cup dried apples | $\frac{1}{2}$ cup dark corn syrup |

1. Add prunes, raisins, currants and dried apples to cold water. Cover and let soak overnight.

2. In the morning add sago and cinnamon stick. Cook, covered, over very low heat  $1\frac{1}{2}$  hours. Add syrup and continue cooking slowly 1 hour.

3. Chill soup. Serve cold.

Yield: 12 servings of  $\frac{3}{4}$  cup each or 9 servings of 1 cup each.

## SOUPS AND SOUP DUMPLINGS

### SWEET FRUIT SOUP (FRUKTSOPPA)

1 lb. prunes  
1 lb. seedless raisins  
3 quarts water  
1 inch stick cinnamon  
1/3 cup rice

1 cup dark corn syrup  
1/2 cup sugar  
2 Tbsp. cornstarch  
3 Tbsp. cold water  
2 Tbsp. butter

1. Wash and drain prunes and raisins. Add 3 quarts water. Let slowly come to simmering point.
2. Add cinnamon and rice. Cover and simmer 30 minutes.
3. Stir in syrup and sugar. Mix cornstarch and 3 Tbsp. water and stir into soup. Cook stirring constantly until soup thickens. Reduce heat and cook 10 minutes. Add butter. Chill.
4. Serve cold as a dessert.

Yield: 12 servings of about 1 cup each.

### KALE SOUP (KRUSKÄLSOPPA)

1 bunch kale  
3 quarts boiling water  
1 small onion, minced  
1/2 cup barley

3 tsp. salt  
1/4 tsp. pepper  
1 recipe small meat balls  
(frilkadeller)

1. Wash bunch of kale and strip curly part from stems. Discard stems. Drop kale into kettle of boiling water, then drain thoroughly. Chop fine.
2. Add chopped kale to 3 quarts boiling water. Stir in minced onion, barley, salt and pepper. Cover and simmer 1 hour or until barley is tender.
3. Add small meat balls, cover and simmer 20 minutes.

Yield: 8 to 10 servings.

**Note:** In place of 1 bunch kale, a 10-oz. pkg. of fresh cleaned and stripped kale or a 12-oz. pkg. frozen kale may be used. When frozen kale is used, omit step 1.

The Swedish custom of eating dried yellow pea soup and pork each Thursday is deep rooted among the entire population of Sweden and is a custom that began before the year 1500. Pancakes are usually served for the dessert, either the small pancakes (plättar) or the baked pancake (ugnspannkaka).

## SOUPS AND SOUP DUMPLINGS

### YELLOW PEA SOUP WITH PORK (ÄRTER MED FLÄSK)

1 lb. whole yellow peas  
4 quarts cold water

1 lb. fresh pork shoulder  
1 Tbsp. salt

1. Wash and drain peas thoroughly. Add 4 quarts water, cover and let soak overnight.

2. In the morning put on to cook in same water. Let come to simmering point. Skim off shells floating on top. Cover tightly and simmer 3 hours.

3. Cut pork into pieces and add to soup. Add salt. Continue simmering until peas and pork are tender, about 1 hour.

Yield: 8 to 10 servings.

**Note:** For additional flavor, marjoram or pieces of ginger root may be added while soup is cooking or prepared mustard may be stirred into soup just before serving.

Nypon or rose hips are the fruit of wild roses found in Sweden. The hips form after the rose petals have fallen off. They are picked when ripe and red and after the first frost in the fall, then carefully dried. Rose hip soup is a great delicacy among the Swedish people. The dried rose hips may be purchased in Swedish food import stores.

### ROSE HIP SOUP (NYPONSOPPA)

2 cups dried rose hips  
(nypon)  
2 quarts cold water  
 $\frac{2}{3}$  cup sugar

2 Tbsp. potato starch flour  
 $\frac{1}{4}$  cup Madeira wine  
 $\frac{1}{2}$  cup whipping cream,  
whipped  
 $\frac{1}{4}$  cup slivered almonds

1. Place rose hips in fine strainer. Wash in several waters, drain well. Add 2 quarts cold water and let soak overnight.

2. In the morning bring to simmering point, cover and simmer 1 hour. Strain through a cloth.

3. Mix sugar and potato flour; add rose hip juice. Cook, stirring constantly until soup thickens; reduce heat to low and cook 10 minutes. Add wine.

4. Chill thoroughly.

5. Serve with whipped cream and slivered almonds.

Yield: 6 servings.

**Variation:** Press cooked rose hips through a fine sieve. Prepare as above using only 1 Tbsp. potato flour for thickening.

## SOUPS AND SOUP DUMPLINGS

### ROSE HIP SOUP (NYPONSOPPA)

$\frac{2}{3}$  cup dried rose hips  
4 cups cold water  
 $\frac{1}{3}$  cup sugar  
 $1\frac{1}{2}$  tsp. potato starch  
flour

$\frac{1}{4}$  cup cold water  
 $\frac{1}{4}$  cup whipping cream,  
whipped  
8 blanchd almonds,  
sliced

1. Wash rose hips thoroughly and drain well. Add 4 cups cold water. Cover tightly and simmer gently 2 hours. Beat a couple of times while cooking.

2. Pour cooked rose hip mixture into a strainer and let liquid drain off. Pour liquid into saucepan. Press rose hips through strainer. Measure 2 Tbsp. puree and add to liquid.

3. Mix sugar and potato flour. Stir in  $\frac{1}{4}$  cup cold water. Add to rose hip liquid and puree. Cook, stirring constantly until thickened. Reduce heat to very low and cook 10 minutes.

4. Serve soup garnished with whipped cream. Sprinkle almonds over soup.

Yield: 4 servings.

### CREAM OF SPINACH SOUP WITH POACHED EGGS (SPENATSOPPA)

12 oz. pkg. frozen  
chopped spinach  
4 Tbsp. butter  
4 Tbsp. flour  
2 cups milk

2 cups veal broth  
1 tsp. salt  
few grains pepper  
6 poached eggs

1. Place frozen spinach in heavy saucepan. Cover tightly and heat slowly until spinach is thawed and begins to boil. No water is added.

2. Melt butter in saucepan. Add flour and cook until it bubbles. Stir in milk and veal broth. Cook, stirring constantly until soup thickens. Reduce heat to very low and cook 10 minutes. Stir in salt, pepper and hot cooked spinach.

3. Pour soup into soup plates. Add a poached egg to each serving.

Yield: 6 servings.

**Note:** To poach eggs, break each egg into cup or saucer. Slip into frying pan half full of boiling water. Cover pan. Turn off heat and let stand 3 to 5 minutes or until egg yolks are soft cooked.

## SOUPS AND SOUP DUMPLINGS

### SPRING SOUP (VARSOPPA)

- |                                 |                |
|---------------------------------|----------------|
| 2 large carrots                 | 1 tsp. sugar   |
| 1 large parsnip                 | 3 pints water  |
| 1/2 lb. fresh spinach           | 2 Tbsp. butter |
| 1 pint shelled fresh green peas | 2 Tbsp. flour  |
| 1 Tbsp. minced parsley          | 1 quart milk   |
| 2 tsp. salt                     | 2 egg yolks    |

1. Dice carrots and parsnip. Chop spinach. Place all vegetables in saucepan. Add salt, sugar and water. Cook gently until vegetables are tender, 15 to 20 minutes.

2. Melt butter, stir in flour and cook until bubbly. Add milk. Cook stirring constantly until mixture begins to boil. Reduce heat very low and cook 10 minutes.

3. Add cooked vegetables and liquor to sauce and bring to boil.

4. When ready to serve beat egg yolks in soup tureen. Then pour the hot soup over egg yolks, stirring well.

Yield: 12 servings of one cup each.

### TAPIOCA SOUP (TAPIOKASOPPA)

- |                                 |                        |
|---------------------------------|------------------------|
| 4 lbs. beef chuck, in one piece | 1 parsnip, diced       |
| 4 quarts cold water             | 3 leeks, sliced        |
| 4 tsp. salt                     | few grains pepper      |
| 1 1/2 cups diced celery         | 3/4 cup minute tapioca |
| 4 carrots, diced                | 1/4 cup minced parsley |

1. Place beef in large kettle and add water. Bring to simmering temperature. Add salt. Cover tightly and simmer until meat is almost tender, about 2 1/2 hours.

2. Add celery, carrots, parsnip, leeks and pepper. Continue cooking 20 to 30 minutes or until meat and vegetables are tender.

3. Remove meat from kettle. Slowly pour in tapioca, stirring constantly. Cook 20 to 25 minutes until tapioca is clear and transparent. Sprinkle each serving with parsley.

Yield: 10 to 12 servings.

**Note:** The cooked meat may be sliced and served with horseradish cream sauce.

#### Variations:

1. Omit the tapioca and serve soup without being thickened.
2. Omit the tapioca. Strain out vegetables and strain soup through a cloth. The soup may be served clear or with dumplings, noodles or small pieces of cooked cauliflower.



## SOUPS AND SOUP DUMPLINGS

### VEGETABLE SOUP (GRÖNSAKSSOPPA)

$\frac{1}{2}$ medium size head cauliflower	few grains white pepper
1 cup shelled peas	1 Tbsp. butter
3 small carrots, sliced	2 Tbsp. flour
10 $\frac{1}{2}$ oz. can beef broth	1 egg yolk
3 $\frac{3}{4}$ cups water	$\frac{1}{3}$ cup heavy cream
$\frac{1}{2}$ tsp. salt	2 Tbsp. minced parsley

1. Cut cauliflower into sections. Add peas, sliced carrots, beef broth, water, salt and pepper.

2. Cook gently in covered saucepan until vegetables are tender, 20 to 30 minutes.

3. Mix butter and flour together until thoroughly blended. Add to soup. Simmer uncovered 10 minutes, stirring constantly until soup thickens.

4. Beat egg yolk and cream together in soup tureen. Add hot soup gradually, stirring constantly. Sprinkle top with minced parsley.

Yield: 6 servings of about 1 cup each.

**Note:** Five cups water or 5 cups beef stock may be used instead of the can of beef broth and 3  $\frac{3}{4}$  cups water. This soup is good served with cheese sandwiches.

### CREAM VEGETABLE SOUP (GRÖNSAKSSOPPA)

1 cup shelled fresh peas	$\frac{1}{2}$ tsp. sugar
1 cup green beans, cut into 1 inch pieces	3 cups cold water
1 $\frac{1}{2}$ large carrots, diced	1 Tbsp. butter
1 large white turnip, diced	1 Tbsp. flour
1 Tbsp. chopped parsley	2 cups milk
$\frac{1}{2}$ tsp. salt	1 egg yolk
	minced parsley for garnish

1. Add fresh vegetables, salt and sugar to water in saucepan. Cook gently uncovered until vegetables are tender, about 15 minutes.

2. Mix butter and flour to a paste. Add to vegetable mixture and stir until thoroughly mixed.

3. Stir in milk. Cook stirring constantly until soup thickens slightly. Reduce heat to very low and cook 10 minutes longer.

4. Beat egg yolk slightly in soup tureen. Pour hot soup over egg yolk and stir well. Garnish with minced parsley.

Yield: 4 servings.

## **SOUPS AND SOUP DUMPLINGS**

### **VEGETABLE SOUP (MEAT STOCK) (GRÖNSAKSSOPPA)**

- |                                       |   |
|---------------------------------------|---|
| 1 meaty soup bone, about<br>2½ pounds | 3 medium carrots                          |
| 5 quarts water                        | 1 small parsnip                           |
| 3 pounds beef chuck, in<br>one piece  | 1 small yellow turnip,<br>about 1½ pounds |
| 2 Tbsp. salt                          | 1½ cups diced celery                      |
| ¼ tsp. pepper                         | 1 Tbsp. chopped parsley                   |
| 1 leek, finely cut                    |   |

1. Place soup bone in large kettle. Add 4 quarts water. Bring to simmering point. Cover kettle and simmer 1½ hours.

2. Add beef chuck, salt, pepper and leek. Again bring to simmering point and simmer covered 2½ hours longer or until meat is tender.

3. Cut carrots, parsnip and yellow turnip into small, evenly sized pieces. Place in saucepan. Add remaining quart water, celery and parsley. Cover and cook gently 15 minutes or until vegetables are tender.

4. Remove meat and soup bone from stock. Skim off fat. Strain stock. Add cooked vegetables and liquid. Bring to a full rolling boil. Soup is now ready to serve.

Yield: 4 quarts soup.

**Note:** Soup is served as one course, followed by meat cooked in soup stock with horseradish cream sauce and cooked potatoes.

### **HORSERADISH CREAM SAUCE (PEPPARROTSSÅS)**

- |   |                         |
|---|-------------------------|
| 4 Tbsp. butter                              | ¼ tsp. sugar            |
| 2 Tbsp. flour                               | ¼ tsp. salt             |
| 1½ cups milk                                | few grains white pepper |
| ¼ cup finely grated fresh<br>horseradish or |                         |
| ¼ cup prepared<br>horseradish               |                         |

1. Melt butter; stir in flour and cook until bubbly. Add milk. Cook, stirring constantly until sauce thickens. Reduce heat and cook 10 minutes.

2. Stir in horseradish, sugar, salt and pepper.

Yield: 1½ cups sauce.

## SOUPS AND SOUP DUMPLINGS

### DUMPLINGS (ENKEL KLIMP)

4 bitter almonds  
1 Tbsp. sugar  
6 Tbsp. flour  
3 cups milk

For serving:  
10 almonds, chopped or  
1 cooked carrot, sliced  
1 Tbsp. chopped parsley

1. Scald bitter almonds, peel and grind fine.
2. Mix sugar and flour together in saucepan. Stir in milk slowly, add the finely ground almonds. Cook, stirring constantly until mixture thickens. Reduce heat to very low and cook for 10 minutes, stirring slowly all the time.
3. Rinse a dish or bowl in cold water. Pour dumpling mixture into it. Let cool 2 to 3 hours.
4. When ready to use, turn dumpling mixture out of dish upside down on a platter. Garnish with chopped almonds for serving with berry or fruit soup. Garnish with round slices of carrot, and parsley for serving with bouillon or meat soups. Serve from platter.

Yield: 8 servings.

### ALMOND DUMPLINGS (MANDELKLIMP)

1 egg yolk  
 $\frac{1}{4}$  tsp. salt  
 $\frac{3}{4}$  tsp. sugar  
 $\frac{1}{2}$  cup sifted all-purpose  
flour

$\frac{1}{2}$  tsp. double action  
baking powder  
4 Tbsp. light cream  
5 blanched almonds,  
grated

1. Beat egg yolk slightly. Stir in salt and sugar. Sift together flour and baking powder and add to first mixture with cream and almonds. Mix well.

2. Drop from teaspoon into simmering soup. Cook uncovered 10 minutes. Cover and cook 10 minutes longer.

Yield: 20 to 24 dumplings.

**Note:** If desired, dumplings may be cooked separately and added to soup just before serving. Drop dumplings from teaspoon into saucepan containing  $1\frac{1}{2}$  quarts boiling water and  $\frac{1}{2}$  tsp. salt. Cook as given above.

## **SOUPS AND SOUP DUMPLINGS**

### **ALMOND DUMPLINGS (MANDELKLIMP)**

- |  |                                   |
|--|-----------------------------------|
| 2 Tbsp. butter                             | 1 tsp. sugar                      |
| $\frac{1}{3}$ cup milk                     | 1 egg                             |
| $\frac{1}{3}$ cup sifted all-purpose flour | $\frac{1}{4}$ tsp. almond extract |
| few grains salt                            |                                   |

1. Place butter and milk in saucepan and heat until milk is scalded and butter melted. Add flour, salt and sugar and cook until mixture forms a ball and leaves side of pan, stirring constantly.

2. Remove from heat and add unbeaten egg and extract. Beat until mixture is smooth.

3. Drop from teaspoon into gently boiling water. Cook uncovered 10 minutes. Cover and cook 10 minutes longer. Remove carefully and add to hot soup just before serving.

Yield: 30 dumplings.

### **MEAT DUMPLINGS (KÖTTBULLAR FÖR SOPPA)**

- |                               |                           |
|-------------------------------|---------------------------|
| $\frac{1}{2}$ lb. ground beef | 1 tsp. salt               |
| $\frac{1}{2}$ lb. ground pork | $\frac{1}{4}$ tsp. pepper |
| 1 small onion, ground         | 2 Tbsp. flour             |

1. Mix ground meat, onion, salt and pepper. Beat well.

2. Shape into 48 small balls and roll in flour.

3. Drop into simmering soup and simmer 30 minutes.

Yield: 48 small dumplings.

## **SOUPS AND SOUP DUMPLINGS**

### **POTATO DUMPLINGS (POTATISKLIMP)**

- |  |                                      |
|--|--------------------------------------|
| $\frac{1}{4}$ cup butter                                 | $\frac{1}{4}$ tsp. grated lemon rind |
| 2 egg yolks  | $\frac{1}{4}$ tsp. nutmeg            |
| $\frac{1}{2}$ cup fine dry bread<br>crumbs               | $\frac{1}{4}$ tsp. salt              |
| $\frac{1}{2}$ cup firmly packed,<br>grated cooked potato | 2 egg whites                         |

1. Cream butter; add egg yolks and cream together. Stir in bread crumbs, potato, lemon rind, nutmeg and salt. Mix thoroughly.

2. Beat egg whites until stiff peaks are formed. Fold into first mixture.

3. Drop dumpling mixture from teaspoon into simmering soup. Cook gently uncovered 10 minutes. Cover and cook 10 minutes longer.

Yield: 36 dumplings.

### **SMALL MEAT DUMPLINGS FOR SOUP (FRIKADELLER)**

- |                                    |                                |
|------------------------------------|--------------------------------|
| $\frac{1}{4}$ lb. suet             | 2 eggs                         |
| $\frac{3}{4}$ lb. ground beef      | 1 tsp. sugar                   |
| $\frac{1}{4}$ lb. ground lean pork | $1\frac{1}{2}$ tsp. salt       |
| 1 cup sifted all-purpose<br>flour  | few grains pepper              |
| 1 cup milk                         | $\frac{1}{4}$ tsp. onion juice |

1. Grind suet in food chopper. Add ground meat and flour. Put through food chopper 3 or 4 times.

2. Stir in milk to soften mixture.

3. Add eggs, one at a time, and mix thoroughly. Add remaining ingredients.

4. Drop from teaspoon into hot soup. Cover and simmer 30 minutes.

Yield: 7 to 8 dozen small dumplings.

## FISH FISKRÄTTER

### ANCHOVIES IN CASSEROLE (ANSJOVISGRATIN)

4 large baking potatoes	1/2 cup butter
3 (3 1/2 oz.) cans anchovy fillets	1/2 tsp. sugar
1 large onion, finely chopped	1/4 cup juice from anchovies
	1/2 cup thin cream

1. Pare raw potatoes. Slice 2 in thin slices and place in liberally buttered shallow 2 quart baking dish. Place anchovy fillets on top of potatoes.

2. Cook minced onion in 2 Tbsp. butter 3 minutes without browning. Sprinkle onion over anchovies, then sprinkle sugar over all. Cover with the two remaining potatoes cut in long thin strips or thin slices. Dot with remaining butter. Add anchovy juice and half of the cream.

3. Cover baking pan. Bake in moderate oven (350°) 20 minutes. Add remaining cream and bake 30 minutes. Uncover and bake 10 more minutes.

Yield: 6 servings.

### ANCHOVIES IN CASSEROLE (ANSJOVISGRATIN)

5 large raw potatoes	1/2 of 13 oz. can fillets of anchovies
5 large onions	
1/2 cup butter	1/4 cup dry bread crumbs
	1 cup light cream

1. Cut pared potatoes into long thin slices. Put onions through food chopper using fine knife. Add 1/4 cup butter to onions and cook uncovered over low heat 10 minutes without browning onions. Cut anchovy fillets in small pieces.

2. Sprinkle bottom of 2 1/2 quart buttered casserole with 2 Tbsp. crumbs. Arrange alternate layers of sliced potatoes, anchovies and onions in casserole having potatoes for top layer. Dot each layer with remaining 1/4 cup butter. Pour all the juice from anchovy can over casserole, then pour in cream.

3. Cover casserole. Bake in slow oven (325°) 1 1/2 hours. Uncover casserole, sprinkle top with remaining 2 Tbsp. crumbs and bake 20 to 30 minutes longer or until potatoes are tender. Serve hot on buffet table.

Yield: 12 to 14 servings.

**Note:** Only half of the anchovy fillets in large can are used in recipe but all the juice is used.

**CODFISH BALLS  
(KABELJOBULLAR)**

<b>6 medium potatoes</b>	<b>1 egg</b>
<b>1/2 lb. salt codfish</b>	<b>2 Tbsp. cold water</b>
<b>3 cups water</b>	<b>1/2 cup fine dry bread</b>
<b>2 egg yolks</b>	<b>crumbs</b>
<b>1/4 tsp. salt</b>	<b>4 Tbsp. butter or</b>
<b>few grains white pepper</b>	<b>margarine or</b>
	<b>deep fat for frying</b>
	<b>cream sauce</b>

1. Pare potatoes and cut into small cubes. Flake codfish or tear apart into pieces and rinse under running cold water. Place potatoes, fish and 3 cups water in saucepan. Cover and cook gently until potatoes are tender, about 15 minutes. Drain thoroughly.

2. Mash potatoes and fish while hot. Cool. Add egg yolks, salt and white pepper. Divide into 16 or 18 equal portions and shape into balls or cakes.

3. Mix egg and cold water until well blended. Dip balls in egg mixture and then in bread crumbs.

4. Pan-fry in 4 Tbsp. butter or margarine or fry in deep hot fat (370°). Serve with cream sauce.

Yield: 16 or 18 balls or cakes.

**Note:** If a less salty flavor is desired, the flaked codfish may be soaked 1 hour in cold water before it is cooked with the potatoes.

**CREAM SAUCE  
(MJÖLKSÅS)**

<b>4 Tbsp. butter</b>	<b>few grains white pepper</b>
<b>4 Tbsp. flour</b>	<b>2 cups milk</b>
<b>1/2 tsp. salt</b>	

1. Melt butter in saucepan. Stir in flour, salt and pepper. Cook until bubbly.

2. Add milk. Cook stirring constantly until sauce thickens. Reduce heat to very low and cook 10 minutes.

## **FISH**

### **CODFISH PUDDING (KABELJOPUDDING)**

**1/2 lb. salt codfish  
4 cups cooked rice  
2 eggs  
1 cup milk**

**1 tsp. sugar  
1 Tbsp. butter  
melted butter or lingon-  
berry sauce or  
cranberry sauce**

1. Remove salt from codfish according to directions on package. Flake fish.

2. Mix fish and cooked rice. Turn into buttered 1½ quart casserole. Beat eggs slightly, stir in milk and sugar. Add slowly to fish and rice in casserole. Put lumps of butter on top.

3. Bake uncovered in moderate oven (350°) 50 to 60 minutes. Serve with melted butter or lingonberry or cranberry sauce.

Yield: 8 servings.

### **FISH BALLS (FISKBULLAR)**

**1 1/2 cups cooked fish  
1 cup mashed potatoes  
1 egg, well beaten  
1/4 tsp. white pepper  
1 1/2 tsp. salt**

**3 Tbsp. white flour  
1 egg, slightly beaten  
1/2 cup dry bread or  
cracker crumbs  
parsley  
mushroom or fish sauce**

1. Mash the fish with potato masher and measure 1½ cups.

2. Add the mashed potatoes.

3. Add well beaten egg, white pepper and salt. Mix lightly with fork.

4. Form into 1½ inch balls.

5. Roll first in white flour, then in slightly beaten egg, and last in the bread or cracker crumbs. Let stand ½ hour.

6. Fry in deep fat until lightly browned, about 7 minutes. Drain on absorbent paper. Sprinkle with parsley. Serve with mushroom or fish sauce.

Yield: 4 servings.

**Note:** Any cooked fish may be used in this recipe.



**MUSHROOM SAUCE  
(CHAMPINJONSAS)**

<b>3 Tbsp. butter</b>	<b>few grains paprika</b>
<b>3 Tbsp. flour</b>	<b>1 1/3 cups milk</b>
<b>1/4 tsp. salt</b>	<b>1/2 cup canned mushrooms,</b>
<b>few grains pepper</b>	<b>sliced</b>

1. Melt butter, stir in flour, salt, pepper and paprika. Cook until bubbly.

2. Add milk. Cook stirring constantly until sauce thickens. Reduce heat to very low and cook 10 minutes. Add mushrooms. Reheat.

Yield: 1 2/3 cups sauce.

**FISH PUDDING  
(FISKPUDDING)**

<b>2 lbs. raw boneless pike or</b>	<b>1/4 cup butter</b>
<b>whitefish (fresh or</b>	<b>1/4 cup flour</b>
<b>frozen)</b>	<b>2 cups milk</b>
<b>1 Tbsp. minced parsley</b>	<b>3 eggs, separated</b>
<b>1 1/2 tsp. salt</b>	<b>melted butter</b>
<b>1/4 tsp. white pepper</b>	

1. Put fish through chopper using medium knife. Add parsley, salt and pepper.

2. Melt butter in saucepan, stir in flour and cook until it bubbles. Add milk. Cook, stirring constantly until sauce thickens. Reduce heat to very low and cook 5 minutes. Stir some of hot sauce into slightly beaten egg yolks, then stir into remaining sauce. Add to fish. Beat egg whites until stiff but not dry. Fold into first mixture.

3. Turn into ungreased 6 cup casserole. Set in a pan containing about 1 1/2 inches boiling water. Bake in a slow oven (325°) 1 1/4 to 1 1/2 hours. Serve at once with melted butter.

Yield: 8 servings.

## **FISH**

### **FISH PUDDING WITH MUSHROOM SAUCE (FISKPUDDING MED CHAMPINJONSÅS)**

<b>2½ to 2¾ lbs. fresh halibut</b>	<b>1 cup light cream</b>
<b>½ cup diced carrots</b>	<b>1 tsp. salt</b>
<b>¼ cup minced onion</b>	<b>few grains white pepper</b>
<b>1 bay leaf</b>	<b>2 egg whites, stiffly beaten</b>
<b>4 whole peppers</b>	<b>mushroom sauce</b>
<b>3 cups cold water</b>	

1. Remove skin and bones from halibut. Mix skin and bones, carrots, onion, bay leaf and whole peppers in saucepan. Add cold water. Cover and simmer 30 minutes. Drain and reserve 2½ cups stock for mushroom sauce.

2. Put raw fish through food chopper using medium knife. There should be 2 lbs. ground raw halibut.

3. Mix halibut, light cream, salt and white pepper. Fold in egg whites. Turn into 1 quart casserole. Cover with aluminum foil. Set casserole in a pan containing boiling water. Bake in a slow oven (325°) 1 to 1¼ hours.

4. Remove from oven and serve at once from casserole. Serve with mushroom sauce.

Yield: 6 servings.

### **MUSHROOM SAUCE (FOR FISH PUDDING) (CHAMPINJONSÅS FÖR FISKPUDDING)**

<b>2 Tbsp. butter</b>	<b>2½ cups fish stock</b>
<b>¾ cup thinly sliced mushrooms</b>	<b>½ cup light cream</b>
<b>3 Tbsp. flour</b>	<b>2 egg yolks, slightly beaten</b>
<b>1 tsp. salt</b>	<b>3 Tbsp. minced parsley</b>

1. Melt butter in saucepan. Add mushrooms, cover and cook over very low heat 10 minutes. Add flour and salt and mix well. Stir in 2½ cups fish stock and cream.

2. Cook, stirring constantly until sauce thickens. Reduce heat to very low and cook 10 minutes. Just before serving, stir ½ cup hot sauce into the egg yolks, then mix with remaining sauce. Cook 2 minutes, stirring constantly. Add parsley.

Yield: 6 servings.

**Note:** A 4 ounce can mushrooms yields ¾ cup thinly sliced mushrooms.

Salt herring is undoubtedly the most important food on the Swedish smörgåsbord for it makes its appearance in many different dishes. Probably the most popular of these is the pickled herring served as appetizer.

### **HERRING AU GRATIN (SILLGRATIN)**

- |                          |                               |
|--------------------------|-------------------------------|
| <b>2 salt herring</b>    | <b>3 Tbsp. fine dry bread</b> |
| <b>5 boiled potatoes</b> | <b>crumbs</b>                 |
| <b>1 onion, sliced</b>   | <b>2 Tbsp. butter</b>         |
|                          | <b>2 Tbsp. water</b>          |

1. Soak herring in water overnight. Skin and bone and cut in 1 inch pieces. Drain all water off fish.

2. In shallow buttered 2 quart baking dish, place a layer of sliced boiled potatoes, a layer of herring, a layer of sliced onion and ending with top layer of potatoes. Sprinkle with bread crumbs and dot with butter. Pour water over mixture.

3. Bake in moderate oven (375°) until golden brown, about one-half hour.

Yield: 6 to 8 servings.

### **BAKED STUFFED FRESH HERRING (FÄRSK SILL I LÅDA)**

- |  |                               |
|--|-------------------------------|
| <b>4 fresh herring</b>                 | <b>2 Tbsp. fine dry bread</b> |
| <b>8 anchovies sprats</b>              | <b>crumbs</b>                 |
| <b>3 Tbsp. anchovy juice</b>           | <b>1/4 cup butter</b>         |
| <b>(drained from can of anchovies)</b> |                               |

1. Scale and clean herring; remove bones. Wipe as dry as possible. Place 2 herring flat with skin side down in buttered shallow baking pan, 10x6 inches.

2. Bone anchovies. Place 2 anchovies on each herring. Cover with 2 remaining herring skin side up. Put 2 anchovies diagonally on each fish. Pour anchovy juice over fish. Sprinkle with bread crumbs and dot with butter.

3. Bake uncovered in moderate oven (375°) 25 to 30 minutes.

Yield: 4 servings.

**FRESH HERRING CASSEROLE  
(FÄRSK SILL I LÅDA)**

- |                              |   |
|------------------------------|---|
| <b>6 large fresh herring</b> | <b>1/2 cup finely crushed rusks</b>         |
| <b>4 Tbsp. butter</b>        | <b>3 1/2 oz. can boned anchovies sprats</b> |

1. Clean, split and bone herring. Spread the bottom of a 7 1/2 x 11 inch baking pan, or casserole with 1 Tbsp. butter. Sprinkle with half of the rusk crumbs.

2. Put in half of the herring, skin side down and on these place the anchovies. Cover with remaining herring, skin side up.

3. Pour anchovy sauce from can and add water to make 1/3 cup liquid. Pour this over fish. Sprinkle remaining crumbs on top and dot with remaining butter.

4. Bake in moderate oven (350°) 45 to 50 minutes.

Yield: 6 to 8 servings as a main dinner dish. Casserole is ideal for serving on smörgåsbord.

**FRIED SALT HERRING  
(STEKT SALT SILL)**

- |                           |                                |
|---------------------------|--------------------------------|
| <b>3 salt herring</b>     | <b>1 large Bermuda onion</b>   |
| <b>1/4 cup shortening</b> | <b>2 Tbsp. flour</b>           |
| <b>1/4 cup butter</b>     | <b>1 3/4 cups milk</b>         |
| <b>1/2 cup flour</b>      | <b>1/4 tsp. salt</b>           |
|                           | <b>few grains white pepper</b> |

1. Split herring in halves lengthwise and soak in one gallon fresh water for 8 hours. Drain. Bone and skin fish. Cut in halves crosswise and pat dry in clean cloth.

2. Melt shortening and 2 Tbsp. butter in large skillet. Dip herring pieces in 1/2 cup flour and place in skillet. Fry over low heat until browned on both sides, allowing about 20 minutes for browning. Remove herring to platter and keep warm.

3. Add remaining 2 Tbsp. butter to skillet. Slice onion thinly and add to pan. Cook until lightly browned and tender. Remove onion and place around herring on platter.

4. Stir 2 Tbsp. flour into drippings in pan. Add milk, salt and pepper. Cook, stirring constantly until thickened. Reduce heat to very low and cook 10 minutes. Serve with herring and onions.

Yield: 6 servings.

**Note:** The dried herring may be dipped into 1 egg slightly beaten with 1 Tbsp. water before it is dipped into the flour.

**HERRING AND EGGS  
(SILL MED ÄGG)**

- |                                       |                              |
|---------------------------------------|------------------------------|
| <b>2 (5½ oz.) cans matjes herring</b> | <b>1 cup light cream</b>     |
| <b>2 hard cooked eggs</b>             | <b>small cooked potatoes</b> |

1. Drain herring and cut in ½ inch slices. Arrange in a single layer on platter or shallow serving dish.

2. Chop hard cooked eggs fine. Sprinkle over herring. Chill. Serve with cream and cooked potatoes.

Yield: 6 to 8 servings.

**Note:** For additional flavor eggs may be sprinkled with minced fresh dill.

**PICKLED HERRING  
(INLAGD SILL)**

- |                             |                              |
|-----------------------------|------------------------------|
| <b>3 salt herring</b>       | <b>2 tsp. whole allspice</b> |
| <b>1 pint white vinegar</b> | <b>4 bay leaves</b>          |
| <b>1½ cups sugar</b>        | <b>2 onions, sliced</b>      |

1. Soak herring in cold water overnight. Remove skin and bones. Cut into small pieces.

2. Mix vinegar, sugar, allspice and bay leaves and bring to a boil. Boil gently seven minutes. Cool.

3. Alternate layers of herring and sliced onions in bowl. Add vinegar mixture. Let stand 12 hours before serving.

**PICKLED HERRING  
(INLAGD SILL)**

- |                              |                                  |
|------------------------------|----------------------------------|
| <b>2 salt herring</b>        | <b>1 tsp. whole white pepper</b> |
| <b>2 red onions, sliced</b>  | <b>1 tsp. whole black pepper</b> |
| <b>1 tsp. whole cloves</b>   | <b>5 bay leaves</b>              |
| <b>1 tsp. whole allspice</b> | <b>1 cup white vinegar</b>       |
|                              | <b>¾ cup sugar</b>               |

1. Soak herring in cold water overnight. Clean, split, remove all bones and skin. Cut into small strips.

2. Arrange herring, onions and spices in layers in bowl. Mix vinegar and sugar and let come to a boil. When cool add to herring. Let stand two days before serving.

**PICKLED HERRING  
(INLAGD SILL)**

<b>3 Iceland herring</b>	<b>3 bay leaves</b>
<b>1 cup white vinegar</b>	<b>12 whole allspice</b>
<b>1/2 cup sugar</b>	<b>12 whole black peppers</b>
<b>1/2 cup finely chopped onion</b>	

1. Select large salt herring. Soak in cold water overnight. Split herring, skin and remove all bones. Cut in tiny strips crosswise. Slide knife under the cut fillets and place in china or glass dish.

2. Mix together remaining ingredients and add to herring. Let stand several hours before serving.

**Note:** If available, add 2 or 3 sprigs of fresh dill. For a stronger flavor, use 24 instead of 12 whole allspice.

**PICKLED HERRING  
(INLAGD SILL)**

<b>8 salt herring</b>	<b>2 Tbsp. mustard seeds</b>
<b>6 medium onions, sliced</b>	<b>8 small pieces whole ginger</b>
<b>1 small carrot, sliced</b>	
<b>2 Tbsp. prepared horseradish</b>	<b>1 3/4 cups white vinegar</b>
<b>8 bay leaves (2 1/2 inches long)</b>	<b>2 1/4 cups water</b>
	<b>1 3/4 cups sugar</b>
<b>24 whole black peppers</b>	

1. Clean herring, rinse several times in cold water and remove heads and tails. Do not take out bones or remove skin. Soak in water overnight.

2. In the morning, drain well and cut into 1 1/2 inch pieces. Place herring in layers in glass jars. On each layer of herring, place onions, carrot, horseradish, bay leaves, black peppers, mustard seeds and ginger.

3. Mix vinegar, water and sugar and heat to the boiling point. Cool. Add to herring in jars. Cover. Let stand 1 week before serving.

**Yield:** 16 to 24 servings for smörgåsbord.

### PICKLED HERRING (INLAGD SILL)

10 fat salt herring  
4 medium onions, sliced  
1 cup white vinegar  
1 cup water

1 1/2 cups sugar  
4 tsp. whole allspice  
coarsely ground black  
pepper

1. Clean fish, remove heads and soak overnight in cold water. Remove bones and skin and cut in halves lengthwise. Cut crosswise in 1/2 inch slices. Slide knife or spatula under slices and place in large serving dish. Place sliced onions on top of fish.

2. Mix together vinegar, water, sugar and allspice. Heat until sugar is dissolved. Cool. When cold pour this over herring and onions. Sprinkle top with black pepper.

Yield: 30 to 40 servings for smörgåsbord.

### SALT HERRING PUDDING (SILLPUDDING)

2 large salt herring  
4 cups thinly sliced cooked  
potatoes

1 cup thinly sliced raw  
onions  
2 cups milk  
5 Tbsp. butter

1. Clean herring; cut in half lengthwise and remove skin and bones. Soak in cold water 2 hours. Drain on towel or absorbent paper. Cut into 1 inch pieces.

2. Butter a 2 quart casserole. Place half of the potatoes in the bottom. Cover with half of the onions. Add all of the herring. Over this place the rest of the onions, then the rest of the potatoes.

3. Heat the milk slightly and add to casserole. Dot top with butter.

4. Bake in a moderate oven (350°) 50 to 60 minutes.

Yield: 8 servings.

**STUFFED HERRING ROLLS  
(SILLRULADER)**

2 fat salt herring  
6 anchovy fillets  
1 Tbsp. butter  
1 egg yolk  
few grains pepper

1 tsp. minced chives or  
parsley  
 $\frac{1}{3}$  cup dry sifted bread  
crumbs  
1 Tbsp. melted butter  
boiled potatoes

1. Bone and skin herring. Soak in cold water 36 to 48 hours. Cut fillets in halves lengthwise and crosswise. Drain on towel or paper toweling. Flatten somewhat with hand or spatula.

2. Drain anchovy fillets. Mash together anchovies, 1 Tbsp. butter, egg yolk and pepper. Add chives or parsley.

3. Spread filling evenly on pieces of herring. Roll each into a small roll and place close to one another in a shallow baking pan. Sprinkle with bread crumbs. Pour melted butter over top.

4. Bake in a moderately hot oven (400°) 15 minutes. Serve with boiled potatoes.

Yield: 16 small rolls.

**HERRING SALAD  
(SILLSALLAD)**

2 cups diced cooked beets  
 $\frac{3}{4}$  cup diced cooked  
potatoes

$\frac{3}{4}$  cup diced pickled  
herring

2 hard cooked eggs,  
finely chopped

$\frac{1}{4}$  cup whipping cream  
 $1\frac{1}{2}$  Tbsp. mayonnaise

1. Mix together lightly beets, potatoes, well drained herring and  $1\frac{1}{2}$  finely chopped hard cooked eggs.

2. Beat cream until stiff; fold in mayonnaise. Add to beet and herring mixture. Chill thoroughly.

3. Turn out on serving platter. Sprinkle remaining  $\frac{1}{2}$  finely chopped hard cooked egg over top.

Yield: 8 to 10 servings.



### HERRING SALAD (SILLSALLAD)

1 large salt herring	2 Tbsp. vinegar
1 cup diced cooked beets	1 tsp. sugar
1 1/4 cups diced cooked potatoes	1/8 tsp. white pepper
1 cup diced cooked veal or baked ham	1 hard cooked egg, separated
1 pickle, finely diced	parsley
1 1/2 apples, pared and diced	cooked small beets
	1/4 cup whipping cream, whipped or
	1/2 cup dairy sour cream

1. Soak herring in cold water overnight. Rinse well. Remove skin and bones and cut herring into small pieces.

2. Mix herring, diced beets, potatoes, veal or ham, pickle and apple. Add vinegar, sugar and white pepper.

3. Turn out on serving platter. Cut hard cooked egg white into strips and arrange in spiral on top of salad. Mash hard cooked egg yolk and spoon into center. Garnish salad with parsley and small beets. Serve with whipped or sour cream.

Yield: 8 to 10 servings.

### HERRING SALAD (SILLSALLAD)

1/2 cup diced cold roast beef	1 hard cooked egg, chopped
1/2 cup chopped apple	12 stuffed olives
1/2 cup diced pickled herring	1 Tbsp. vinegar
6 anchovy fillets, chopped	2 Tbsp. salad oil
1 Tbsp. chopped gherkin	1/4 tsp. sugar
1 Tbsp. capers	1/8 tsp. pepper
	lettuce

1. Mix together beef, apple, herring, anchovy, gherkin, capers and egg. Cut olives in halves crosswise and add to first mixture.

2. Measure vinegar, salad oil, sugar and pepper into small jar. Cover and shake thoroughly. Add to beef and herring mixture. Toss together until well mixed. Chill.

3. Line small salad bowl with crisp lettuce. Add salad. Serve very cold.

Yield: 8 to 10 servings.

**HERRING SALAD  
(SILLSALLAD)**

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 1 large salt herring                | 1/2 cup finely diced cooked carrots |
| 2 medium potatoes, cooked and diced | 1 Tbsp. sugar                       |
| 2 medium beets, cooked and diced    | 2 1/2 Tbsp. vinegar                 |
| 1 cup finely diced cooked veal      | 1/4 cup whipping cream              |
| 1 1/2 tart apples, pared and diced  | 1/4 cup whipping cream, whipped, or |
| 1/2 small onion, minced             | 1/2 cup dairy sour cream            |
|                                     | 1 hard cooked egg                   |

1. Skin and bone herring and soak in cold water overnight. Drain and cut fine.

2. Mix herring, potatoes, beets, veal, apples, onions and carrots together. All should be cut very fine. Add salt, if needed.

3. Stir sugar into vinegar and add to salad. Add 1/4 cup whipping cream. Salad should be firm and not wet.

4. Cover and chill until ready to serve.

5. Turn out on platter. Garnish with a big spoonful of whipped cream or sour cream. Slice hard cooked egg white and arrange as garnish on salad. Put yolk through sieve and sprinkle over salad.

**Yield: 12 servings.**

**HERRING SALAD  
(SILLSALLAD)**

**Salad:**

- 1 large salt herring
- 1 cup finely cut cooked meat
- 1 cup finely cut cooked beets
- 1 cup finely cut cooked potatoes
- 1 dill pickle, finely cut
- 1/2 small onion, minced
- 1/2 large apple, finely cut
- 1 Tbsp. vinegar

- 1 tsp. sugar
- 1/4 tsp. white pepper
- 1 1/2 Tbsp. lemon juice
- 1 hard cooked egg
- parsley
- radish roses

**Sauce:**

- 1/2 cup whipping cream
- 1 1/2 tsp. sugar
- 1 tsp. lemon juice
- 1 tsp. beet juice

1. Soak herring in cold water overnight. Drain, skin, bone and cut fine.

2. Mix prepared herring, meat, beets, potatoes, pickle, onion and apple.

3. Add vinegar, sugar, pepper and lemon juice.

4. Turn out on platter. Chop white and yolk of egg sepa-

rately and sprinkle over salad. Garnish with parsley and radish roses.

5. For sauce whip cream stiff. Add sugar, lemon juice and beet juice. Mix well. Serve with salad in separate bowl.

Yield: 8 servings.

### **HERRING SALAD (SILLSALLAD)**

- |                             |  |
|-----------------------------|--|
| 1 large salt herring        | 1 large eating apple, diced                        |
| 1 cup diced cooked meat     | 1 large banana, diced                              |
| 1 cup diced cooked potatoes | $\frac{2}{3}$ cup light cream                      |
| 1 cup diced pickled beets   | $\frac{1}{3}$ cup juice drained from pickled beets |

1. Soak herring in cold water overnight. Drain and rinse. Remove skin and bones. Pat dry with paper toweling. Cut into small pieces.

2. Toss lightly together herring, meat, potatoes, beets, apple and banana. Add cream and beet juice. Toss lightly again.

Yield: 8 servings.

### **HERRING SALAD (SILLSALLAD)**

- |                              |                     |
|------------------------------|---------------------|
| 1 $\frac{1}{2}$ salt herring | 3 eating apples     |
| 5 small cooked beets         | 1 Tbsp. mayonnaise  |
| 2 small cooked potatoes      | 2 Tbsp. light cream |

1. Soak herring in cold water overnight. Drain and rinse. Remove skin and bones. Pat dry with paper toweling. Cut into small pieces.

2. Dice beets, potatoes and apples. Add herring. Stir mayonnaise and cream together and add to herring mixture. Toss lightly together.

Yield: 8 servings.

**HERRING SALAD  
(SILLSALLAD)**

- |                                     |   |
|-------------------------------------|---|
| <b>2 salt herring</b>               | <b>3 Tbsp. white vinegar</b>            |
| <b>1 cup diced cooked potatoes</b>  | <b>few grains salt</b>                  |
| <b>1 small onion, finely diced</b>  | <b>few grains pepper</b>                |
| <b>1 apple, finely diced</b>        | <b>6 whole allspice, finely crushed</b> |
| <b>1 stick celery, finely diced</b> | <b>1/4 cup whipping cream</b>           |
| <b>1 cup diced cooked beets</b>     | <b>parsley</b>                          |
| <b>2 hard cooked eggs</b>           |   |

1. Soak herring in cold water a few hours. Drain well, bone and remove skin. Cut herring into small pieces.

2. Mix herring, potatoes, onion, apple, celery and beets.

3. Cut hard cooked eggs in half and remove yolks. Mash yolks until smooth. Add vinegar, salt, pepper and crushed allspice. Gradually stir in cream. Add to salad ingredients, folding carefully so as not to break up too much.

4. Turn out on serving platter. Cut each egg white half into 6 strips. Arrange in semi-circles around edge of salad and in center on top. Garnish with parsley.

Yield: 10 servings.

**SALT HERRING WITH SOUR CREAM  
(SILL MED SUR GRÄDDE OCH GRÄSLÖK)**

- |                              |                                 |
|------------------------------|---------------------------------|
| <b>2 fat salt herring</b>    | <b>3/4 cup dairy sour cream</b> |
| <b>1 Tbsp. white vinegar</b> | <b>1 Tbsp. minced chives</b>    |
| <b>1 Tbsp. sugar</b>         |                                 |
| <b>1 sprig fresh dill or</b> |                                 |
| <b>1/2 tsp. dill seed</b>    |                                 |

1. Clean herring and remove head and tail; bone and skin. Cut into fillets. Soak in cold water 24 to 48 hours. The longer period removes more of the salt. Rinse well in cold water and dry on cloth or paper toweling. Put together in pairs. Cut into slices 3/4 to 1 inch wide. Arrange in rows on serving platter so pieces do not touch.

2. Mix vinegar, sugar, minced fresh dill or dill seed and sour cream. Pour cream over herring. Sprinkle top with chives.

3. Place in refrigerator 2 to 3 hours to chill.

Yield: 8 to 12 servings for smörgåsbord.

### SALT HERRING WITH SOUR CREAM (SILL MED SUR GRÄDDE)

2 fat salt herring                      2 Tbsp. minced dill or  
1 cup dairy sour cream                  chives

1. Clean herring. Cut off head and tail. Cut in halves; remove bones and skin. Soak in cold water overnight. Rinse well and pat dry.

2. Put two fillets together as a whole fish. Cut into slices  $\frac{3}{4}$  to 1 inch wide. Slide knife under fish and place fish on serving platter.

3. Sprinkle dill or chives in a row on each fish. Serve separately with sour cream.

Yield: 8 to 12 servings for smörgåsbord.

### SWEDISH CHRISTMAS FISH—"LUTFISK"

"Lutfisk" is and has been for generations the main dish of the traditional Christmas Eve supper. The modern housewife who buys the fish, all ready for cooking, in a Scandinavian delicatessen store, may or may not know that it has come through a long period of preparation before it reached her. The fluffy, white fish that she carefully drops into her kettle of boiling water or places in the oven for slow baking looked, not too long ago, like slabs of dried driftwood, and much care and time was devoted to its preparation. Those of us who belong to the older generation, recall among the memories of childhood, that when the bundle of "lutfisk" was brought home we knew that Christmas was not too far away.

### PREPARATION OF LUTFISK (BEREDNING AV LUTFISK)

5 lbs. dry lutfisk                      1 lb. washing soda  
cold water                              2 quarts lukewarm water  
1 lb. slaked lime

1. Cut each piece of lutfisk into 3 or 4 pieces. Put in wooden tub or earthenware crock. Cover completely with cold water and let stand 4 days changing the water every day.

2. Drain fish and scrub well with brush. Wash and rinse tub or crock. Sprinkle bottom of tub or crock with dry slaked lime. Add a layer of fish, skin side down and sprinkle with lime. Continue with layers of fish and sprinkle each layer with lime until all fish has been put in crock. Sprinkle remaining lime over top.

3. Dissolve washing soda in lukewarm water. Cool by adding cold water. Pour over fish in crock, then add sufficient cold water to completely cover fish. Put a plate on fish to keep fish under water. Let stand 5 to 7 days or until fish feels soft.

## **FISH**

4. Remove fish from crock, empty crock and wash thoroughly. Rinse fish with cold water and return to crock. Cover with cold water. Let stand at least 4 days before cooking, and change water every day. To hurry the removal of the lime and soda, let fish stand under cold running water for several hours the first day letting water run on plate placed on fish to keep the fish under water. Keep fish in cold water until it is all used.

### **BAKED LUTFISK (UGNSTEKT LUTFISK)**

**3 lbs. prepared lutfisk**      **cream sauce**  
**(ready to cook)**

1. Cut prepared lutfisk into serving pieces. Rinse and drain well.

2. Place one layer deep, with skin side down, in large shallow baking pan.

3. Bake in a slow oven (325°) 35 minutes. Serve with cream sauce.

Yield: 4 servings.

### **COOKED LUTFISK (KOKT LUTFISK)**

**3 lbs. prepared lutfisk**      **salt**  
**water**      **black or white pepper**  
**2 tsp. salt**      **allspice or dry mustard**  
**cream sauce**

Method 1. Cut fish in serving pieces. Wash and drain well. Fill a large frying pan half full of water. Add salt and bring to the boiling point. Drop in pieces of fish, skin side down. Cover pan and bring to the simmering point. Simmer 10 minutes or until fish flakes easily. Lift pieces of fish out carefully with wide spatula, drain thoroughly and arrange on serving platter. Remove skin and fins.

Method 2. Place a large piece of cheesecloth on table. Lay whole fish on cloth, skin side down. Tie together opposite corners of cloth. Fill a large kettle half full of water. Add salt and bring to the boiling point. Carefully lower fish into water. Let come to a boil. Turn down heat and let fish simmer uncovered 7 to 8 minutes. Lift fish out of water by holding cloth at each end of fish. Drain thoroughly. Turn fish out of cloth onto platter so skin side is up. Remove skin and fins.

Serve cooked lutfisk with cream sauce in a separate bowl. Always serve with salt, black or white pepper and ground allspice or dry mustard.

Yield: 4 servings.

**Note:** Reserve 1½ cups fish stock for cream sauce if stock is to be used in the sauce.

### CREAM SAUCE FOR LUTFISK (MJÖLKSÅS FOR LUTFISK)

6 Tbsp. butter	1 1/2 cups fish stock
6 Tbsp. flour	1 tsp. salt
3 cups milk or	
1 1/2 cups milk and	

1. Melt butter in saucepan; add flour and cook until mixture bubbles. Add milk or milk and fish stock.

2. Cook, stirring constantly until sauce thickens. Reduce heat to very low and cook 10 minutes. Season with salt.

Yield: 3 cups sauce.

### LUTFISK PUDDING (LUTFISKPUDDING)

3 lbs. prepared lutfisk, cooked	1 tsp. salt
3 cups cooked rice	1/4 tsp. white pepper
3 egg yolks, slightly beaten	1 tsp. almond extract
3 cups milk	3 Tbsp. butter, melted
	melted butter

1. Remove skin and bones from well drained, cooked lutfisk. Add rice. Mix egg yolks and milk and add to fish and rice. Add salt, pepper, extract and 3 Tbsp. melted butter.

2. Turn into buttered 2 1/2 quart casserole. Bake in moderate oven (350°) 1 to 1 1/4 hours or until firm. Serve with melted butter.

Yield: 6 to 8 servings.

### LUTFISK PUDDING (LUTFISKPUDDING)

1/2 cup rice	2 cups cooked, well drained lutfisk
2 1/2 cups milk	2 eggs, well beaten
1 1/2 Tbsp. butter	1 tsp. salt
1/4 cup fine dry bread crumbs	few grains pepper

1. Add rice to large amount of boiling water and let come to boiling point. Drain rice.

2. Place scalded rice and milk in top of double boiler. Cover and cook over boiling water until rice is soft, about 30 minutes. Cool.

## **FISH**

3. Butter  $1\frac{1}{2}$  quart casserole with  $\frac{1}{2}$  Tbsp. butter. Sprinkle with 2 Tbsp. of the crumbs.

4. To rice add lutfsk, well beaten eggs, remaining 1 Tbsp. butter, salt and pepper. Mix well and turn into prepared casserole. Sprinkle top with remaining crumbs.

5. Bake in slow oven ( $325^{\circ}$ )  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours or until set in center. Serve warm with melted butter.

Yield: 6 servings.

### **BAKED FRESH MACKEREL (UGNSTEKT MAKRILL)**

1 fresh mackerel

3 Tbsp. butter

1 tsp. salt

few grains pepper

$\frac{1}{3}$  cup fine Swedish toast  
crumbs

$\frac{1}{4}$  cup milk

$\frac{1}{4}$  cup light cream

1. Clean mackerel and cut off head and tail. Remove bones, cut fish in half and then in 6 pieces. Butter a 6x10 inch baking pan.

2. Arrange fish in pan. Sprinkle with salt and pepper. Dot with remaining butter and sprinkle with toast crumbs. Mix milk and cream and pour slowly over fish.

3. Bake uncovered in a moderate oven ( $350^{\circ}$ ) 50 to 60 minutes.

Yield: 6 servings.

### **BAKED FRESH MACKEREL (UGNSTEKT MAKRILL)**

1 fresh mackerel, about

2 lbs.

1 Tbsp. lemon juice

1 large sprig parsley

2 Tbsp. flour

$\frac{1}{2}$  tsp. salt

4 Tbsp. butter

$\frac{1}{2}$  cup dairy sour cream

1 Tbsp. minced parsley or  
chives

browned tomato halves

1. Clean mackerel and cut off head and tail. Sprinkle inside and outside with lemon juice and stuff with parsley sprig.

2. Dip in flour mixed with salt. Melt butter in frying pan, add fish and brown slowly on both sides, allowing about 20 minutes for browning. Remove to baking dish or leave in frying pan.

3. Cover fish with sour cream. Bake in slow oven ( $325^{\circ}$ ) 50 to 60 minutes. Sprinkle with minced parsley or chives. Garnish with browned tomato halves.

Yield: 4 to 6 servings.



### COOKED PIKE WITH EGG AND DILL SAUCE (KOKT GÄDDA MED ÄGG OCH DILLSÅS)

1 pike, about 2 lbs.	2 Tbsp. flour
4 cups water	1 egg, hard cooked
1 tsp. salt	1 Tbsp. minced dill
6 whole allspice	1/2 tsp. salt
2 Tbsp. butter	

1. Scale and clean fish. Cut off head and tail and remove fins. Cut fish into serving pieces.

2. Heat water to boiling point in a deep frying pan. Add 1 tsp. salt and allspice. Drop in fish. Cover and bring to simmering point. Simmer 15 to 20 minutes. Remove 1 3/4 cups fish stock from pan for sauce. Let fish remain in pan while making sauce.

3. Melt butter; add flour and cook until bubbly. Stir in 1 3/4 cups fish stock. Cook, stirring constantly until sauce thickens. Reduce heat to very low and cook 10 minutes. Cut egg into small pieces. Add to sauce with dill and salt.

4. Remove fish from water with a slotted pancake turner and arrange on a serving platter. Spoon sauce over fish.

Yield: 4 servings.

### SALMON MOLD (LAXSALLAD I GELE)

2 Tbsp. butter
1 1/2 tsp. flour
1/2 tsp. dry mustard
1/2 tsp. salt
1/4 tsp. pepper
3/4 cup milk
2 egg yolks, slightly beaten

juice of 1/2 lemon
1 Tbsp. chopped parsley
1 Tbsp. gelatin
2 Tbsp. cold water
2 cups flaked salmon

#### Cucumber Dressing:

1/2 cup whipping cream, whipped
1 cup mayonnaise
2 Tbsp. lemon juice
1/4 tsp. salt
1/8 tsp. white pepper
1 small cucumber, chopped

1. Melt butter in top of double boiler over gently boiling water. Stir in flour, mustard, salt and pepper. Add milk and cook until mixture thickens, stirring constantly. Cover and cook 10 minutes. Stir a little of hot sauce into beaten egg yolks and

## **FISH**

return to double boiler. Cook 2 minutes. Remove from over boiling water and stir in lemon juice and parsley.

2. Soak gelatin in cold water 5 minutes. Add to hot mixture and stir until gelatin is dissolved. Strain and mix with flaked salmon.

3. Rinse a 1 quart mold with cold water. Pour in salmon mixture. Chill several hours.

4. Unmold and serve with cucumber dressing.

5. **Cucumber dressing:** Fold whipped cream into mayonnaise. Fold in lemon juice gradually. Add salt and pepper and then add well drained cucumber.

Yield: 8 servings.

### **SMOKED SALMON PUDDING (RÖKT LAXPUDDING)**

$\frac{1}{2}$ lb. sliced smoked salmon	1 cup light cream
1 cup milk	$\frac{1}{8}$ tsp. white pepper
3 Tbsp. butter	$\frac{1}{4}$ tsp. mace
2 Tbsp. fine dry bread crumbs	1 cup fine soft bread crumbs
5 medium size potatoes, cooked	
3 eggs	

1. Place salmon in bowl or shallow pan. Add milk and let stand 2 to 3 hours. Butter a shallow casserole,  $6\frac{1}{4} \times 10$  inches, with 1 Tbsp. butter. Sprinkle with dry bread crumbs.

2. Slice potatoes. Place half of the potatoes in casserole. Remove salmon from milk and arrange over potatoes. Add remaining potatoes.

3. Beat eggs until yolks and whites are well mixed. Beat in cream, white pepper and mace. Add the milk the salmon was soaked in. Pour over potatoes and salmon.

4. Melt remaining 2 Tbsp. butter and add to soft bread crumbs. Sprinkle over casserole. Bake in moderate oven ( $350^{\circ}$ ) 45 to 50 minutes.

Yield: 6 servings.

**Note:** Fresh salmon may be used instead of smoked salmon. Five medium size potatoes equal about  $1\frac{1}{2}$  lbs. potatoes.

### SMOKED SALMON PUDDING (RÖKT LAXPUDDING)

1 cup rice	1 tsp. salt
2 quarts boiling water	few grains pepper
1 Tbsp. salt	3 eggs, slightly beaten
5 cups milk	½ cup fine dry bread
3 Tbsp. butter	crumbs
½ lb. smoked salmon	parsley
	melted butter

1. Add rice to boiling water containing 1 Tbsp. salt. Let come to boiling point. Drain thoroughly.

2. Add scalded rice to milk in top of double boiler. Cover and cook over gently boiling water until rice is tender. Add 2 Tbsp. butter. Cool.

3. Cut salmon in small pieces. Add to rice with salt, pepper and slightly beaten eggs.

4. Butter a 2 quart casserole with remaining 1 Tbsp. butter. Sprinkle with 2 Tbsp. bread crumbs. Pour in salmon mixture. Sprinkle top with remaining crumbs. Bake in a slow oven (325°) 1 to 1¼ hours. Garnish with parsley. Serve warm with melted butter.

Yield: 8 servings.

### SALMON SOUFFLÉ (LAXSUFFLÉ)

1 pound can salmon	½ tsp. salt
1 cup fine, soft bread	⅛ tsp. paprika
crumbs	½ tsp. white pepper
1 cup hot milk	3 Tbsp. lemon juice
3 eggs, separated	

1. Remove skin and bones from salmon and break up into small flakes.

2. Soften the bread crumbs in the milk.

3. Beat egg yolks until thick and lemon colored. Add seasoning, salmon and the milk and bread crumb mixture.

4. Beat egg whites until stiff and fold into salmon mixture.

5. Turn into 8 inch baking dish which has been buttered only on bottom. Set in pan of hot water. Bake in moderately hot oven (400°) 35 to 40 minutes.

Yield: 4 servings.

**BROILED SARDINES WITH EGG SAUCE  
(SARDINER MED ÄGGSÅS)**

$\frac{1}{4}$ cup butter	few grains cayenne
2 Tbsp. flour	3 hard cooked eggs, chopped
$\frac{3}{4}$ tsp. dry mustard	2 ( $3\frac{3}{4}$ oz.) cans skinless and boneless sardines
$1\frac{1}{2}$ cups light cream	4 slices hot buttered toast
$\frac{1}{4}$ tsp. salt	paprika
few grains white pepper	

1. Melt butter in saucepan. Stir in flour and mustard and cook until bubbly. Add cream. Cook, stirring constantly until sauce thickens. Reduce heat and cook 10 minutes. Add salt, pepper, cayenne and eggs. Reheat.

2. Arrange sardines on cooky sheet or aluminum foil. Broil 5 minutes. Place on hot toast. Cover with egg sauce. Sprinkle with paprika. Serve at once.

Yield: 4 servings.

**BAKED STUFFED SMELTS  
(STRÖMMINGLÅDA)**

2 lbs. fresh smelts (about 20)	$\frac{1}{2}$ cup fine fresh bread crumbs
$3\frac{1}{2}$ oz. can anchovies sprats (in spiced sauce)	2 tsp. anchovy sauce (drained from can)
4 Tbsp. butter	

1. Remove heads, tails and bones from smelts. Rinse under cold running water. Drain well on paper toweling. Spread smelts out flat.

2. Drain anchovies well and reserve 2 teaspoons sauce. Cut anchovies in half and place a piece on each smelt. Roll.

3. Butter a shallow baking pan, 10x6 inches, with part of the butter. Arrange rolled smelts side by side in pan. Dot with remaining butter. Sprinkle with bread crumbs and pour anchovy sauce over all.

4. Bake in moderate oven ( $375^{\circ}$ ) 35 to 40 minutes or until a fin can be pulled out easily. Serve hot in baking dish on smörgåsbord or as a main course with boiled potatoes.

Yield: 4 to 8 servings.

## **MEATS**

### **KÖTTRÄTTER**

#### **BEEF à la LINDSTROM** **(BIFF à la LINDSTROM)**

<b>3 small potatoes, cooked</b>	<b>4 egg yolks</b>
<b>2 medium beets, cooked</b>	<b>1/3 cup light cream</b>
<b>2 small onions</b>	<b>1 Tbsp. minced capers</b>
<b>1/2 cup water</b>	<b>1 tsp. salt</b>
<b>1/2 tsp. salt</b>	<b>1/4 tsp. white pepper</b>
<b>1 lb. finely ground</b>	<b>4 Tbsp. butter</b>
<b>round steak</b>	<b>1 cup consommé</b>

1. Cut cooked potatoes and beets into tiny cubes. Mince onions, add water and 1/2 tsp. salt and cook uncovered 3 minutes or until water is evaporated.

2. Pound meat with potato masher. Mix egg yolks and cream and add gradually to meat mashing thoroughly. Add potatoes, beets, onions, capers, salt and pepper.

3. Cut into 12 portions and shape into round flat cakes about 1/2 inch thick.

4. Melt butter in frying pan, add meat cakes and fry quickly allowing about 1 1/2 minutes on each side. Meat should be well browned on outside and slightly rare on inside.

5. Remove meat to warm platter. Add consommé to pan, bring to a boil and pour over meat. Serve at once.

Yield: 12 meat cakes.

#### **ROYAL BEEF ROAST** **(SLOTTSTEK)**

<b>1 Tbsp. butter</b>	<b>12 to 15 black</b>
<b>4 to 5 lbs. beef chuck or</b>	<b>peppercorns</b>
<b>rump roast</b>	<b>1 Tbsp. brown sugar</b>
<b>3 to 4 anchovies, chopped</b>	<b>1 Tbsp. vinegar</b>
<b>1 onion, minced</b>	<b>1 Tbsp. whiskey</b>
<b>2 tsp. salt</b>	<b>1 cup water</b>
<b>1 bay leaf</b>	

1. Melt butter in a heavy kettle or deep frying pan. Add beef roast and brown well on all sides.

2. Add anchovies, onion, salt, bay leaf, peppercorns, sugar, vinegar, whiskey and water. Cover tightly and cook slowly 2 to 2 1/2 hours or until meat is tender.

3. Serve roast with the pan juice.

Yield: 12 servings.

**Note:** The pan juice may be thickened for gravy. One-half cup of cream added makes a delicious gravy.

**SUNDAY BEEF ROAST  
(SÖNDAGSSTEK)**

4 lbs. rump roast in one piece	1 Tbsp. vinegar
1 Tbsp. butter, melted	1 onion, sliced
2 tsp. salt	3 whole anchovies, cleaned or 6 anchovy fillets
1 bay leaf	1 cup hot water
6 whole allspice	6 Tbsp. flour
3 whole white peppers	½ cup cold water
1½ tsp. dark corn syrup	

1. Brown meat on all sides in melted butter, allowing 10 to 15 minutes for browning each side. Sprinkle browned side with salt as the meat is turned.

2. Add bay leaf, whole allspice and whole peppers. Mix syrup and vinegar and spoon over top of meat. Cover with sliced onion and anchovies. Add 1 cup hot water.

3. Cover kettle tightly and simmer 3 hours or until meat is tender.

4. Remove meat to serving platter. Strain liquid in kettle. Measure liquid and add sufficient water to make 3 cups. Return to kettle and heat to boiling point.

5. Mix flour and ½ cup cold water into a smooth paste. Stir into liquid in kettle. Stir constantly until gravy thickens. Turn heat very low and cook gravy 10 minutes. Serve with roast.

Yield: 12 servings.

**BROWNED BEEF STEW  
(KALOPS)**

2 Tbsp. shortening	3 small bay leaves
2 lbs. beef, cut in 2 inch cubes	2 tsp. whole allspice
2 medium onions, sliced	2 Tbsp. cornstarch
3 cups water	½ cup cold water
1 tsp. salt	

1. Melt shortening in skillet or heavy kettle. Add beef and onions and cook until browned on all sides. Add 3 cups water, salt, bay leaves and allspice. Cover tightly and simmer 2 to 2½ hours or until meat is tender.

2. Mix cornstarch and cold water and stir into meat mixture. Cook, stirring carefully until thickened. Cook 10 minutes uncovered.

Yield: 6 to 8 servings.

# **CHRISTMAS HAM (PICKLED FRESH HAM) (JULSKINKA)**

**1 fresh ham, about 15 lbs.**

**Mixture for rubbing**

**Into ham:**

**1 1/3 cups salt**

**1/3 cup sugar**

**2 tsp. saltpeter**

**Brine:**

**3 cups salt**

**6 Tbsp. sugar**

**1 1/2 Tbsp. saltpeter**

**6 quarts boiling water**

**Cooking ham:**

**boiling water**

**3 whole bay leaves**

**15 whole white peppers**

**15 whole allspice**

**Glaze:**

**2 egg whites**

**2 Tbsp. sugar**

**2 Tbsp. dry mustard**

**1/3 cup fine dry bread  
crumbs**

**Garnish:**

**paper frill**

**parsley**

1. Wipe fresh ham with a damp cloth. Place in a large earthenware crock or enamel kettle. Prepare mixture for rubbing into ham by mixing together salt, sugar and saltpeter. Rub this mixture all over ham and sprinkle any remaining rubbing mixture over the ham. Cover crock or kettle. Let stand in a cold place or in the refrigerator 3 days.

2. **Brine:** Add salt, sugar and saltpeter to boiling water. Again bring to boiling point. Remove from heat and let stand until cold. Pour cold brine over ham in crock or kettle. Do not remove salt mixture previously sprinkled over ham. Brine should completely cover ham. Place a plate on ham and a weight on the plate to keep ham under brine. Cover crock or kettle. Let stand in a cold place or in the refrigerator 2 weeks.

3. **Cooking Ham:** Remove ham from brine and drain well. Discard brine. Place ham fat side up in a large kettle and cover with boiling water. There should be at least 2 inches of boiling water over top of ham. Bring to simmering point. Skim top of water. Add bay leaves, whole peppers and allspice. Cover kettle and **simmer** until ham is tender, 5 to 6 hours. Remove from heat, remove cover and let ham cool in liquid. When cool remove ham from liquid and drain thoroughly. Remove skin and excess fat. Place ham on rack in open roasting pan.

4. **Glaze:** Beat egg whites until rounded peaks are formed. Beat in sugar and mustard. Spread over ham, covering ham well. Sprinkle with bread crumbs. Bake ham in moderate oven (350°) 30 minutes to brown glaze. Remove ham to platter.

5. **Garnish:** Cover end of bone with a paper frill. Garnish platter with parsley. Serve cold.

## MEATS

### CHRISTMAS HAM (JULSKINKA)

12 to 15 lb. pickled fresh ham	1/2 Tbsp. dry mustard
24 allspice or peppercorns	1/2 Tbsp. sugar
1 egg, well beaten	2 Tbsp. fine, dry bread crumbs

1. Place pickled fresh ham in large kettle and cover with boiling water. Bring to simmering point. Add allspice or peppercorns.

2. Cover kettle and simmer until ham is tender, 4 to 5 hours for a 12 lb. ham and 5 to 6 hours for a 15 lb. ham.

3. Remove ham from water. Remove skin and excess fat. Brush ham with beaten egg. Sprinkle with a mixture of mustard and sugar and then with bread crumbs.

4. Place ham on rack in open roasting pan. Bake in moderate oven (350°) 30 to 40 minutes until brown.

### HEAD CHEESE (PRESSYLTA)

#### Veal:

- 1 veal shank, meat and bones (about 4 1/2 lbs.)
- 7 tsp. salt
- 3 bay leaves
- 2 medium onions, sliced
- 24 whole allspice
- 4 quarts boiling water

#### Pork:

- 4 1/2 lbs. pork shoulder, meat and bones
- 7 tsp. salt
- 3 quarts boiling water
- 2 lbs. pork fat

#### Head Cheese:

- veal stock
- cooked veal
- cooked pork
- pork fat
- 1 tsp. whole white peppers
- 1 tsp. whole black peppers
- 1 Tbsp. salt
- 2 large cloths or towels string

#### Salt Brine:

- 2 Tbsp. sugar
- 1 cup salt
- 2 quarts water

1. **Veal:** Add veal shank, salt, bay leaves, onions and allspice to boiling water. Cover and simmer until meat is tender, about 2 1/2 hours. Remove meat from stock. Strain stock. Chill meat and stock separately in refrigerator overnight.



**2. Pork:** Add pork shoulder and salt to boiling water. Cover and simmer until meat is tender, about 2½ hours. Add pork fat the last hour of cooking. Remove meat and pork fat from stock. Chill meat and fat. The pork stock is not used in the head cheese and may be used for soup.

**3. Head Cheese:** Cook veal stock until it is cooked down to 2 quarts (8 cups). Remove gristle and bone from chilled veal and bones from chilled pork. Cut veal and pork in thin slices. Slice pork fat in thin slices as large as possible. Crush whole white and black peppers and add salt. Line two 2 quart casseroles with cloths or towels wrung out of hot water. Place slices of pork fat on bottom and sides of casseroles, covering cloths completely, if possible. Add slices of veal and pork and lay them in alternate layers. Sprinkle each layer with mixed ground peppers and salt. Continue until veal and pork is used. Cover top with remaining pork fat. Pull cloths together as tightly as possible around meat and tie securely with string. Pour 1 quart of veal stock into each of two kettles and bring to boiling point. To each, add one head cheese tied in cloth. Stock should cover head cheese. Bring slowly to boiling point, then cook slowly 5 minutes. Remove head cheese, still in cloth, to flat pan. Spread out ends of cloth smoothly over head cheese. Cover top completely with bread board and on bread board place an 8 or 10 pound weight. Set meat in refrigerator and let weight press meat for 24 hours. Then remove weight, board and cloth.

**4. Salt brine:** Add sugar and salt to water and bring to boiling point. Let stand until cold.

To store head cheese for several days, cover with cold salt brine and keep in refrigerator.

Cut head cheese in slices of even thickness. Serve cold with vinegar or sharp prepared mustard.

Yield: about 5 pounds head cheese.

**Note:** For the pork fat use fat sliced off fat pork roasts.

### **LAMB WITH DILL SAUCE**

**(LAMM MED DILLSÅS)**

**3 lbs. breast or shoulder  
of lamb**

**1 quart boiling water**

**1 Tbsp. dill seeds**

**2 tsp. salt**

**10 whole black peppers**

**Sauce:**

**4 Tbsp. butter**

**5 Tbsp. flour**

**½ tsp. salt**

**few grains white pepper**

**3½ cups lamb stock**

**2 Tbsp. sugar**

**1 Tbsp. vinegar**

**3 egg yolks**

**3 Tbsp. lamb stock or water**

## MEATS

1. Cut lamb into pieces as for stew. Add boiling water, dill seeds, salt and whole peppers. Cover tightly and simmer  $1\frac{1}{2}$  hours or until lamb is tender. Remove meat from stock to serving dish and keep warm. Strain stock and skim off fat. Use stock for sauce.

2. **Sauce:** Melt butter; stir in flour, salt and white pepper. Cook until mixture bubbles. Stir in lamb stock. Cook, stirring constantly until sauce thickens. Add sugar and vinegar. Reduce heat to very low and cook 10 minutes.

3. Beat egg yolks slightly; add 3 Tbsp. lamb stock. Pour some of hot sauce into yolk mixture. Mix well and add to remainder of sauce. Serve separately.

Yield: 8 servings.

### LIVER LOAF (LEVERPASTEJ)

- |                             |                           |
|-----------------------------|---------------------------|
| 1 lb. beef liver, sliced    | $\frac{1}{2}$ cup milk    |
| 3 medium onions             | 1 egg                     |
| $\frac{1}{2}$ lb. salt pork | 3 Tbsp. all-purpose flour |
| 3 anchovies, cleaned, or    | $\frac{1}{2}$ tsp. pepper |
| 6 anchovy fillets           | 7 thin slices bacon       |
| 2 slices white bread        |                           |

1. Cover liver with boiling water and simmer 5 minutes. Drain and cool. Remove skin and tough membrane. Put liver, onions, salt pork, anchovies and bread through food chopper twice. Add milk, egg, flour and pepper. Mix thoroughly.

2. Line a loaf pan,  $4\frac{1}{2} \times 8\frac{1}{2}$  inches, with slices of bacon. Add liver mixture and press firmly into pan.

3. Bake in moderate oven ( $350^{\circ}$ ) 1 hour.

Yield: 6 to 8 servings.

### STEAMED LIVER LOAF (LEVERPASTEJ)

- |                            |   |
|----------------------------|---|
| $\frac{1}{2}$ lb. liver    | $\frac{3}{4}$ cup flour                   |
| 1 medium onion             | 1 Tbsp. sugar                             |
| 4 fillets anchovies        | 1 Tbsp. salt                              |
| $\frac{1}{2}$ lb. pork fat | $\frac{1}{8}$ tsp. white pepper           |
| 1 egg                      | $\frac{1}{4}$ lb. pork fat, thinly sliced |
| $\frac{1}{2}$ cup milk     |   |

1. Grind liver, onion and anchovies in food chopper two times. Grind  $\frac{1}{2}$  lb. pork fat once and mix with liver.

2. Beat egg slightly, stir in milk and add to liver mixture. Add flour, sugar, salt and pepper. Mix thoroughly.

3. Line a loaf pan,  $8\frac{1}{2} \times 4\frac{1}{2}$  inches, with thinly sliced pork fat. Add liver mixture and press down firmly. Cover top with

remaining slices pork fat. Cover pan with aluminum foil. Place pan in a larger pan containing boiling water.

4. Bake in a moderate oven (350°) 1½ hours. Remove from oven. Let loaf cool in pan. Chill. Cut in slices and serve cold on smörgåsbord.

Yield: 12 to 14 slices.

### **LIVER PUDDING (KORVKAKA)**

1 cup rice	1 ¼ tsp. salt
3 pints boiling water	¼ tsp. nutmeg
1 lb. chicken livers	few grains white pepper
3 Tbsp. butter, melted	2 tsp. sugar
1 medium onion, finely chopped	3 eggs, well-beaten

1. Add rice to boiling water and cook until rice is tender, 15 to 20 minutes. Drain well. Cool.

2. Add liver to melted butter in skillet. Add onion. Cook slowly until liver and onion are lightly browned, about 15 minutes. Cool. Put through food chopper.

3. Mix together cooked rice, ground liver and onion, salt, nutmeg, pepper and sugar. Add eggs and mix well.

4. Turn into buttered 3 quart baking dish. Bake in slow oven (300°) 1 hour or until a knife inserted in pudding comes out clean.

Yield: 8 servings.

### **LIVER PUDDING (LEVERPUDDING)**

1 small onion	1 ½ Tbsp. molasses
¼ cup butter	½ tsp. salt
2 cups ground cooked liver, about 1 ¼ lbs.	few grains pepper
¾ cup cooked rice	1 egg, slightly beaten
1 cup milk	melted butter

1. Chop onion fine. Add to ¼ cup butter in small saucepan and cook slowly 3 minutes, without browning onion.

2. Mix liver and rice. Add cooked onion, milk, molasses, salt, pepper and egg. Mix thoroughly.

3. Turn into 1 quart casserole. Bake in moderate oven (350°) 45 to 50 minutes. Serve with melted butter.

Yield: 6 to 8 servings.

## MEATS

### LIVER AND RICE PUDDING (KORVKAKA)

1 1/2 lbs. beef liver	1 cup raisins
1 cup rice	1 1/2 tsp. salt
2 cups milk	1/4 tsp. black pepper
1/4 lb. suet	2 eggs
1 onion	

1. Wash and drain liver. Pour boiling water over and let stand 20 minutes. Pour off water and cool. Remove the skin and cut liver in pieces.

2. Add rice to milk in top of double boiler. Cover and cook 45 minutes. Cool slightly.

3. Grind liver, suet, onion and raisins. Add rice and seasonings. Mix all ingredients together thoroughly. Add eggs last.

4. Pour into a buttered 2 qt. casserole. Bake in moderate oven (350°) 1 hour. Yield: 6 to 8 servings.

### MEAT BALLS (KÖTTBULLAR)

2 cups soft bread crumbs (about 3 slices day old bread)	1/2 tsp. pepper
2/3 cup milk	1 tsp. nutmeg
1/2 cup minced onion	1 tsp. paprika
4 Tbsp. butter	1 Tbsp. concentrated meat extract
1 1/2 lbs. ground beef or veal	3 Tbsp. flour
3 eggs, slightly beaten	1 cup water
2 tsp. salt	few grains pepper
	1 cup dairy sour cream
	2 Tbsp. minced parsley

1. Soak bread crumbs in milk until softened. Add onion to 1 Tbsp. butter in small saucepan and cook slowly 3 minutes.

2. Mix softened bread, cooked onion and meat. Add eggs, salt, pepper, nutmeg and paprika. Mix thoroughly until very smooth and light.

3. Shape meat into small balls, dusting the hands with flour while shaping the balls. Melt remaining 3 Tbsp. butter in large frying pan. Add meat balls and fry until golden brown all over.

4. Remove from pan and add meat extract and 3 Tbsp. flour. Stir until well blended. Add water and a few grains pepper. Cook, stirring constantly until thickened. Reduce heat very low and cook 5 minutes. Stir in sour cream, a rounded tablespoon at a time, stirring until thoroughly blended after each addition of sour cream. Return meat balls to gravy, cover pan and simmer very gently 10 minutes. Serve in deep casserole. Sprinkle with minced parsley. Yield: 70 to 80 meat balls.

**MEAT BALLS  
(KÖTTBULLAR)**

- |                                  |                      |
|----------------------------------|----------------------|
| 3 slices bread                   | 2 Tbsp. minced onion |
| 1 cup milk                       | 1 Tbsp. salt         |
| 2 eggs, slightly beaten          | 1 tsp. sugar         |
| 2 lbs. lean beef, ground         | 1/2 tsp. pepper      |
| 1/2 lb. pork shoulder,<br>ground | 4 Tbsp. butter       |

1. Remove crusts from bread. Soak bread in milk. Add slightly beaten eggs. Pour this mixture into meat and work with hands until well blended. Add onion, salt, sugar and pepper, and continue to work with hands until mixture is light and fluffy.

2. Shape into round balls about the size of a walnut. Melt butter in skillet, add meat balls and cook until browned. Cover skillet and allow to steam over low heat 20 to 25 minutes.

3. Gravy may be made by adding 2 Tbsp. flour to drippings in pan and thinning to desired thickness with milk.

Yield: about 120 small meat balls.

**MEAT BALLS  
(KÖTTBULLAR)**

- |                                   |                           |
|-----------------------------------|---------------------------|
| 2 slices dry white bread          | 1/4 tsp. pepper           |
| 3/4 cup water                     | 1 lb. round steak, ground |
| 1 egg                             | 1/2 cup flour             |
| 1 medium onion, finely<br>chopped | 2 Tbsp. butter            |
| 1 tsp. salt                       | 2 Tbsp. water             |

1. Soak dry bread in 3/4 cup water. Add egg and mix with fork until well blended. Add onion, salt, pepper and ground meat. Mix thoroughly.

2. Shape into 36 to 40 meat balls and roll in flour. Melt butter in frying pan. Add meat balls and brown well allowing 10 to 25 minutes for browning. Add 2 Tbsp. water. Cover tightly and cook over low heat 25 minutes longer.

Yield: 36 to 40 meat balls.

# MEATS

## MEAT BALLS (ALL BEEF) (KÖTTBULLAR)

1/2 cup fine dry bread  
crumbs

2/3 cup milk or water

1 egg

~~2 Tbsp. minced onion~~ *1 onion*

1 1/4 tsp. salt

1/8 tsp. pepper

1/8 tsp. nutmeg

1 lb. ground beef

2 Tbsp. butter or  
margarine

1/4 cup water

1. Stir bread crumbs into milk or water; mix well. Beat in unbeaten egg and onion. *(grated)*

2. Add salt, pepper, nutmeg and ground beef; mix thoroughly.

3. Divide meat mixture into 50 to 60 even portions. Shape into small balls. *(roll in little flour)*

4. Melt butter or margarine in skillet. Add meat balls; brown thoroughly, shaking pan occasionally to keep balls round. Add water; cover skillet. Simmer 20 minutes.

Yield: 50 to 60 small meat balls.

## MEAT BALLS (WITH MASHED POTATOES) (KÖTTBULLAR)

1 lb. round steak, ground

1/2 lb. pork, ground

1 1/2 tsp. salt

1/8 tsp. pepper

1/4 tsp. nutmeg

few grains ginger

1 tsp. sugar

1 medium potato, cooked

1/2 cup dry bread crumbs

1 egg yolk

1/4 cup hot milk

1/3 cup flour

2 Tbsp. butter

1 cup milk

1. Mix ground round steak and pork, salt, pepper, nutmeg, ginger and sugar.

2. Mash cooked potato through sieve. Add to meat mixture with bread crumbs and egg yolk. Then add hot milk.

3. Shape into small balls. Roll in flour. Melt butter in frying pan. Add meat balls; fry until brown. Cover pan. Bake in moderate oven (350°) 15 minutes. Uncover pan; add 1/2 cup milk and bake 5 minutes.

Yield: 48 meat balls. *48 meat balls if made in 1/2 lb. portions.*

### MEAT BALLS (WITHOUT EGGS) (KÖTTBULLAR)

¼ lb. butter  
 2 Tbsp. minced onion  
 1 cup water or potato  
     water  
 2 slices white bread  
 1 lb. ground beef

½ lb. ground pork  
 1 ½ tsp. salt  
 ⅛ tsp. ground allspice  
 few grains ginger

1. Melt 2 Tbsp. butter in small saucepan. Add onion and ¼ cup water. Cook uncovered 3 minutes.
2. Soak bread in remaining ¾ cup water.
3. Mix together meat, salt, allspice, ginger, cooked onion and soaked bread.
4. Form into small balls. Fry in remaining butter until browned, allowing 25 to 30 minutes for browning.

Yield: 48 meat balls or 72 tiny meat balls if made for smörgåsbord.

### SMALL MEAT BALLS (SMÅ KÖTTBULLAR)

4 Tbsp. butter  
 1 Tbsp. minced onion  
 ⅓ cup fine dry bread  
     crumbs  
 ½ cup water  
 ½ cup light cream

¾ lb. beef, ground  
 ¼ lb. fat pork, ground  
 2 tsp. salt  
 ¼ tsp. white pepper  
 ½ tsp. sugar

1. Melt 1 Tbsp. butter in frying pan. Add minced onion and cook over low heat until lightly browned.
2. Mix bread crumbs, water and cream and let stand a few minutes. Add ground beef and pork, salt, pepper, sugar and onion. Stir until thoroughly mixed.
3. Shape into very small balls. Fry in remaining 3 Tbsp. butter in pan. Add meat balls slowly, allowing about 25 minutes for browning, turning occasionally to brown evenly.

## MEATS

### MEAT FILLED CABBAGE LEAVES (KÄLDOLMAR)

- |                        |                 |
|------------------------|-----------------|
| 8 large cabbage leaves | 1/2 cup milk    |
| 1 tsp. salt            | 2 Tbsp. flour   |
| 3/4 lb. ground beef    | 1 tsp. salt     |
| 1/4 lb. ground pork    | 1/8 tsp. pepper |
| 1/2 cup cooked rice    | 3 Tbsp. butter  |
| 1 egg                  |                 |

1. Cover cabbage leaves with boiling water. Add 1 tsp. salt. Cook uncovered 2 to 3 minutes. Drain well.

2. Mix together ground beef and pork, rice, egg, milk, flour, 1 tsp. salt and pepper.

3. When cabbage leaves are cool fill with meat mixture. Fold sides of leaves over meat, then roll loosely. Fasten with string.

4. Melt butter in frying pan. Add cabbage rolls. Cook over low heat 1 hour, turning occasionally. Remove string before serving.

Yield: 8 cabbage rolls.

### MEAT FILLED CABBAGE LEAVES (KÄLDOLMAR)

- |                               |                          |
|-------------------------------|--------------------------|
| 1 medium size head<br>cabbage | 1/4 tsp. ground allspice |
| 3 Tbsp. white vinegar         | 3/4 cup milk             |
| 1/4 cup rice                  | 1 egg                    |
| 1 Tbsp. salt                  | 2 lbs. ground, lean beef |
| 1/4 tsp. white pepper         | 4 Tbsp. butter           |

1. Prepare cabbage by removing all imperfect leaves and cutting out core. Cover remainder of head with water; cover kettle and bring to a boil. Remove cover and cook 10 minutes. Add vinegar and allow cabbage to remain in the water an additional 15 minutes. This makes the leaves elastic enough to handle without breaking. Drain cabbage and remove 12 to 16 outer leaves.

2. Add rice to a large amount of boiling water and cook 10 minutes. Drain.

3. Mix rice, salt, pepper, allspice, milk, egg and ground beef. Beat thoroughly.

4. Place approximately three tablespoons of meat and rice mixture, or as much as leaf will hold, on each cabbage leaf. Fold sides of leaves over meat; then roll loosely. Fasten with string.

5. Melt butter in baking pan, add cabbage rolls and turn over to butter top side. Bake in moderate oven (350°) 40 minutes, turning once to brown even. Remove string before serving.



**MEAT FILLED CABBAGE LEAVES  
(KÄLDOLMAR)**

1 medium head cabbage	1/8 tsp. pepper
salt	1 tsp. grated onion, if desired
1 lb. beef, ground (preferably round steak)	4 Tbsp. butter
1/4 lb. pork, ground	2 cups bouillon or water
1 egg	1 1/2 Tbsp. flour
1/4 cup milk or cream	1/2 cup light cream
2 tsp. salt	boiled potatoes

1. Discard wilted leaves and cut out core of cabbage head. Cover with boiling salted water, allowing 1 teaspoon salt for each quart of water. Cook until leaves separate easily, about 10 minutes. Drain thoroughly. Remove 8 to 10 of the outer leaves. Cut a thin slice from the thick center vein of each leaf.

2. Mix together ground beef and pork, egg, milk or cream, salt, pepper and onion. Beat until well mixed.

3. Divide meat mixture evenly on prepared leaves. Fold sides of leaves over meat; then roll loosely. Fasten with string.

4. Heat butter in skillet. Add cabbage rolls and brown on all sides, allowing about 20 minutes. Add bouillon or water. Cover skillet tightly and simmer 1 to 1 1/4 hours or until tender, turning rolls occasionally.

5. Cut off string and remove rolls to deep serving dish. Mix flour and cream together until smooth. Stir into juices in skillet. Cook, stirring constantly until gravy thickens, reduce heat and simmer 10 minutes. Season with salt and pepper, if needed. Add gravy to rolls in serving dish. Serve with boiled potatoes.

Yield: 8 to 10 cabbage rolls, 4 to 5 servings.

**MEAT FILLED CABBAGE LEAVES  
(KÄLDOLMAR)**

1/2 cup rice	2 tsp. salt
1 1/4 cups milk, scalded	1/4 tsp. pepper
1 lb. ground beef	12 large cabbage leaves
1/4 lb. ground pork	1/2 tsp. salt
10 1/2 oz. can bouillon (beef broth)	2 Tbsp. brown sugar
	2 Tbsp. butter

1. Add rice to hot scalded milk. Cook in double boiler 10 minutes. Add ground beef and pork, 1 cup bouillon, 2 tsp. salt and pepper. Continue cooking until rice is soft, 15 to 20 minutes. Cool.

2. Cover cabbage leaves with boiling water. Add 1/2 tsp. salt. Cook 2 minutes after water again comes to a boil. Drain leaves well.

## MEATS

3. Divide meat mixture evenly on cabbage leaves. Roll and fasten with string or toothpicks.

4. Arrange in Dutch oven or skillet. Sprinkle with brown sugar. Add remaining bouillon and butter. Cover tightly. Cook over low heat 35 to 45 minutes.

Yield: 6 servings.

### MEAT LOAF

(KÖTTFÄRS)

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 lb. round steak           | 1 tsp. white pepper         |
| 1 lb. lean pork shoulder    | 2 egg yolks                 |
| 1 lb. boneless veal         | 1 egg white, stiffly beaten |
| 1/2 cup finely minced onion | 1/4 cup dry bread crumbs    |
| 1/2 cup grated raw potato   | 1 Tbsp. butter              |
| 1 Tbsp. sugar               | 1 cup meat stock or water   |
| 3 1/2 tsp. salt             |                             |

1. Grind meat three times. Add onion, potato, sugar, salt, pepper and egg yolks. Mix thoroughly. Shape into one long loaf and place in baking pan.

2. Brush top with egg white and sprinkle with bread crumbs. Dot with butter.

3. Bake in moderate oven (350°) 2 hours. Baste occasionally with meat stock or water.

Yield: 15 to 18 servings.

### CHRISTMAS SAUSAGE

(JULKORV)

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| 3 lbs. boneless pork shoulder, ground | 3/4 tsp. ground ginger               |
| 3/4 lb. boneless veal, ground         | 3/4 tsp. powdered sage               |
| 1/2 cup potato starch flour           | 1 tsp. ground allspice               |
| 1/4 tsp. black pepper                 | 2 tsp. sugar                         |
| 3/4 tsp. white pepper                 | 3 Tbsp. salt                         |
| 3/4 tsp. ground cloves                | 2 cups cold water or cold pork stock |
|                                       | 4 yards sausage casings              |

1. Grind or have meat ground 2 or 3 times. Put meat in mixing bowl and add potato flour, spices, sugar and salt. Mix thoroughly, adding water or pork stock, a little at a time, during the mixing.

2. Cut sausage casings into desired lengths. Stuff meat mixture into casings and tie ends. Rinse sausages in cold water and drain well. Store in refrigerator.

3. To cook, cover sausages with boiling unsalted water. Bring to simmering point, cover and simmer 35 to 40 minutes. Drain well.

Yield: About 5 lbs. sausage.

**PORK SAUSAGE  
(FLÄSKKORV)**

<b>3 lbs. lean pork shoulder</b>	<b>1/4 tsp. nutmeg</b>
<b>5 medium baking potatoes, cooked</b>	<b>1/4 tsp. black pepper</b>
<b>7 tsp. salt</b>	<b>1/4 tsp. white pepper</b>
<b>1/2 tsp. allspice</b>	<b>2 medium onions, finely chopped and fried</b>
<b>1/4 tsp. cloves</b>	<b>1 pint milk</b>
<b>1/4 tsp. ginger</b>	<b>1/4 lb. sausage casings</b>

1. Put meat and the cooked and cooled potatoes through food chopper. Add seasonings and onions. Mix thoroughly.

2. Scald and cool milk. Add to meat mixture, a little at a time.

3. Cut casings into desired lengths. Stuff with sausage mixture.

4. To cook, add sausage to boiling water. Simmer 45 minutes.

Yield: 7 sausages 25 inches long.

**POTATO SAUSAGE  
(POTATISKORV)**

<b>1 1/2 lbs. ground pork shoulder</b>	<b>1/2 cup water</b>
<b>1/2 lb. ground beef</b>	<b>5 medium raw potatoes</b>
<b>5 tsp. salt</b>	<b>1 medium onion</b>
<b>1/4 tsp. pepper</b>	<b>about 7 feet sausage casings</b>
<b>3 Tbsp. potato starch flour</b>	

1. Mix pork, beef, salt, pepper, potato flour and water.

2. Pare potatoes and peel onion. Force vegetables through food chopper using medium knife. Add to meat mixture and mix all thoroughly.

3. Cut casings into 4 equal lengths. Fill each length loosely with meat mixture. Tie each end securely. Place in bowl of slightly salted cold water until time to cook.

4. To cook, cover sausage with boiling water. Bring slowly to simmering point. Cover and simmer 45 minutes. Carefully remove from water to platter. Cut in 2 inch lengths for serving.

Yield: about 3 1/2 lbs. sausage.

## MEATS

### POTATO SAUSAGE (POTATISKORV)

1 lb. boneless beef	7 tsp. salt
1 lb. boneless veal	1/2 tsp. sugar
1 lb. boneless pork shoulder	2 tsp. allspice
1 1/2 lbs. baking potatoes (about 5 medium)	1/4 tsp. white pepper
2 medium onions	1/4 tsp. black pepper
1/2 cup cold water	1/2 lb. sausage casings

1. Put meat, potatoes and onions through food chopper once. Add water, salt, sugar, allspice and pepper. Mix thoroughly.

2. Cut casings into desired lengths, stuff with sausage mixture.

3. To cook, cover sausage with boiling water. Bring slowly to simmering point. Cover and simmer 45 minutes. Carefully remove from water to platter. Cut in 2 inch lengths for serving.

Yield: 4 1/2 to 5 lbs.

**Note:** Onions may be chopped and browned to a golden color in 2 Tbsp. butter before they are added to sausage mixture.

### POTATO SAUSAGE (POTATISKORV)

1 1/2 lbs. pork shoulder, ground	6 whole allspice, ground
1/2 lb. beef chuck, ground	4 tsp. salt
6 medium raw potatoes	7 to 8 feet sausage casings
1 onion, size of a large walnut	mustard gravy

1. Mix ground pork and beef. Pare potatoes and peel onion. Put through food chopper using medium knife and add to meat. Add ground allspice and salt. Mix thoroughly.

2. Stuff meat mixture into casings and tie ends.

3. To cook, add sausage to boiling salted water. Heat to simmering point, cover and simmer 45 minutes. Drain well. Serve with mustard gravy.

Yield: 3 to 3 1/2 lbs. sausage.

**MUSTARD GRAVY (FOR POTATO SAUSAGE)**  
**(SENAPSSÅS)**

<b>2 Tbsp. butter</b>	<b>1/2 tsp. salt</b>
<b>3 Tbsp. flour</b>	<b>2 cups milk</b>
<b>1 1/2 tsp. dry mustard</b>	

1. Melt butter in saucepan. Stir in flour, mustard and salt and cook until it bubbles.

2. Add milk. Cook stirring constantly until gravy thickens. Reduce heat to very low and cook 10 minutes. Serve hot.

Yield: 2 cups sauce.

**POTATO SAUSAGE**  
**(POTATISKORV)**

<b>3 lbs. lean pork shoulder</b>	<b>1/4 tsp. black pepper</b>
<b>1 1/2 lbs. raw baking potatoes (about 5 medium sized)</b>	<b>2 medium onions, finely chopped and fried or</b>
<b>7 tsp. salt</b>	<b>1 raw Bermuda onion, finely chopped</b>
<b>1/2 tsp. sugar</b>	<b>1/2 cup water</b>
<b>2 tsp. allspice</b>	<b>1/4 lb. sausage casings</b>
<b>1/4 tsp. white pepper</b>	

1. Put pork and potatoes through food chopper. Add salt, sugar, spices, onion and water. Mix thoroughly.

2. Cut casings into lengths preferred. Stuff with sausage mixture.

3. To cook, add sausage to boiling water. Simmer 45 minutes.

Yield: 7 sausages 25 inches long.

**PREPARATION OF SAUSAGE CASINGS**  
**(BEREDNING AV KORVSKIN)**

Salted sausage casings may be purchased in meat markets. Before using, soak the required lengths of casing in cold water. Then run cold water through the casings by holding one end over the faucet. If there are holes in the casing cut off at holes. The average length for sausage should be 15 to 24 inches. This length can easily be coiled into a saucepan for cooking.

Tying the ends of a filled sausage casing is not necessary if 1 1/2 inches of casing is left empty at each end of the sausage.

**TO STORE SAUSAGE**

Arrange sausage in dish. Sprinkle each layer with salt. Cover loosely with wax paper. Store in refrigerator.

The sausage may be frozen. Wrap in aluminum foil and place in frozen food compartment of refrigerator.

## MEATS

### BAKED SPARERIBS (UGNSTEKT REVBENSPJÄLL)

2 sides spareribs (about 4 pounds)	1/4 tsp. powdered ginger
3 tsp. salt	2 large apples
1/2 tsp. pepper	10 large prunes, cooked and pitted

1. Select spareribs that match so they can be skewered together. Have bones cracked. Mix salt, pepper and ginger and sprinkle over meat.

2. Peel and core apples. Cut into eighths lengthwise and slice crosswise. Cut prunes into small pieces.

3. Place apples and prunes on one side of the spareribs, cover with second side and fasten together with skewers. Place in shallow baking pan.

4. Bake uncovered in moderate oven (350°) 1 3/4 to 2 hours.

Yield: 6 to 8 servings.

### VEAL BIRDS (KALVKYCKLING)

1 lb. finely ground veal	1 Tbsp. catsup
1/4 lb. finely ground pork	4 Tbsp. butter
1/2 cup fine dry bread crumbs	1 cup light cream
1 egg	1 Tbsp. minced parsley
1/2 cup milk	2 Tbsp. butter
1 tsp. salt	1/2 tsp. lemon juice
1/4 tsp. white pepper	

1. Mix together ground veal and pork. Add bread crumbs, egg, milk, salt, pepper and catsup. Mix thoroughly. Shape into 16 oval shaped patties.

2. Melt 4 Tbsp. butter in frying pan. Add meat patties and brown slowly on both sides. Add cream. Cover pan. Bake in moderate oven (350°) 45 minutes.

3. Mix together parsley, 2 Tbsp. butter and lemon juice. Shape into 16 small balls. Make a slit in top of each baked meat patty and put in a small ball of parsley and lemon butter.

Yield: 16 veal birds.

**VEAL WITH DILL SAUCE  
(KALVKÖTT MED DILLSÅS)**

**4 to 5 lbs. veal shoulder  
or leg  
1½ quarts (6 cups)  
boiling water  
1 Tbsp. salt  
¼ cup minced fresh dill  
boiled potatoes  
cooked peas**

**Sauce:  
3 Tbsp. butter  
4½ Tbsp. flour  
3 cups veal stock  
1 Tbsp. vinegar  
1½ tsp. sugar  
few grains salt**

1. Cut veal in pieces as for stew. Place in kettle, add boiling water, salt and dill. Cover and simmer until veal is tender, 1½ to 2 hours. Remove veal from stock. Strain stock and reserve 3 cups for sauce.

2. **Sauce:** Melt butter, stir in flour and cook until it bubbles. Add 3 cups reserved stock. Cook, stirring constantly until sauce thickens. Reduce heat to very low and cook 10 minutes. Stir in vinegar, sugar and salt. Sauce should be decisively sweet-sour.

3. Arrange cooked veal on serving platter. Serve with boiled potatoes and peas. Serve sauce separately.

Yield: 8 to 10 servings.

**Note:** For a stronger dill flavor, 3 Tbsp. minced fresh dill may be added to sauce. One more Tbsp. vinegar may be added for a more tart flavor.

When fresh dill is not available, add 1 Tbsp. dill seed to the veal.

**JELLIED VEAL  
(KALVSYLTA)**

**3 lbs. breast of veal  
1 onion, sliced  
½ cup diced celery  
3 small bay leaves**

**6 whole cloves  
8 whole allspice  
1 Tbsp. salt  
3 cups water**

1. Place veal in saucepan. Add remaining ingredients. Cover tightly. Simmer until meat is tender, 1½ to 2 hours.

2. Remove meat from stock. Strain stock. There should be 2 to 2¼ cups stock. When meat is cool, remove bones and white membrane. Grind meat.

3. Return meat to stock and bring to a boil. Pour into loaf pan, 4½x8½x2¾ inches. Chill in refrigerator several hours or overnight.

4. Unmold and cut in slices for serving.

Yield: 16 slices or 32 servings for smörgåsbord.

## MEATS

### JELLIED VEAL (KALVSYLTA)

- |  |   |
|--|---|
| 4 lbs. forequarter or shank<br>of veal (meat and<br>bones) | 2 tsp. salt<br>1/2 tsp. black pepper<br>2 Tbsp. lemon juice<br>small cooked beets |
| 1 small onion, sliced                                      |   |
| 1 bay leaf   |   |
| 8 whole allspice   |   |

1. Have meat bone cracked in several places. Place meat in kettle and cover with boiling water. Add onion, bay leaf and allspice. Cover and simmer until meat leaves the bones. Remove meat from broth.

2. Remove all meat from the bones. Return pieces of gristle, skin and bones to broth. Simmer uncovered until broth is reduced to 1 quart. Strain and set aside to cool; skim off the fat.

3. Cut meat into tiny pieces. To cooled broth add salt, pepper and lemon juice. Bring to boil; add veal. Again bring to boiling point; reduce flame and simmer uncovered 10 minutes. Turn into loaf pan, 5x9 inches.

4. When cool, place in refrigerator for several hours or overnight.

5. Unmold and slice for serving. Garnish with beets.

Yield: 16 slices or 32 servings for smörgåsbord.

### JELLIED VEAL (KALVSYLTA)

- |   |                               |
|---|-------------------------------|
| 5 lbs. veal shank or rump<br>(meat and bones) | 6 cups water<br>1/2 tsp. salt |
| 1 medium onion, sliced                        | 1/4 tsp. pepper               |
| 15 whole allspice                             | 1 Tbsp. plain gelatin         |
| 2 bay leaves, 2 1/2 inches<br>long            | 1/4 cup cold water            |
| 1 Tbsp. salt                                  |                               |

1. Place meat in large kettle. Add onion, allspice, bay leaves, 1 Tbsp. salt and water. Cover kettle. Simmer until meat is tender and falls from the bones, 2 to 2 1/2 hours.

2. Remove meat from stock and cool. Cut meat into small pieces or put through food chopper using coarse knife. Return bone and pieces of gristle to stock. Cook uncovered 10 minutes. Drain. Measure 3 1/2 cups stock and pour into kettle. Add ground or chopped veal, 1/2 tsp. salt and pepper. Heat to boiling point, then cook 5 minutes.

3. Soften gelatin in cold water. Stir into hot veal mixture and stir until gelatin is dissolved. Pour into loaf pan, 8 1/2 x 4 1/2 inches. Cool, then place in refrigerator to chill. Cut in slices for serving.

Yield: 14 to 16 slices or 28 to 32 servings for smörgåsbord.



**JELLIED VEAL LOAF**

**(KALVSYLTA)**

- |                              |                          |
|------------------------------|--------------------------|
| <b>1 veal shank bone</b>     | <b>3 bay leaves</b>      |
| <b>(without meat)</b>        | <b>6 cups cold water</b> |
| <b>2 lbs. boneless veal</b>  | <b>1 tsp. salt</b>       |
| <b>1 tsp. whole allspice</b> | <b>pickled beets</b>     |

1. Have veal shank bone cracked. Wash thoroughly and drain. Place bone and veal in saucepan. Add allspice, bay leaves and cold water. Cover tightly and cook slowly until meat is tender, about 2 hours.

2. Remove meat from meat stock and let cool. Cut fat and gristle from meat and return to stock. Cook stock uncovered until stock is reduced slightly, then strain stock and continue cooking until stock has cooked down to 4 cups.

3. Grind meat through food chopper using medium blade. Add meat and salt to the 4 cups stock. Bring slowly to the boiling point.

4. Pour into 6 or 7 cup mold or pan. Chill in refrigerator overnight.

5. Unmold on serving platter. Cut in slices. Garnish with pickled beets.

Yield: 16 large slices or 32 servings for smörgåsbord.

**JELLIED VEAL LOAF**

**(KALVSYLTA)**

- |                                      |                              |
|--------------------------------------|------------------------------|
| <b>1 veal bone, without</b>          | <b>6 peppercorns (whole</b>  |
| <b>meat, sawed into</b>              | <b>peppers)</b>              |
| <b>several pieces</b>                | <b>2 carrots, diced</b>      |
| <b>1 1/2 lbs. lean boneless veal</b> | <b>1 stick celery, diced</b> |
| <b>6 cups cold water</b>             | <b>radishes</b>              |
| <b>2 tsp. salt</b>                   | <b>parsley</b>               |
|                                      | <b>tomatoes</b>              |

1. Wash veal bone to remove any bone splinters. Place in kettle with veal. Cover with cold water. Bring to the boiling point, skim and add salt, peppercorns, carrots and celery. Cover kettle and simmer until veal is tender, about 2 hours.

2. Remove veal from kettle. Let bones and liquid cook uncovered until liquid is reduced to 3 cups. Strain, cool and skim off fat.

3. Put meat through fine blade of food chopper twice. Add to strained liquid and heat to boiling point.

4. Pour into 5 cup loaf pan or mold. Insert a knife here and there to break up air bubbles. Cover with waxed paper and store in refrigerator until set.

5. To serve, turn mold out in center of platter. Garnish with radishes, parsley and tomatoes.

Yield: 12 slices or 24 servings for smörgåsbord.

**JELLIED VEAL AND PORK  
(FLÄSK OCH KALVSYLTA)**

- |                                      |                         |
|--------------------------------------|-------------------------|
| 1 meaty veal shank<br>(about 2 lbs.) | 1 medium onion          |
| 2 1/4 lbs. veal shoulder             | 2 quarts (8 cups) water |
| 1 1/4 lbs. lean pork<br>shoulder     | 2 Tbsp. salt            |
|                                      | 1/2 tsp. black pepper   |
|                                      | pickled beets           |

1. Place veal shank and meat in kettle; add sliced onion and water. Bring to the boiling point. Cover; reduce heat and simmer until meat leaves the bones, about 2 hours.

2. Remove meat from broth; strain broth. Return to heat and simmer uncovered until broth is reduced to 7 cups. Cool; place in refrigerator to chill. Remove fat from top of broth.

3. Cut meat into very small pieces (1/4 inch). There should be about 8 cups meat. Add meat, salt and pepper to broth. Bring to the boiling point; cook uncovered two minutes.

4. Pour into mold nine inches across by three inches deep or into a three quart mold. Cool; place in refrigerator overnight.

5. Turn out on large platter. Serve with pickled beets.

Yield: about 16 servings.

**VEAL ROLLS STUFFED WITH MUSHROOMS  
(SVAMPFYLLDA KALVRULADER)**

- |                                     |                       |
|-------------------------------------|-----------------------|
| 1/2 lb. mushrooms                   | 1/8 tsp. black pepper |
| 2 Tbsp. butter                      | 1 medium onion        |
| 1 tsp. salt                         | 1 Tbsp. fat           |
| 1 cup dairy sour cream              | 1 tsp. paprika        |
| 2 lbs. veal steak, thinly<br>sliced |                       |

1. Wash and drain mushrooms; chop fine. Add to butter in saucepan and cook slowly 5 minutes. Stir in 1/2 tsp. salt and 2 Tbsp. sour cream. Cool.

2. Cut veal into pieces 3x6 inches. Sprinkle pieces with remaining 1/2 tsp. salt, and black pepper. Place a small amount of mushroom mixture on each piece of meat. Roll up and fasten with toothpicks.

3. Cut onion in thin slices and cook slowly in hot fat until a light golden brown. Remove onion from pan. Add veal rolls and brown well. Sprinkle with paprika. Add any remaining mushroom mixture. Cover pan tightly and simmer 1 hour.

4. Remove rolls to serving platter. Stir remaining sour cream, a tablespoon at a time, into juice in pan. Add onions. Heat thoroughly. Pour over rolls on platter. Serve hot.

Yield: 8 to 10 rolls, 4 or 5 servings.

## **OMELETS OMELETTs .**

### **BAKED OMELET (UGNSOMELETT)**

**4 eggs  
1 1/2 tsp. flour  
1/4 tsp. salt  
1/8 tsp. pepper**

**2 cups light cream or top  
milk  
1 Tbsp. butter  
desired filling**

1. Beat eggs 1 minute. Beat in flour, salt and pepper. Add cream or milk.

2. Melt butter in 10 inch skillet or baking pan. Pour in egg mixture.

3. Bake in moderate oven (350°) 25 to 30 minutes. Loosen omelet in skillet with spatula and turn over on large flat lid or plate. Spoon desired filling over one half, fold over other half and slide omelet onto serving platter. If omelet is baked in a baking pan spoon filling over omelet in pan just before serving. Omelet may be served without filling.

Yield: 4 to 6 servings.

### **BAKED OMELET (UGNSOMELETT)**

**5 eggs  
1 Tbsp. flour  
1/4 tsp. salt**

**few grains pepper  
2 cups milk  
1 Tbsp. butter  
creamed asparagus, mush-  
rooms or lobster,  
optional**

1. Beat eggs until yolks and whites are well mixed. Beat in flour, salt and pepper. Add milk.

2. Melt butter in 9 or 10 inch frying pan. Pour in omelet mixture. Bake in moderate oven (350°) 30 minutes. Fold over and serve at once. Serve plain or fill with creamed asparagus, mushrooms or lobster.

Yield: 5 to 6 servings when served plain or 6 to 8 servings  
when served filled.

## OMELETS

### BAKED OMELET (UGNSOMELETT)

4 eggs  
1 tsp. salt  
few grains pepper  
1/2 tsp. sugar

1 Tbsp. flour  
1 cup milk  
1 Tbsp. butter  
creamed asparagus, mushrooms or lobster,  
optional

1. Beat eggs vigorously 1 minute. Beat in salt, pepper, sugar and flour. Add milk and beat until thoroughly mixed.

2. Spread the bottom of a 10x6 1/4 inch, or 8 1/4 inch round pyrex casserole with butter. Leave sides unbuttered.

3. Pour in egg mixture. Bake in moderate oven (350°) 35 minutes. Serve at once. Serve plain or cover center of omelet with creamed asparagus, mushrooms or lobster.

Yield: 4 servings when served plain or 6 servings when served filled.

### FRENCH OMELET (FRANSK OMELETT)

4 eggs  
1/2 tsp. salt  
1/4 cup water

1/4 cup light cream  
2 Tbsp. butter  
creamed asparagus, mushrooms or lobster,  
optional

1. Beat eggs until yolks and whites are well mixed. Add salt, water and cream. Mix thoroughly.

2. Melt butter in a 9 or 10 inch skillet. Add egg mixture. Cook about 5 minutes until omelet is cooked through and lightly browned on under side. During the cooking, pierce the egg mixture with a fork to let the uncooked portion run under the cooked portion.

3. Serve plain or fill with creamed asparagus, mushrooms or lobster. Fold over or roll the omelet and turn onto hot platter.

Yield: 3 to 4 servings when served plain or 4 to 6 servings when served filled.

**LOBSTER OMELET**  
**(OMELETT MED HUMMERSTUVNING)**

**Omelet:**

**5 eggs, separated**  
**1/4 tsp. salt**  
**1/4 tsp. sugar**  
**1 1/4 cups light cream**

**Filling:**

**4 Tbsp. butter**  
**4 Tbsp. flour**  
**2 cups light cream**  
**1/2 tsp. salt**  
**few grains white pepper**  
**1 cup flaked lobster**

1. **Omelet:** Beat egg yolks slightly. Add salt, sugar and cream. Beat egg whites stiff and fold into first mixture. Pour into 12 inch baking dish. Bake in a moderate oven (350°) 15 to 20 minutes until a golden brown.

2. **Filling:** Melt butter in saucepan. Add flour and cook until mixture bubbles. Stir in light cream. Cook stirring constantly until filling thickens. Reduce heat to very low and cook 10 minutes. Add salt, pepper and flaked lobster. Reheat.

3. When omelet is baked, place it on platter. Pour creamed lobster over it. Serve at once.

Yield: 6 servings.

**CREAMED ASPARAGUS (OMELET FILLING)**  
**(SPARRISSTUVNING)**

<b>1 pkg. frozen asparagus</b>	<b>few grains pepper</b>
<b>3 Tbsp. butter</b>	<b>1 1/2 cups milk</b>
<b>3 Tbsp. flour</b>	<b>1 egg yolk, slightly beaten</b>
<b>1/4 tsp. salt</b>	

1. Cook asparagus according to directions on package. Drain thoroughly.

2. Melt butter in small saucepan. Stir in flour, salt and pepper and cook until bubbly. Add milk.

3. Cook stirring constantly until sauce thickens. Reduce heat to very low and cook 10 minutes, stirring occasionally.

4. Add some of hot sauce to egg yolk. Stir well and add to sauce in saucepan. Cook 2 minutes. Add drained asparagus. Heat thoroughly.

## **OMELETS**

### **CREAMED LOBSTER (OMELET FILLING) (HUMMERSTUVNING)**

<b>3 Tbsp. butter</b>	<b>1 1/2 cups milk</b>
<b>3 Tbsp. flour</b>	<b>6 1/2 oz. can lobster</b>
<b>1/4 tsp. salt</b>	<b>1 Tbsp. sherry wine</b>
<b>few grains pepper</b>	

1. Melt butter in small saucepan. Stir in flour, salt and pepper and cook until bubbly. Add milk.

2. Cook stirring constantly until sauce thickens. Reduce heat to very low and cook 10 minutes, stirring occasionally.

3. Cube lobster meat. Add to sauce with wine. Heat thoroughly.

### **CREAMED MUSHROOMS (OMELET FILLING) (SVAMPSTUVNING)**

<b>1/2 lb. fresh mushrooms</b>	<b>3 Tbsp. flour</b>
<b>2 Tbsp. butter</b>	<b>1/4 tsp. salt</b>
<b>1/2 tsp. salt</b>	<b>few grains pepper</b>
<b>few grains white pepper</b>	<b>1 1/2 cups milk</b>
<b>3 Tbsp. butter</b>	<b>1 Tbsp. sherry wine</b>

1. Wash and drain mushrooms; cut in halves. Add 2 Tbsp. butter, 1/2 tsp. salt and a few grains white pepper. Cover and cook gently 10 to 15 minutes or until mushrooms are tender.

2. Melt 3 Tbsp. butter in small saucepan. Stir in flour, 1/4 tsp. salt and a few grains pepper. Cook until bubbly. Add milk.

3. Cook stirring constantly until sauce thickens. Reduce heat to very low and cook 10 minutes, stirring occasionally. Add wine and cooked mushrooms and juice. Heat thoroughly.

## SALADS AND SALAD DRESSINGS SALLAD OCH SALLADSÄSER

### PICKLED BEET SALAD (SALLAD AV INLAGDA RÖDBETOR)

1 cup boiling water	1 Tbsp. sweet pickled beet juice
1 pkg. lemon flavored gelatin	2 Tbsp. grated onion
$\frac{3}{4}$ cup sweet pickled beet juice	$\frac{3}{4}$ cup finely diced celery
1 Tbsp. prepared horseradish	1 cup chopped pickled beets
$\frac{1}{2}$ tsp. salt	lettuce
2 Tbsp. vinegar	mayonnaise or salad dressing

1. Add boiling water to lemon gelatin and stir until gelatin is dissolved. Stir in  $\frac{3}{4}$  cup pickled beet juice. Add horseradish, salt, vinegar, 1 Tbsp. beet juice and onion. Let stand until thick like molasses.

2. Add diced celery and chopped beets. Turn into lightly oiled  $3\frac{1}{2}$  cup mold. Place in refrigerator to become firm.

3. Unmold on platter and garnish with lettuce. Serve with mayonnaise or salad dressing.

Yield: 6 to 8 servings.

### BEET RING FILLED WITH CHICKEN SALAD (RÖDBET RING MED KYCKLINGSALLAD)

1 Tbsp. gelatin	1 cup finely chopped canned beets
3 Tbsp. cold water	$\frac{1}{3}$ cup finely diced celery
1 cup beet juice (drained from can)	$\frac{1}{4}$ cup finely shredded eating apple
$\frac{1}{4}$ cup vinegar	lettuce
2 tsp. prepared horseradish	chicken salad
$\frac{1}{4}$ tsp. salt	capers
1 Tbsp. sugar	olives

1. Soften gelatin in cold water. Heat beet juice to boiling and add to gelatin. Stir until gelatin is dissolved. Add vinegar, horseradish, salt and sugar. Chill until thick like molasses.

2. Add beets, celery and apple. Turn into lightly oiled  $3\frac{1}{2}$  cup ring mold. Chill in refrigerator until firm.

3. Unmold on lettuce. Fill center of ring with chicken salad. Garnish with capers and olives.

Yield: 6 servings.

## **SALADS AND SALAD DRESSINGS**

### **CHICKEN SALAD (KYCKLINGSALLAD)**

- |                                      |                            |
|--------------------------------------|----------------------------|
| <b>3 cups chopped cooked chicken</b> | <b>1 cup mayonnaise</b>    |
| <b>1 1/2 cups diced celery</b>       | <b>1/2 tsp. salt</b>       |
| <b>1/3 cup chopped green pepper</b>  | <b>2 Tbsp. light cream</b> |
| <b>2 hard cooked eggs, chopped</b>   | <b>lettuce</b>             |
| <b>4 1/2 tsp. lemon juice</b>        |                            |

1. Mix together chicken, celery, green pepper, eggs and lemon juice. Stir mayonnaise, salt and cream together. Add to chicken mixture and toss lightly together. Serve on lettuce.

Yield: 6 servings.

### **EGG AND CUCUMBER SALAD (ÄGG OCH GURKSALLAD)**

- 4 hard cooked eggs**
- 1/2 cup finely chopped drained cucumber**
- 2 Tbsp. sharp mayonnaise**
- few grains salt**
- 8 strips pimiento or parsley sprigs**
- 4 lettuce leaves**

1. Cut eggs in halves lengthwise and remove yolks.

2. Mix well drained cucumber, mayonnaise and salt and fill into egg white halves. Push egg yolks through sieve and sprinkle over cucumber filling. Garnish with pimiento strips or parsley sprigs. Serve on lettuce.

Yield: 4 servings.



## **SALADS AND SALAD DRESSINGS**

### **FROZEN FRUIT SALAD (FRUSEN FRUKTSALLAD)**

<b>3 oz. pkg. cream cheese</b>	<b>2 Tbsp. sugar</b>
<b>2 Tbsp. cream</b>	<b>1 cup whipping cream,</b>
<b>2 Tbsp. lemon juice</b>	<b>whipped</b>
<b>few grains salt</b>	<b>No. 303 can fruit cocktail,</b>
	<b>drained</b>
	<b>crisp lettuce</b>

1. Soften cream cheese. Beat in cream and beat until smooth. Add lemon juice, salt and sugar. Fold in whipped cream. Then fold in well drained fruit cocktail.

2. Pour into 4 cup mold or refrigerator tray. Place in frozen foods compartment and freeze until firm. Remove to food storage compartment of refrigerator about  $\frac{1}{2}$  hour before serving. Cut in slices and serve on crisp lettuce.

**Yield: 8 servings.**

### **COOKED SALAD DRESSING (KOKT SALLADSÄS)**

<b>2 Tbsp. butter</b>	<b>few grains white pepper</b>
<b>2 Tbsp. flour</b>	<b>1 tsp. dry mustard</b>
<b>1 cup water</b>	<b>1 tsp. lemon juice</b>
<b>2 egg yolks</b>	<b>1 Tbsp. vinegar</b>
<b>1 tsp. sugar</b>	<b>2 Tbsp. salad oil</b>
<b><math>\frac{1}{4}</math> tsp. salt</b>	<b><math>\frac{1}{2}</math> cup whipping cream,</b>
	<b>whipped</b>

1. Melt butter in small saucepan, stir in flour and cook until it bubbles. Add water. Cook, stirring constantly until mixture thickens. Reduce heat to very low and cook 8 minutes.

2. Add some of hot mixture to slightly beaten egg yolks. Return to saucepan. Stir in sugar, salt, pepper and mustard. Cook 2 minutes longer, stirring occasionally.

3. Add lemon juice and vinegar slowly. Beat in oil gradually. Cool.

4. Just before serving, fold in whipped cream.

**Yield: 1 pint dressing.**

## **SALADS AND SALAD DRESSINGS**

### **COOKED SALAD DRESSING (KOKT SALLADSÅS)**

<b>2 Tbsp. butter</b>	<b>1 Tbsp. sugar</b>
<b>4 Tbsp. flour</b>	<b>3 egg yolks</b>
<b>1/2 tsp. dry mustard</b>	<b>2 Tbsp. salad oil</b>
<b>1/4 tsp. white pepper</b>	<b>3 Tbsp. vinegar</b>
<b>1 1/2 cups bouillon</b>	<b>1 1/2 cups whipping cream, whipped</b>

1. Melt butter in saucepan, add flour, mustard and pepper and cook until it bubbles. Stir in bouillon. Cook, stirring constantly until mixture thickens. Reduce heat to very low and cook 10 minutes. Stir until cold.

2. Add sugar. Beat in one egg yolk at a time. Slowly drop in oil and vinegar alternately, beating constantly.

3. Just before serving fold in whipped cream.

Yield: about 1 quart dressing.

### **MAYONNAISE (MAJONNÄS)**

<b>1 egg yolk</b>	<b>1 cup salad oil</b>
<b>1/4 tsp. salt</b>	<b>1 Tbsp. lemon juice</b>
<b>1/4 tsp. dry mustard</b>	<b>1 1/2 tsp. hot water</b>
<b>1 Tbsp. vinegar</b>	

1. Mix together egg yolk, salt and mustard. Add vinegar and mix well.

2. Beat in salad oil, a few drops at a time, until 1/4 cup oil has been added, beating constantly with rotary beater. Add remaining oil, a tablespoon at a time, alternating with lemon juice. Then beat in hot water.

Yield: 1 cup mayonnaise.

## **VEGETABLES GRÖNSAKSRÄTTER**

### **BROWN BEANS (BRUNA BÖNOR)**

- |  |                           |
|--|---------------------------|
| <b>1 lb. Swedish brown beans</b>           | <b>1 tsp. salt</b>        |
| <b>7 cups water</b>                        | <b>2 Tbsp. butter</b>     |
| <b>1 cup firmly packed<br/>brown sugar</b> | <b>2 tsp. cornstarch</b>  |
| <b>3 Tbsp. vinegar</b>                     | <b>1 Tbsp. cold water</b> |

1. Wash and drain beans. Add 7 cups water. Cover and let stand overnight.

2. In the morning bring to simmering point. Cover tightly and simmer 3 to 3½ hours or until beans are tender.

3. Add sugar, vinegar, salt and butter. Mix cornstarch with 1 Tbsp. cold water and stir into beans. Simmer uncovered 15 minutes. Serve hot.

Yield: 8 to 12 servings.

### **BROWN BEANS (BRUNA BÖNOR)**

- |  |                           |
|--|---------------------------|
| <b>1 lb. Swedish brown beans</b>           | <b>2 tsp. salt</b>        |
| <b>7 cups water</b>                        | <b>½ tsp. nutmeg</b>      |
| <b>¾ cup firmly packed<br/>brown sugar</b> | <b>2 tsp. cornstarch</b>  |
| <b>¾ cup dark corn syrup</b>               | <b>1 Tbsp. cold water</b> |
| <b>⅓ cup vinegar</b>                       |                           |

1. Wash and drain beans. Add 7 cups water. Cover and let stand overnight.

2. In the morning bring to simmering point. Cover tightly and simmer 3 to 3½ hours or until beans are tender.

3. Add sugar, syrup, vinegar, salt and nutmeg. Mix cornstarch with 1 Tbsp. cold water and stir into beans. Simmer uncovered 15 minutes. Serve hot.

Yield: 8 to 12 servings.

## VEGETABLES

### PICKLED BEETS (INLAGDA RÖDBETOR)

$\frac{1}{2}$ cup white vinegar	$\frac{1}{16}$ tsp. black pepper
$\frac{1}{2}$ cup water	18 small cooked beets,
$\frac{1}{4}$ cup sugar	sliced (2 cups sliced)
1 tsp. salt	

1. Mix vinegar, water, sugar, salt and pepper. Add to sliced beets.

2. Let stand 12 hours or longer before using.

3. Serve with jellied veal or other meat dishes and on a smörgåsbord.

Yield: 1 pint pickled beets.

**Note:** One No. 303 can small beets yields 2 cups sliced beets.

### CARROT PUDDING (MOROTSPUDDING)

8 large carrots	$\frac{1}{2}$ tsp. salt
1 small onion	$\frac{1}{8}$ tsp. pepper
$\frac{1}{4}$ cup water	3 Tbsp. melted butter
$\frac{2}{3}$ cup milk	2 eggs, well beaten
$\frac{2}{3}$ cup finely crushed cracker crumbs	

1. Wash, drain and scrape carrots. Cook in a small amount of boiling salted water until tender, 30 to 35 minutes. Drain thoroughly. Mash or put through food mill. Measure 2 cups mashed carrots.

2. Mince onion and add to  $\frac{1}{4}$  cup water in small saucepan. Cook uncovered 3 minutes or until water is evaporated.

3. Stir milk into cracker crumbs. Add salt, pepper, melted butter, mashed carrots and cooked onion. Mix thoroughly. Fold in well beaten eggs.

4. Turn into greased  $1\frac{1}{2}$  quart casserole. Bake in moderate oven (350°) 40 to 45 minutes.

Yield: 6 to 8 servings.

### **PICKLED CUCUMBER (INLAGD GURKA)**

- |   |                                |
|---|--------------------------------|
| <b>1 fresh cucumber, 6 to 7 inches long</b> | <b>few grains white pepper</b> |
| <b>1/2 cup white vinegar</b>                | <b>3 Tbsp. sugar</b>           |
| <b>2 Tbsp. water</b>                        | <b>2 Tbsp. minced parsley</b>  |
| <b>1/4 tsp. salt</b>                        |                                |

1. Wash and dry cucumber. Slice very thinly without peeling. Place in serving dish.
  2. Mix together vinegar, water, salt, pepper and sugar. Pour this over cucumbers. Sprinkle with parsley.
  3. Let stand 2 to 3 hours in refrigerator before serving.
- Yield: 6 to 8 servings.

### **POTATO BALLS (POTATISBULLAR)**

- |                                  |   |
|----------------------------------|---|
| <b>4 medium potatoes, cooked</b> | <b>1 egg, slightly beaten</b>             |
| <b>1 Tbsp. melted butter</b>     | <b>3 Tbsp. flour</b>                      |
| <b>2 Tbsp. cream</b>             | <b>1/2 cup fine dry bread crumbs</b>      |
| <b>1 tsp. sugar</b>              | <b>1/4 cup melted butter or margarine</b> |
| <b>1 tsp. salt</b>               |   |

1. Grate potatoes or push through sieve or food mill. Add 1 Tbsp. melted butter, cream, sugar, salt, egg and flour. Mix thoroughly.
2. Shape into small even balls. Flatten balls to about 3/4 inch in thickness. Dip in bread crumbs.
3. Fry in melted butter or margarine until golden brown on both sides.

Yield: 18 potato balls.

### **POTATO DUMPLINGS (KROPPKAKOR)**

- |                                       |                       |
|---------------------------------------|-----------------------|
| <b>5 cups mashed potatoes</b>         | <b>Cream Gravy:</b>   |
| <b>1/2 tsp. salt</b>                  | <b>4 Tbsp. butter</b> |
| <b>3 eggs</b>                         | <b>2 Tbsp. flour</b>  |
| <b>1 cup sifted all-purpose flour</b> | <b>2 cups milk</b>    |
| <b>3/4 lb. salt pork</b>              | <b>1/2 tsp. salt</b>  |
| <b>1 Tbsp. salt</b>                   |                       |
| <b>3 quarts boiling water</b>         |                       |

## VEGETABLES

1. Cook, peel and mash potatoes. Measure 5 cups, add  $\frac{1}{2}$  tsp. salt and let stand until cold.
2. Add eggs and flour and mix well.
3. Cut salt pork into small pieces and fry until lightly browned. Let cool in its own fat.
4. Shape potato mixture into balls about 2 inches in diameter. Flatten out and place some of salt pork and fat in center of each and reshape into balls.
5. Add 1 Tbsp. salt to boiling water. Carefully add potato balls. Cook slowly 15 minutes.
6. **Cream gravy:** Melt butter in saucepan. Add flour and cook until mixture bubbles. Stir in milk. Cook, stirring constantly until gravy thickens. Reduce heat to very low and cook 10 minutes. Season with salt.
7. Remove cooked dumplings from water with slotted spoon. Serve at once with cream gravy.

Yield: 36 dumplings.

## POTATO DUMPLINGS (KROPPKAKOR)

5 medium potatoes	$\frac{1}{2}$ tsp. ground black
1 egg	pepper
$1\frac{1}{2}$ tsp. salt	1 Tbsp. salt
$1\frac{1}{2}$ cups sifted all- purpose flour	3 quarts boiling water
$\frac{3}{4}$ lb. lean salt pork	melted butter
$1\frac{1}{2}$ medium onions	cinnamon
	sugar

1. Cook potatoes, peel and mash while hot. Let stand until cold. Add egg,  $1\frac{1}{2}$  tsp. salt and flour and knead as for a dough.
2. Pat out thin on lightly floured bread board and cut into 24 rounds  $2\frac{1}{2}$  inches in diameter.
3. Cut salt pork into small pieces; chop onions fine. Fry salt pork and onions together until lightly browned. Add pepper. Cool.
4. Divide salt pork mixture evenly on 12 rounds. Cover with remaining rounds and press edges together.
5. Add 1 Tbsp. salt to boiling water. Carefully add potato dumplings. Cook gently 15 minutes. Drain thoroughly. Serve with melted butter and cinnamon mixed with sugar.

Yield: 12 dumplings.

**POTATO DUMPLINGS  
(KROPPKAKOR)**

$\frac{1}{4}$  lb. salt pork  
1 small onion, coarsely  
chopped  
 $1\frac{1}{2}$  cups cold mashed  
potatoes  
1 large egg  
 $\frac{3}{4}$  tsp. salt  
 $\frac{1}{4}$  tsp. pepper

few grains nutmeg  
2 cups sifted all-purpose  
flour  
 $\frac{1}{2}$  cup flour  
cream sauce or  
cardamom cream sauce

1. Cut salt pork into  $\frac{1}{2}$  inch cubes. Add onion. Fry slowly until golden brown. Pour off almost all of the fat. Cool pork and onion.

2. Mix together mashed potatoes, unbeaten egg, salt, pepper and nutmeg. Add 1 cup flour and blend thoroughly. Place remaining cup flour on bread board. Turn out potato mixture and knead in flour.

3. Cut into 12 equal parts. Roll into balls using  $\frac{1}{2}$  cup flour for flouring hands. Open the center of each ball. In this opening place a small amount of cold pork and onion mixture. Close opening and roll balls in flour.

4. Drop into boiling salted water. Cook uncovered 25 minutes. Drain thoroughly. Serve hot with plain or cardamom flavored cream sauce.

These dumplings are even more delicious if after cooking they are cut in halves and browned.

Dumplings may be cooked in meat stock instead of water.

Another method of shaping the dumplings is to flatten out each ball of potato mixture in one hand. Place a small amount of pork and onion mixture in center and bring edges together to form ball again.

Yield: 12 dumplings.

**CARDAMOM CREAM SAUCE  
(MJÖLKSÅS MED KARDEMUMMA)**

$\frac{1}{4}$  cup butter  
 $\frac{1}{4}$  cup flour  
 $\frac{1}{2}$  tsp. salt

few grains white pepper  
 $\frac{1}{4}$  tsp. pulverized  
cardamom seeds  
2 cups milk

1. Melt butter in saucepan. Add flour, salt, pepper and cardamom. Cook until bubbly.

2. Add milk. Cook stirring constantly until sauce thickens. Reduce heat to very low and cook 10 minutes.

Yield: 2 cups sauce.

## POTATO DUMPLINGS

(KROPPKAKOR)

- |                                 |   |
|---------------------------------|---|
| 1 lb. salt pork                 | 2 eggs                                  |
| 1 medium onion, minced          | 2 tsp. salt                             |
| 3 cups grated raw potatoes      | 1/2 tsp. freshly crushed whole allspice |
| 3 cups grated cooked potatoes   | melted butter or cream sauce            |
| 3 cups sifted all-purpose flour |   |

1. Cut salt pork into small pieces. Fry until light golden color. Remove pork and to fat in pan add minced onion. Cook until golden brown. Mix onion and pork pieces. Drain off fat.

2. Mix together raw and cooked potatoes, flour, eggs and salt. Pat out mixture on well floured board to 3/4 inch in thickness. Cut with a 3 inch cooky cutter.

3. Add crushed allspice to pork and onion mixture. Place a teaspoonful of mixture on each potato round. Press edges together and form into a ball.

4. Drop into boiling salted water allowing 1 Tbsp. salt to 2 quarts water. Cook uncovered 20 to 30 minutes. Drain well. Serve with melted butter or a cream sauce.

Yield: 20 dumplings.

## POTATO DUMPLINGS

(KROPPKAKOR)

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 2 2/3 cups cold mashed potatoes     | 1/2 small onion, finely chopped |
| 1 egg                               | 1/8 tsp. ground allspice        |
| 1 1/2 tsp. salt                     | 1/8 tsp. white pepper           |
| 1 1/3 cups sifted all-purpose flour | melted butter                   |
| 1/4 lb. salt pork                   | sugar and cinnamon, if desired  |

1. Mix mashed potatoes, egg and salt. Place flour on bread board and knead the potatoes into it. Pat out on board to 1/2 inch in thickness. Cut out with 3 inch cooky cutter.

2. Cut salt pork into small pieces about 1 inch long and fry until light brown. Pour off almost all of the fat. Add 1 Tbsp. fat to onion and cook a few minutes to soften onion. Mix onion, pork, allspice and pepper. Cool.

3. Flatten center of each round of potato mixture with lightly floured finger tips. In center of each piece place some of the seasoned pork and onion. Bring up the sides and pinch together at the top.

4. Drop into boiling salted water. Cook uncovered 20 minutes. Do not boil too hard. Drain well. Serve with melted butter or melted butter, sugar and cinnamon.

Dumplings may be shaped by cutting the 1/2 inch thick potato



mixture into squares. Add filling, bring the corners up to the center and pinch together to seal.

Another method of shaping is to pat out potato mixture to  $\frac{1}{4}$  inch in thickness and cut with cooky cutter. Place 2 rounds together with filling between and pinch edges together to seal.

Yield: 12 dumplings.

### **FILLED POTATO DUMPLINGS**

**(KROPPKAKOR)**

8 medium size potatoes	1 Tbsp. fat
1 egg	2 Tbsp. salt
1 cup sifted all-purpose flour	2 quarts boiling water
$\frac{1}{2}$ lb. smoked ham	melted butter or cream sauce
1 medium size onion, minced	

1. Cook potatoes, peel and let stand until cold. Put through food chopper.

2. Add egg and 1 cup flour and mix to a smooth dough. Roll or pat out on floured board to  $\frac{1}{2}$  inch in thickness. Cut with  $2\frac{1}{2}$  inch biscuit cutter, making 24 cakes.

3. Cut ham into small pieces. Add ham and onion to fat and cook until lightly browned. Divide evenly on 12 potato cakes. Cover with remaining 12 cakes and press edges together. Dip fingers in flour, if necessary. Roll cakes in hands to make them more like balls than flat cakes.

4. Add salt to boiling water and immerse dumplings in it. Cook gently 15 minutes. Remove from water with slotted spoon. Serve with melted butter or cream sauce.

Yield: 12 dumplings.

**Note:** Instead of smoked ham, cooked pork or leftover meat, fried diced bacon or salt pork or cubed bologna sausage may be used.

### **CREAMED SPINACH**

**(STUVAD SPENAT)**

14 oz. pkg. frozen chopped spinach	1 tsp. sugar
$\frac{1}{2}$ cup water	2 Tbsp. butter
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup milk
1 Tbsp. flour	$\frac{1}{2}$ cup light cream

1. Place frozen spinach, water and salt in saucepan. Cover and heat slowly until spinach is thawed, 12 to 15 minutes.

2. Mix flour and sugar and stir into spinach. Add butter. Cook slowly uncovered 5 minutes stirring occasionally.

3. Add milk and cream gradually and continue cooking 5 minutes until spinach mixture is heated thoroughly.

Yield: 4 servings.

## **VEGETABLES**

### **BROWNED TOMATO HALVES (STEKTA TOMATER)**

**3 small tomatoes**                      **1/4 tsp. salt**  
**1 Tbsp. flour**                        **2 Tbsp. butter**

1. Cut a thin slice off ends of tomatoes and cut tomatoes in halves. Dip in flour mixed with salt.

2. Melt butter in frying pan, add tomatoes and cook until lightly browned on both sides.

Yield: 4 to 6 servings.

### **STUFFED TOMATOES WITH SPINACH (SPENATFYLLDA TOMATER)**

**6 medium sized tomatoes**            **1/2 tsp. salt**  
**2 Tbsp. butter**                        **1/3 cup fine soft bread**  
**2 Tbsp. minced onion**                **crumbs**  
**2 cups cooked, chopped**            **egg sauce**  
    **spinach**

1. Wash and drain tomatoes. Cut a thin slice from tops. Scoop out seeds and part of the pulp.

2. Melt 1 Tbsp. butter in small saucepan; add onion. Cook over low heat 3 minutes without browning.

3. To well drained spinach add cooked onion and salt. Mix well. Stuff into tomatoes. Melt remaining Tbsp. butter; add to crumbs. Sprinkle over filling in tomatoes.

4. Bake in buttered pan in moderate oven (350°) until tomatoes are tender, 30 to 35 minutes. Serve with egg sauce.

Yield: 6 servings.

**Note:** Twelve ounces (3/4 lb.) raw spinach will give 2 cups cooked spinach.

**EGG SAUCE  
(ÄGGSÄS)**

**2 Tbsp. butter**  
**2 Tbsp. flour**  
**1/4 tsp. salt**

**few grains white pepper**  
**1 1/4 cups milk**  
**1 hard cooked egg**

1. Melt butter in small saucepan. Stir in flour, salt and pepper; cook until bubbly.

2. Add milk. Cook stirring constantly until sauce thickens; reduce heat very low and cook 10 minutes.

3. Add finely chopped egg.

Yield: 1 1/2 cups sauce.

**MASHED TURNIPS AND POTATOES  
(ROT MOS)**

**1 1/2 lbs. spareribs**  
**1 1/2 lbs. lean pork**  
**shoulder**  
**6 cups boiling water**  
**3 tsp. salt**  
**1/4 tsp. ground black**  
**pepper**

**1 1/2 lbs. yellow turnips**  
**1 1/4 lbs. potatoes**  
**1 Tbsp. butter**  
**2 Tbsp. cream**  
**1 tsp. sugar**

1. Add meat to boiling water, cover kettle and let simmer for 1/2 hour.

2. Add salt and pepper and simmer another hour. Remove meat from stock.

3. Pare and cut up turnips. Add to stock and boil 15 minutes.

4. Pare and cut up potatoes. Add to turnips and boil with the turnips 30 minutes. Drain.

5. Mash turnips and potatoes well.

6. Add butter, cream, and sugar and beat until fluffy.

7. Put the meat in uncovered roasting pan and bake 30 minutes in moderate oven (350°).

Yield: 6 to 8 servings.

## DESSERTS EFTERRÄTTER

### APPLE CAKE WITH VANILLA SAUCE (ÄPPELKAKA MED VANILJSÄS)

<b>6 Tbsp. butter</b> <b>2¾ cups finely crushed</b> <b>Swedish toast or</b> <b>zwieback crumbs</b>	<b>2 cups sweetened apple-</b> <b>sauce (No. 303 can)</b> <b>vanilla sauce</b>
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1. Melt butter in saucepan. Add crumbs and stir until all crumbs are mixed with butter and lightly browned.
2. Sprinkle ⅓ of crumb mixture over bottom of shallow buttered 6 cup casserole or baking dish. Cover with 1 cup applesauce. Add another ⅓ of crumb mixture, cover with remaining 1 cup applesauce and sprinkle top with remaining ⅓ crumb mixture.
3. Bake uncovered in moderate oven (350°) 25 to 30 minutes.
4. Chill apple cake in refrigerator. Unmold and serve with vanilla sauce.

Yield: 6 servings.

**Note:** One 6 ounce package zwieback yields 2¾ cups crushed crumbs.

### APPLE CAKE WITH VANILLA SAUCE (ÄPPELKAKA MED VANILJSÄS)

<b>4 cups fine dry bread or</b> <b>toast crumbs</b> <b>½ tsp. cinnamon</b> <b>2 Tbsp. sugar</b> <b>1 cup butter or margarine</b> <b>3½ cups sweetened</b> <b>applesauce</b>	<b>Sauce:</b> <b>2 Tbsp. sugar</b> <b>1½ tsp. cornstarch</b> <b>2 cups milk</b> <b>3 egg yolks</b> <b>1 tsp. vanilla</b>
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1. Put dry bread or toast through food chopper, then measure 4 cups. Mix crumbs, cinnamon and sugar in a shallow baking pan. Dot with pieces of butter or margarine. Heat in a moderate oven (350°) 10 minutes. Stir until butter is mixed with crumbs.
2. Place half of crumbs in bottom of a shallow 8½ inch baking pan. Spoon applesauce over crumbs and cover with remaining crumbs. Bake in a moderate oven (350°) 30 minutes.
3. **Sauce:** Mix together sugar and cornstarch. Stir in milk. Cook stirring constantly until sauce thickens. Reduce heat to very low and cook 8 minutes letting sauce bubble only occasionally. Add some of hot sauce to egg yolks, mix well and stir

into remaining hot sauce. Cook 2 minutes longer. Remove from heat and add vanilla.

4. Serve apple cake warm or cold with sauce.

Yield: 12 servings.

**Note:** Apple cake may be served with whipped cream instead of sauce.

A 1 lb. loaf white bread, when dried and put through food chopper, yields 4 cups crumbs.

Two No. 303 cans applesauce yield 3½ cups applesauce.

### **VANILLA SAUCE (VANILJSÄS)**

- |                   |                                  |
|-------------------|----------------------------------|
| 1 cup light cream | 3 Tbsp. sugar                    |
| 1 egg             | 2 tsp. vanilla extract           |
| 1 egg yolk        | 1 cup whipping cream,<br>whipped |

1. Scald light cream. Mix egg, egg yolk and sugar. Add scalded cream and stir until well mixed.

2. Cook in top of double boiler until sauce coats a metal spoon. Remove from heat and add vanilla. Cool, stirring occasionally.

3. When cold, fold in whipped cream.

Yield: about 2½ cups.

### **APPLE CRISP (APPELPUDDING)**

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 1 cup sugar                           | 6 medium size cooking<br>apples |
| 1 cup sifted all-purpose<br>flour     | 1 cup cold water                |
| 1 tsp. double action<br>baking powder | plain or whipped cream          |
| ½ cup butter                          |                                 |

1. Mix together sugar, flour and baking powder. Cut in butter until mixture resembles corn meal.

2. Pare and core apples. Slice into a 8x8 inch pan. Sprinkle with flour mixture. Pour water carefully over all.

3. Bake in a very slow oven (275°) 50 to 60 minutes. Serve warm with plain or whipped cream.

Yield: 6 to 8 servings.

## DESSERTS

### BAKED APPLE DUMPLINGS (DROTTNING ÄPPLÉN)

#### Pastry:

- 2 cups sifted all-purpose flour
- 1 tsp. salt
- $\frac{2}{3}$  cup shortening
- 5 to 6 Tbsp. cold water

#### Filling:

- 8 medium apples
- 1 cup sugar
- 1 tsp. cinnamon

1. **Pastry:** Sift together flour and salt. Cut in shortening until mixture resembles coarse crumbs. Gradually add water, mixing until dough just holds together. Roll out on lightly floured board or pastry cloth. Cut into 8 equal parts, each large enough to cover an apple.

2. **Filling:** Pare and core apples. Set apples on pieces of pastry. Mix sugar and cinnamon and fill into apple centers. Fold pastry over apples and pinch edges together. Set in a shallow greased pan.

3. Bake in a hot oven (425°) 5 minutes. Reduce heat to moderate (350°) and bake 45 to 55 minutes longer until crust is light brown. Serve with hot rum sauce.

Yield: 8 servings.

### RUM SAUCE (FOR APPLE DUMPLINGS) (ROMSÄS FÖR DROTTNING ÄPPLÉN)

- |                    |                       |
|--------------------|-----------------------|
| 1 cup sugar        | 2 cups water          |
| 1 Tbsp. flour      | 1 Tbsp. butter        |
| 1 Tbsp. cornstarch | $\frac{1}{3}$ cup rum |

1. Sift together sugar, flour and cornstarch; stir in water.

2. Cook stirring constantly until sauce thickens. Reduce heat to very low and cook 10 minutes. Add butter and rum.

Yield: about 2 $\frac{1}{2}$  cups sauce.

### APPLE PIE (ÄPPELPAJ)

- |   |                                     |
|---|-------------------------------------|
| 4 cups sliced cooking apples                | 1 cup sugar                         |
| 1 Tbsp. sugar                               | 1 egg, well beaten                  |
| 1 tsp. cinnamon                             | 1 cup sifted all-purpose flour      |
| $\frac{1}{2}$ cup chopped pecans or walnuts | $\frac{1}{4}$ tsp. salt             |
| $\frac{1}{2}$ cup butter                    | 1 tsp. double action baking powder. |
|   | whipped cream                       |

1. Butter a 9½ inch pie pan. Spread apples in pan and sprinkle with 1 Tbsp. sugar, cinnamon and pecans or walnuts.

2. Cream butter; add 1 cup sugar and cream until light. Beat in egg. Sift together flour, salt and baking powder and add to creamed mixture. Spoon batter over apples in pan.

3. Bake in moderate oven (350°) 35 to 40 minutes. Let cool in pan about 5 minutes. Turn out upside down on serving plate. Serve warm with whipped cream.

Yield: 8 servings.

### **APPLE PUDDING (ÄPPELPUDDING)**

**2 cups unsweetened**

**applesauce**

**⅔ cup sugar**

**¼ tsp. salt**

**½ cup butter or margarine**

**2 cups finely crumbled  
fresh bread**

**1 Tbsp. sugar**

**1 tsp. cinnamon**

1. Strain applesauce. Stir in sugar and salt. Reserve 1 Tbsp. butter. Melt remaining butter. Add bread crumbs and brown lightly.

2. Place a layer of crumbs in bottom of 1 quart casserole. Spread with a layer of applesauce. Repeat layers and top with crumbs. Sprinkle with 1 Tbsp. sugar and cinnamon. Dot with reserved 1 Tbsp. butter.

3. Bake in moderate oven (375°) 25 to 30 minutes. Serve with cream or vanilla sauce.

Yield: 6 servings.

### **APPLE PUDDING (ÄPPELPUDDING)**

**4 lbs. apples (cooking)**

**2 cups sugar**

**½ lb. butter**

**3 cups dry bread crumbs**

**vanilla sauce or whipped  
cream**

1. Peel, core, and cut apples into quarters.

2. Put apples and sugar in saucepan. Cover and let steam for 15 minutes. Cool.

3. Melt butter, add bread crumbs. Heat until crumbs are lightly browned.

4. Butter 2 quart baking dish and sprinkle with some of the crumbs.

5. Add the apples and crumbs in layers, having crumbs for top layer.

6. Bake in moderate oven (350°) 1 hour. Serve with vanilla sauce or whipped cream.

Yield: 6 servings.

**Note:** Crumbs from limpa bread may be used in pudding.

## DESSERTS

### APRICOT SOUFFLE (APRIKOSSUFFLÉ)

1 1/2 cups well drained  
cooked apricots  
1/2 cup sugar

1/8 tsp. salt  
6 egg whites

1. Push apricots through sieve; add sugar.
  2. Add salt to egg whites and beat until stiff but not dry. Fold in sieved apricots.
  3. Pour into ungreased 9 inch baking pan. Set in a pan of hot water.
  4. Bake in very slow oven (275°) 20 minutes. Then increase heat to (300°) and bake 40 minutes longer or until whip is firm.
  5. Remove from oven. Serve at once with custard sauce.
- Yield: 6 to 8 servings.

### CUSTARD SAUCE (FOR APRICOT SOUFFLE) (VANILJSÄS)

1 1/2 cups milk  
6 egg yolks

3 Tbsp. sugar  
few grains salt  
1 tsp. vanilla

1. Scald milk. Beat egg yolks until light and thick; beat in sugar and salt.
  2. Stir milk into egg yolk mixture. Cook in top of double boiler until custard coats a metal spoon. Add vanilla. Pour into bowl. Cool.
- Yield: about 1 3/4 cups sauce.

### MOLDED BLUEBERRY DESSERT (BLÅBÄRSFROMAGE)

#### *Blueberry Layer:*

1 Tbsp. gelatin  
1/4 cup cold water  
15 oz. can sweetened  
blueberries  
1 tsp. lemon juice

#### *Cream Layer:*

1 Tbsp. gelatin  
1/4 cup cold water  
1/2 cup milk  
1/3 cup sugar  
1/4 tsp. salt  
1 cup whipping cream,  
whipped  
1 tsp. vanilla or almond  
extract



**Topping:**

**1 cup whipping cream,  
whipped  
1 Tbsp. sugar**

**1/2 tsp. vanilla  
maraschino cherries  
nut meats**

**1. Blueberry layer:** Soften gelatin in cold water. Drain blueberries reserving syrup. Heat syrup almost to the boiling point. Add softened gelatin and lemon juice and stir until gelatin is dissolved. Chill until thick like molasses. Fold in drained berries. Rinse an 8 inch casserole or 7 to 8 cup mold with cold water. Pour in blueberry mixture. Chill until firm.

**2. Cream layer:** Soften gelatin in cold water. Scald milk. Remove from heat and add softened gelatin, sugar and salt. Stir until gelatin is dissolved. Chill until thick like molasses. Beat with rotary beater. Fold in whipped cream and vanilla or almond extract. Pour into mold containing firm blueberry layer. Chill until firm.

**3. Topping:** Unmold dessert on serving plate. To whipped cream add sugar and vanilla. Cover dessert with whipped cream. Decorate with well drained cherries, and nut meats.

**Yield: 10 servings.**

**CARAMEL BREAD PUDDING  
(BRÖDPUDDING)**

**3/4 cup sugar  
1 quart milk, scalded  
2 cups dry bread crumbs  
(4 slices dry bread)**

**3 eggs, slightly beaten  
1/4 tsp. salt  
1/2 tsp. vanilla  
whipped cream**

**1.** Heat sugar in frying pan or saucepan until liquid and a light golden color, stirring almost constantly. Slowly stir in hot milk and stir until caramel syrup is dissolved.

**2.** Add half of milk mixture to bread crumbs. Stir remaining milk mixture slowly into eggs. Add salt and vanilla. Stir into bread mixture.

**3.** Turn into 2 quart casserole or 10x6 1/4 inch baking pan. Bake in slow oven (325°) 55 to 60 minutes. Serve with whipped cream.

**Yield: 6 to 8 servings.**

## DESSERTS

### CARAMEL CUSTARD (BRYLÉPUDDING)

1 cup sugar	2 cups milk and 1 cup light cream or
¼ cup boiling water	3 cups light cream
4 eggs	½ cup whipping cream, whipped
1½ Tbsp. sugar	¼ cup toasted slivered almonds
1 Tbsp. vanilla extract	

1. Melt (caramelize) 1 cup sugar until liquid and a light brown color. Add boiling water gradually and stir until syrup is smooth. Pour into 9 inch layer cake pan and turn pan to coat side and bottom with caramel syrup.

2. Beat eggs slightly; stir in 1½ Tbsp. sugar and vanilla and stir until thoroughly mixed. Stir in milk and cream, or cream. Pour into coated baking pan.

3. Set pan in a larger baking pan. Pour about ¾ inch of boiling water into larger pan. Bake in a very slow oven (300°) 1¼ to 1½ hours. Test for doneness by inserting a silver knife in center. If knife comes out clean, pudding is done.

4. Remove pudding from pan of water to wire rack. Cool. Place in refrigerator to chill.

5. Turn upside down on large serving plate. Garnish with whipped cream and toasted almonds.

Yield: 8 servings.

### CARAMEL CUSTARD (BRYLÉPUDDING)

1 cup sugar	3½ cups milk
3 Tbsp. boiling water	½ pint whipping cream, whipped
8 eggs	¼ cup toasted almond halves
¼ tsp. salt	

1. Place ½ cup sugar in dry metal frying pan or saucepan. Heat slowly until sugar is melted and a light golden color, stirring almost constantly. Stir in boiling water gradually and stir until all lumps are dissolved. Pour into round 8½ inch x 2 inch baking pan and turn pan to coat bottom and sides with caramel syrup.

2. Beat eggs until yolks and whites are thoroughly mixed. Stir in remaining  $\frac{1}{2}$  cup sugar, and salt. Add milk and mix thoroughly. Pour into prepared pan.

3. Place pan in a larger pan. Pour about 1 inch of boiling water into larger pan. Bake in slow oven ( $325^{\circ}$ ) 1 to  $1\frac{1}{4}$  hours. To test for doneness, insert a silver knife in center. If knife comes out clean, pudding is done.

4. Remove pudding from pan of water to wire rack. Cool. Place in refrigerator to chill.

5. Turn upside down on large serving plate. Garnish with whipped cream and toasted almonds.

Yield: 8 servings.

**Note:** Fresh strawberries may be used for garnish instead of almonds.

### **CARAMEL PUDDING (BRYLÉPUDDING)**

1 cup sugar  
 $\frac{1}{2}$  cup boiling water  
1 quart milk  
4 eggs

2 Tbsp. sugar  
1 Tbsp. all-purpose flour  
 $\frac{1}{4}$  tsp. almond or lemon  
extract  
8 almonds, chopped

1. Place 1 cup sugar in a dry frying pan and heat, stirring constantly until liquid and quite brown. Add a few drops boiling water at a time, stirring until all boiling water is added. Pour caramel into a deep 9 inch layer cake pan, baking dish or mold. Turn pan around and around until it is completely coated with caramel.

2. Scald milk in same frying pan to absorb whatever sugar is left. Cool.

3. Beat eggs, sugar and flour together vigorously in large bowl. Add milk gradually. Flavor with almond or lemon extract.

4. Pour milk mixture into prepared pan. Set pan in water bath in oven. Bake in slow oven ( $325^{\circ}$ )  $1\frac{1}{2}$  hours, or until firm.

5. Cool thoroughly before unmolding on fairly deep serving dish. Garnish with chopped almonds. Serve chilled.

Yield: 6 servings.

## DESSERTS

### CARAMEL PUDDING (BRYLÉPUDDING)

- |                       |                                  |
|-----------------------|----------------------------------|
| 2 cups sugar          | few grains salt                  |
| 1/2 cup boiling water | 1 tsp. vanilla                   |
| 10 eggs               | 3 cups milk                      |
| 1/4 cup sugar         | 1 cup whipping cream,<br>whipped |

1. Caramelize 2 cups sugar. Add boiling water slowly stirring constantly until caramel syrup is smooth and free from lumps. Pour carefully into shallow 2 quart baking pan and tilt pan to coat sides with syrup. Allow to harden.

2. Beat eggs until whites and yolks are well mixed. Stir in sugar, salt and vanilla. Add milk and stir until smooth. Pour this into caramel lined pan. Set in a pan of boiling water.

3. Bake in a slow oven (325°) 55 to 60 minutes or until custard is set. Test by inserting a silver knife. If knife comes out clean pudding is done.

4. Remove pudding from pan of water to wire rack. Cool 1 hour, then set in refrigerator to chill 2 hours.

5. Turn pudding over onto a large platter. Decorate with whipped cream.

Yield: 10 to 12 servings.

**Note:** To caramelize sugar, place sugar in dry saucepan or frying pan and heat slowly until sugar is liquid and a golden color.

### CARROT PUDDING (MOROTSPUDDING)

- |  |   |
|--|---|
| 1/2 cup butter                         | 1 tsp. soda                             |
| 1/2 cup brown sugar,<br>sieved         | 3/4 tsp. double action<br>baking powder |
| 2 eggs                                 | 1 tsp. cinnamon                         |
| 1 cup grated raw carrots               | 1/2 tsp. ginger                         |
| 2 tsp. grated lemon rind               | brandy sauce or cream                   |
| 1 1/3 cups sifted all-purpose<br>flour |   |

1. Cream butter; add sugar and cream again. Beat in eggs one at a time beating thoroughly after each addition.

2. Add carrots and lemon rind. Sift together dry ingredients. Add to first mixture. Mix thoroughly.

3. Turn into buttered 1 quart pudding pan or casserole. Bake in a slow oven (325°) 45 to 50 minutes.

4. Serve hot with brandy sauce or cream.

Yield: 6 servings.

**BRANDY SAUCE  
(KONJAKSAS)**

<b>1 cup sugar</b>	<b>1 2/3 cups water</b>
<b>5 tsp. cornstarch</b>	<b>1 Tbsp. butter</b>
<b>few grains salt</b>	<b>1/3 cup brandy</b>

1. Sift together dry ingredients into small saucepan. Stir in water. Cook stirring constantly until thickened. Reduce heat very low and cook 10 minutes.

2. Remove from heat and stir in butter and brandy. Serve hot.

Yield: 2 cups sauce.

**Note:** For a stronger brandy flavor reduce water to 1 1/2 cups and increase brandy to 1/2 cup.

**CHEESE CAKE  
(OSTKAKA)**

<b>2 quarts cream line milk</b>	<b>3 large eggs, separated</b>
<b>3/4 cup sifted all-purpose flour</b>	<b>1 cup sugar</b>
<b>1 cup cold cream line milk</b>	<b>1 cup light cream</b>
<b>5 Junket rennet tablets</b>	<b>12 blanched almonds, finely chopped</b>
<b>1/4 cup cold water</b>	<b>raspberry sauce</b>

1. Heat 2 quarts milk until lukewarm. Mix flour and 1 cup cold milk into a smooth paste and stir into lukewarm milk.

2. Crush rennet tablets; add cold water and stir until rennet is completely dissolved. Stir into lukewarm milk mixture; stir until thoroughly mixed. Cover and let stand undisturbed 1 hour.

3. Cut through firm milk mixture (cheese) four times with knife or spoon cutting through to bottom of mixture. Let stand 5 to 10 minutes. With a tablespoon remove liquid (whey) from cheese. Keep dipping out liquid with spoon until 3 1/2 cups liquid have been removed.

4. Beat egg yolks until light and thick. Beat in sugar gradually. Add cream and finely chopped almonds. Mix until thoroughly blended. Fold into cheese mixture carefully using a wire whip. Break up the cheese curds during the mixing by first lifting up the curds on the whip, then shaking the whip gently until the curds are broken up to the size of the curds of creamed cottage cheese. Beat egg whites until rounded peaks are formed. Fold into cheese mixture.

5. Turn into 2 quart casserole. Bake in slow oven (325°) 1 1/4 to 1 1/2 hours. To test cheese cake insert a silver knife near the center as in testing a custard. If the knife comes out clean the cheese cake is done. Serve warm or cold with raspberry sauce.

Yield: 12 servings.

## DESSERTS

### CHEESE CAKE, QUICK METHOD (OSTKAKA)

2 cups creamed cottage cheese	1/2 tsp. grated lemon rind
2 Tbsp. flour	1/8 tsp. pulverized cardamom seeds
3 eggs	1 cup whipping cream
1/2 cup sugar	raspberry or cherry sauce

1. Push cottage cheese through a sieve. Add flour.
2. Beat eggs until yolks and whites are well blended. Add sugar, lemon rind and cardamom. Stir in cream. Add to cheese and stir until thoroughly mixed.
3. Pour into buttered 1 1/2 quart casserole. Set casserole in a large pan. Pour boiling water into pan to a depth of about 1 inch.
4. Bake in a moderate oven (350°) 1 1/4 to 1 1/2 hours or until a knife inserted in center comes out clean.

5. Serve warm or cold with raspberry or cherry sauce.

Yield: 8 to 10 servings.

Cream (kräm) is a delicious dessert made from almost any fruit or juice. It is especially refreshing in warm weather.

### BERRY CREAM (BÄRKRAM)

1 1/2 cups fresh berries (raspberries, blue- berries, strawberries, gooseberries)	3 Tbsp. potato starch flour
2 cups water	2 Tbsp. cold water
1/2 cup sugar	1 Tbsp. sugar cream or whipped cream

1. Wash and drain berries. Add 2 cups water. Cook until berries are soft, about 5 minutes. Add sugar.

2. Mix potato flour and 2 Tbsp. cold water. Add a small amount of hot berry juice, mix well and stir into berry mixture. Cook, stirring constantly until pudding thickens. Reduce heat to very low and cook 10 minutes.

3. Turn into serving dish. Sprinkle with 1 Tbsp. sugar. Let stand until cold. Serve with cream or whipped cream.

Yield: 8 servings.

### GRAPE JUICE CREAM (DRUVSAFTKRÄM)

$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ cups grape juice
3 Tbsp. potato starch flour	2 inches stick cinnamon
$\frac{1}{2}$ cup water	plain or whipped cream

1. Mix sugar and potato flour in saucepan. Stir in water and grape juice; add cinnamon.

2. Cook, stirring constantly until mixture thickens; reduce heat to very low and cook 10 minutes. Remove cinnamon. Chill.

3. Serve with plain or whipped cream.

Yield: 6 servings.

### GRAPE JUICE CREAM (DRUVSAFTKRÄM)

3 Tbsp. sugar	2 cups grape juice
3 Tbsp. potato starch flour	cream
3 Tbsp. water	

1. Mix together sugar and potato flour. Stir in water and mix to a smooth paste. Add to grape juice.

2. Cook stirring constantly until thickened. Reduce heat to very low and cook 10 minutes. Cool. Serve with plain or whipped cream.

Yield: 4 servings.

**Note:** Pudding may be made using 2 Tbsp. potato starch flour instead of three. Serve thinner pudding as a sauce over cheese cake.

### LEMON CREAM (CITRONKRÄM)

1 cup sugar	$\frac{1}{2}$ cup dry white wine
6 egg yolks, slightly beaten	few grains salt
1 lemon, grated rind and unstrained juice	cream or whipped cream

1. Add sugar to egg yolks and stir until thoroughly mixed. Stir in lemon rind and juice, and wine.

2. Cook in top of double boiler over boiling water about 5 minutes, or until mixture begins to thicken, stirring constantly.

3. Remove from over the water, add salt and stir until cream is cool. Serve with cream or whipped cream.

Yield: 4 to 6 servings.

**Note:** This cream (kräm) may be used for filling cream puffs or tarts.

## DESSERTS

### RHUBARB CREAM (RABARBERKRÄM)

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 4 cups diced unpeeled<br>rhubarb | 2 Tbsp. potato starch flour         |
| 1 1/2 cups water                 | 2 Tbsp. cold water<br>cream or milk |
| 1 cup sugar                      |                                     |

1. Place rhubarb in saucepan. Add 1 1/2 cups water, cover and bring to boiling point. Cook until rhubarb is soft, 5 to 8 minutes.

2. Stir in sugar. Mix potato starch flour and 2 Tbsp. cold water and add to rhubarb. Cook stirring constantly until sauce thickens. Reduce heat to very low and cook 10 minutes.

3. Cool with cover on or turn into serving dish and sprinkle top with sugar. Serve with cream or milk.

Yield: 8 servings.

### HAZELNUT PUDDING (HASSELNÖTSPUDDING)

- |  |                           |
|--|---------------------------|
| 1/4 lb. hazelnuts                            | 1 1/2 cups thin cream     |
| 2 Tbsp. sugar                                | 3 eggs, separated         |
| 2 Tbsp. rice flour or<br>potato starch flour | 1 Tbsp. sugar             |
| 1/4 tsp. salt                                | raspberry sauce, optional |

1. Place nuts in a shallow pan and heat in oven 5 to 10 minutes. Rub off brown skin. Put nuts through food chopper.

2. Mix sugar, flour and salt in saucepan. Add nuts and cream. Cook stirring constantly until well blended and thick. Turn into a bowl and allow to cool.

3. Beat in egg yolks, one at a time. When cold fold in stiffly beaten egg whites.

4. Butter a 6 cup casserole on bottom only and sprinkle with 1 Tbsp. sugar. Pour in pudding mixture. Bake in slow oven (325°) 50 to 55 minutes. Serve at once. Serve plain or with raspberry sauce.

Yield: 6 servings.



**MARROW PUDDING**  
(MÄRGPUDDING)

<b>3 cups small dry pieces</b>	<b>1/2 tsp. cinnamon</b>
<b>plain coffee cake</b>	<b>1/2 tsp. cloves</b>
<b>4 cups milk</b>	<b>4 eggs</b>
<b>1/2 cup sugar</b>	<b>3/4 cup bone marrow, cut</b>
<b>1/2 cup seedless raisins</b>	<b>in small pieces</b>
<b>3/4 tsp. salt</b>	<b>brandy sauce</b>

1. Soak coffee cake pieces in milk. Add sugar, raisins, salt and spices.

2. Beat eggs until light and add to first mixture. Add marrow last. Turn into buttered 9x9 inch pan, or 2 1/2 quart casserole.

3. Bake in moderately hot oven (400°) 50 to 60 minutes. Serve with brandy sauce.

Yield: 8 to 10 servings.

**BRANDY SAUCE (FOR MARROW PUDDING)**  
(KONJAKSÅS FOR MÄRGPUDDING)

<b>1/2 cup sugar</b>	<b>1/2 cup whiskey or brandy</b>
<b>1/2 cup water</b>	

1. Mix sugar and water in small saucepan and boil gently 5 minutes.

2. Remove from heat and stir in whiskey or brandy. Pour over hot pudding. Serve immediately.

Yield: about 1 cup sauce.

**MOSS PUDDING**  
(MOSSPUDDING)

<b>1 Tbsp. plain gelatin</b>	<b>juice and grated rind of</b>
<b>2 Tbsp. cold water</b>	<b>1 lemon</b>
<b>2 egg yolks</b>	<b>1 cup whipping cream,</b>
<b>1/2 cup sugar</b>	<b>whipped</b>
	<b>rum sauce</b>

1. Soak gelatin in cold water. Dissolve over hot water.

2. Beat egg yolks in small bowl until light and thick. Gradually beat in sugar. Add dissolved gelatin. Beat in lemon juice and rind.

3. Fold in whipped cream. Spoon into six individual 1/2 cup molds or one 3 cup mold. Chill until firm.

4. Unmold and serve with rum sauce.

Yield: 6 servings.

## DESSERTS

### RUM SAUCE (ROMSÁS)

2 eggs  
few grains salt  
 $\frac{1}{3}$  cup sugar

$1\frac{1}{2}$  Tbsp. rum  
 $\frac{2}{3}$  cup whipping cream,  
whipped

1. Beat eggs until light and thick. Beat in salt and sugar. Add rum.

2. Fold in whipped cream.

Yield: 6 servings.

### ORANGE BAVARIAN CREAM (APELSINFROMAGE)

4 egg yolks  
1 cup sugar  
2 Tbsp. gelatin  
 $\frac{1}{4}$  cup cold water  
 $\frac{1}{4}$  cup boiling water

$1\frac{1}{4}$  cups strained orange  
juice  
3 Tbsp. strained lemon  
juice  
3 egg whites, stiffly beaten  
1 cup whipping cream,  
whipped  
1 orange, sectioned

1. Beat egg yolks until light, thick and lemon colored. Beat in sugar gradually.

2. Soften gelatin in cold water. Add boiling water and stir until gelatin is dissolved. Add to beaten yolk mixture, a teaspoonful at a time, beating constantly. Add orange and lemon juices. Chill until thick like molasses.

3. Fold in stiffly beaten egg whites and whipped cream. Turn into 7 cup mold. Chill in refrigerator several hours or overnight.

4. Unmold on cold serving plate. Garnish with orange sections.

Yield: 10 to 12 servings.

### PINEAPPLE BAVARIAN CREAM (ANANASFROMAGE)

No. 2 can crushed pineapple	$\frac{1}{2}$ cup cold cooked rice
1 Tbsp. plain gelatin	4 oz. bottle Maraschino cherries
$\frac{1}{4}$ cup cold water	1 cup whipping cream, whipped
$\frac{1}{2}$ cup sugar	

1. Drain pineapple well and reserve 1 cup syrup. Soak gelatin in cold water. Dissolve by placing bowl containing gelatin in pan of hot water. Stir in reserved 1 cup pineapple syrup, and sugar. Let stand until thick like unbeaten egg white.

2. Fold in cooked rice and drained pineapple. Drain Maraschino cherries well. Cut in slices crosswise. Add to gelatin mixture. Fold in whipped cream. Turn into 6 cup mold or loaf pan. Chill several hours or overnight. Unmold on serving plate.

Yield: 8 servings.

### PINK LADY (RULL TÄRTA OCH JORDGUBBAR EFTERRÄTT)

4 cups fresh strawberries	1 pkg. raspberry flavored gelatin
1 cup sugar	1 cup boiling water
1 small jelly roll	$\frac{1}{2}$ cup sugar
1 Tbsp. plain gelatin	1 $\frac{1}{2}$ cups whipping cream, whipped
$\frac{1}{4}$ cup cold water	whipped cream, if desired

1. Wash, drain and hull strawberries. Add 1 cup sugar; let stand 3 to 4 hours to become juicy. Drain juice from berries; measure 1 cup juice.

2. Line a 9x3 inch spring form pan with waxed paper. Cut paper round for bottom and straight for sides.

3. Cut jelly roll into thin slices. Line sides and bottom of spring form with slices.

4. Soak plain gelatin in  $\frac{1}{4}$  cup cold water. Dissolve raspberry gelatin in 1 cup boiling water; add soaked gelatin and stir until gelatin is dissolved.

5. Add 1 cup strawberry juice and  $\frac{1}{2}$  cup sugar. Set aside in pan of ice until partially thickened. Fold in drained berries and whipped cream. Let stand again in ice until partially thickened.

6. Pour into lined spring form. Place in refrigerator 4 to 5 hours or overnight.

7. Unmold. Serve with or without additional whipped cream.

Yield: 12 servings.

## DESSERTS

### RAISIN AND PRUNE COMPOTE (RUSSIN OCH SVISKON KOMPOTT)

6 cups water	2 inch stick cinnamon
1/2 cup dark corn syrup	1 tsp. cornstarch
1 lb. prunes	1/2 cup cold water
1 lb. seedless raisins	cream or whipped cream
1/2 lb. rice	

1. Pour 6 cups water into saucepan. Stir in dark syrup. Add prunes, raisins, rice and cinnamon. Cover saucepan tightly and cook ingredients together for 45 minutes.

2. Mix cornstarch and 1/2 cup cold water. Stir into cooked mixture. Cook 8 minutes longer, stirring occasionally. Remove cinnamon.

3. Serve hot or cold with cream or whipped cream.

Yield: 16 servings of 1/2 cup each.

### RICE PUDDING (RISGRYNSPUDDING)

1/2 cup rice	1/2 tsp. salt
1 1/2 cups boiling water	1/2 cup raisins
2 eggs, separated	1/4 cup chopped almonds
1/2 cup sugar	3 cups milk

1. Add rice to boiling water. Cover tightly and cook over very low heat until rice is tender and water absorbed, about 20 minutes.

2. Beat egg yolks slightly; add sugar and salt and stir carefully into rice. Add raisins and almonds. Stir in milk. Mix thoroughly. Beat egg whites stiff and fold into rice mixture.

3. Pour into 1 1/2 quart casserole or baking dish. Bake in a very slow oven (300°) 1 hour and 20 to 25 minutes.

Yield: 8 servings.

**Note:** One half cup raisins used for flavoring glögg may be used in this recipe.

**RICE PUDDING  
(RISGRYNSKAKA)**

$\frac{3}{4}$ cup rice	2 eggs, slightly beaten
$\frac{1}{2}$ tsp. salt	1 Tbsp. butter
$1\frac{1}{2}$ cups boiling water	$\frac{1}{3}$ cup sugar
1 quart milk	3 cardamom pods
3 inch stick cinnamon	

1. Add rice and salt to boiling water. Cover tightly and cook over low heat 10 minutes or until water is absorbed.

2. Pour in milk. Add stick cinnamon. Cover and cook in double boiler 1 hour.

3. Remove cinnamon. Add some of hot rice to eggs. Mix well and return to remaining rice. Stir in butter and sugar. Break cardamom pods and remove tiny seeds. Crush seeds finely. Add to rice mixture.

4. Pour into  $1\frac{1}{2}$  quart casserole. Bake in slow oven (325°) 50 to 60 minutes.

Yield: 8 to 12 servings.

**CARAMEL RICE PUDDING  
(RISGRYNSKAKA)**

$\frac{3}{4}$ cup rice	1 tsp. salt
4 cups milk	6 bitter almonds, chopped
2 Tbsp. butter	$\frac{1}{3}$ cup raisins
3 eggs, separated	$1\frac{1}{4}$ cups sugar
$\frac{1}{3}$ cup sugar	$\frac{1}{4}$ cup boiling water

1. Add rice to milk in top of double boiler. Cover and cook over gently boiling water until rice is tender, about 1 hour. Stir in butter. Cool.

2. Beat egg yolks until light. Beat in  $\frac{1}{3}$  cup sugar and salt. Add to rice. Add almonds and raisins. Beat egg whites until stiff peaks are formed. Fold into rice mixture.

3. Pour  $1\frac{1}{4}$  cups sugar into dry frying pan and heat slowly, stirring almost constantly, until sugar is melted and a light golden color. Carefully stir in  $\frac{1}{4}$  cup boiling water, a tablespoon at a time. Stir until caramel is smooth. Pour into shallow 9 inch baking pan and tilt pan to coat sides.

4. Add rice mixture. Cover pan with aluminum foil. Place pan in a larger pan containing boiling water.

5. Bake in a moderate oven (350°) 50 to 60 minutes or until a silver knife inserted in center comes out clean. Remove from water and let stand 10 minutes.

6. Turn out upside down on large serving plate. If some caramel syrup remains in pan, heat pan slightly, then spoon warmed syrup over pudding.

Yield: 8 servings.

## DESSERTS

### RICE CUSTARD PUDDING

(RISGRYNSKAKA)

$\frac{1}{2}$ cup rice	$\frac{1}{2}$ tsp. salt
$1\frac{1}{2}$ cups boiling water	$\frac{1}{4}$ tsp. nutmeg
2 eggs	2 cups milk
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup raisins

1. Wash rice and drain thoroughly. Add 3 cups boiling water. Cover and cook gently until all water is absorbed and rice is tender, about 20 minutes.

2. Beat eggs slightly; add sugar, salt and nutmeg. Stir in milk. Add cooked rice and raisins.

3. Turn into 1 quart casserole. Bake in slow oven ( $325^{\circ}$ )  $1\frac{1}{2}$  to 2 hours.

Yield: 6 servings.

### SIMPLE RICE PUDDING (ENKEL RISGRYNSPUDDING)

$\frac{1}{2}$ cup rice	$\frac{1}{8}$ tsp. salt
1 quart milk	2 Tbsp. butter, melted
$\frac{1}{4}$ cup sugar	

1. Wash rice and drain thoroughly. Pour milk into  $1\frac{1}{2}$  quart casserole. Add rice and let soak 1 hour.

2. Stir in sugar, salt and melted butter. Bake uncovered in a very slow oven ( $300^{\circ}$ ) 2 to  $2\frac{1}{4}$  hours.

Yield: 6 servings.

### RUM PUDDING (ROMPUDDING)

$\frac{1}{4}$ tsp. salt	$\frac{2}{3}$ cup milk
3 egg yolks	3 Tbsp. rum
6 Tbsp. sugar	1 cup whipping cream,
1 Tbsp. gelatin	whipped
	raspberry sauce

1. Add salt to egg yolks and beat until light, thick and lemon colored. Beat in sugar gradually.

2. Soak gelatin in  $\frac{1}{3}$  cup cold milk. Scald remaining milk and add to soaked gelatin. Stir until gelatin is dissolved. Cool slightly. Add to egg yolk mixture gradually beating constantly. Add rum.

3. Chill until partially thickened. Fold in whipped cream. Turn into seven  $\frac{1}{2}$  cup molds. Chill several hours.

4. Unmold in serving dishes. Serve with chilled raspberry sauce.

Yield: 7 servings.

**RASPBERRY SAUCE**

**(HAELO 'SAS)**

**2 cups sweetened rasp-  
berry juice**

**2 Tbsp. potato starch  
flour**

1. Stir raspberry juice slowly into potato flour. Cook stirring constantly until sauce thickens. Reduce heat to very low and cook 10 minutes. Chill.

Yield: 2 cups sauce.

**PARTY RUM PUDDING**

**(KALAS ROMPUDDING)**

**3 Tbsp. (3 envelopes)  
plain gelatin**

**½ cup rum**

**1 pint light cream**

**1 pint whipping cream,  
whipped**

**5 eggs, separated**

**raspberry sauce**

**¾ cup sugar**

1. Stir gelatin into 1 cup light cream and stir until thoroughly mixed. Let soak 5 minutes. Scald remaining cup light cream and add to gelatin mixture. Stir until gelatin is dissolved. Cool until mixture begins to thicken.

2. Beat egg yolks until light, thick and lemon colored. Beat in sugar gradually. Add partially thickened gelatin, a little at a time, beating constantly. Add rum.

3. Beat egg whites until stiff. Fold into first mixture. Then fold in whipped cream. Spoon into individual ½ cup molds. Chill several hours.

4. Unmold and serve with raspberry sauce.

Yield: 18 servings.

**RASPBERRY SAUCE**

**(HALLONSÁS)**

**10 oz. pkg. frozen  
raspberries**

**1 Tbsp. sugar**

**1 ½ tsp. potato starch  
flour**

**1 Tbsp. cold water**

1. Thaw frozen berries and push through a sieve. Measure 1 cup juice.

2. Mix potato flour and sugar. Stir in cold water. Add 1 cup raspberry juice.

3. Cook stirring constantly until sauce thickens. Reduce heat very low and cook 10 minutes longer. Chill.

Yield: 1 cup sauce.

## DESSERTS

### SNOW PUDDING (CITRONFROMAGE)

1 Tbsp. gelatin  
1/4 cup cold water  
1 cup boiling water  
3/4 cup sugar  
few grains salt

1/4 cup strained lemon juice  
1 Tbsp. grated lemon rind  
3 egg whites, stiffly beaten  
1/2 pint whipping cream,  
whipped  
custard sauce

1. Soak gelatin in cold water 5 minutes. Add boiling water and stir until gelatin is dissolved. Stir in sugar, salt, lemon juice and rind.

2. Chill in bowl of ice until thick like molasses, stirring mixture occasionally. Beat until frothy. Fold in stiffly beaten egg whites and whipped cream.

3. Turn into wet 6 cup mold. Chill several hours or overnight.

4. Unmold and serve with custard sauce.

Yield: 10 to 12 servings.

### CUSTARD SAUCE (VANILJSAS)

2 Tbs. sugar  
1 Tbsp. flour  
few grains salt  
1 1/4 cups milk

3 egg yolks, slightly  
beaten  
1/2 tsp. vanilla  
1/2 cup whipping cream,  
whipped

1. Mix sugar, flour and salt in small saucepan. Stir in milk. Cook stirring constantly until sauce thickens. Reduce heat to very low and cook 10 minutes, letting sauce bubble only occasionally.

2. Add some of hot sauce to egg yolks, stir well and stir into sauce in pan. Cook 2 minutes, stirring constantly. Remove from heat and add vanilla.

3. Cool in a pan of ice or pour sauce into bowl (to prevent curdling). Serve plain or fold whipped cream into cold sauce.

Yield: 10 to 12 servings.



## BREADS AND COFFEE BREADS BRÖD OCH KAFFEBRÖD

### BUNS (BULLAR)

1 cup milk	1/2 tsp. salt
1 cake compressed yeast	6 Tbsp. soft butter
1/2 cup sugar	2 eggs
4 cups sifted all-purpose flour	

1. Scald milk and cool until lukewarm. Dissolve yeast and 2 Tbsp. sugar in lukewarm milk. Add 1 1/2 cups flour and beat until smooth. Cover and let rise until double in bulk, about 1 hour.

2. Add remaining sugar, salt, soft butter and eggs. Beat well. Add 2 cups flour and place remaining 1/2 cup flour on board or pastry cloth to be used if needed. Turn out dough and knead until smooth and elastic. Place in greased bowl, cover well and let rise until double in bulk, about 1 1/2 hours.

3. Cut dough into 24 pieces and shape into balls. Place on cooky sheet with a space between buns. Let rise until double in bulk, about 1 hour.

4. Bake in moderate oven (375°) 18 to 20 minutes.

Yield: 24 buns.

### CARDAMOM BUNS (BULLAR MED KARDEMUMMA)

2 1/2 cups milk	1/2 tsp. salt
2 cakes compressed yeast	20 cardamom pods
1 cup sugar	1 egg, slightly beaten
8 cups sifted all-purpose flour	1/4 cup sugar
1 cup butter, melted	1/3 cup finely chopped blanched almonds

1. Scald milk and cool to lukewarm. Crumble yeast in bowl, add 1/2 cup lukewarm milk and stir until yeast is dissolved. Add remaining milk and 1/4 cup sugar. Beat in 3 cups flour and continue beating until smooth. Cover and set aside to rise until double in bulk, 3/4 to 1 hour.

2. Add remaining sugar, cooled butter and salt. Break open cardamom pods, remove tiny seeds and crush thoroughly. Add cardamom and 4 1/2 cups flour to yeast mixture. Place remaining 1/2 cup flour on board or pastry cloth for kneading.

3. Turn out dough and knead until smooth and elastic. Place in greased bowl, cover well and let rise until double in bulk, 3/4 to 1 hour.

## BREADS AND COFFEE BREADS

4. Cut into even sized pieces and roll into balls. Place on ungreased cooky sheets. Brush with egg and sprinkle with  $\frac{1}{4}$  cup sugar and almonds. Let rise until double in bulk, 30 to 40 minutes.

5. Bake in moderately hot oven ( $400^{\circ}$ ) 12 to 15 minutes.

Yield: about 5 dozen buns.

### SHROVE TUESDAY BUNS

(SEMLOR)

1  $\frac{1}{4}$  cups milk  
1 cake compressed yeast  
 $\frac{1}{2}$  cup sugar  
5  $\frac{1}{2}$  cups sifted all-purpose flour  
 $\frac{1}{2}$  cup soft butter  
1 egg  
2 egg yolks  
12 almonds, blanched and ground  
 $\frac{1}{2}$  tsp. salt  
1 egg, slightly beaten

#### Almond Paste:

1 cup blanched almonds  
1 egg white  
3 Tbsp. sugar

#### Topping:

1 cup whipping cream, whipped  
 $\frac{1}{4}$  cup fine granulated sugar  
hot milk  
additional sugar, if desired

1. Scald milk and cool to lukewarm. Crumble yeast in bowl, add 2 Tbsp. sugar and let stand a few minutes. Stir in lukewarm milk. Add 2 cups flour and beat until smooth. Add soft butter, remaining sugar, egg, egg yolks and ground almonds. Beat until well mixed. Add 3 cups flour sifted with salt and place remaining  $\frac{1}{2}$  cup flour on board or pastry cloth to be used if needed.

2. Turn out dough and knead until smooth and elastic. Place in greased bowl, cover well and let rise until double in bulk, about 1  $\frac{1}{2}$  hours. Punch down and again let rise until double in bulk, about 1 hour.

3. Cut dough into 24 pieces and shape into balls. Place on cooky sheet. Brush with slightly beaten egg. Let rise until light, about 1 hour. Bake in moderate oven ( $375^{\circ}$ ) 18 to 20 minutes.

4. Just before serving, cut a slice off top of buns. Spread with almond paste. Add a spoonful of whipped cream and replace top. Sprinkle with fine granulated sugar. Serve warm in deep dessert dishes. Pour hot milk over buns and sprinkle with additional sugar, if desired.

Yield: 24 buns.

5. **Almond Paste:** Put almonds through a fine food grater. Beat egg white stiff; beat in sugar. Add almonds and mix well.

## BREADS AND COFFEE BREADS

### COFFEE BREAD (VETEBRÖD)

- |  |                                      |
|--|--------------------------------------|
| 2 cups milk                                  | 1 egg yolk                           |
| 1 cake compressed yeast                      | $\frac{1}{2}$ tsp. powdered cardamom |
| 2 Tbsp. sugar                                | $\frac{1}{2}$ tsp. salt              |
| $6\frac{1}{4}$ cups sifted all-purpose flour | 1 egg, slightly beaten               |
| $\frac{3}{4}$ cup butter or margarine        | $\frac{1}{4}$ cup sugar              |
| $\frac{3}{4}$ cup sugar                      | 2 Tbsp. chopped blanched almonds     |
| 1 egg  |                                      |

1. Scald milk and cool to lukewarm. Crumble yeast in bowl; add 2 Tbsp. sugar and milk and stir until yeast is dissolved. Beat in  $2\frac{1}{2}$  cups flour; beat until smooth. Cover and let rise until double in bulk, about  $\frac{3}{4}$  hour.

2. Add soft butter,  $\frac{3}{4}$  cup sugar, egg, egg yolk, cardamom and salt. Mix thoroughly. Add 3 cups flour and place remaining  $\frac{1}{4}$  cup flour on board or pastry cloth to be used as needed for kneading. Turn out dough and knead until smooth and elastic. Place in greased bowl, cover well and let rise until double in bulk, 1 to  $1\frac{1}{4}$  hour.

3. Cut into two parts for two braids. Cut each part into three pieces and roll each into a rope like roll 18 inches long. Pinch one end of the three pieces together and braid; pinch other three ends together. Place braids on cooky sheets. Brush with slightly beaten egg and sprinkle with sugar and almonds. Let rise until double in bulk, about 1 hour.

4. Bake in moderate oven ( $350^{\circ}$ ) 40 to 45 minutes.

Yield: 2 coffee braids.

### COFFEE BREAD (VETEBRÖD)

- |                                       |  |
|---------------------------------------|--|
| $1\frac{1}{4}$ cups milk              | 2 egg yolks                              |
| 1 cake compressed yeast               | 1 tsp. salt                              |
| or 1 pkg. dry yeast                   | 1 tsp. powdered cardamom                 |
| 1 Tbsp. sugar                         | 1 Tbsp. butter, melted                   |
| $\frac{1}{4}$ cup lukewarm water      | $\frac{1}{2}$ cup sugar                  |
| 5 cups sifted all-purpose flour       | $\frac{1}{2}$ cup finely chopped almonds |
| $\frac{1}{2}$ cup butter or margarine | 1 egg, slightly beaten or                |
| $\frac{1}{2}$ cup sugar               | 1 egg yolk and 2 Tbsp. milk              |

1. Scald milk and cool to lukewarm. Add yeast and 1 Tbsp. sugar to lukewarm water and stir until dissolved. Stir in milk. Add 2 cups flour. Beat until smooth.

2. Beat in soft butter,  $\frac{1}{2}$  cup sugar, egg yolks, salt and cardamom. Stir in  $2\frac{1}{2}$  cups flour. Place remaining  $\frac{1}{2}$  cup flour on board or pastry cloth to be used as needed for kneading dough.

## BREADS AND COFFEE BREADS

Turn out dough and knead until smooth and elastic. Place in greased bowl, cover well and let rise until double in bulk, 1 to 1½ hours. Punch down and again let rise until double in bulk, about 1 hour.

3. Cut dough into two parts for Swedish tea ring and almond ring. For Swedish tea ring roll one portion into a rectangle 18x9 inches. Brush with 1 Tbsp. melted butter and sprinkle with ¼ cup sugar and ¼ cup almonds. Roll like a jelly roll into a roll 18 inches long. Place on cookie sheet and form into a ring. Pinch ends together. Cut with scissors at ¾ inch intervals almost through ring. Turn one slice to outside of ring and next slice to inside and continue until all slices are turned.

4. For almond ring roll second portion of rectangle 14x8 inches. Sprinkle with remaining ¼ cup almonds. Roll like a jelly roll into a roll 14 inches long and form into a circle. Pinch ends together. Bake in greased 8 inch tube pan. Cut with scissors at 1 inch intervals cutting straight down into dough about 1 inch deep.

5. Brush coffee bread with slightly beaten egg or egg yolk mixed with milk. Let rise until double in bulk, about 1 hour. Bake Swedish tea ring in a moderate oven (375°) 25 to 30 minutes. Bake almond ring in a moderate oven (350°) 30 to 35 minutes.

Yield: 2 coffee breads.

### COFFEE BREAD (KAFFEBRÖD)

- |                                    |                                    |
|------------------------------------|------------------------------------|
| 2 cups milk                        | 1 cake compressed or               |
| ½ cup melted shortening,<br>cooled | 1 pkg. dry yeast                   |
| ½ cup sugar                        | ¼ cup lukewarm water               |
| 1 tsp. salt                        | 7 cups sifted all-purpose<br>flour |
| 1 tsp. almond extract              | 2 Tbsp. melted butter              |
| 2 eggs, well beaten                | 4 tsp. sugar                       |
|                                    | 1 tsp. cinnamon                    |

1. Scald milk and cool to lukewarm. Combine shortening, ½ cup sugar, salt, extract and eggs. Soften yeast in lukewarm water. Add to shortening mixture. Add milk alternately with flour.

2. Turn dough out on lightly floured board or pastry cloth and knead until smooth and elastic. Place in greased bowl, cover with damp cloth and let rise in warm place until light, about 1 hour. Punch down and again let rise until double in bulk, 35 to 45 minutes.

## BREADS AND CO

3. Divide dough into 9 pieces of equal size to make 3 braids. Roll 3 pieces into 18 inch lengths, pinching ends, fold and pinch together at other end. Use 3 pieces to make 2 more braids.

4. Place 3 braids on a 12x18 or 14 inch pan. Cover with a damp cloth. Let rise until double in bulk,  $\frac{1}{2}$  hour.

5. Brush with melted butter and sprinkle with a mixture of 4 tsp. sugar and cinnamon. Bake in a moderate oven (350°) 15 minutes. Reduce heat to very slow (300°) and continue baking 15 to 20 minutes.

Yield: 3 coffee braids

### SWEET COFFEE BREAD DOUGH (DEG FÖR KAFFEBRÖD)

Dough  
 $\frac{3}{4}$  cup milk  
2 pkgs. dry yeast or  
2 cakes compressed yeast  
 $\frac{1}{2}$  cup lukewarm water  
 $\frac{2}{3}$  cup sugar  
5 cups sifted all-purpose flour

$\frac{1}{2}$  cup soft butter or  
margarine  
2 eggs  
1 tsp. salt  
1 tsp. powdered cardamom  
seed

1. Scald milk and cool to lukewarm. Add yeast to lukewarm water in mixing bowl and stir until yeast is dissolved. Stir in lukewarm milk and sugar.

2. Beat in 2 cups flour and beat until mixture is smooth. Add butter, eggs, salt and cardamom and beat until well mixed. Add remaining flour. Turn dough out on lightly floured pastry cloth or board and knead until smooth and elastic.

3. Place in greased bowl, cover well and let rise until double in bulk, about  $1\frac{1}{2}$  hours. Punch down and again let rise until double in bulk, about  $\frac{3}{4}$  hour. Shape into Lucia buns or tea rings.

*roll + cut*

### LUCIA BUNS (LUSSEKATTOR)

$\frac{1}{4}$  cup seedless raisins  
1 egg white, slightly  
beaten

1 Tbsp. cold water

1. Cut risen coffee bread dough into 32 pieces. Roll each piece 16 inches long and cut in half. Place strips side by side and curl out the 4 ends to shape the bun. Place a raisin in each curved end. Let rise until double in bulk, about  $\frac{1}{2}$  hour. Brush buns with egg white mixed with water. Bake in moderate oven (350°) 11 to 12 minutes.

Yield: 32 buns.

## AND COFFEE BREADS

### TEA RINGS (TEKRANSAR)

- |                                   |                              |
|-----------------------------------|------------------------------|
| $\frac{1}{4}$ cup butter, melted  | 1 egg white, slightly beaten |
| $\frac{1}{2}$ cup sugar           | 1 Tbsp. cold water           |
| 2 tsp. cinnamon                   | 2 Tbsp. sugar                |
| $\frac{1}{2}$ cup chopped almonds |                              |

1. Cut risen coffee cake dough into 2 pieces. Roll out each piece on slightly floured board or pastry cloth into a rectangle 10x16 in. ss. Brush each with 2 Tbsp. melted butter and sprinkle each with  $\frac{1}{2}$  cup sugar, 1 teaspoon cinnamon and  $\frac{1}{4}$  cup chopped almonds.

2. Roll up like jelly roll, carefully place on cookie sheet and form into a ring. Cut with scissors at  $\frac{1}{2}$  inch intervals almost through the ring. Turn each slice slightly on its side to outside of ring or turn one slice to outside and one slice to inside of ring. Let rise until double in bulk, about  $\frac{3}{4}$  hour. Brush dough part of rings with egg white mixed with water and sprinkle each tea ring with 1 Tbsp. sugar. Bake in moderate oven (350°) 30 to 35 minutes.

Yield: 2 rings.

### CARDAMOM COFFEE CAKES (KAFFEBRÖD MED KARDEMUMMA)

- |  |                 |
|--|-----------------|
| $1\frac{1}{2}$ cups milk                     | <b>Topping:</b> |
| 1 cake yeast                                 | 2 Tbsp. milk    |
| $\frac{3}{4}$ cup sugar                      | 6 Tbsp. sugar   |
| $6\frac{1}{4}$ cups sifted all-purpose flour |                 |
| $\frac{1}{2}$ cup butter                     |                 |
| $\frac{1}{4}$ tsp. salt                      |                 |
| 3 egg yolks                                  |                 |
| 1 tsp. cardamom                              |                 |

1. Scald milk and cool to lukewarm. Crumble yeast into bowl, add 1 Tbsp. sugar and lukewarm milk.

2. Beat in 3 cups flour; beat until smooth. Cover well and let rise until light and double in bulk, 1 to  $1\frac{1}{2}$  hours.

3. Add soft butter, remaining sugar, salt, egg yolks, cardamom and 3 cups flour. Mix thoroughly. Place remaining  $\frac{1}{4}$  cup flour on board or pastry cloth for kneading.

4. Turn out dough and knead until smooth and elastic. Place in greased bowl. Cover well. Set aside to rise until double in bulk, 1 to  $1\frac{1}{2}$  hours.

5. Cut risen dough in half for two coffee cakes (braids). Cut each half into 3 pieces. Roll each piece into a roll 16 inches

long. Pinch 3 rolls together at one end, braid and pinch other ends together. Place braid on cooky sheet. Make second braid and place on cooky sheet.

6. Let braids rise until double in bulk, about 45 minutes. For topping brush each braid with 1 Tbsp. milk and sprinkle with 3 Tbsp. sugar.

7. Bake in moderate oven (375°) 25 to 30 minutes.

Yield: 2 coffee cakes.

### **SAFFRON COFFEE CAKES (SAFFRANSBRÖD)**

Make Saffron Coffee Cakes in the same way as the Cardamom Coffee Cakes, but omit cardamom. Tie 2 teaspoons Spanish saffron in a cheese cloth bag. Soak in  $\frac{1}{4}$  cup brandy or warm water for 20 minutes. Remove bag and press out as much juice as possible. Add saffron infusion to coffee cake dough at the time the soft butter is added.

### **FILLED COFFEE CAKE (KAFFEBRÖD MED FYLLNING)**

1 cup milk  
1  $\frac{1}{2}$  cakes compressed yeast  
3 tsp. sugar  
3 egg yolks, well beaten  
4 cups sifted all-purpose flour  
1 tsp. salt  
 $\frac{1}{4}$  tsp. nutmeg

1 cup butter  
jam, date or pineapple filling  
3 egg whites  
 $\frac{3}{4}$  cup sugar  
 $\frac{3}{4}$  cup confectioners' sugar, sifted  
1 Tbsp. water

1. Scald milk and cool to lukewarm. Dissolve yeast and 3 tsp. sugar in lukewarm milk. Add egg yolks. Let stand while preparing remainder of dough.

2. Sift together flour, salt and nutmeg. Cut in butter as for pie crust. Add yeast mixture and mix thoroughly. Cover tightly and place in refrigerator overnight.

3. In the morning cut into 3 even portions for 3 coffee cakes. Roll each into a rectangle, 16x9 inches. Spread with desired filling. Beat egg whites stiff but not dry. Beat in  $\frac{3}{4}$  cup sugar gradually. Spread over fillings. Fold each dough on long side envelope fashion, making 3 layers. Let rise until light, about 3 hours.

4. Bake in moderate oven (375°) 35 to 45 minutes. Remove from oven. Mix confectioners' sugar and water into a thin icing and drizzle over warm coffee cakes.

Yield: 3 coffee cakes.

## BREADS AND COFFEE BREADS

### Raspberry or strawberry filling:

$\frac{3}{4}$  cup raspberry or strawberry jam.

### Date filling:

$7\frac{1}{4}$  oz. pkg. pitted dates, finely chopped.

### Pineapple filling:

$\frac{3}{4}$  cup grated pineapple and syrup

1 tsp. potato starch flour

1 tsp. cold water

To pineapple add potato flour mixed with water. Cook until thickened. Cool.

## GRAHAM BREAD (GRAHAMSBRÖD)

1 pint milk

1 cake compressed yeast

1 pint lukewarm water

1 cup sorghum

1 cup finely packed brown sugar

1 tsp. salt

2 lbs. graham flour ( $7\frac{1}{2}$  cups, stirred)

4 cups sifted all-purpose flour

1. Scald milk and cool to lukewarm.
2. Crumble yeast in bowl; stir in lukewarm water gradually and stir until yeast is dissolved. Add milk.
3. Stir in sorghum, brown sugar and salt. Add graham flour. Mix thoroughly. Stir in  $3\frac{1}{2}$  cups all-purpose flour and place remaining  $\frac{1}{2}$  cup all-purpose flour on board or pastry cloth for kneading.
4. Turn out dough and knead until smooth and elastic, about 10 minutes. Knead dough good. Cut dough in 3 parts. Shape into 3 loaves and place in greased loaf pans,  $9 \times 5 \times 2\frac{3}{4}$  inches.
5. Let rise until a little less than double in bulk, about  $1\frac{1}{2}$  hours. Bake in moderately hot oven ( $400^{\circ}$ ) 15 minutes, then reduce heat to very slow ( $300^{\circ}$ ) and bake 35 to 45 minutes longer.

Yield: 3 loaves.

**Note:** This bread gains in flavor as it gets older.



**FLAKY ROLLS  
(WIENERBRÖD)**

- |                                |  |
|--------------------------------|--|
| <b>1 cup milk</b>              | <b>1 egg</b>                           |
| <b>1 cake compressed yeast</b> | <b>4 cups sifted all-purpose flour</b> |
| <b>1/2 cup sugar</b>           | <b>1/4 lb. butter</b>                  |
| <b>1/4 tsp. salt</b>           |  |

1. Scald milk and cool to lukewarm. Crumble yeast into bowl; add sugar and salt. Mix together egg and lukewarm milk and add to yeast mixture. Stir until yeast is dissolved. Add flour gradually and work until smooth.

2. Turn out on lightly floured board or pastry cloth and knead slightly. Roll into a rectangle 1 inch thick.

3. Spread softened butter on 1/2 of rectangle and fold other half over. Roll out into rectangle 1/2 inch thick and fold again. Butter is spread on only before the first fold.

4. Roll out into rectangle 1/4 inch thick. Cut into pieces 2x4 inches. Make a slit about 1 1/2 inches long in center of each piece. Pull one end through slit.

5. Place on greased cooky sheets. Let rise until light. Bake in moderately hot oven (400°) 15 to 20 minutes.

Yield: 2 dozen.

**QUICK FLAKY ROLLS  
(HASTWIENERBRÖD)**

- |  |                                   |
|--|-----------------------------------|
| <b>1 cake compressed yeast</b>             | <b>Icing:</b>                     |
| <b>3/4 cup light cream</b>                 | <b>1 cup confectioners' sugar</b> |
| <b>7/8 cup butter or margarine (7 oz.)</b> | <b>1 tsp. lemon juice</b>         |
| <b>2 cups sifted all-purpose flour</b>     | <b>4 tsp. cold water</b>          |
| <b>1 cup thick applesauce</b>              |                                   |
| <b>1 egg, slightly beaten</b>              |                                   |

1. Crumble yeast in bowl. Stir in cream gradually and stir until yeast is dissolved. Add butter and flour. Mix into a dough.

2. Turn dough out on floured board or pastry cloth and roll out to 9 x 18 inch rectangle. Cut rectangle into 3 inch squares, place 1 teaspoon thick applesauce or jam (or whatever flavor is desired) in center of each. Cut each corner towards center, fold every other corner over applesauce and press down point a little.

3. Place on ungreased cooky sheets and let rise 1 hour. Brush with egg. Bake in moderately hot oven (400°) 12 to 15 minutes. Remove from oven and drizzle icing over them while they are warm. Yield: 18 rolls.

4. **Icing:** Blend together confectioners' sugar, lemon juice and cold water until smooth enough to drizzle over rolls.

## BREADS AND COFFEE BREADS

### QUICK TEA ROLLS

(TEBRÖD)

- |  |                         |
|--|-------------------------|
| 2 cups sifted cake flour               | $\frac{2}{3}$ cup milk  |
| 2 tsp. double action<br>baking powder  | $\frac{1}{3}$ cup sugar |
| $\frac{1}{2}$ tsp. salt                | 1 tsp. cinnamon         |
| $\frac{1}{2}$ cup butter or shortening |                         |

1. Sift together flour, baking powder and salt. Cut in butter. Add milk all at once and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl.

2. Turn out immediately on lightly floured board and knead for 30 seconds.

3. Roll out  $\frac{1}{4}$  inch thick. Cut in  $2\frac{1}{2}$  inch squares. Fold each square in half and press cut edges into mixture of sugar and cinnamon. Sprinkle thickly with more sugar and cinnamon.

4. Place on ungreased baking sheet. Bake in very hot oven ( $450^{\circ}$ ) 12 to 15 minutes. Yield: 24 rolls.

### RYE BREAD

(RÄGBRÖD)

- |  |                              |
|--|------------------------------|
| 1 cup milk                               | 1 tsp. fennel seed           |
| 1 cake compressed or<br>1 pkg. dry yeast | 1 tsp. anise seed            |
| 2 Tbsp. sugar                            | $\frac{1}{3}$ cup shortening |
| 1 cup lukewarm water                     | grated rind of 1 orange      |
| $4\frac{1}{4}$ cups all-purpose flour    | $1\frac{1}{2}$ tsp. salt     |
| $\frac{1}{2}$ cup dark corn syrup        | 3 cups medium rye flour      |
| $\frac{1}{4}$ cup molasses               | lukewarm water               |

1. Scald milk and cool to lukewarm.

2. Dissolve yeast and sugar in lukewarm water. Add lukewarm milk. Stir in 3 cups all-purpose flour. Beat until smooth. Cover and let rise until double in bulk, 1 to  $1\frac{1}{2}$  hours.

3. Mix syrup, molasses, fennel seed and anise seed in saucepan. Bring to boiling point. Let stand until lukewarm. Strain through sieve to remove seeds. Add syrup mixture, shortening, orange rind and salt to risen sponge. Beat until well mixed.

4. Stir in rye flour and 1 cup all-purpose flour. Place remaining  $\frac{1}{4}$  cup white flour on board or pastry cloth for kneading. Turn out dough and knead until smooth and elastic. Place in greased bowl, cover well and let rise until double in bulk,  $1\frac{1}{2}$  to 2 hours.

5. Shape into 2 loaves. Place in greased  $9\frac{1}{4}$  x  $5\frac{1}{4}$  x  $2\frac{3}{4}$  inch loaf pans. Cover and let rise until double in bulk, 50 to 60 minutes. Bake in moderate oven ( $375^{\circ}$ ) 40 to 50 minutes. Five minutes before bread is done brush tops with lukewarm water to glaze. Yield: 2 loaves.

**RYE BREAD  
(LIMPA)**

<b>2 cups water</b>	<b>1/4 cup lukewarm water</b>
<b>1/2 cup firmly packed brown sugar</b>	<b>2 tsp. salt</b>
<b>2 tsp. caraway seed</b>	<b>4 cups sifted all-purpose flour</b>
<b>1 tsp. anise seed</b>	<b>2 cups sifted rye flour</b>
<b>2 Tbsp. shortening</b>	
<b>1 cake compressed yeast or</b>	
<b>1 pkg. dry granular yeast</b>	

1. Boil 2 cups water, sugar, seeds and shortening for five minutes. Cool to lukewarm. Add yeast, softened in 1/4 cup lukewarm water. Add salt.

2. Add enough of the all-purpose and rye flours to make a kneadable dough. Knead on lightly floured board or pastry cloth until smooth and elastic.

3. Place in a large, greased bowl and grease surface of dough. Cover. Set away from drafts to raise double in bulk, 1 1/2 to 2 hours.

4. Knead down and let rise a second time, about 1 hour. Knead down and divide dough in two parts. Shape into loaves. Place in greased pans and let rise until light, about two hours. Bake in a moderate oven (350°) 50 to 60 minutes.

Yield: Two loaves.

**RYE BREAD  
(LIMPA)**

<b>2/3 cup molasses</b>	<b>4 tsp. grated lemon rind</b>
<b>2 1/2 cups water</b>	<b>1 cake compressed yeast</b>
<b>2/3 cup firmly packed brown sugar</b>	<b>1/2 cup lukewarm water</b>
<b>1 Tbsp. anise seed</b>	<b>4 cups sifted medium rye flour</b>
<b>2 tsp. salt</b>	<b>5 1/2 cups sifted all-purpose flour</b>
<b>1/4 cup shortening</b>	<b>melted butter</b>

1. Mix together in a saucepan molasses, 2 1/2 cups water, brown sugar, anise seed and salt. Bring to boiling point, then cook gently uncovered 5 minutes. Remove from heat and add shortening and lemon rind. Let stand until lukewarm.

2. Dissolve yeast in 1/2 cup lukewarm water. Add cooled molasses mixture and mix well. Stir in rye flour. Beat until smooth. Cover and let rise at room temperature overnight, about 9 to 10 hours.

3. In the morning add 5 cups white flour and place remaining

## BREADS AND COFFEE BREADS

½ cup on pastry cloth or board for kneading. Turn out dough and knead until smooth and elastic. Place in greased bowl, cover well and let rise until double in bulk, 2 to 2½ hours.

4. Cut dough in half and shape into 2 round loaves. Place in 2 greased 9 inch pie pans. Cover with clean cloth and let rise until light, about 2 hours.

5. Bake in moderate oven (350°) 45 to 55 minutes. Remove from oven and brush tops with melted butter. Yield: 2 loaves.

### RYE BREAD (RÄGBRÖD)

2 cups milk	1 Tbsp. anise or fennel seed
2 cups water	2 cakes compressed or 2 pkgs. dry yeast
1 cup firmly packed brown sugar	⅓ cup lukewarm water
1 cup dark corn syrup	6 cups all-purpose flour
6 cups Bohemian rye flour	3 Tbsp. melted butter
1 Tbsp. salt	
½ cup butter or margarine	

1. Scald milk and cool to lukewarm.

2. Mix together 1 cup water, brown sugar and corn syrup in saucepan and bring to boiling point. Pour this boiling hot over rye flour. Add salt, ½ cup butter or margarine and anise or fennel seed. Beat until smooth.

3. Add lukewarm milk and remaining 1 cup water. Dissolve yeast in ⅓ cup lukewarm water and stir into rye flour mixture. Add all-purpose flour. Turn out on lightly floured pastry cloth and knead about 300 times. Place in greased bowl and brush top of dough with 1 Tbsp. melted butter. Cover and let rise until double in bulk, about 1½ hours.

4. Cut dough into 8 equal parts and shape into 8 loaves. Place in greased pans, 8½ x 4½ x 2¾ inches. Brush tops with 1 Tbsp. melted butter. Let rise until double in bulk, about ¾ hour.

5. Bake in moderately hot oven (400°) 25 to 30 minutes. Remove loaves from oven and brush tops with remaining 1 Tbsp. melted butter. Yield: 8 loaves.

### RYE BREAD (RÄGBRÖD)

2 cups milk	4 cups sifted Bohemian rye flour
2 cakes compressed yeast	12 cups sifted all-purpose flour
1 Tbsp. sugar	1 cup firmly packed brown sugar
2 cups lukewarm water	2 Tbsp. anise seed
1 Tbsp. salt	
½ cup melted shortening	

1. Scald milk and cool to lukewarm.
2. Crumble yeast into large mixing bowl and add 1 Tbsp. sugar. Stir in milk gradually and stir until yeast is dissolved. Add water, salt and shortening.
3. Stir in rye flour and 5 cups all-purpose flour. Beat until smooth. Cover and let rise 20 minutes.
4. Add brown sugar, anise seed and remaining all-purpose flour. Turn out on floured board or pastry cloth. Knead until smooth and until dough does not stick to hands or board.
5. Place in greased bowl, cover well and let rise 30 minutes. Shape dough into 4 loaves. Place in greased pans 13 x 4½ x 2½ inches. Cover and let rise 1 hour.
6. Bake in moderate oven (375°) 45 to 55 minutes. Yield: 4 loaves.

**CHRISTMAS RYE BREAD  
(VORTLIMPOR)**

1½ cups stout (12 fluid ounce bottle)	½ tsp. salt
1 Tbsp. anise or fennel seed, pounded fine	4 cups sifted all-purpose flour
2 Tbsp. shortening	2 cups sifted medium rye flour
½ cup dark corn syrup	1 cake compressed or 1 pkg. dry yeast
grated rind of 1 orange	¼ cup lukewarm water
¼ cup sugar	hot water

1. Mix stout, anise or fennel seed and shortening in saucepan and heat to lukewarm. Pour into large mixing bowl and add syrup, orange rind, sugar and salt. Mix well.
2. Add 2 cups all-purpose and 1 cup rye flour. Beat until smooth. Dissolve yeast in lukewarm water and add to first mixture. Beat until thoroughly mixed. Add remaining flour.
3. Turn dough out on lightly floured pastry cloth. Knead until smooth and elastic. Place in greased bowl, cover well and let rise until double in bulk, 1½ to 2 hours.
4. Punch down and again let rise until double in bulk, 1 to 1½ hours. Shape into 2 loaves, about 12 inches long. Place loaves in greased pan, 9 x 12 x 2 inches. Let rise until double in bulk, about 1 hour. Perforate each loaf 5 or 6 times with fork.
5. Bake in moderate oven (350°) 45 to 50 minutes. Remove from oven and at once brush top of loaves with hot water. Cool on cake racks.

Yield: 2 (12 in. long) loaves.

## BREADS AND COFFEE BREADS

### TOAST (SKORPOR)

- |  |                                       |
|--|---------------------------------------|
| 2 cups milk                                  | $\frac{3}{4}$ cup butter or margarine |
| 1 cake compressed yeast                      | 1 tsp. ground cardamom                |
| $\frac{3}{4}$ cup sugar                      | 1 tsp. salt                           |
| $6\frac{3}{4}$ cups sifted all-purpose flour |                                       |

1. Scald milk and cool to lukewarm. Dissolve yeast and 2 Tbsp. sugar in lukewarm milk. Add 3 cups flour and beat until smooth. Beat in remaining sugar, and soft butter.

2. Sift remaining flour with cardamom and salt. Add to first mixture and mix well. Turn out on lightly floured pastry cloth or board. Knead until smooth and elastic.

3. Place in greased bowl, cover and let rise until double in bulk,  $1\frac{1}{2}$  to 2 hours. Punch down and again let rise until double in bulk, about 1 hour.

4. Cut dough into 3 pieces. Shape each piece into a loaf 15 inches long. Place loaves in greased pan, 11 x 15 inches. Let rise until double in bulk, about 1 hour.

5. Bake in moderate oven ( $350^{\circ}$ ) 35 to 40 minutes. Cool on wire racks. Cut loaves in halves lengthwise and then in slices 1 inch thick.

6. Arrange slices in a single layer on cooky sheets. Place in very slow oven ( $300^{\circ}$ ) 30 to 40 minutes or until pieces of toast are dry and crisp. Yield: 7 dozen pieces toast.

### ALMOND TOAST (MANDELSKORPOR)

- |  |                                    |
|--|------------------------------------|
| 1 cup butter                             | 1 tsp. double action               |
| 2 cups sugar                             | baking powder                      |
| 4 eggs, well beaten                      | $\frac{1}{4}$ tsp. salt            |
| 1 cup finely chopped<br>blanched almonds | $\frac{1}{4}$ tsp. almond extract  |
| 4 cups sifted all-purpose flour          | $\frac{1}{2}$ tsp. vanilla extract |

1. Cream butter; add sugar and cream until light. Beat in well beaten eggs. Add almonds.

2. Sift together flour, baking powder and salt and add to creamed mixture. Add extracts. Grease and flour three shallow 8 inch square pans or one 7 x 11 inch pan and one 9 x 13 inch pan. Pour in batter and spread evenly. Bake in moderate oven ( $350^{\circ}$ ) 30 minutes.

3. Remove from pans to cutting board and cut into pieces about 2 inches long and 1 inch wide. Arrange on cooky sheets with cut side down. Place in very slow oven ( $275^{\circ}$ ) and toast to a light golden color, about 20 minutes.

Yield: 8 to 9 dozen.

**ALMOND TOAST  
(MANDELSKORPOR)**

$\frac{1}{2}$ cup butter	1 tsp. almond extract
1 cup sugar	$2\frac{2}{3}$ cups sifted all-purpose flour
2 eggs	2 tsp. double action baking powder
$\frac{1}{3}$ cup grated almonds	$\frac{2}{3}$ cup milk

1. Cream butter; add sugar and cream until light. Add eggs, one at a time, beating well after each addition. Beat in almonds and extract.

2. Sift flour and baking powder. Add to first mixture alternately with milk.

3. Cover bowl tightly. Chill in refrigerator at least 5 hours.

4. Cut chilled dough into 4 parts. Shape each part on lightly floured pastry cloth into a roll about 8 inches long. Arrange rolls in a lightly greased pan about 10 x 15 inches. Dough will spread.

5. Bake in a moderate oven (350°) 25 to 30 minutes. Cool.

6. Cut rolls into slices about  $\frac{1}{2}$  inch thick. Arrange in a single layer on ungreased cooky sheets. Bake in a very slow oven (250°) 20 to 30 minutes until lightly browned and dry.

Yield: about 5 dozen toast.

**ALMOND TOAST  
(PRINS-SKORPOR)**

1 egg	4 cups sifted all-purpose flour
1 cup sugar	4 tsp. double action baking powder
1 cup melted butter or margarine	1 tsp. salt
$\frac{1}{4}$ cup ground blanched almonds	1 cup milk
1 tsp. almond extract	

1. Beat egg until light. Beat in sugar gradually. Fold in melted butter, almonds and extract.

2. Sift together flour, baking powder and salt. Add to first mixture alternately with milk. Chill.

3. Shape into balls about the size of a large walnut. Place on ungreased cooky sheets.

4. Bake in a moderately hot oven (400°) 12 to 15 minutes.

5. While warm cut in half or break in half using a fork. Return to very slow oven (300°) and toast to a light golden brown, 25 to 35 minutes. Yield: 60 or 70 balls or 120 to 140 pieces toast.

**Note:** Instead of ground almonds and almond extract, the finely pulverized seeds of 24 cardamom pods, and 1 teaspoon vanilla may be used.

**COOKIES**  
**BAKELSER — SMÅBRÖD**

**ALMOND COOKIES**  
**(MANDELKAKOR)**

- 1 cup butter
- 1 cup firmly packed brown sugar, sieved
- 1 cup white sugar
- 1 cup lard, melted and cooled
- 3 eggs
- 1/2 cup chopped, blanched almonds
- 6 cups sifted all-purpose flour
- 1 tsp. soda
- 1 tsp. cinnamon
- 1 tsp. salt

1. Cream butter. Mix brown and white sugar and add to butter; cream again. Then add cooled lard and mix well. Beat in 1 egg at a time, beating well after each addition. Add chopped almonds.

2. Sift together flour, soda, cinnamon and salt. Add to creamed mixture. Shape dough into rolls about 2 inches in diameter. Wrap in waxed paper and chill in refrigerator overnight.

3. Slice thin and arrange on ungreased cookie sheets. Bake in moderate oven (375°) 8 to 10 minutes.

Yield. 80 to 90 cookies.

**ALMOND SPRITZ**  
**(MANDELSPRITSAR)**

- |                 |                           |
|-----------------|---------------------------|
| 1/4 lb. almonds | 1 Tbsp. cream             |
| 1 lb. butter    | 1 tsp. almond extract     |
| 1 cup sugar     | 4 cups sifted-all-purpose |
| 1 egg yolk      | flour                     |

1. Blanch almonds and put through food grater. Sift through coarse sieve to remove pieces of ungrated almond.

2. Cream butter; add sugar gradually, creaming continually. Add egg yolk, cream and almond extract. Mix well. Stir in flour and almonds.

3. Put dough into cookie press and force out onto ungreased cookie sheet in S or O shapes.

4. Bake in moderately hot oven (400°) 8 to 10 minutes.

Yield: About 8 dozen spritz.



**ALMOND TARTS** ✓  
**(MANDELFORMAR)**

1 cup butter  
1 cup sugar  
1 egg yolk

1/2 cup blanched almonds,  
ground  
2 2/3 cups sifted all-purpose  
flour  
fruit and whipped cream,  
optional

1. Cream butter and sugar until light and fluffy. Add egg yolk. Stir in ground almonds. Add flour. Mix thoroughly. Chill.
2. Butter 3 inch fluted pans. With floured thumbs coat inside of pans with dough.
3. Bake in slow oven (325°) 20 min. or until lightly browned.
4. Allow to cool in pans, then unmold.
5. Serve plain or fill with any fruit and whipped cream.

Yield: 40 tarts.

**ALMOND TARTS**  
**(MANDELFORMAR)**

1 lb. butter  
1 cup sugar  
1 egg

1/4 lb. almonds  
1 tsp. almond extract  
4 cups sifted all-purpose  
flour

1. Cream butter; add sugar and cream until well mixed. Beat in egg.
2. Blanch almonds; dry thoroughly. Put almonds through food chopper, a few at a time, using medium knife. Add almonds and extract to creamed mixture. Work in flour.
3. Shape dough into long roll and cut into pieces. Press each piece into bottom and on sides of small 3 inch round, fluted pans, dipping fingers into flour if necessary. Bake in moderate oven (350°) 12 to 15 minutes. Let cool a few minutes in pans before removing.

Yield: 4 1/2 dozen cookies.

## **COOKIES**

### **BERLIN RINGS (BERLINER KRANSAR)**

- |                         |                                 |
|-------------------------|---------------------------------|
| 1 lb. unsalted butter   | 5 cups sifted all-purpose flour |
| 1 cup sugar             | 1 egg white, beaten             |
| 3 hard cooked egg yolks | about 1/2 cup sugar             |
| 4 raw egg yolks         |                                 |

1. Cream butter, add 1 cup sugar and cream until light. Mix cooked and raw egg yolks and add to creamed mixture. Add flour and keep kneading until all flour is worked in.

2. Set dough in refrigerator to chill.

3. Cut off small pieces of dough and roll with floured hands into 6 inch lengths. Shape into rings. Dip in egg white and then in sugar. Place on ungreased cooky sheets.

4. Bake in slow oven (300°) 20 minutes or until a light golden brown.

Yield: about 175 cookies.

The use of potato starch flour (potatis mjöl) in cakes, cookies, sauces and desserts probably goes back to the time when Swedish families made their own potato flour from their own home grown potatoes. It is available in many stores.

### **BUTTER COOKIES (MÖRKAKOR)**

- |              |                           |
|--------------|---------------------------|
| 1 cup butter | 1 cup potato starch flour |
| 1 cup sugar  | 1 cup all-purpose flour   |
| 1 egg        |                           |

1. Cream butter; add sugar and cream again. Beat in egg. Sift together potato flour and all-purpose flour. Add to creamed mixture. Mix thoroughly. Chill.

2. Roll dough into small balls and arrange on baking sheet. Flatten balls with fork.

3. Bake in moderate oven (375°) 9 to 10 minutes.

Yield: about 6 dozen.

**BUTTER FINGERS  
(SMÖRPINNAR)**

**1 cup butter**  
**2 Tbsp. sugar**  
**2 cups sifted all-purpose  
flour**

**2 egg whites, slightly  
beaten**  
**1 cup blanched almonds,  
chopped**  
**1/4 lb. lump sugar, crushed**

1. Cream butter; add sugar and cream again. Add flour and mix thoroughly.

2. Roll with hands into rolls the size of little finger and 2 inches long.

3. Dip in slightly beaten egg whites. Roll in a mixture of chopped almonds and lump sugar. Arrange on ungreased cooky sheets.

4. Bake in a moderate oven (375°) 12 to 15 minutes.

Yield: 5 dozen cookies.

**BUTTER RINGS  
(MÖRKAKOR)**

**7 Tbsp. butter (3 1/2 ozs.)**  
**14 Tbsp. all-purpose flour  
(3 1/2 ozs.)**

**3 Tbsp. light cream**  
**2 Tbsp. sugar**

1. Cream butter; add flour and light cream and mix thoroughly.

2. Turn out on lightly floured pastry cloth and shape into a roll about 12 inches long. Cut into 24 pieces. Roll each piece 8 inches long. Bring the two ends together, twist and make into a circle. Pinch ends together. Dip in sugar.

3. Place on ungreased cooky sheet. Bake in moderately hot oven (400°) 10 to 12 minutes.

Yield: 24 cookies.

## COOKIES

### CARDAMOM COOKIES (JUDE BRÖD)

- |                           |                        |
|---------------------------|------------------------|
| 1 cup butter or margarine | 8 cardamom seeds,      |
| 1/2 cup firmly packed     | powdered               |
| brown sugar, sieved       | 1/2 tsp. double action |
| 1 egg                     | baking powder          |
| 2 cups sifted all-purpose | 1/4 tsp. cinnamon      |
| flour                     | 1/4 cup sugar          |
|                           | 1/4 cup finely chopped |
|                           | blanched almonds       |

1. Cream butter. Add brown sugar and cream again. Beat in egg.

2. Sift together flour, cardamom, baking powder and cinnamon and add to creamed mixture. Chill at least an hour.

3. Roll out very thin. Cut with 2 inch cooky cutter. Sprinkle with sugar and chopped almonds.

4. Bake on ungreased cooky sheets in a moderate oven (375°) 7 to 8 minutes.

Yield: 5 dozen cookies.

### CINNAMON SQUARES (KANELKAKOR)

- |                           |                        |
|---------------------------|------------------------|
| 1 cup butter              | 1/2 tsp. cinnamon      |
| 1 cup sugar               | 1/4 tsp. salt          |
| 1 egg, separated          | 1/2 cup finely chopped |
| 2 cups sifted all-purpose | nuts                   |
| flour                     |                        |

1. Cream butter; add sugar and cream until light. Beat in egg yolk. Sift together flour, cinnamon and salt and add to first mixture. Mix well.

2. Butter two shallow pans, 14x16 inches and 12x12 inches. Spread or pat dough very thin in pans. If hands are used for patting in dough, wet hands in cold water. Beat egg white slightly and spread over dough. Sprinkle with nuts.

3. Bake in moderate oven (350°) 15 to 18 minutes. Remove from oven and cut into 2 inch squares.

Yield: about 90 squares.

**COCONUT COOKIES  
(SUNDSVALLKAKOR)**

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup shortening  
1 cup sugar  
1 egg yolk

1 can moist shredded  
coconut  
2 cups sifted all-purpose  
flour  
1 tsp. powdered baking  
ammonia

1. Cream butter and shortening together. Add sugar and cream again. Beat in egg yolk. Add coconut.

2. Sift together flour and ammonia and add to first mixture. Mix thoroughly.

3. Cut dough into pieces and roll pieces into small balls. Place on ungreased cooky sheets and flatten with a fork.

4. Bake in moderate oven (350°) 10 to 12 minutes.

Yield: about 7 dozen.

**COFFEE FINGERS  
(MÖRDEGSPINNAR)**

14 Tbsp. butter (1 cup  
less 2 Tbsp.)  
 $\frac{1}{4}$  cup sugar  
2  $\frac{1}{4}$  cups sifted all-purpose  
flour

1 tsp. almond extract  
1 egg white, beaten  
 $\frac{1}{4}$  cup finely chopped  
almonds  
1 Tbsp. sugar

1. Cream butter; add  $\frac{1}{4}$  cup sugar and cream again. Add flour and extract. Mix thoroughly. Chill.

2. Shape dough into long ropes of finger thickness. Cut into strips 2 inches long. Dip in beaten egg white and then in almonds mixed with 1 Tbsp. sugar. Place on ungreased cooky sheet.

3. Bake in moderate oven (350°) 10 to 12 minutes.

Yield: 5 dozen cookies.

## **COOKIES**

### **COOKY RINGS (KRINGLOR)**

- |   |  |
|---|--|
| <b>2 cups sifted all-purpose flour</b>    | <b>1 egg, well beaten</b>                          |
| <b>2 tsp. double action baking powder</b> | <b>6 Tbsp. milk</b>                                |
| <b>1/4 tsp. salt</b>                      | <b>1/4 tsp. lemon extract</b>                      |
| <b>3 Tbsp. sugar</b>                      | <b>1/4 cup sugar for dipping cookies, optional</b> |
| <b>1/2 cup butter</b>                     |  |

1. Sift together flour, baking powder, salt and 3 Tbsp. sugar. Blend in butter with finger tips, knives or pastry blender.

2. Add egg, milk and extract. Mix thoroughly. Chill in refrigerator overnight.

3. Cut dough into small balls. Roll these into slender strips 8 to 9 inches long. Shape into rings or kringlor. To shape kringlor bring ends of each strip together and twist. Form circle by bringing ends to the middle of the strip. Dip in sugar, if desired.

4. Bake on ungreased cooky sheet in moderately hot oven (400°) 12 to 15 minutes.

Yield: 4 dozen.

### **SOUR CREAM COOKY RINGS (KRINGLOR)**

- |                                |   |
|--------------------------------|---|
| <b>1/2 cup butter</b>          | <b>3 cups sifted all-purpose flour</b>    |
| <b>3/4 cup sugar</b>           | <b>2 tsp. double action baking powder</b> |
| <b>2 eggs</b>                  | <b>1/2 tsp. soda</b>                      |
| <b>1 cup dairy sour cream</b>  | <b>1 tsp. salt</b>                        |
| <b>1/2 tsp. almond extract</b> | <b>1/4 cup sugar for dipping cookies</b>  |

1. Cream butter; add 3/4 cup sugar and cream again. Beat in 1 egg at a time. Add sour cream and almond extract.

2. Sift flour with baking powder, soda and salt. Add to first mixture and mix thoroughly.

3. Roll dough into strips 9 inches long. Bring ends of each strip together and twist. Form circle by bringing ends to the middle of strip. Dip each into granulated sugar.

4. Bake in moderately hot oven (400°) 10 to 12 minutes.

Yield: 60 cooky rings.

**CRISP COOKIES  
(MÖRKAKOR)**

**½ lb. butter  
1 cup sugar  
2 egg yolks  
1 whole egg**

**2 cups sifted all-purpose  
flour  
¼ cup sugar  
1 tsp. cinnamon  
1 cup chopped nuts**

1. Cream butter. Add 1 cup sugar and cream again. Add 2 egg yolks and 1 whole egg. Mix thoroughly. Add sifted flour and mix well.

2. Spread batter out in 3 pans (size 8x12 inches each) about ¼ inch thick. Sprinkle ¼ cup sugar mixed with cinnamon and chopped nuts over top.

3. Bake in moderate oven (350°) 20 to 25 minutes.

4. Cut in strips (1x3 inches) while still hot.

Yield: about 90 cookies.

**CRULLERS  
(KLENÄTER)**

**6 egg yolks  
4 Tbsp. sugar  
2 Tbsp. light cream**

**grated rind of 1 lemon  
3 cups sifted all-purpose  
flour  
confectioners' sugar**

1. Beat egg yolks until light and thick. Add sugar gradually, beating constantly. Add cream, lemon rind and flour. Work into a smooth dough.

2. Roll out very thin on lightly floured board or pastry cloth. Cut with diamond shaped cutter. Make a slit lengthwise in each piece. Pull one end through the slit.

3. Fry in hot deep fat (370°) until lightly browned. Drain on absorbent paper. Sprinkle with confectioners' sugar before serving.

Yield: 6 to 7 dozen crullers.

## **COOKIES**

### **CRULLERS (KLENÄTER)**

**4 egg yolks  
4 Tbsp. sugar  
4 Tbsp. light cream**

**4 Tbsp. melted butter  
2 cups sifted all-purpose  
flour  
confectioners' sugar**

1. Beat egg yolks until light; beat in sugar. Add cream and melted butter.

2. Stir in flour and mix to a smooth dough.

3. Roll out very thin on lightly floured board or pastry cloth. Cut into strips about  $1\frac{1}{2}$  inches wide and cut strips diagonally into diamond shaped pieces. Cut a slit lengthwise in the center of each piece and draw one end through the slit.

4. Fry in deep hot fat ( $370^{\circ}$ ) until delicately browned. Drain on absorbent paper. Sprinkle with confectioners' sugar before serving.

Yield: 4 to 5 dozen crullers.

### **CURRENT COOKIES (KORINTKAKOR)**

**$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup sugar  
1 egg yolk**

**$\frac{1}{2}$  tsp. almond extract  
 $\frac{1}{2}$  cup currants  
 $1\frac{1}{2}$  cups sifted all-purpose  
flour**

1. Cream butter; add sugar and cream again. Beat in egg yolk and extract. Add currants and flour. Mix thoroughly.

2. Chill dough several hours or overnight. Shape into small smooth balls. Place on ungreased cooky sheets. Flatten balls by pressing with tines of a fork.

3. Bake in a moderately hot oven ( $400^{\circ}$ ) 5 to 7 minutes or until very lightly browned.

Yield: 4 dozen cookies.



*1/2 recipe*

## COOKIES

### DREAMS (DRÖMMAR)

1 cup butter  
1/2 cup sugar

1 tsp. pulverized baking  
ammonia  
2 cups sifted all-purpose  
flour

1. Cream butter; add sugar and cream again. Sift together baking ammonia and flour and stir into creamed mixture. Mix well.

2. Shape dough into 4 rolls about 12 inches long. Cut into slices. Roll in hands into round balls. Place on ungreased cookie sheet. Press down in center very lightly with finger.

3. Bake in moderate oven (375°) 12 to 15 minutes.

Yield: about 7 dozen cookies.

### DREAMS (DRÖMMAR)

3/4 cup butter  
1 cup sugar  
1 tsp. vanilla  
1 1/2 cups sifted all-purpose  
flour

1 tsp. pulverized baking  
ammonia  
1/2 cup finely chopped  
nuts or  
54 blanched almonds,  
halved

1. Cream butter; add sugar and cream again. Add vanilla.

2. Sift together flour and baking ammonia. Add to first mixture.

3. Shape dough into long rolls, 1/2 inch in diameter. Cut into 1/2 inch slices and roll into balls. Dip into chopped nuts or press 1/2 almond on top of each. Arrange on ungreased cookie sheet.

4. Bake in moderate oven (350°) 12 to 15 minutes.

Yield: 9 dozen cookies.

### PEPPARKAKOR

Pepparkakor are the traditional Christmas Cookies of Sweden, although they are good any time of the year. They are cut into several shapes, especially hearts, stars, reindeer, and "Jultomtar." Some are decorated and hung on the Christmas Tree. Pepparkakor are best made in advance so that the flavors have time to mellow. The difference in the favorite spices used makes for the many varieties in this book.

## COOKIES

### GINGER COOKIES (PEPPARKAKOR)

1 cup butter  
1 1/2 cups sugar  
1 egg  
2 Tbsp. dark corn syrup  
2 tsp. soda  
1 Tbsp. warm water

3 cups sifted all-purpose flour  
2 tsp. cinnamon  
1 tsp. ginger  
1/2 tsp. cloves  
blanched almonds

1. Cream butter; add sugar and cream until light. Beat in egg and syrup. Dissolve soda in warm water and add to first mixture.

2. Sift together flour and spices and stir into butter mixture. Mix well. Cover bowl tightly. Chill overnight.

3. Roll out very thin on lightly floured pastry cloth. Roll out a small portion of dough at a time and leave remainder in refrigerator. Cut with a cookie cutter. Place a piece of almond in center of each cookie. Arrange on ungreased cookie sheets.

4. Bake in moderately hot oven (400°) 5 to 10 minutes.

Yield: 75 to 80 cookies.

### GINGER COOKIES (PEPPARKAKOR)

1/2 cup molasses  
1/2 cup sugar  
1/2 cup butter  
1 egg, well beaten  
2 1/2 cups sifted all-purpose flour

1/4 tsp. salt  
1/4 tsp. baking soda  
1/2 tsp. ginger  
1/2 tsp. cinnamon

1. Heat molasses in small saucepan to boiling point. Then boil 1 minute. Add sugar and butter and stir until butter is melted. Cool. Beat in egg.

2. Sift together flour, salt, soda and spices. Add to first mixture and mix thoroughly.

3. Cover bowl tightly and chill overnight. Roll out a portion of the dough at a time on lightly floured pastry cloth. Roll out thin. Cut into desired shape.

4. Bake in a moderate oven (350°) 6 to 8 minutes.

Yield: 10 dozen cookies.

Note: The dough may be shaped into a roll and wrapped in waxed paper. Chill thoroughly overnight or longer. Slice thin and bake in moderate oven (350°).

**GINGERSNAPS  
(PEPPARKAKOR)**

$\frac{1}{2}$ cup dark corn syrup	$2\frac{1}{2}$ cups sifted all-purpose flour
$\frac{1}{2}$ cup firmly packed brown sugar	2 tsp. cinnamon
$\frac{1}{2}$ cup white sugar	1 tsp. ginger
$\frac{1}{2}$ cup butter or margarine	$\frac{1}{2}$ tsp. cloves
1 egg	1 tsp. double action baking powder
1 egg yolk	$\frac{1}{2}$ tsp. soda
2 Tbsp. sour cream	$\frac{1}{4}$ cup slivered blanched almonds

1. Heat syrup until it begins to boil. Add brown sugar, white sugar, and butter and stir until butter is melted. Cool. Beat in egg, egg yolk and sour cream.

2. Sift together flour, spices, baking powder and soda. Stir into first mixture.

3. Cover bowl tightly and chill several hours or overnight.

4. Roll out a portion of the dough at a time on lightly floured pastry cloth. Roll out thin. Cut out with floured cookie cutter. Decorate with a piece of almond.

5. Bake in a moderately hot oven (400°) 5 to 7 minutes.

Yield: about 10 dozen.

**GUSTAV-ADOLF COOKIES  
(GUSTAV-ADOLF KAKOR)**

$\frac{1}{2}$ cup butter	1 tsp. baking ammonia
$\frac{1}{2}$ cup plus 2 Tbsp. sugar	1 tsp. cinnamon
1 egg	1 tsp. powdered cardamom
$1\frac{3}{4}$ cups sifted all-purpose flour	

1. Cream butter; add sugar and cream again. Beat in egg.

2. Sift together flour, baking ammonia, cinnamon and cardamom. Add to creamed mixture and mix well.

3. Roll dough into small balls and arrange on ungreased cookie sheets.

4. Bake in a moderately hot oven (400°) 10 to 12 minutes.

Yield: 7 dozen cookies.

## COOKIES

### GYPSY BREAD (COOKIES) (TATTARBRÖD)

2 cups sifted all-purpose  
flour

1 tsp. pulverized baking  
ammonia

1 tsp. cinnamon

$\frac{3}{4}$  cup sugar

1 cup sifted fine dry bread  
or cooky crumbs

$1\frac{1}{8}$  cups butter or  
margarine

$\frac{1}{3}$  cup finely chopped nuts

1. Sift together flour, baking ammonia, cinnamon, sugar and crumbs. Cut in butter or margarine. Mix together thoroughly.

2. Shape into rolls  $\frac{1}{2}$  inch thick. Cut into 2 inch lengths. Dip in chopped nuts. Arrange on ungreased cooky sheets.

3. Bake in moderately hot oven ( $400^{\circ}$ ) 10 to 12 minutes.

Yield: 5 to  $5\frac{1}{2}$  dozen.

### HAZELNUT COOKIES (HASSELNÖTSKAKOR)

6 Tbsp. butter

3 Tbsp. sugar

$\frac{2}{3}$  cup ( $3\frac{1}{2}$  oz.) hazelnuts,  
chopped

$\frac{1}{2}$  tsp. vanilla

$\frac{1}{2}$  cup sifted all-purpose  
flour

3 Tbsp. currant jelly

3 Tbsp. confectioners'  
sugar, sifted

1 tsp. water

few drops vanilla

$\frac{1}{4}$  cup walnuts, chopped

1. Cream butter; add sugar and cream until light. Add chopped hazelnuts,  $\frac{1}{2}$  tsp. vanilla and flour. Mix thoroughly. Chill overnight.

2. Roll out  $\frac{1}{4}$  of the dough at a time between 2 sheets of waxed paper. Roll very thin. Keep remaining dough in refrigerator. Cut with 2 inch cooky cutter. Place on ungreased cooky sheet.

3. Bake in moderate oven ( $350^{\circ}$ ) 8 to 10 minutes. When cold put two cookies together with currant jelly between cookies. Mix together confectioners' sugar, water and a few drops vanilla. Spread on top cookies and sprinkle with chopped walnuts.

Yield: 18 double cookies.

### JAM COOKIES (SYLTKAKOR)

- |                                    |  |
|------------------------------------|--|
| 1 cup butter                       | 1 tsp. vanilla                             |
| 1 cup sugar                        | 1 egg white, slightly<br>beaten            |
| 2 eggs                             | 4 tsp. sugar                               |
| 4 cups sifted all-purpose<br>flour | 4 Tbsp. finely chopped<br>blanched almonds |
| 1 tsp. crushed baking<br>ammonia   | 1/2 cup jam or jelly                       |

1. Cream butter; add 1 cup sugar and cream again. Beat in eggs, one at a time, beating well after each addition.

2. Sift together flour and baking ammonia. Add to creamed mixture with vanilla. Mix well. Chill.

3. Roll out thin on lightly floured pastry cloth. Cut with 1 3/4 inch round, or fancy cookie cutter. For the top cookies, cut a hole in half of the cookies with a 1/2 inch round cutter. Brush top cookies with egg white and sprinkle with 4 tsp. sugar and blanched almonds.

4. Bake in moderate oven (350°) 10 to 12 minutes. Place a very small amount of jam or jelly on bottom cookies and cover with warm top cookies.

Yield: 7 dozen double cookies.

*1/2 recipe*

### LACE COOKIES (SPETSKAKOR)

- |  |                                |
|--|--------------------------------|
| 2 cups firmly packed dark<br>brown sugar | 2 cups uncooked rolled<br>oats |
| 1 cup melted butter                      | 1 tsp. vanilla                 |
| 1 egg                                    |                                |

1. Mix sugar and melted butter. Stir in egg. Add rolled oats and vanilla. Mix well.

2. Take 1/2 teaspoonful of batter and use another teaspoon to drop the amount on an unbuttered cookie sheet. Drop about 2 inches apart as mixture will spread in baking.

3. Bake in moderate oven (350°) 7 minutes. Remove from oven and allow to cool a few minutes. Remove by holding cookie sheet over burner and remove cookies with spatula. Cookies should be paper thin and lacy looking.

Yield: 100 cookies.

## COOKIES

### MACAROONS (MARÄNGER)

3 cups corn flakes	2 egg whites
$\frac{3}{4}$ cup shredded coconut	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup chopped walnuts	1 tsp. vanilla

1. Mix corn flakes, coconut and walnuts.
2. Beat egg whites stiff; add sugar gradually, beating constantly. Beat in vanilla. Fold in corn flake mixture.
3. Drop by spoonfuls onto buttered cookie sheets. Bake in moderate oven (350°) 18 to 20 minutes.

Yield:  $3\frac{1}{2}$  dozen.

### MAZARINS (MAZARINER)

#### Dough:

$\frac{1}{2}$  cup butter  
 $\frac{1}{4}$  cup confectioners' sugar,  
sifted  
1 egg yolk  
1 cup sifted all-purpose  
flour

#### Icing:

$\frac{1}{4}$  cup confectioners' sugar,  
sifted  
2 tsp. Sherry wine

#### Filling:

$\frac{1}{2}$  cup almond paste  
 $\frac{1}{3}$  cup butter  
2 eggs  
 $\frac{1}{4}$  tsp. almond extract

1. **Dough:** Cream butter; add confectioners' sugar and cream again. Add egg yolk. Stir in flour. Chill dough  $\frac{1}{2}$  hour. Divide dough into 16 equal pieces. Press each piece into bottom and sides of small 3 to  $3\frac{1}{2}$  inch round or oval fluted tart or sandwich pans.

2. **Filling:** Mix together almond paste and butter. Add eggs and extract and mix until light. Spoon filling into lined tart pans. Arrange on cookie sheet. Bake in moderate oven (350°) 20 to 25 minutes.

3. **Icing:** Mix together confectioners' sugar and wine. Spread on mazarins.

4. Remove mazarins carefully from pans.

Yield: 16 mazarins.

**MOLASSES SPICE COOKIES  
(PEPPARKAKOR)**

$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ cup hot coffee
1 cup sugar	$3\frac{1}{2}$ cups sifted all-purpose flour
1 egg, beaten	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ cup dark molasses	$\frac{1}{4}$ tsp. ginger
$\frac{1}{2}$ tsp. soda	$\frac{1}{4}$ tsp. salt

1. Cream shortening; add sugar and cream again. Beat in egg; add molasses. Dissolve soda in the hot coffee and add to creamed mixture.

2. Sift together flour, spices and salt and fold into first mixture. Mix well. Chill several hours or overnight.

3. Roll out very thin and cut with cooky cutter. Roll out only a small portion of dough at a time and keep remainder in refrigerator.

4. Bake in moderate oven ( $375^{\circ}$ ) 9 to 10 minutes.

Yield: about 90 cookies.

**NUT COOKIES  
(NÖTKAKOR)**

2 cups sifted all-purpose flour	1 cup ground nuts
$\frac{1}{2}$ tsp. salt	1 tsp. vanilla
6 Tbsp. sugar	sugar or candied cherries
1 cup butter or margarine	

1. Sift flour, salt and 6 Tbsp. sugar together onto bread board. Add butter, nuts and vanilla.

2. Mix into a smooth dough using fingertips. Shape into rolls  $1\frac{1}{2}$  inches in diameter. Wrap in waxed paper. Chill in refrigerator several hours or overnight.

3. Slice very thin. Arrange on ungreased cooky sheets. Sprinkle with sugar or decorate with a piece of cherry.

4. Bake in moderate oven ( $375^{\circ}$ ) 8 to 10 minutes.

Yield: 6 to 7 dozen cookies.

## COOKIES

### NUT COOKIES (NÖTKAKOR)

1 cup butter  
1 1/2 cups sugar  
1 egg yolk  
1/2 tsp. vanilla

2 1/2 cups sifted all-purpose  
flour  
1 Tbsp. cocoa  
1 egg white  
1/2 cup chopped pecans

1. Cream butter; add sugar and cream again. Beat in egg yolk and vanilla.

2. Sift together flour and cocoa and add to first mixture. Mix well.

3. Cut dough into 3 portions. Spread each portion on a greased cookie sheet or very shallow pan into a rectangle 10x12 inches. Use rolling pin for spreading dough or pat out with hands.

4. Beat egg white and spread or brush on top of dough. Sprinkle with pecans.

5. Bake in moderate oven (350°) 20 to 25 minutes. Cut into 2 inch squares while still hot.

Yield: 90 cookies.

### ORANGE COOKIES (APELSINKAKOR)

1/2 cup butter  
1 cup sugar  
1 egg  
grated rind of 2 oranges  
1/2 cup chopped nuts

2 1/2 cups sifted all-purpose  
flour  
2 tsp. double action  
baking powder  
1/2 tsp. salt  
1/4 cup pieces of nuts

1. Cream butter; add sugar and cream until light. Beat in egg. Add orange rind and chopped nuts.

2. Sift together flour, baking powder and salt. Add to first mixture and mix well. Chill several hours or overnight.

3. Roll out to 1/8 inch thickness and cut with 1 3/4 inch cookie cutter. Arrange on ungreased cookie sheets. Press a piece of nut on each cookie.

4. Bake in moderate oven (375°) 8 to 10 minutes.

Yield: 8 dozen.



**ORANGE GINGER COOKIES  
(APELSIN PEPPARKAKOR)**

<b>3 cups sifted all-purpose flour</b>	<b>1 egg</b>
<b>2 tsp. ground cinnamon</b>	<b>2 Tbsp. dark corn syrup</b>
<b>2 tsp. ground ginger</b>	<b>2 tsp. soda</b>
<b>1/2 tsp. ground cloves</b>	<b>1 Tbsp. warm water</b>
<b>1 cup butter or margarine</b>	<b>grated rind of 1 large orange</b>
<b>1 1/2 cups sugar</b>	<b>slivered almonds, if desired</b>

1. Sift together flour, cinnamon, ginger and cloves.
2. Cream butter; add sugar and cream again. Beat in egg and syrup. Dissolve soda in warm water and add to creamed mixture. Add orange rind and sifted dry ingredients. Mix well.
3. Chill several hours or overnight.
4. Roll very thin on slightly floured pastry cloth. Cut into desired shapes. Place a piece of almond on each cookie, if desired.
5. Arrange on ungreased cookie sheets. Bake in a moderately hot oven (400°) 5 to 10 minutes.

Yield: 60 to 70 cookies.

**ORANGE RINGS  
(APELSINKRANSAR)**

<b>3/4 cup butter</b>	<b>2 Tbsp. orange juice</b>
<b>1 cup sugar</b>	<b>2 1/2 cups sifted all-purpose flour</b>
<b>2 eggs</b>	<b>2 tsp. double action baking powder</b>
<b>grated rind of 1 orange</b>	

1. Cream butter; add sugar and cream until light. Beat in one egg at a time, beating well after each addition. Add orange rind and juice.
2. Sift together flour and baking powder. Add to first mixture and mix well. Chill several hours or overnight.
3. Roll out to 1/4 inch thickness. Cut with doughnut cutter. Place on ungreased cookie sheets.
4. Bake in a moderate oven (350°) 7 to 8 minutes.

Yield: 7 dozen cookies.

## COOKIES

### OATMEAL COOKIES (HAVREKAKOR)

$\frac{1}{2}$ cup butter	1 Tbsp. milk
1 cup sugar	$1\frac{1}{4}$ cups sifted all-purpose flour
2 eggs, well beaten	1 tsp. double action baking powder
1 cup raisins	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup pecans	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ tsp. soda	$1\frac{3}{4}$ cups rolled oats

1. Cream butter; add sugar and cream until light. Add eggs. Put raisins and nuts through food chopper using medium knife and add to creamed mixture. Add soda dissolved in milk.

2. Sift together flour, baking powder, salt and cinnamon. Add rolled oats and mix well. Stir into first mixture.

3. Drop from teaspoon onto greased baking sheets. Flatten out paper thin. Bake in moderate oven ( $350^{\circ}$ ) 8 to 10 minutes. Remove from baking sheets at once.

Yield:  $7\frac{1}{2}$  dozen.

### OATMEAL COOKIES (HAVREKAKOR)

$1\frac{1}{2}$ cups butter	4 cups quick cooking rolled oats
1 cup sugar	

1. Cream butter; add sugar and cream until light. Add rolled oats. Mix thoroughly. Chill.

2. Roll out thin on lightly floured pastry cloth. Cut with  $1\frac{1}{4}$  inch round cooky cutter. Place on ungreased cooky sheet.

3. Bake in moderate oven ( $350^{\circ}$ ) 8 to 10 minutes or until a light golden brown. Let stand 1 or 2 minutes, then remove from baking sheet.

Yield: 9 dozen cookies.

**Note:** These cookies may be rolled over handle of a wooden spoon as soon as they are removed from cooky sheet.

**OAT WAFERS  
(HAVREFLARN)**

**1/2 cup butter  
1 cup rolled oats  
1 egg**

**1/2 cup sugar  
2 Tbsp. flour  
1 tsp. double action  
baking powder**

1. Melt butter and add to rolled oats. Stir until well mixed. Beat egg until light; beat in sugar gradually. Add to first mixture. Add flour sifted with baking powder.

2. Drop level 1/2 measuring teaspoonfuls of batter onto cooky sheet. Press out batter with tines of fork.

3. Bake in slow oven (325°) 8 to 10 minutes or until light golden in color. Loosen from cooky sheet while cookies are hot with a thin bladed knife. These cookies are crisp and tender when cold.

**Yield: 9 to 10 dozen.**

**PERFORATED COOKIES  
(KÄXKAKOR)**

**1 cup butter  
1 cup sugar  
1 cup light cream**

**2 cups potato starch flour  
2 cups sifted all-purpose  
flour  
1 1/2 tsp. finely powdered  
baking ammonia**

1. Cream butter; add sugar and cream again. Stir in cream.

2. Sift together potato starch flour, all-purpose flour and ammonia. Add to first mixture and mix thoroughly. Chill.

3. Roll out a small portion at a time on lightly floured pastry cloth or board. Cut into desired shapes or cut with a round cooky cutter about 2 inches in diameter. Perforate with a fork.

4. Bake in a moderate oven (375°) 8 to 10 minutes.

**Yield: about 8 dozen.**

## COOKIES

### QUEEN COOKIES (DROTNINGKAKOR)

- |                           |  |
|---------------------------|--|
| 1 cup butter or margarine | 2 $\frac{3}{4}$ cups sifted all-purpose flour  |
| $\frac{3}{4}$ cup sugar   | $\frac{1}{2}$ tsp. double action baking powder |
| 2 eggs                    | 1 cup raspberry jam                            |
| 1 tsp. vanilla            |  |

1. Cream butter; add sugar and cream until light. Beat in one egg at a time, beating well after each addition. Add vanilla.

2. Sift together flour and baking powder and add to first mixture. Mix well. Cover bowl tightly and chill in refrigerator overnight.

3. Remove  $\frac{2}{3}$  of dough from refrigerator. Cut in half and roll out each half on a well floured board or pastry cloth into an oblong about  $5 \times 7\frac{1}{2}$  inches. Place in  $10\frac{1}{2} \times 15$  inch shallow pan and pat or spread out with spatula to completely cover bottom of pan. Work quickly as dough is soft.

4. Cover dough with raspberry jam. Roll out remaining  $\frac{1}{3}$  dough to  $\frac{1}{4}$  inch thickness. Cut into  $\frac{1}{2}$  inch strips. Arrange crisscross on top of jam.

5. Bake in moderate oven ( $350^{\circ}$ ) 35 to 40 minutes. Cut while warm into bars about  $2 \times 1\frac{1}{4}$  inches. Dip sharp knife in cold water while cutting. After cutting put pan back in oven for a few minutes.

Yield: 56 cookies.

### RASPBERRY COOKIES (SYLTBAKELSER)

- |                            |   |
|----------------------------|---|
| 2 egg whites, unbeaten     | 1 $\frac{1}{2}$ cups unblanched almonds, ground |
| $\frac{1}{4}$ tsp. salt    | 4 Tbsp. raspberry preserves                     |
| 1 $\frac{1}{4}$ cups sugar |   |

1. Mix egg whites, salt and sugar. Add almonds; mix well. Cut into 8 even portions. Shape each portion into a 6 to 8 inch roll.

2. Place on well greased cookie sheets and press into strips  $1\frac{1}{2}$  inches wide and 10 inches long using knife or spatula.

3. Make a groove in center of strips and put the preserves in there.

4. Bake in very slow oven ( $300^{\circ}$ ) 25 to 30 minutes.

5. Cut in  $\frac{3}{4}$  inch bars and remove from cookie sheets while warm.

Yield: 8 dozen cookies.

REFRIGERATOR COOKIES  
(BRYSSELKÄX)

1 cup butter  
1/2 cup sugar  
2 cups sifted all-purpose  
flour  
1 tsp. vanilla or rum  
extract

1 egg white, slightly  
beaten  
3 Tbsp. finely chopped  
almonds  
3 Tbsp. sugar

1. Cream butter; add 1/2 cup sugar and cream until light. Add flour and extract. Mix well.

2. Shape into 2 rolls about 1 inch in diameter. Wrap in waxed paper. Chill in refrigerator several hours or overnight.

3. Brush rolls with slightly beaten egg white and roll in almonds mixed with 3 Tbsp. sugar. Slice crosswise into 1/4 inch slices.

4. Bake in moderately hot oven (400°) 8 to 10 minutes.

Yield: 8 dozen.

2  
#recipe

ROLLED WAFERS  
(PLÄTTBAKELSER)

✓ - on shuden

1/4 cup butter  
1/4 cup sugar  
1 egg

1/4 tsp. vanilla  
1/4 cup sifted all-purpose  
flour

1. Cream butter; add sugar and cream again. Beat in egg and vanilla. Add flour and mix well. Batter may look curdled.

2. Drop scant teaspoonfuls of batter onto buttered cooky sheet leaving room for cookies to spread. Spread batter into a circle with spoon.

3. Bake in very slow oven (300°) 9 to 10 minutes or until a very light golden brown.

4. Remove cookies one at a time from cooky sheet and roll at once over a round wooden spoon handle. If cookies become too crisp to roll, put them back in oven for a minute.

Yield: 30 wafers.

**Note:** Before baking, cookies may be sprinkled with a small amount of sugar and finely chopped almonds.

## COOKIES

### RYE COOKIES (RAGKAKOR)

- |                                    |                                |
|------------------------------------|--------------------------------|
| 1 1/2 cups butter                  | 1 cup sifted all-purpose flour |
| 3/4 cup sugar                      | 1 tsp. almond extract          |
| 1 1/2 cups sifted medium rye flour |                                |

1. Cream butter; add sugar and cream again. Sift together rye and all-purpose flour. Add to creamed mixture with extract. Mix thoroughly. Chill several hours or overnight.

2. Roll out thin on lightly floured pastry cloth. Cut with 2 inch round cutter. Cut one round hole with 1/2 inch cutter toward one side of each cooky. Perforate cookies with fork. Place on ungreased cooky sheet.

3. Bake in moderate oven (350°) 8 to 9 minutes.

Yield: 8 to 9 dozen cookies.

**Note:** Instead of almond extract 1/2 tsp. anise seed may be added.

### SPICE COOKIES (PEPPARKAKOR)

- |                                 |                    |
|---------------------------------|--------------------|
| 3/4 cup butter                  | 1 tsp. cinnamon    |
| 1/2 cup molasses                | 1/2 tsp. cloves    |
| 1 egg                           | 1 tsp. ginger      |
| 1/2 cup sugar                   | 1 tsp. baking soda |
| 3 cups sifted all-purpose flour |                    |

1. Cream butter; add molasses and mix well. Beat egg until light; beat in sugar. Add the egg mixture to butter and molasses. Mix thoroughly.

2. Sift flour with spices and soda and add to first mixture. Stir until well mixed. Cover tightly and chill overnight.

3. Roll out a portion of the dough at a time on lightly floured pastry cloth. Keep remainder of dough in refrigerator. Roll dough thin and cut into desired shape. Arrange on ungreased cooky sheets.

4. Bake in a moderate oven (350°) 8 to 10 minutes.

Yield: 6 to 7 dozen cookies.

**SPICE COOKIES  
(PEPPARKAKOR)**

1 cup butter	3 1/3 cups sifted all-purpose flour
1 1/2 cups sugar	2 tsp. soda
1 Tbsp. dark corn syrup	3 tsp. cinnamon
3 Tbsp. orange juice	3 tsp. ginger
1 Tbsp. grated orange rind	3 tsp. cloves
1 egg	

1. Cream butter; add sugar and cream until light and fluffy. Beat in syrup, orange juice, rind, and egg.

2. Sift flour with soda and spices. Stir into creamed mixture and mix thoroughly. Cover bowl tightly. Chill in refrigerator overnight.

3. Roll out a portion of the dough at a time on lightly floured pastry cloth. Roll out thin. Keep remaining dough refrigerated. Cut rolled out dough with small round cookie cutter. Arrange cookies on ungreased cookie sheets.

4. Bake in a moderate oven (350°) 6 to 8 minutes.

Yield: about 12 dozen.

**SPICE COOKIES  
(PEPPARKAKOR)**

3/4 cup butter	1/4 cup dark corn syrup
1 1/2 tsp. cloves	1/2 cup water
1 1/2 tsp. cinnamon	1 1/2 tsp. baking soda
1 1/2 tsp. ginger	3 eggs sifted all-purpose flour
1 cup sugar	

1. Place butter, cloves, cinnamon and ginger in mixing bowl.

2. Mix sugar, syrup and water in a saucepan and bring to boil. Remove from heat and stir in soda. This mixture foams when the soda is added to the warm liquid so it is best to hold the pan over the bowl containing the butter and spices. Pour liquid into bowl and stir until butter is all melted. Cool.

3. Add flour and mix well. This dough is soft. Cover bowl tightly. Chill in refrigerator overnight.

4. Roll out a small portion of the dough at a time on lightly floured pastry cloth. Keep remaining dough in refrigerator. Roll out dough thin. Cut with cookie cutter. Arrange on cookie sheets.

5. Bake in moderate oven (375°) 6 to 8 minutes.

Yield: about 12 dozen.

## COOKIES

### JAM OR JELLY COOKIES (SYLTAKAKOR)

- |                                    |  |
|------------------------------------|--|
| 1 cup plus 2 Tbsp. butter          | 1/2 tsp. baking ammonia                    |
| 1/2 cup sugar                      | 1/2 cup raspberry or other<br>jam or jelly |
| 2 eggs, well beaten                |  |
| 3 cups sifted all-purpose<br>flour | 1 recipe white icing                       |

1. Cream butter; add sugar and cream until light. Add eggs. Sift together flour and baking ammonia and add to first mixture. Mix thoroughly.

2. Divide dough into 10 pieces. Roll each piece into a 10 inch length. Place lengths on baking sheets. Flatten with rolling pin until about 2 inches wide. Make a furrow or depression in center of each length with a wooden spoon handle. Put jam or jelly in each depression.

3. Bake in moderately hot oven (400°) 8 to 10 minutes. When lengths are cool, frost with white icing. Cut diagonally into 1 inch pieces.

Yield: 80 cookies (not counting ends).

### WHITE ICING (GLASYR)

- |  |   |
|--|---|
| 2 cups confectioners'<br>sugar, sifted | 2 1/2 Tbsp. water                           |
| 2 tsp. lemon juice                     | one or two drops<br>food coloring, optional |

1. Mix together sugar, lemon juice and water. Icing may be colored if desired.

### SPICE COOKIES (PEPPARKAKOR)

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 1 cup butter                        | 1 tsp. cinnamon                    |
| 1 cup sugar                         | 1 tsp. cloves                      |
| 2/3 cup dark corn syrup             | 2 tsp. ginger                      |
| 1 tsp. soda                         | 1 tsp. powdered cardamom           |
| 2 Tbsp. lukewarm water              | 4 cups sifted all-purpose<br>flour |
| 2 tsp. minced cooked<br>orange peel |                                    |

1. Cream butter; add sugar and cream until light. Stir in syrup. Dissolve soda in lukewarm water and add to butter mixture.

2. To prepare orange peel, remove peel from 1/4 orange. Cover with cold water, bring to boiling point, cover and cook 10 minutes. Drain. Remove white portion from peel. Chop yellow portion very fine and measure 2 teaspoons.



3. Sift together spices and flour and add to first mixture; add orange peel. Mix thoroughly. Chill several hours or overnight.

4. Roll out to  $\frac{1}{8}$  inch thickness. Cut with  $2\frac{1}{2}$  inch cooky cutter and arrange on ungreased cooky sheets. Bake in moderate oven ( $350^{\circ}$ ) 10 to 12 minutes.

Yield: 13 to 14 dozen

**SPICE COOKIES  
(PEPPARKAKOR)**

*$\frac{1}{2}$  recipe*

1 cup less 2 Tbsp.  
dark corn syrup  
 $1\frac{1}{4}$  cups sugar  
 $1\frac{1}{4}$  cups butter or  
margarine  
2 eggs

$6\frac{1}{4}$  cups sifted all-purpose  
flour  
2 tsp. baking soda  
2 tsp. cinnamon  
1 tsp. cloves  
1 tsp. ginger

1. Heat the syrup slowly until it begins to bubble around the edge of saucepan. Remove from heat and stir in sugar and butter. Stir until butter is completely melted. Beat in eggs.

2. Sift together dry ingredients and add to first mixture. Mix thoroughly.

3. Cover bowl tightly. Chill in refrigerator overnight.

4. Roll out a portion of the dough at a time on lightly floured pastry cloth. Roll dough very thin. Cut with cooky cutter.

5. Bake in moderate oven ( $375^{\circ}$ ) 7 to 8 minutes.

Yield: about 18 dozen cookies.

**SPICE COOKIES  
(UPPSALA PEPPARKAKOR)**

$1\frac{1}{3}$  cups (1 lb.) dark  
corn syrup  
1 cup sugar  
 $\frac{1}{2}$  tsp. grated orange rind  
 $\frac{1}{2}$  tsp. cardamom  
 $\frac{1}{2}$  tsp. ginger  
 $\frac{1}{2}$  tsp. cinnamon

$\frac{1}{2}$  tsp. cloves  
1 cup butter or  
margarine  
2 eggs  
5 cups sifted all-purpose  
flour  
1 tsp. soda

1. Mix syrup, sugar, grated orange rind and spices in saucepan and bring to the boiling point. Cool, stirring occasionally. Add butter and 1 egg at a time. Sift flour and soda and add to first mixture. Mix thoroughly. Cover well and chill in refrigerator overnight.

2. Roll out part of the dough at a time. Roll to  $\frac{1}{8}$  inch thickness. Cut with  $2\frac{1}{2}$  inch cooky cutter. Bake in moderate oven ( $350^{\circ}$ ) 10 to 12 minutes.

Yield: 10 dozen cookies.

## COOKIES

1  
2 tpc.

### SPRITZ (SPRITSAR)

1 cup butter  
3/4 cup sugar  
1 egg  
1 tsp. almond extract

2 1/2 cups sifted all-purpose  
flour  
1/2 tsp. double action  
baking powder  
1/8 tsp. salt

1. Cream butter; add sugar and cream again. Beat in egg and extract.

2. Sift together flour, baking powder and salt. Add to first mixture and mix well.

3. Force dough through cooky press onto ungreased cooky sheets in S and O shapes, using disk with small star opening.

4. Bake in moderately hot oven (400°) 10 to 12 minutes.

Yield: about 6 dozen spritz.

### SPRITZ (SPRITSAR)

2 cups sifted all-purpose  
flour  
3/4 cup sugar

2 egg yolks  
1 cup butter  
1 tsp. almond extract

1. Sift together flour and sugar onto bread board. Make a well in center and into this drop egg yolks, butter and extract.

2. Mix into a smooth dough with finger tips. Force through cooky press onto ungreased cooky sheets in O and S shapes.

3. Bake in moderate oven (375°) 8 to 10 minutes.

Yield: 8 dozen spritz.

### SPRITZ (SPRITSAR)

1 pound butter  
1 1/2 cups sugar  
6 egg yolks

4 1/2 cups sifted all-purpose  
flour  
12 grated almonds

1. Cream butter and sugar. Add egg yolks separately. Work in flour and grated almonds, mixing thoroughly.

2. Chill dough. Shape in rings or S's with cooky press. Bake in moderate oven (375°) until golden in color, 7 to 8 minutes.

Yield: 90 to 100 cookies.

**SPRITZ  
(SPRITSAR)**

**2 cups butter  
1 cup sugar  
4 eggs, well beaten**

**2 tsp. almond extract  
5 cups sifted all-purpose  
flour  
1/4 tsp. salt**

1. Cream butter; add sugar and cream until light. Add well beaten eggs and extract.
2. Sift together flour and salt and add to first mixture. Mix well.
3. Press dough through cookie press onto ungreased cookie sheet and form into O and S shapes. Bake in moderate oven (350°) 8 to 12 minutes.

**Yield: 8 to 9 dozen spritz.**

**SPRITZ  
(SPRITSAR)**

**1 cup butter  
2/3 cup sugar  
3 egg yolks**

**6 bitter almonds, blanched  
and grated  
2 1/2 cups sifted all-purpose  
flour  
1/4 tsp. salt**

1. Cream butter; add sugar and cream until well mixed. Add egg yolks. Stir in almonds.
2. Sift together flour and salt. Add to first mixture and mix well.
3. Put dough into cookie press and force out onto ungreased cookie sheets in rings or S shapes.
4. Bake in moderately hot oven (400°) 6 to 8 minutes.

**Yield: about 6 dozen spritz.**

**Note: If bitter almonds are not available, use 1 teaspoon almond extract instead.**

## COOKIES

### SPRITZ (SPRITSAR)

1 cup butter  
1/2 cup sugar  
1 egg yolk

1/2 tsp. almond extract  
2 cups sifted all-purpose  
flour  
1/4 tsp. salt

1. Cream butter; add sugar and cream until well mixed. Add egg yolk and extract.

2. Sift together flour and salt. Add to first mixture and mix thoroughly.

3. Put dough through cookie press onto ungreased cookie sheets in S and O shapes. Use small star disk in press.

4. Bake in moderate oven (350°) 8 to 10 minutes or until very lightly browned.

Yield: 5 to 6 dozen spritz.

Note: If necessary, chill dough slightly before shaping.

### SPRITZ (SPRITSAR)

1 cup butter  
1/2 cup white sugar  
1/4 cup firmly packed light  
brown sugar, sieved  
1 egg yolk

2 cups sifted all-purpose  
flour  
1/2 tsp. vanilla extract  
1/4 tsp. almond extract

1. Cream butter; add sugars and cream again. Add egg yolk. Work in flour and extracts. Mix thoroughly.

2. Press dough through cookie press using small star disk into S or O shapes and arrange on ungreased cookie sheets.

3. Bake in a moderate oven (350°) 8 to 10 minutes until very lightly browned. Remove to cake coolers.

Yield: about 6 dozen.

**SUGAR COOKIES  
(SOCKERKAKOR)**

<b>6 egg yolks</b>	<b>3 Tbsp. light cream</b>
<b>3/4 cup butter or shortening</b>	<b>2 cups sifted all-purpose flour</b>
<b>3/4 cup sugar</b>	<b>1/2 tsp. salt</b>
<b>1/2 tsp. lemon extract</b>	

1. Drop egg yolks, one at a time, into boiling, salted water. Cover saucepan, turn off heat and let stand until egg yolks are hard cooked. Drain thoroughly. Push yolks through sieve.

2. Cream butter; add sugar and cream until light. Beat in sieved yolks, extract and cream.

3. Sift together flour and salt. Add to first mixture and mix well. Chill dough several hours or overnight.

4. Roll out to 1/8 inch thickness and cut into desired shapes. Place on ungreased cooky sheets.

5. Bake in a moderate oven (375°) 8 to 10 minutes.

6. Cookies may be decorated before baking with sugar, candied fruits, nutmeats or coconut.

Yield: 7 to 8 dozen cookies.

**SUGAR COOKIES  
(SOCKERKAKOR)**

<b>1/2 cup butter</b>	<b>2 cups sifted all-purpose flour</b>
<b>1 cup sugar</b>	<b>1 tsp. double action baking powder</b>
<b>2 egg yolks</b>	<b>1 tsp. mace</b>
<b>2 Tbsp. light cream</b>	<b>1/8 tsp. salt</b>
<b>1/2 tsp. vanilla</b>	<b>colored sugar or candied cherries or blanched almonds</b>

1. Cream butter; add sugar and cream again. Beat in egg yolks. Add cream and vanilla.

2. Sift together flour, baking powder, mace and salt. Add to first mixture and mix well. Chill.

3. Roll out dough to 1/4 inch thickness. Cut into desired shapes. Sprinkle with colored sugar or decorate with candied cherries or almonds.

4. Bake in moderately hot oven (400°) 10 to 12 minutes.

Yield: 5 dozen cookies.

## COOKIES

### SAND TARTS ✓ (SANDBAKELSER)

2 cups sifted all-purpose flour	1 egg
14 Tbsp. butter or margarine	$\frac{2}{3}$ cup sugar

1. Place flour on bread board or in a bowl. Add remaining ingredients. Mix together with fingers or spoon.

2. Cut dough into even pieces and press into sandbakelse pans (small fluted pans 3 inches in diameter). Press dough into pans with lightly floured thumbs.

3. Bake in moderately hot oven ( $400^{\circ}$ ) 8 to 10 minutes. Allow to cool slightly, then remove from pans.

Yield: 30 to 32 tarts.

### WALNUT COOKIES (VALNÖTKAKOR)

$\frac{1}{2}$ cup butter	$\frac{3}{4}$ cup chopped walnuts
1 cup sugar	2 cups sifted all-purpose flour
2 tsp. vanilla	2 Tbsp. light cream

1. Cream butter; add sugar and cream again. Beat in vanilla. Add walnuts to flour and add alternately with cream to first mixture.

2. Shape dough into 2 rolls each 12 inches long. Wrap in waxed paper and chill in refrigerator several hours or overnight.

3. Cut dough into  $\frac{1}{4}$  inch slices. Place on cooky sheets. Press cookies crosswise with a fork. Bake in moderate oven ( $350^{\circ}$ ) 12 to 15 minutes.

Yield: 7 dozen cookies.

## **CAKES AND TORTES**

### **MJUKA KAKOR OCH TÄRTAR**

#### **ALMOND TORTE** **(MANDELTÄRTA)**

**7 Tbsp. butter**  
**1 3/4 cups confectioners'**  
**sugar, sifted**  
**2 Tbsp. grated cooked**  
**potato**

**1 1/2 cups ground blanched**  
**almonds**  
**3 egg whites, stiffly beaten**  
**lemon sauce**

1. Cream butter; add sifted sugar and potatoes. Beat until smooth and thoroughly mixed. Add almonds. Fold in stiffly beaten egg whites.

2. Turn into buttered 9 inch layer cake pan. Bake in moderate oven (350°) 40 to 45 minutes. Let cool before turning out of pan.

3. Serve with lemon sauce.

Yield: 8 to 12 servings.

#### **LEMON SAUCE** **(CITRONSÄS)**

**1 cup sugar**  
**juice and grated rind of**  
**1 lemon**

**6 egg yolks, slightly beaten**  
**1 cup white wine**

1. Mix sugar, lemon juice and rind, and egg yolks. Stir in wine.

2. Cook stirring constantly until sauce thickens. Remove from heat and stir until cold.

Yield: 2 cups sauce.

#### **AMBROSIA CAKE** **(AMBROSIAKAKA)**

##### **Cake:**

**2 eggs**  
**2/3 cup sugar**  
**1/4 cup butter, melted**  
**and cooled**  
**1/2 tsp. vanilla**  
**3/4 cup sifted all-purpose**  
**flour**  
**1 tsp. double action**  
**baking powder**  
**1/4 cup milk**

##### **Glaze:**

**1/4 cup butter**  
**1/4 cup sugar**  
**1 Tbsp. flour**  
**2 tsp. milk**  
**1/4 cup blanched almonds,**  
**slivered**

## CAKES AND TORTES

1. **Cake:** Beat eggs until light. Beat in sugar gradually. Slowly add cooled, melted butter and vanilla. Sift together flour and baking powder and fold into first mixture. Fold in milk. Turn into greased and floured 8¼ inch round pyrex baking pan. Bake in slow oven (325°) 40 to 45 minutes.

2. **Glaze:** Melt butter; stir in sugar mixed with flour. Add milk. Bring to a boil, stirring constantly until glaze boils. Stir in slivered almonds. Spread on hot cake and continue baking 3 to 4 minutes longer until glaze bubbles and is slightly dried.

### APPLE CAKE (ÄPPELKAKA)

1 Tbsp. butter  
1½ cups thinly sliced  
apples  
⅓ cup firmly packed  
light brown sugar  
1 egg  
⅓ cup sugar

½ cup sifted all-purpose  
flour  
1 tsp. double action  
baking powder  
¼ cup milk  
whipped cream

1. Spread butter over bottom of an 8 inch layer cake pan. Mix apples and brown sugar and spread evenly in pan.

2. Beat egg until light; beat in sugar. Sift together flour and baking powder and add to egg mixture alternately with milk.

3. Pour batter over apples in pan. Bake in moderate oven (350°) 30 to 35 minutes.

4. Turn out upside down on cake plate. Serve warm with whipped cream.

Yield: 6 to 8 servings.

### APPLE CAKE (ÄPPELKAKA)

1 egg  
⅔ cup sugar  
½ cup butter or margarine,  
melted and cooled  
1 cup sifted all-purpose  
flour

1½ tsp. double action  
baking powder  
2 medium cooking apples  
½ cup sugar  
1 Tbsp. butter, melted  
whipping cream, whipped

1. Beat egg until light; beat in ⅔ cup sugar gradually. Add melted butter. Sift together flour and baking powder and fold into first mixture. Spread batter evenly in greased and floured 8½ inch round pyrex baking pan.

2. Pare and core apples; cut in quarters lengthwise. Cut each quarter in 4 slices. Roll slices in ½ cup sugar and arrange



on top of batter. Spoon melted butter over apples.

3. Cover baking pan tightly with aluminum foil. Bake in moderate oven (350°) 25 minutes. Remove foil and continue baking 15 to 20 minutes.

4. Serve warm with whipped cream.

Yield: 6 to 8 servings.

### **APPLE CAKE (ÄPPELKAKA)**

$\frac{1}{2}$ cup butter	<b>2 cups sweetened</b>
$\frac{1}{2}$ cup sugar	<b>applesauce</b>
<b>2 egg yolks</b>	<b>4 egg whites</b>
$\frac{1}{2}$ tsp. almond extract	$\frac{1}{2}$ cup sugar
<b><math>1\frac{1}{4}</math> cups sifted all-purpose flour</b>	

1. Cream butter; add  $\frac{1}{2}$  cup sugar and cream until light. Beat in egg yolks, one at a time, beating well after each addition. Add extract. Fold in flour; mix well. Turn into buttered 8 inch square cake pan.

2. Bake in moderate oven (350°) 30 minutes. Remove from oven. Leave cake in pan. Spread applesauce on top.

3. Beat egg whites until stiff but not dry. Add  $\frac{1}{2}$  cup sugar gradually beating continually. Spread over applesauce.

4. Bake in slow oven (325°) 20 minutes or until a delicate brown.

Yield: 8 servings.

**Note:** A 15 oz. can applesauce may be used in above recipe.

### **APPLESAUCE CAKE (ÄPPELMOSKAKA)**

$\frac{1}{2}$ cup butter	<b>2 cups sifted all-purpose</b>
<b>1 cup sugar</b>	<b>flour</b>
<b>2 eggs</b>	<b>2 tsp. baking soda</b>
<b>1 cup finely cut dates</b>	$\frac{1}{2}$ tsp. cinnamon
<b>1 cup raisins</b>	$\frac{1}{4}$ tsp. cloves
<b><math>1\frac{1}{2}</math> cups unsweetened applesauce</b>	

1. Cream butter; add sugar and cream until light. Beat in 1 egg at a time beating well after each addition. Add dates, raisins and applesauce.

2. Sift together flour, soda and spices. Fold into first mixture. Turn into a greased and floured loaf pan,  $5\frac{1}{4} \times 9\frac{1}{4}$  inches.

3. Bake in a moderate oven (350°) 50 to 60 minutes.

## CAKES AND TORTES

### APPLESAUCE CAKE (ÄPPELMOSKAKA)

$\frac{1}{2}$ cup shortening	1 tsp. soda
1 cup sugar	$\frac{1}{2}$ tsp. salt
2 eggs	1 tsp. cinnamon
1 cup raisins	$\frac{1}{2}$ tsp. cloves
1 cup walnuts, chopped	1 cup hot applesauce
$1\frac{3}{4}$ cups sifted cake flour	

1. Cream shortening until light and fluffy. Add sugar gradually, creaming continuously. Beat in eggs. Add raisins and walnuts.

2. Sift together flour, soda, salt, cinnamon and cloves. Fold into first mixture alternately with hot applesauce.

3. Line an 8x8x2 inch pan with waxed paper. Pour in batter. Bake in moderate oven (350°) 1 hour and 10 to 15 minutes.

**Note:** Canned applesauce may be used in this recipe.

### COFFEE CAKE (KAFFEKAKA)

$\frac{3}{4}$ cup butter	3 cups sifted cake flour
$1\frac{1}{2}$ cups sugar	3 tsp. double action
3 eggs	baking powder
grated rind of 1 lemon	1 cup milk
1 Tbsp. lemon juice	$\frac{1}{2}$ cup chopped nuts

1. Cream butter; add sugar and cream until light and fluffy. Beat in 1 egg at a time beating well after each addition. Add lemon rind and juice.

2. Sift together flour and baking powder. Fold into first mixture alternately with milk.

3. Butter an 8 $\frac{3}{4}$  inch tube pan and sprinkle with flour. Sprinkle pan with chopped nuts. Carefully pour in batter.

4. Bake in moderate oven (350°) 50 to 60 minutes. Remove from oven and cool in pan 10 minutes. Turn out upside down on cake cooler.

**COFFEE CAKE  
(KAFFEKAKA)**

- |   |  |
|---|--|
| <b>2 cups sifted all-purpose flour</b>    | <b>1/2 cup milk</b>                      |
| <b>3 tsp. double action baking powder</b> | <b>1/4 cup raisins</b>                   |
| <b>1/2 tsp. salt</b>                      | <b>1 egg white, slightly beaten</b>      |
| <b>1/4 cup sugar</b>                      | <b>2 Tbsp. sugar</b>                     |
| <b>1/3 cup shortening</b>                 | <b>2 Tbsp. chopped, blanched almonds</b> |
| <b>2 eggs</b>                             |  |

1. Sift together flour, baking powder, salt and 1/4 cup sugar. Work in shortening with fingers.

2. Make a hole in center of flour mixture. Drop in eggs, milk and raisins. Stir until flour is moistened.

3. Turn into greased 8x8x2 inch pan. Brush top with slightly beaten egg white. Sprinkle with 2 Tbsp. sugar and almonds.

4. Bake in a moderately hot oven (400°) 30 to 35 minutes.

**QUICK RICH COFFEE CAKE  
(KAFFEKAKA)**

- |   |                               |
|---|-------------------------------|
| <b>3 cups sifted all-purpose flour</b>    | <b>1 cup light cream</b>      |
| <b>2 cups sugar</b>                       | <b>1 tsp. almond extract</b>  |
| <b>3 tsp. double action baking powder</b> | <b>1 tsp. vanilla extract</b> |
| <b>1 tsp. salt</b>                        | <b>1 1/2 tsp. cinnamon</b>    |
| <b>3/4 cup butter</b>                     | <b>1/2 cup chopped nuts</b>   |
| <b>3 large eggs</b>                       | <b>4 Tbsp. butter, melted</b> |

1. Sift together flour, sugar, baking powder and salt into large bowl. Cut in 3/4 cup butter. Take out 2/3 cup of this mixture to be used for topping cake.

2. Beat eggs until light and fluffy. Beat in cream and almond and vanilla extracts.

3. Add egg and cream mixture to dry ingredients and mix only until dry ingredients are moistened. Butter will remain in small lumps. Pour into a well buttered 8 3/4 x 8 3/4 x 2 1/2 inch pan.

4. To reserved 2/3 cup of flour mixture add cinnamon and nuts. Sprinkle this evenly over cake batter. Spoon melted butter over top.

5. Bake in a moderate oven (350°) 40 to 45 minutes.

## CAKES AND TORTES

Spice Cakes, Mjuk Pepparkaka, Kryddkaka, are great favorites in Sweden and are made with many combinations and kinds of spices. They are best when made a day before they are to be served so that the spices and flavors have time to blend and mellow.

### GINGER CAKE (MJUK PEPPARKAKA)

2 eggs	1/2 tsp. baking soda
1 cup firmly packed brown sugar, sieved	1 tsp. double action baking powder
1 cup dairy sour cream	1/2 tsp. cinnamon
grated rind of 1 orange	1/2 tsp. cloves
1/4 cup chopped almonds	1/2 tsp. ginger
2 cups sifted cake flour	3 Tbsp. melted butter

1. Beat eggs until light. Beat in brown sugar. Add sour cream, orange rind and almonds.

2. Sift flour with soda, baking powder and spices. Fold into first mixture. Then fold in melted butter.

3. Grease and flour a loaf bread pan,  $8\frac{1}{2} \times 4\frac{1}{2} \times 2\frac{3}{4}$  inches. Pour in cake batter. Bake in moderate oven ( $350^{\circ}$ ) 50 to 60 minutes.

### JELLY ROLL (RULLTÄRTA)

3 eggs	1 tsp. double action baking powder
1/4 tsp. salt	5 Tbsp. hot water
1 tsp. vanilla	2 Tbsp. butter
1 cup sugar	1/4 cup confectioners' sugar
1 cup sifted cake flour	3/4 cup jelly or strawberry preserves

1. Grease a jelly roll pan,  $10 \times 15$  inches. Line pan with waxed paper and grease paper.

2. To eggs add salt and vanilla. Beat until light and fluffy. Beat in sugar, 2 Tbsp. at a time, beating well after each addition.

3. Sift flour and baking powder. Fold carefully and quickly into egg mixture. Heat water and butter until butter melts. Fold into cake batter.

4. Pour into prepared pan. Bake in a moderate oven ( $375^{\circ}$ ) 16 to 18 minutes.

5. Turn cake out on a clean towel sprinkled with confectioners' sugar. Remove waxed paper. Cut off crusts. Spread cake with beaten jelly or preserves. Roll. Let stand in towel on cake cooler until almost cold.

**MAZARIN TORTE  
(MAZARINTARTA)**

**Dough:**

**1  $\frac{1}{3}$  cups sifted all-purpose  
flour**  
**1 tsp. double action  
baking powder**  
 **$\frac{1}{3}$  cup sugar**  
 **$\frac{1}{2}$  cup butter**  
**1 egg**

**Icing:**

**1 cup sifted confectioners'  
sugar**  
**1 Tbsp. lemon juice**  
**1 tsp. water**

**Filling:**

**$\frac{1}{2}$  cup butter**  
 **$\frac{2}{3}$  cup sugar**  
**1 cup blanched, ground  
almonds**  
 **$\frac{1}{2}$  tsp. almond extract**  
**2 eggs**  
 **$\frac{1}{2}$  cup raspberry jam**

**1. Dough:** Sift together flour, baking powder and sugar onto bread board or table. Add butter and unbeaten egg. Mix together to a smooth dough. Chill while preparing the filling.

**2. Filling:** Cream butter; add sugar and cream again. Add almonds and extract. Beat in eggs, one at a time, beating well after each addition.

**3.** Roll out dough, cut a circle and fit into bottom of 9 inch spring form pan. Cut remaining dough into a strip and put around inside of pan. Push dough close to bottom circle and half way up on side of pan. Spread  $\frac{1}{4}$  cup raspberry jam on top of dough. Spoon filling over jam. Bake in a moderate oven (350°) 45 to 50 minutes.

**4.** Let torte cool 10 minutes. Remove side of spring form pan and let torte cool on bottom. When cold spread remaining  $\frac{1}{4}$  cup jam over torte.

**5. Icing:** Mix confectioners' sugar, lemon juice and water. Drizzle icing over jam on top of torte.

**Yield: 8 to 12 servings.**

## CAKES AND TORTES

### MERINGUE TORTE (MARÄNGTÄRTA)

#### Cake:

$\frac{3}{4}$  cup butter  
 $\frac{3}{4}$  cup sugar  
6 egg yolks  
1 tsp. vanilla  
 $1\frac{1}{2}$  cups sifted cake flour  
 $1\frac{1}{2}$  tsp. double action  
baking powder  
 $\frac{1}{2}$  cup milk

#### Meringue:

6 egg whites  
 $1\frac{1}{2}$  cups sugar  
 $\frac{1}{2}$  tsp. vanilla  
 $\frac{1}{2}$  cup chopped walnuts

1. **Cake:** Cream butter; add sugar and cream until light and fluffy. Beat egg yolks until light, thick and lemon colored. Beat into creamed mixture. Add vanilla.

2. Sift together flour and baking powder. Add to first mixture alternately with milk.

3. Grease and flour 3 nine inch layer cake pans. Pour batter into pans and spread evenly.

4. **Meringue:** Beat egg whites until stiff and dry. Gradually beat in sugar. Add vanilla. Continue beating until creases show from the beater.

5. Spread meringue evenly on top of cake batter in pans. Sprinkle with walnuts. Bake in very slow oven ( $300^{\circ}$ ) 45 to 50 minutes.

6. When cold put layers together meringue side up, with cream filling.

Yield: 8 to 12 servings.

**Variation:** Instead of the cream filling, the Torte Cake may be served with sweetened whipped cream or sweetened whipped cream and fresh or frozen strawberries or raspberries. One cup whipping cream whipped and sweetened, is sufficient for spreading between the layers and on top. If desired, spoon over top one quart berries, sweetened or one 16 ounce box thawed frozen berries.

### CREAM FILLING (FYLLNING)

$\frac{3}{4}$  cup sugar  
2 Tbsp. all-purpose flour  
3 Tbsp. cornstarch  
 $\frac{1}{4}$  tsp. salt

2 cups milk  
2 egg yolks  
1 tsp. vanilla

## CAKES AND TORTES

1. Mix dry ingredients together in small saucepan. Stir in milk.
2. Cook stirring constantly until filling thickens. Reduce heat to very low and cook 8 minutes longer.
3. Add a little of hot mixture to slightly beaten egg yolks. Return to saucepan and cook 2 minutes. Add vanilla. Cool.
4. Spread cream filling between layers of torte cake just before serving.

### MOCHA TORTE (MOCKATARTA)

**3/4 cup almonds**  
**4 egg whites**  
**1/2 cup sugar**

#### **Garnish:**

**2 Tbsp. almonds**  
**shaved sweet chocolate,**  
**if desired**

#### **Filling:**

**4 egg yolks**  
**1/3 cup light cream**  
**1/3 cup sugar**  
**10 Tbsp. butter**  
**1/4 tsp. vanilla**  
**1 Tbsp. powdered coffee**

1. Blanch  $\frac{3}{4}$  cup almonds, dry thoroughly and grate. Beat egg whites until dry and flaky. Mix sugar and almonds and fold into egg whites.

2. Butter and flour one large or two small cooky sheets. Divide almond mixture evenly into two parts and spread each part into a 6 or 7 inch square on cooky sheet. Bake in a very slow oven ( $275^{\circ}$ ) 45 minutes. Turn off heat and let torte remain in oven 30 minutes longer. Remove from oven, loosen torte squares and let cool on cooky sheet.

3. **Filling:** Beat egg yolks slightly. Stir in cream and sugar. Cook in heavy saucepan over low heat until mixture coats a metal spoon. Cool stirring almost constantly. Cream butter until soft. Add to cold custard mixture, a teaspoonful at a time, beating constantly. Beat in vanilla and powdered coffee.

4. Spread filling between cold layers and on top of torte. Blanch 2 Tbsp. almonds, sliver and toast. Arrange in a border around edge of torte. Sprinkle with shaved chocolate, if desired.

## CAKES AND TORTES

### ORANGE CAKE (APELSINKAKA)

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 1 orange, grated rind<br>and juice | 1/2 cup nuts, finely<br>chopped       |
| 1 1/2 cups sugar                   | 2 cups sifted all-purpose<br>flour    |
| 1/2 cup butter                     | 1 tsp. baking soda                    |
| 2 eggs, separated                  | 1 tsp. double action<br>baking powder |
| 1 tsp. vanilla                     | 3/4 cup sour milk or<br>buttermilk    |

1. Mix orange juice and 1/2 cup sugar and let stand while preparing cake.

2. Cream butter; add remaining 1 cup sugar and cream until light and fluffy. Beat in one egg yolk at a time, beating well after each addition. Add vanilla and nuts.

3. Sift together flour, soda and baking powder. Fold into first mixture alternately with sour milk. Beat egg whites stiff and fold into batter.

4. Pour into greased and floured 8 inch tube pan. Bake in moderate oven (350°) 50 to 60 minutes. Remove from oven. Pour orange juice and sugar mixture over cake.

### SAND CAKE (SANDKAKA)

- |                                     |   |
|-------------------------------------|---|
| 1 cup butter                        | 1 Tbsp. cornstarch                        |
| 1 cup sugar                         | 2 1/4 tsp. double action<br>baking powder |
| 4 eggs                              | 1/2 tsp. salt                             |
| 1 tsp. vanilla                      |   |
| 1 1/2 cups sifted cake flour        |   |
| 1/2 cup sifted all-purpose<br>flour |   |

1. Cream butter; add sugar and cream until light and fluffy. Beat in eggs, one at a time, beating well after each addition. When all eggs are added, beat mixture 3 to 4 minutes with mixer. Add vanilla

2. Sift dry ingredients together. Fold into creamed mixture, folding until batter is smooth.

3. Pour into greased and floured 8 1/4 inch tube pan. Bake in moderate oven (350°) 45 to 50 minutes. Let stand in pan 10 minutes, then turn out on wire rack to cool.

Yield: 12 servings.



**SPICE CAKE  
(MJUK PEPPARKAKA)**

<b>2 eggs</b>	<b>1 tsp. ginger</b>
<b>1 cup sugar</b>	<b>1 tsp. cinnamon</b>
<b>1/2 cup dark corn syrup</b>	<b>1 tsp. powdered cardamom</b>
<b>3 Tbsp. melted butter</b>	<b>1 tsp. soda</b>
<b>3 cups sifted all-purpose flour</b>	<b>1 tsp. double action baking powder</b>
<b>1 tsp. cloves</b>	<b>1 cup sour milk or buttermilk</b>

1. Beat eggs until light. Beat in sugar gradually, then beat in syrup gradually. Add melted butter.

2. Sift together flour, spices, soda and baking powder. Add to first mixture alternately with milk, adding flour first and last.

3. Pour into greased and floured 8 1/4 inch tube pan. Bake in moderate oven (350°) 50 to 55 minutes. Serve unfrosted.

**SPICE CAKE  
(MJUK PEPPARKAKA)**

<b>2 eggs</b>	<b>1 1/2 tsp. double action baking powder</b>
<b>1 cup firmly packed brown sugar, sieved</b>	<b>2 tsp. ground cinnamon</b>
<b>1/2 cup light cream</b>	<b>2 tsp. ground cardamom</b>
<b>1/2 cup melted butter</b>	
<b>1 1/2 cups sifted all-purpose flour</b>	

1. Beat eggs until very light. Beat in sugar gradually. Mix cream and melted butter.

2. Sift together flour, baking powder, cinnamon and cardamom. Fold into egg mixture alternately with mixed cream and butter.

3. Butter and flour an 8 inch tube pan. Turn in cake batter.

4. Bake in very slow oven (300°) 1 hour and 10 to 15 minutes. Serve unfrosted.

## CAKES AND TORTES

### SPICE CAKE (KRYDDKAKA)

- |   |  |
|---|--|
| 2 eggs  | $\frac{1}{2}$ tsp. cloves                          |
| 1 cup sugar                                     | $1\frac{1}{2}$ tsp. double action<br>baking powder |
| $1\frac{1}{4}$ cups sifted all-purpose<br>flour | $\frac{1}{3}$ cup water                            |
| 2 tsp. cinnamon                                 | $\frac{1}{4}$ cup butter or margarine              |
| 1 tsp. powdered cardamom                        | 1 Tbsp. fine dry bread<br>crumbs                   |

1. Beat eggs until light and fluffy. Beat in sugar gradually.
2. Sift together flour, cinnamon, cardamom, cloves and baking powder. Fold into first mixture.
3. Place water and butter in small saucepan and heat slowly until butter is melted. Then bring to boiling point and add boiling hot to batter. Mix thoroughly.
4. Butter a  $7\frac{3}{4}$  inch tube pan and sprinkle with bread crumbs. Pour in cake batter. Bake in moderate oven ( $350^{\circ}$ ) 45 to 50 minutes. Serve unfrosted.

### SPICE CAKE (KRYDDKAKA)

- |                         |                                    |
|-------------------------|------------------------------------|
| 2 eggs                  | 1 Tbsp. melted butter              |
| 1 cup sugar             | 2 cups sifted all-purpose<br>flour |
| 1 cup dairy sour cream  | 1 tsp. soda                        |
| 1 Tbsp. dark corn syrup | 1 tsp. ground cloves               |

1. Beat eggs until yolks and whites are thoroughly mixed. Add sugar, sour cream, syrup and melted butter. Mix well.
2. Sift together flour, soda and cloves. Fold into first mixture.
3. Grease and flour an 8 inch tube pan. Pour in cake batter.
4. Bake in a moderate oven ( $350^{\circ}$ ) 50 to 60 minutes.

### SPICE CAKE (MJUK PEPPARKAKA)

- |   |                                       |
|---|---------------------------------------|
| 3 Tbsp. butter                                  | $1\frac{1}{2}$ tsp. cloves            |
| 1 cup firmly packed brown<br>sugar, sieved      | $1\frac{1}{2}$ tsp. cinnamon          |
| 1 egg   | $\frac{3}{4}$ tsp. soda               |
| 1 cup dairy sour cream                          | 1 tsp. double action<br>baking powder |
| $1\frac{3}{4}$ cups sifted all-purpose<br>flour |                                       |

1. Cream butter; add sugar and cream until light. Beat in egg. Add sour cream.
2. Sift together dry ingredients and fold into first mixture. Turn into 8x8x2 inch greased and floured pan.
3. Bake in moderate oven (350°) 40 to 50 minutes. Serve unfrosted.

## SPICE CAKE (KRYDDKAKA)

- |   |  |
|---|--|
| $\frac{1}{2}$ cup butter or<br>margarine        | $\frac{1}{2}$ tsp. nutmeg                    |
| 1 cup firmly packed<br>brown sugar, sieved      | $\frac{1}{2}$ tsp. cloves                    |
| 2 eggs, separated                               | $\frac{2}{3}$ cup sour milk or<br>buttermilk |
| $1\frac{1}{2}$ cups sifted all-purpose<br>flour | cream filling                                |
| 1 tsp. soda                                     | $\frac{3}{4}$ cup whipping cream,<br>whipped |
| 1 tsp. cinnamon                                 |  |

1. Cream butter; add sugar and cream until light and fluffy. Beat in egg yolks, one at a time, beating well after each addition.
2. Sift together flour, soda and spices. Add to creamed mixture alternately with sour milk, beginning and ending with flour. Beat egg whites stiff but not dry and fold into batter.
3. Pour into two 8 inch greased and floured layer cake pans. Bake in moderate oven (375°) 20 to 25 minutes.
4. When cold put layers together with cream filling. Spoon whipped cream on top.

## CREAM FILLING (VANILJKRÄM)

- |                         |                            |
|-------------------------|----------------------------|
| $\frac{1}{2}$ cup sugar | 1 cup milk                 |
| 1 Tbsp. cornstarch      | 1 egg yolk                 |
| 1 Tbsp. flour           | $\frac{1}{2}$ tsp. vanilla |
| few grains salt         |                            |

1. Mix or sift together sugar, cornstarch, flour and salt. Stir in milk. Cook stirring constantly until filling thickens. Reduce heat to very low and cook 8 minutes.
2. Stir some of hot mixture into slightly beaten egg yolk. Mix thoroughly and add to filling. Cook 2 minutes. Remove from heat and add vanilla. Cool.

Yield: Sufficient filling for 2 layers of cake.

## CAKES AND TORTES

### SPICE CAKE (BRUN PEPPARKAKA)

1/2 cup butter	2 tsp. double action
1 cup sugar	baking powder
1/2 cup firmly packed dark	2 tsp. cinnamon
brown sugar, sieved	1/2 tsp. cloves
3 eggs, well beaten	1 tsp. ginger
2 cups sifted all-purpose	3/4 cup light cream
flour	

1. Cream butter; add sugar and cream until light and fluffy. Add well beaten eggs; beat well.

2. Sift flour, baking powder and spices. Add to creamed mixture alternately with cream.

3. Butter and flour an 8 3/4 inch tube pan. Pour in cake batter.

4. Bake in moderate oven (350°) 60 to 65 minutes. Serve unfrosted.

### SPICE CAKE (MJUK PEPPARKAKA)

1/2 cup butter	1 tsp. ginger
1/2 cup sugar	1/4 tsp. nutmeg
1 egg	1/8 tsp. cloves
1 cup molasses	
1 cup boiling water	Sauce:
2 1/2 cups sifted all-purpose	3 Tbsp. butter
flour	1/2 cup confectioners'
1/2 tsp. baking soda	sugar, sifted
1 1/2 tsp. double action	1 egg yolk
baking powder	1 Tbsp. light cream
1/2 tsp. salt	1/4 tsp. vanilla
1 tsp. cinnamon	

1. Cream 1/2 cup butter; add sugar and cream until light. Beat in egg. Add molasses and mix well. Add boiling water.

2. Sift together flour, soda, baking powder, salt and spices. Fold into first mixture. Turn into greased and floured pan, 7 1/2 x 13 x 1 3/4 inches.

3. Bake in moderate oven (350°) 40 to 45 minutes. Cut into pieces and serve warm with sauce.

Yield: 9 to 12 servings.

4. Sauce: Cream 3 Tbsp. butter; add confectioners' sugar and egg yolk. Mix until smooth. Add cream and vanilla. Spoon over warm ginger cake.

**DELICATE SPICE CAKE  
(DELIKAT MJUK PEPPARKAKA)**

$\frac{1}{2}$ cup butter	1 tsp. double action
1 cup firmly packed	baking powder
brown sugar, sieved	2 tsp. ground cardamom
2 eggs, separated	2 tsp. ground cinnamon
$1\frac{1}{2}$ cups sifted all-purpose	$\frac{1}{2}$ cup light cream
flour	

1. Butter an 8 inch tube pan and sprinkle with 2 Tbsp. fine dry bread crumbs.
2. Cream butter; add sugar and cream until light and fluffy. Beat egg yolks in small bowl until light and add to creamed mixture.
3. Sift together flour, baking powder, cardamom and cinnamon. Add to first mixture alternately with cream. Beat egg whites stiff and fold into batter. Turn into prepared pan.
4. Bake in very slow oven (300°) 1 hour and 10 to 15 minutes. Serve unfrosted.

**SOUR CREAM SPICE CAKE  
(MJUK PEPPARKAKA)**

$\frac{1}{2}$ cup butter	1 tsp. ginger
1 cup sugar	1 tsp. ground cardamom
2 eggs, separated	1 tsp. cloves
$1\frac{1}{3}$ cups sifted all-purpose	1 tsp. cinnamon
flour	1 cup dairy sour cream
1 tsp. soda	

1. Cream butter; add sugar and cream until light and fluffy. Add unbeaten egg yolks, one at a time, and beat well after each addition.
2. Sift flour, soda and spices together. Add to first mixture alternately with sour cream. Beat egg whites stiff and fold into batter.
3. Butter an 8 inch tube pan and sprinkle with 2 Tbsp. fine dry bread crumbs. Pour in cake batter.
4. Bake in a slow oven (325°) 60 to 70 minutes. Serve unfrosted.

## CAKES AND TORTES

### SPONGE CAKE (SOCKERKAKA)

6 eggs, separated  
2 cups sugar  
1/2 cup boiling water  
grated rind of 1/2 lemon

1 Tbsp. lemon juice  
2 cups sifted cake flour  
orange sauce

1. Place egg yolks and 2 whites in mixing bowl. Beat until light. Beat in sugar gradually.

2. Add boiling water, lemon rind and juice and mix until thoroughly blended. Fold in cake flour.

3. Beat remaining 4 egg whites until stiff peaks are formed. Fold into first mixture.

4. Turn into ungreased 10 inch tube pan. Bake in a very slow oven (300°) 30 minutes. Increase heat to 325° and bake 35 to 40 minutes longer.

5. Let cool inverted in pan, about 1 hour. Cut in slices and serve with orange sauce.

Yield: 16 servings.

### ORANGE SAUCE (APELSINSÅS)

2 eggs  
1 cup sugar  
juice of 2 oranges (1/2 cup)

1 1/2 Tbsp. lemon juice  
1/2 pint whipping cream,  
whipped

1. Beat eggs until yolks and whites are well mixed. Add sugar and orange juice. Cook over very low heat or in double boiler until mixture coats a metal spoon, stirring constantly.

2. Remove from heat and stir in lemon juice. Cool.

3. Just before serving fold in whipped cream.

Yield: about 2 1/2 cups sauce.

### SUGAR CAKE (SOCKERKAKA)

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ tsp. salt
2 cups sugar	1 cup milk
4 eggs, separated	1 tsp. vanilla
$3\frac{1}{2}$ cups sifted cake flour	1 tsp. almond extract
$3\frac{1}{2}$ tsp. double action baking powder	

1. Cream butter, add sugar and cream until very light and fluffy. Beat in egg yolks, one at a time, beating thoroughly after each addition.

2. Sift together flour, baking powder and salt. Add to creamed mixture alternately with milk, adding flour first and last. Beat in flavoring. Beat egg whites stiff and fold into first mixture.

3. Turn into greased and floured 10 inch tube pan. Bake in slow oven ( $325^{\circ}$ ) 1 to  $1\frac{1}{4}$  hours. Sprinkle with confectioners' sugar.

Yield: 16 servings.

**Note:** Instead of almond extract the grated rind of a lemon may be used.

### TOSCA TORTE (TOSCATARTA)

#### Cake:

2 eggs  
1 cup sugar  
 $\frac{1}{4}$  cup melted butter  
 $\frac{1}{2}$  cup light cream  
1 cup sifted cake flour  
2 tsp. double action  
baking powder  
1 Tbsp. fine dry bread  
crumbs

#### Topping:

2 Tbsp. butter  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{4}$  cup chopped almonds  
 $2\frac{1}{4}$  tsp. milk  
1 Tbsp. flour

1. **Cake:** Beat eggs until light, thick and lemon colored. Add sugar gradually, beating constantly. Add slightly cooled butter, and cream.

2. Sift flour with baking powder and fold into first mixture.

3. Butter a 9 inch layer cake pan and sprinkle with bread crumbs. Pour in cake batter.

4. Bake in moderate oven ( $350^{\circ}$ ) 25 to 30 minutes. Remove from oven and spread with topping. Return to oven and bake until glossy, 10 to 12 minutes.

5. **Topping:** Melt butter, stir in remaining ingredients. Let come to a boil.

## CAKES AND TORTES

### WALNUT TORTE (VALNÖTTÄRTA)

4 eggs, separated	2 tsp. fine dry bread
$\frac{2}{3}$ cup sugar	crumbs
1 cup walnuts	1 $\frac{1}{2}$ cup chilled whipping
$\frac{1}{3}$ cup potato starch flour	cream
$\frac{1}{2}$ tsp. vanilla or lemon	whole walnuts
extract	

1. Beat egg yolks in small bowl until light, thick and lemon colored. Beat in sugar gradually. Grind  $\frac{1}{2}$  cup walnuts in food chopper using medium knife. Mix ground walnuts and potato flour and fold into egg mixture. Add extract. Beat egg whites until stiff peaks are formed; fold in first mixture.

2. Butter two 8 inch layer cake pans and sprinkle with fine bread crumbs. Pour in cake batter. Bake in moderate oven (350°) 25 to 30 minutes. Remove from oven. Turn upside down on wire racks and let cool in pans. When cold remove from pans.

3. Beat cream stiff. To half of the whipped cream fold in remaining  $\frac{1}{2}$  cup walnuts, coarsely chopped. Spread between layers of torte. Spread remaining whipped cream on top or make rosettes by pressing cream through pastry bag with rose point. Garnish with whole walnuts.

Yield: 8 to 12 servings.

### WINE CAKE (VINKAKA)

$\frac{1}{2}$ cup butter	1 tsp. double action
1 cup sugar	baking powder
2 eggs	$\frac{1}{4}$ tsp. baking soda
1 cup chopped nut meats	$\frac{1}{2}$ cup sweet red wine
1 $\frac{1}{2}$ cups sifted all-purpose	
flour	

1. Cream butter; add sugar and cream until light and fluffy. Beat in 1 egg at a time, beating well after each addition. Add nut meats.

2. Sift together flour, baking powder and soda. Fold into first mixture alternately with wine.

3. Turn into buttered 8 inch tube pan. Bake in moderate oven (350°) 45 to 55 minutes.



## **PANCAKES PANNKAKOR**

### **BAKED PANCAKE (UGNSPANNKAKA)**

<b>3 eggs</b>	<b>3 cups milk</b>
<b>2 Tbsp. sugar</b>	<b>1 Tbsp. butter</b>
<b>1/2 tsp. salt</b>	<b>lingonberry or applesauce</b>
<b>1 cup sifted all-purpose flour</b>	<b>or syrup</b>

1. Beat eggs until light; beat in sugar. Sift together salt and flour and add to egg mixture alternately with milk. Let stand 1 hour.

2. Melt butter in 9x12½x2 inch baking pan. Pour in pancake batter.

3. Bake in hot oven (425°) 25 to 30 minutes. Cut into serving pieces and serve at once. Serve with lingonberry or applesauce or syrup. Serve as main dish for breakfast, lunch or light supper.

Yield: 6 servings.

### **OVEN PANCAKE (UGNSPANNKAKA)**

<b>6 eggs</b>	<b>4 cups milk</b>
<b>1/4 cup sugar</b>	<b>1/4 cup butter</b>
<b>3/4 cup sifted all-purpose flour</b>	<b>lingonberry sauce, or jam</b>
<b>grated rind of 1/2 lemon</b>	

1. Beat eggs until light. Beat in sugar. Add flour and beat until smooth. Add lemon rind and milk. Mix thoroughly. Let stand 1 hour.

2. Melt butter in 9x13 inch baking pan or 10 inch frying pan. Stir up batter and pour into pan.

3. Bake in hot oven (425°) 45 to 50 minutes. Serve at once with lingonberry sauce, or jam.

Yield: 8 servings.

## PANCAKES

### OVEN PANCAKE (UGNSPANNKAKA)

- |                                  |   |
|----------------------------------|---|
| 3 eggs                           | 1/2 tsp. salt                           |
| 1 1/2 cups milk                  | 2 Tbsp. butter, melted                  |
| 1/2 cup sifted all-purpose flour | raspberry or lingonberry sauce or syrup |
| 1 Tbsp. sugar                    |   |

1. Beat eggs slightly. Stir in 1/3 cup milk. Sift together flour, sugar and salt and add to egg mixture. Mix until smooth. Stir in remaining milk. Let stand 1 hour.

2. Stir in melted butter. Pour into buttered 13x9 inch baking pan. Bake in moderate oven (350°) 40 to 45 minutes. Remove from oven and serve at once. Serve with raspberry or lingonberry sauce or syrup.

Yield: 6 servings.

### OVEN PANCAKE (UGNSPANNKAKA)

- |                                |                |
|--------------------------------|----------------|
| 1 cup sifted all-purpose flour | 2 eggs         |
| 1 1/2 tsp. sugar               | 2 cups milk    |
| 1/2 tsp. salt                  | 1 Tbsp. butter |

1. Sift together flour, sugar and salt. Beat eggs until light; add milk and beat until well mixed. Add to flour mixture gradually and beat until smooth.

2. Let batter stand 1 hour so that flour will expand.

3. Butter a 10 inch frying pan with 1 Tbsp. butter. Stir batter and pour into pan.

4. Bake in hot oven (450°) 20 to 25 minutes.

Yield: 4 to 6 servings.

**OVEN PANCAKE  
(FLASKPANNKAKA)**

1 cup sifted all-purpose flour	2 eggs
1 1/2 tsp. sugar	2 cups milk
1/2 tsp. salt	1/4 lb. smoked ham

1. Sift together flour, sugar and salt. Beat eggs until light; add milk and beat until well mixed. Add to flour mixture gradually and beat until smooth.

2. Let batter stand 1 hour so that flour will expand.

3. Cut ham into small cubes and fry until well done in 10 inch frying pan. Pour ham and fat into a dish. Wipe out pan with paper toweling. Return fat to pan. Stir batter and pour into pan. Sprinkle pieces of ham over top.

4. Bake in a hot oven (450°) 20 to 25 minutes.

Yield: 4 to 6 servings

**Note:** If there is not sufficient fat from ham, butter pan with 1 Tbsp. butter before pouring in batter.

**FANCY OVEN PANCAKE  
(UGNSPANNKAKA)**

7 Tbsp. sifted all-purpose flour	4 eggs
1/4 tsp. salt	1 quart milk
2 Tbsp. sugar	2 Tbsp. butter
grated rind of 1/2 lemon	jam or lingonberry sauce
or a few cardamom seeds	

1. Sift together flour, salt and sugar. Add lemon rind or cardamom. Beat eggs until light and fluffy. Add milk and gradually beat into flour. Beat until mixture is smooth. Let stand 1 hour.

2. Melt butter in 10 inch frying pan. Beat batter slightly and pour into pan.

3. Bake in hot oven (450°) 25 to 30 minutes. Serve at once as main dish for luncheon or as a dessert. Serve with jam or lingonberry sauce.

Yield: 4 or 5 servings as main dish or 8 servings as dessert.

## PANCAKES

### SALT PORK PANCAKE (PLÅSKPANNKAKA)

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 4 eggs                           | 1 cup milk                        |
| 1 tsp. salt                      | 1/4 lb. salt pork                 |
| 1/2 cup sifted all-purpose flour | lingonberries, or jelly or butter |
| 2 tsp. sugar                     |                                   |

1. Beat eggs until light; add salt. Sift sugar and add to eggs alternately with milk. Let stand 2 hours.

2. Cut salt pork into small pieces. Fry in a skillet until browned. Pour 2 Tbsp. of fat into an 8x8 or 7x11 inch pan. Add all the pork pieces.

3. Pour batter and pour into pan. Place at once in very hot oven (500°) and bake 5 minutes. Reduce heat to moderate (350°) and bake 20 to 25 minutes longer.

4. Remove from oven, cut into serving pieces. Serve once with lingonberry sauce, apple syrup, jelly or butter. Serves 4 to 6 servings.

If you have never tasted the wafer thin, tender Swedish pancakes (plättar) made in a Swedish pancake pan, try them just once. You'll find these pancakes a real taste delight! The Swedish pancake pan (plättpanna) is a griddle having seven round indentations about three inches in diameter into which the pancake batter is spooned for baking. Many stores have the pancake pan for sale.

### PANCAKES (PLÄTTAR)

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 2 eggs, separated                | 1/4 cup melted butter                 |
| 1 egg yolk                       | 1/4 tsp. vanilla                      |
| 3 Tbsp. sugar                    | melted butter                         |
| 1/4 tsp. salt                    | sweet applesauce or lingonberry sauce |
| 3/4 cup sifted all-purpose flour | confectioners' sugar                  |

- 2 cups milk  
1 cup milk and  
1 cup light cream

1. Beat egg yolks until light and thick. Beat in sugar and salt.

2. Add flour and milk alternately beating until mixture is smooth. Add 1/4 cup melted butter and vanilla.

164 *Recipe: 2 eggs whip 2 Tbsp sugar, 3/4 c flour  
1 1/2 c milk 3 Tbsp melted butter*

## PANCAKES

Let batter stand a few hours. Fold in stiffly beaten egg

4. Heat pancake pan. Butter with melted butter. Pour about one tablespoonful batter into each depression. Brown on one side and brown on second side.

Serve, spread each pancake with sweet applesauce or sauce. Stack 6 to 8 for each serving. Sprinkle tops with sugar.

Yield: 60 to 70 small pancakes.

## PANCAKES (PLÄTTAR)

4 eggs  
1 cup sifted all-purpose flour  
 $\frac{1}{2}$  tsp. salt

$\frac{1}{2}$  tsp. sugar  
1 cup milk  
3 Tbsp. dairy sour cream  
lingonberry or applesauce

1. Beat egg yolks until light and add salt and sugar and add to egg yolks with milk.

2. Add sour cream. Beat egg whites until stiff peaks are formed. Fold into first mixture.

3. Heat pancake pan and butter each depression. Pour about a tablespoon of batter into each depression and spread evenly. Brown one side, turn and brown on second side. Serve at once with lingonberry or applesauce.

Yield: about 7 dozen small pancakes.

~~Note:~~ The pancakes may be baked on a hot griddle instead of pancake pan. Drop batter by tablespoonfuls, brown on one side, turn and brown on second side.

## POTATO PANCAKES (RÄRIVNA POTATISPLÄTTAR)

$1\frac{3}{4}$  cups grated raw potatoes  
 $\frac{1}{2}$  tsp. salt  
 $1\frac{1}{2}$  tsp. flour  
1 tsp. cream

2 eggs, well beaten  
melted butter or  
oil for frying  
butter

1. Drain grated potatoes in salt, flour, cream and beaten egg.

2. Drop potato mixture into pan or griddle. Brown on one side. Serve hot with melted butter

for a few minutes. Add thoroughly.

butter or fat in frying and brown on second

Yield: about 18 pancakes,  $2\frac{1}{2}$  inches across.

## PANCAKES

### THIN PANCAKES (TUNNPANNKAKOR)

5 eggs	$\frac{3}{4}$ tsp. salt
2 cups milk	4 Tbsp. melted butter
1 cup sifted all-purpose flour	3 or 4 Tbsp. butter

1. Beat eggs until light and fluffy. Add milk and beat until well mixed. Sift together flour and salt. Add to first mixture and beat until smooth. Beat in 4 Tbsp. melted butter.

2. Batter makes three 10 inch pancakes or four 9 inch pancakes. For each pancake melt 1 Tbsp. butter in 9 or 10 inch griddle or frying pan. Pour in  $\frac{1}{3}$  or  $\frac{1}{4}$  of the batter. Fry until golden brown on one side, loosen thoroughly underneath, turn and brown on second side. Continue until all pancakes are made.

3. These pancakes may be served with maple syrup, a fruit sauce or butter and sugar, or they may be rolled and sprinkled with confectioners' sugar. Serve as main dish for breakfast, lunch or supper. Yield: 3 or 4 pancakes.

### SMALL THIN PANCAKES (PLÄTTAR)

2 $\frac{1}{2}$ cups sifted all-purpose flour	4 Tbsp. melted butter
3 Tbsp. sugar	melted butter
$\frac{1}{2}$ tsp. salt	fruit preserve
2 eggs	confectioners' sugar
1 quart (4 cups) milk	

1. Sift together flour, sugar and salt.

2. Add eggs to 2 cups milk and beat until well mixed. Add to flour mixture and beat until smooth. Beat in remaining 2 cups milk, and 4 Tbsp. melted butter.

3. Heat Swedish pan. Heat pan and butter with melted butter. Pour about a tablespoon batter into each depression of pan. Brown pancakes on one side, turn and brown on second side.

4. Pancakes may be spread with a fruit preserve, rolled and sprinkled with confectioners' sugar.

Yield: about 7 dozen small pancakes.

**FARMER'S SOUFFLE  
(BONDPANNKAKA)**

**3 Tbsp. butter  
4 Tbsp. flour  
1 cup milk  
2 tsp. sugar  
few grains salt**

**2 eggs, separated  
3 Tbsp. confectioners'  
sugar  
1 cup strawberry jam  
1/2 cup whipping cream,  
whipped or  
1 cup dairy sour cream**

1. Melt butter, stir in flour and cook until it bubbles. Add milk. Cook stirring constantly until sauce thickens; reduce heat to very low and cook 5 minutes. Stir in sugar and salt.

2. Add some of hot mixture to slightly beaten egg yolks, stir well and add to remaining hot sauce mixing thoroughly. Beat egg whites stiff and fold into first mixture.

3. Line a 12x8 inch pan with waxed paper. Butter waxed paper, then sprinkle lightly with flour. Pour batter into pan.

4. Bake in slow oven (325°) until firm and slightly brown, 30 to 35 minutes.

5. Turn out on cloth sprinkled with confectioners' sugar. Remove waxed paper. Spread top with jam and roll like jelly roll.

6. Serve warm. Cut in slices and top with whipped or sour cream.

**Yield: 6 servings.**

## **WAFFLES VÄFFLOR**

### **WAFFLES (VÄFFLOR)**

- |   |   |
|---|---|
| <b>3 cups sifted all-purpose<br/>flour</b>    | <b>4 eggs, separated</b>                          |
| <b>3 tsp. double action<br/>baking powder</b> | <b>2 cups milk</b>                                |
| <b>1 tsp. salt</b>                            | <b><math>\frac{3}{4}</math> cup melted butter</b> |
| <b>2 tsp. sugar</b>                           |   |

1. Sift together dry ingredients. Beat egg yolks slightly; stir in milk and stir until well blended. Add to dry ingredients. Stir until all flour is moistened.

2. Stir in melted butter. Beat egg whites until rounded peaks are formed. Fold into first mixture.

3. Bake in heated waffle iron 4 to 5 minutes.

Yield: 10 waffles, seven inches in diameter.

### **DESSERT WAFFLES (VÄFFLOR)**

- |   |   |
|---|---|
| <b>3 eggs</b>                             | <b><math>1\frac{1}{2}</math> cups butter or<br/>margarine</b> |
| <b>1 cup sugar</b>                        | <b>3 cups sifted cake flour</b>                               |
| <b><math>\frac{1}{2}</math> tsp. salt</b> |   |

1. Beat eggs slightly; add sugar and salt. Beat until light and fluffy, about 2 minutes.

2. Cream butter or margarine; add flour and blend well.

3. Combine the two mixtures; continue beating until thoroughly mixed.

4. Bake in heated waffle iron until brown, about 3 to 4 minutes.

Yield: 6 waffles, seven inches in diameter.



**SOUR CREAM WAFFLES  
(GRÄDDVÄFFLOR)**

<b>2 eggs</b>	<b>1 tsp. soda</b>
<b>1 pint dairy sour cream</b>	<b>1 tsp. double action</b>
<b>1 1/2 cups sifted all-purpose</b>	<b>baking powder</b>
<b>flour</b>	<b>6 Tbsp. melted butter</b>
<b>1/2 tsp. salt</b>	

1. Beat eggs slightly; add sour cream.
2. Sift together flour, salt, soda and baking powder. Add to cream and egg mixture and stir until all flour is moistened. Stir in melted butter.
3. Bake in heated waffle iron 4 to 5 minutes.

Yield: 7 waffles, seven inches in diameter.

**SWEET MILK WAFFLES  
(VÄFFLOR)**

<b>2 cups sifted all-purpose</b>	<b>6 Tbsp. butter</b>
<b>flour</b>	<b>2 eggs, separated</b>
<b>2 tsp. double action</b>	<b>2 cups milk</b>
<b>baking powder</b>	
<b>1/4 tsp. salt</b>	

1. Sift together flour, baking powder and salt.
2. Work in butter as for pie crust.
3. Add slightly beaten egg yolks mixed with milk. Fold in stiffly beaten egg whites.
4. Bake in heated waffle iron 4 to 5 minutes.

Yield: 7 waffles, seven inches in diameter.

## **CANDIES KARAMELLER**

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### **HARD CANDY (KNÄCK)**

**1 cup molasses  
1 cup sugar  
1 cup heavy cream**

**3 Tbsp. butter  
1/2 cup chopped blanched  
almonds  
1/2 cup finely ground  
rusk crumbs**

1. Use a heavy kettle or skillet. Mix molasses and sugar in kettle. Stir in cream gradually stirring until well mixed. Add butter.

2. Heat stirring constantly, preferably with a wooden spoon, until mixture begins to boil. Turn down heat and cook slowly, stirring occasionally, until candy is brittle when a few drops are tested in cold water (270°). The cooking may take 30 to 45 minutes.

3. Add almonds and rusk crumbs and let candy again come to a boil, stirring constantly.

4. Pour out on buttered cooky pan, 10x15 inches, having turned up edges. Spread candy evenly in pan and work fast. While cooling, mark with buttered knife into small squares.

5. When cold, break pieces apart or tap with knife on bottom of hardened mixture. Store in tightly covered jar.

**Yield: 60 to 80 pieces.**

**Note:** Candy may be poured into small fluted paper cups for cooling. Sour cream may be used instead of sweet cream but the candy takes a longer time to cook.

**MINT CANDIES  
(POLKAGRISAR)**

**3 1/3 cups sugar**  
**1 1/3 cups water**  
**1 Tbsp. white vinegar**

**1/4 tsp. peppermint extract**  
**few drops red food coloring**

1. Mix sugar, water and vinegar in saucepan. Bring to the boiling point. Wash off sugar crystals from side of pan with a damp cloth wrapped around a fork. Cook without stirring to soft crack stage (276°). Remove from heat. Pour out 1/4 cup syrup into a buttered saucer and set aside in a warm place.

2. Pour remaining syrup onto chilled buttered marble slab. Pour peppermint extract over syrup but do not stir. As syrup cools turn edges toward middle to cool evenly.

3. When cold enough to handle, pull candy with hands until it is white and begins to become firm. Form into a roll about 18 inches long.

4. To reserved 1/4 cup syrup add red coloring. Mix thoroughly but do not pull. Cut in half and shape each piece into a strip about 18 inches long. Place a strip on each side of white roll. Keep candy on buttered cookie sheet in front of open door of heated oven while portions are being cut off and pulled.

5. Cut off a 3 inch portion at a time and pull out until about 1 inch wide. With scissors cut into pieces 3/8 to 1/2 inch long. During cutting process warm candy occasionally by holding strip before open door of heated oven.

6. When all mints are cut, separate pieces, cover loosely with waxed paper and let stand at room temperature overnight.

**Yield: about 1 1/2 lbs.**

**Note:** Chill marble slab by setting slab outdoors during cold weather or chill indoors by covering slab with ice cubes. Wipe dry before buttering.

**GINGER CANDIES  
(POLKAGRISAR)**

**3 1/3 cups firmly packed**  
**brown sugar**  
**1 1/3 cups water**

**1 Tbsp. white vinegar**  
**1 tsp. ginger**

1. Follow same method as for making Mint Candies. When cooked pour out and reserve 1/4 cup syrup for strips.

**BEVERAGES**  
**VARMA OCH KALLA DRYCKER**

---

**COFFEE (WITH EGG)**  
**(KAFFE)**

<b>4 cups cold water</b>	<b>4 tsp. egg</b>
<b>1/2 cup (8 level Tbsp.)</b>	<b>4 tsp. cold water</b>
<b>regular grind coffee</b>	<b>1/4 cup cold water</b>

1. Bring water to a boil. Just before water boils mix ground coffee, egg and 4 tsp. cold water. Stir into boiling water. Let slowly come to a boil, stirring occasionally. Turn off heat, add 1/4 cup cold water. Let stand about 10 minutes until coffee grounds have settled.

Yield: 4 cups.

**Note:** To prepare egg for coffee, break egg into small cup. Beat until yolk and white are well mixed. Measure out required amount, (1 tsp. for each cup coffee) and refrigerate remaining egg until coffee is next made.

**COFFEE (WITH EGG)**  
**(KAFFE)**

<b>24 cups (6 quarts)</b>	<b>2 1/2 cups coffee</b>
<b>cold water</b>	<b>(regular grind)</b>
<b>1 egg</b>	<b>2 Tbsp. cold water</b>
	<b>1/2 cup cold water</b>

1. Bring water to a boil. Just before water boils break egg into ground coffee. Add crushed egg shell and 2 Tbsp. water. Mix well and add to boiling water. Let come to a boil slowly. Turn off heat and let stand until bubbling stops. Bring just to a boil again, turn off heat and let stand. Bring to a boil the third time and turn off heat. Add 1/2 cup cold water. Let stand 5 minutes. Pour out about 1/2 cup coffee and pour back into coffee pot. Repeat two times. When grounds have settled coffee is ready to serve.

Yield: 24 cups coffee.

**RASPBERRY SHRUB  
(HALLONSAFT)**

<b>4 quarts red raspberries</b>	<b>1 pint water</b>
<b>1 pint vinegar</b>	<b>sugar</b>

1. Wash, drain, and pick over raspberries. Add vinegar and water and let stand overnight.

2. Bring to boiling point and boil hard 1 minute. Drain in jelly bag. Measure juice. To each cup of juice add  $\frac{3}{4}$  cup sugar. Mix thoroughly and bring to boiling point. Boil hard 10 minutes.

3. Pour into hot sterilized jars, filling jars to  $\frac{1}{2}$  inch from top. Seal at once.

Yield: about 4 pints.

4. To serve, add  $\frac{1}{4}$  cup of shrub to a glass of ice water and ice cubes. A few drops of lemon juice may be added.

**RASPBERRY OR STRAWBERRY SYRUP  
(HALLON ELLER JORDGUBBSAFT)**

<b>2½ pints raspberry or strawberry juice</b>	<b>2 lbs. sugar</b>
	<b>1 pint water</b>

1. Mash raspberries or strawberries thoroughly. Drain in jelly bag. Measure 2½ pints juice.

2. Mix sugar and water in preserving kettle. Heat, stirring constantly until sugar is dissolved. Skim. Cook to soft ball stage (234°).

3. Stir in fruit juice slowly. Bring to boil and boil 1 minute. Skim.

4. Turn into hot sterilized jars filling jars to  $\frac{1}{2}$  inch from top. Seal at once.

Yield: about 3 pints.

5. To serve as a beverage add syrup to ice water and ice cubes.

**CHRISTMAS WINE  
(GLÖGG)**

<b>1 quart port wine</b>	<b>candied peel of ¼ orange</b>
<b>1 pint muscatel wine</b>	<b>½ cup raisins</b>
<b>1 pint dry sherry wine</b>	<b>30 blanched almonds</b>
<b>15 cardamom pods</b>	<b>1 pint whiskey</b>
<b>3 (3 inch) sticks cinnamon</b>	<b>20 sugar lumps</b>
<b>20 whole cloves</b>	

## BEVERAGES

1. Mix wine in large saucepan. Cover and heat to just below boiling point.
2. Break open cardamom pods. Tie pods, cinnamon sticks, cloves and orange peel in a cheesecloth bag and add to hot wine. Add raisins and almonds.
3. Turn off heat and pour in whiskey. Cover and heat again to just below boiling point. Turn off heat.
4. Place sugar in a strainer. Dip into wine mixture and light with match. Keep dipping sugar into wine until sugar melts. Then cover quickly to smother flame. Let stand 20 minutes. Remove spice bag. Serve warm.

Yield: about  $2\frac{1}{2}$  quarts.

### CHRISTMAS WINE (GLÖGG)

12 almonds, blanched and halved	12 cardamom pods
$\frac{3}{4}$ lb. raisins	1 quart water
$\frac{3}{4}$ lb. prunes	1 gallon port wine
peel of 1 orange, cut into quarters	$\frac{4}{5}$ qt. brandy
15 whole cloves	$\frac{4}{5}$ qt. grain alcohol
2 sticks cinnamon	$\frac{3}{4}$ cup sugar
1 small piece ginger root	

1. Put almonds, raisins, prunes, orange peel, cloves, cinnamon, ginger root, cardamom and water in saucepan. Cover and simmer 45 minutes.

2. Pour into large kettle. Add wine. Cover tightly and heat to just below boiling point. Turn off heat. Carefully add brandy and grain alcohol. Cover and carefully heat again to just below boiling point. Turn off heat and let cool, covered, about 5 minutes. Remove cover.

3. Light a match and carefully hold over wine mixture to light surface. Let burn a second or two. Quickly cover tightly to smother flame. Again light for a second or two. Cover to smother flame. Add sugar.

4. Serve warm with a few raisins and almonds in each glass.

Yield: about  $1\frac{1}{2}$  gallons glögg.

**Note:** The glögg may be stored in the wine and liquor bottles. Cool the glögg, then pour into the bottles. Add some of the raisins and all of the almonds. Cover tightly. To serve, heat only until hot but do not boil.

# CHRISTMAS WINE (GLÖGG)

4 cardamom pods	1/2 pint rum
1/2 inch stick cinnamon	1/2 cup seedless raisins
3 whole cloves	6 prunes, pierced
1 cup water	1/2 cup blanched almonds
1 tsp. sugar	1/3 cup sugar
1/2 gallon port wine	6 sugar lumps
1 pint bourbon	

1. Tie cardamom, cinnamon and cloves in cheesecloth bag. Place in saucepan and add water and 1 tsp. sugar. Bring to boil and boil 1 minute.

2. Pour wine, bourbon and rum into large kettle. Add cooked spices and juice, raisins, prunes, almonds and 1/3 cup sugar. Heat until hot, stirring constantly, but do not boil. Remove spice bag.

3. Put sugar lumps in a long handled sieve. Dip into hot liquid to moisten. Light sugar with a match and allow to burn, dipping sieve into liquid almost constantly until sugar has melted and has dripped down into glögg. Then cover kettle to put out flame. Cool slightly. Serve hot with a few almonds and raisins in each glass.

Yield: about 2 1/2 quarts.

# CHRISTMAS WINE (GLÖGG)

15 blanched almonds	1 1/2 inch stick cinnamon
1/2 cup raisins	1/4 cup mixed candied fruit
1 quart dry red wine	3/4 cup sugar
4 cardamom pods	1/2 pint brandy
3 whole cloves	

1. Add almonds and raisins to wine. Break open cardamom pods. Tie cardamom, cloves, cinnamon and candied fruit in cheesecloth bag and add to wine. Let stand overnight.

2. Heat wine mixture slowly to simmering point. Do not allow to boil. Stir in sugar and stir until dissolved. Remove from heat. Stir in brandy. Remove cheesecloth bag.

3. Carefully light the surface of the glögg with a match and let it burn a second or two. Cover to put out flame.

4. Serve warm with a few raisins and almonds in glasses.

Yield: 1 1/4 quarts.

## MISCELLANEOUS DIVERSE RÄTTER

### LINGONBERRY RELISH (LINGONSYLT)

- |                           |                             |
|---------------------------|-----------------------------|
| 1 quart lingonberries     | 2 cinnamon sticks, broken   |
| $\frac{1}{2}$ cup water   | in pieces                   |
| $1\frac{1}{2}$ cups sugar | 10 small strips orange peel |

1. Pick over lingonberries. Add water, sugar and broken cinnamon sticks. Remove  $\frac{1}{4}$  peel from an orange and cut peel in 10 strips crosswise. Cut white part from each strip. Add strips to lingonberries.

2. Cover kettle and bring to a boil. Cook gently 15 minutes. Remove pieces of cinnamon.

Yield:  $1\frac{1}{2}$  pints.

Lingonberries, the small red berries sometimes called the Arctic berries are found growing in clusters on low growing plants in all parts of Sweden and have been used by the Swedish people for generations. They are picked in the late summer and early fall in great quantities for home use, for each family depends on the lingonberry for its supply of relishes during the winter months. They may be preserved with sugar as other berries or they may be kept in crocks of cold water until used. Lingon are served as an accompaniment to meat, poultry, potatoes, omelets, pancakes, waffles, rice pudding and breakfast cereals or they may be eaten plain with milk or cream.

### LINGONBERRY SAUCE (LINGONSYLT)

#### *Large Recipe:*

- 4 quarts lingonberries
- 2 cups water
- 3 lbs. sugar

#### *Small Recipe:*

- 1 pint lingonberries
- $\frac{1}{4}$  cup water
- $\frac{3}{4}$  cup sugar

1. Pour off liquid on lingonberries. Pick over berries carefully.

2. Place lingonberries in saucepan; add water. Cover saucepan tightly and bring to boiling point. Cook slowly 15 minutes.

3. Remove from heat. Add sugar and stir until sugar is dissolved and sauce is cold.

Yield: Large recipe 4 quarts sauce. Small recipe, 1 pint sauce.



**MACARONI PUDDING  
(MAKARONIPUDDING)**

<b>2 cups broken macaroni</b>	<b>1/2 tsp. white pepper</b>
<b>6 cups milk</b>	<b>4 Tbsp. butter</b>
<b>1 tsp. salt</b>	<b>1 cup milk</b>
	<b>1/2 cup grated sharp cheese</b>

1. Add macaroni to six cups hot milk. Cook in top of double boiler over boiling water for thirty minutes.

2. Add salt, pepper, butter and 1 cup milk. Place in greased 12 inch baking dish. Sprinkle top with grated cheese. Bake in moderate oven (350°) 40 minutes.

Yield: 6 servings.

Christmas rice porridge is a part of the traditional Christmas Eve Supper. According to an old Swedish tradition and practiced in many homes in America each person must compose and recite a rhyme before touching the porridge, and the one who gets the almond hidden in the porridge will marry during the coming year.

**CHRISTMAS PORRIDGE  
(JULGRÖT)**

<b>1 cup rice</b>	<b>5 cups milk</b>
<b>2 quarts boiling water</b>	<b>1 blanchd whole almond</b>
<b>2 Tbsp. butter</b>	<b>cinnamon or grated</b>
<b>1 tsp. salt</b>	<b>almonds</b>
<b>2 Tbsp. sugar</b>	<b>sugar</b>
	<b>cold milk</b>

1. Add washed and drained rice to boiling water. Again bring to a boil and cook uncovered 1 minute. Drain rice thoroughly; add butter.

2. Add rice, salt and sugar to milk in top of double boiler. Cover and cook over gently boiling water until rice is tender and milk is absorbed, about 2 hours.

3. Pour into serving dish and stir in almond. Sprinkle top generously with cinnamon and sugar or grated almonds and sugar. Serve with cold milk.

Yield: 8 servings.

## MISCELLANEOUS

### RYE FLOUR PORRIDGE (RÄGMJÖLSGRÖT)

3 cups water  
1 tsp. salt

1 cup 100% whole  
rye flour  
 $\frac{1}{3}$  cup cold water

1. Bring water to a boil. Add salt. Sprinkle flour gradually over water and beat in with a wire whip.
2. Let cook slowly 20 minutes, stirring occasionally.
3. When cooked, add  $\frac{1}{3}$  cup cold water and let come to a boil.
4. Turn into serving dishes. Serve with milk and sugar.

Yield: 4 servings.

### RASPBERRY PRESERVES (SYLTADE HALLON)

3 lbs. fresh raspberries  
(3 quarts)

2 lbs. sugar  
1 cup water

1. Wash and drain raspberries thoroughly. Mix sugar and water in kettle and bring to boil stirring until sugar is dissolved.
2. Add raspberries and bring to boil. Remove from heat, shake kettle and skim berries. Return to heat, bring to boil. Then remove from heat, shake and skim. Repeat 4 or 5 times.
3. Turn into hot sterilized jars filling jars to  $\frac{1}{2}$  inch from top. Seal at once.

Yield: about 4 pints.

### RICE SOUP (RISGRYNS VÄLLING)

$\frac{1}{2}$  cup rice  
5 cups milk

2 Tbsp. sugar  
small piece of stick  
cinnamon

1. Wash rice. Put into top of double boiler with the cold milk, sugar and stick cinnamon. Cook two hours over boiling water.

Yield: 4 to 5 servings.

**Note:** This is a dessert and should be served in soup plates:

**STRAWBERRY PRESERVES  
(JORDGUBBSSYLTY)**

**9 cups strawberries**

**9 cups sugar**

**1 cup water**

1. Wash, drain and hull strawberries. Measure 9 cups berries.
2. Put sugar and water in large preserving kettle. Bring to a boil stirring until sugar is dissolved. Add strawberries.
3. Bring again to a boil, then boil gently 15 minutes. Do not stir but shake the kettle. The shaking is the secret of success. It causes the berries to absorb the syrup and remain plump and whole. Skim. Let stand until cold. Shake the kettle all the time while cooking and cooling.
4. When cold turn into hot sterilized jars filling jars to  $\frac{1}{2}$  inch from top. Seal at once.

**Yield: 7 half pints.**

## **Suggestion for Smörgåsbord**

### **SMÖRGÅSBORD**

Hardtack - Rye Bread  
Pickled Herring  
Sardines - Anchovies  
Salt Herring with Sour Cream  
Anchovies in Casserole  
Sliced Smoked Salmon - Herring Roulades  
Jellied Veal - Liver Loaf  
Meat Balls  
Baked Ham - Potato Sausage  
Sliced Sausage  
Pickled Beets - Pickled Cucumbers  
Small boiled Potatoes  
Rice Pudding - Lingonberry Sauce  
Cheese - Crackers

## **Suggestion for Christmas Eve Supper**

### **CHRISTMAS EVE SUPPER**

Hardtack - Rye Bread  
Cheese  
Pickled Herring - Anchovies  
Head Cheese - Potato Sausage  
Jellied Veal - Pickled Beets  
Meat Balls - Brown Beans  
Christmas Ham  
Lutfisk - Cream Sauce  
Boiled Potatoes  
Christmas Rice Porridge  
Coffee

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