

Kroppkakor

Presented by Irene Roberts and Janet Taylor

Recipe (reference www.Sweden.se)

Ingredients (4-6 servings)

10 medium-sized potatoes
2–3 egg yolks
150–189 g (5–6½ oz) wheat flour
1 tsp salt
1 red onion
200 g (7 oz) salt pork
2 tsp cracked allspice

Preparation

Peel and boil the potatoes. Mash them and mix with the egg yolks and salt. Let the purée cool, then mix in the flour. Knead the dough thoroughly and shape into a roll. Chop the pork into small cubes and dice the onion. Fry the pork quickly with the onion and mix with the allspice. Cut the potato roll into inch-thick slices, make a depression in the center of each slice and fill it with the pork mixture. Flatten each dumpling so the pork mixture is in the middle and roll into a smooth, even ball. Boil the dumplings slowly in a pot of lightly salted water without a lid for 5–6 minutes after the dumplings rise to the surface. Serve with lingonberries and melted butter.



Swedish Meatballs

Presented by **Fred Sommers**. Recipe (reference www.Sweden.se)

Ingredients (4-6 servings)

500 g (18 oz) ground (minced) beef/pork mixture

250 ml (1¼ cup) milk

75 g (¾ cup) white breadcrumbs

1 egg

1 onion

salt, white pepper

ground allspice

Preparation

Finely dice the onion and sauté gently in a little butter without browning. Soak the breadcrumbs in milk. Blend the ground meat, preferably in a food processor, with the onion, egg, milk/breadcrumb mixture and the spices to the proper consistency and taste. Add a little water if the mixture feels too firm. Check the taste by test-frying one meatball. Then shape small meatballs with the aid of two spoons and place on water-rinsed plates. Brown a generous pat of butter in a frying pan, and when it 'goes quiet' place the meatballs in the pan and let them brown on all sides. Shake the frying pan often. Serve with potato purée or boiled potatoes and raw stirred lingonberries.



Janssons Frestelse (Jansson's Temptation)

Presented by **Barbara Froemming** (Recipe reference www.ingebretsens.com)

Ingredients (4-6 servings)

2 1/4 lb potatoes (do not use new potatoes)

2 onions Butter 3 1/2 oz.

Swedish-style anchovy fillets and brine



1 2/3 Cups whipping cream 2 Tbsp breadcrumbs

Preparation

Preheat oven to 425°F. Peel and cut potatoes into strips. Peel onions and cut into thin slices.

Sauté the onions in 1 tbsp. butter until soft. Generously grease a deep, straight-sided ovenproof dish with butter. Layer potatoes, onion and anchovies, ending with potatoes.

Press down lightly to even out surface. Pour cream over the casserole, almost to top of potatoes. Sprinkle with anchovy brine. Finally, sprinkle with breadcrumbs and dot with butter. Bake about 45 minutes.



Pannkakor, Swedish Pancakes

Presented by Karin Konrad

Ingredients

3 eggs
1 cup flour (all purpose)
1 1/4 cup milk
½ teaspoon salt
1 tbs white sugar
1 tbs melted butter
1 cup heavy whipping cream
Lingonberries, or Lingonberry jam, to taste

Preparation

Beat eggs in a bowl with an electric mixer until thick and lemon-colored, 3 to 5 minutes. Stir in milk. Sift flour, sugar, and salt together in a bowl. Add to egg mixture; mix until batter is smooth.

Add melted butter and mix.

In a hot griddle with butter drop ¼ cup of batter on the griddle; spread to make thin pancakes. Cook until light brown on bottom, 1 to 2 minutes. Flip, and continue cooking until second side is light brown, 1 minute more. Repeat with remaining batter.

Whip whipping cream

Mix the whipped cream with some lingonberries and spread on the pancake and roll up. (Note that picture below shows lingonberry jam and whipping cream on the outside, instead of being spread and rolled up inside.)



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Smörgåstårta (Swedish Sandwich Torte)

Presented by **Carol Gustavson** (recipe reference Recipe from District Lodge Lake Michigan #8, Scandinavian Cuisine, p. 74)

Ingredients

2 loaves white bread, prefer heavier type
 Assorted fresh veggies – cut small
 1 lb. ham salad
 1 can shrimp –medium (or frozen)
 1 lb. egg salad
 1 can black olives
 1-8 oz. pkg. cream cheese
 and a little milk

Preparation

Lay the first layer of bread on a board, 3 across and 2 down.

Spread the ham salad on the 6 slices of bread.

Then lay a second layer of bread on top of the first layer.

Spread the egg salad on that layer.

Add one more layer of bread on top of the egg salad.

Thin the cream cheese with a little milk so it is the consistency of frosting.

Then frost the whole cake – top and sides – with the creamed mixture.

Place the shrimp in rows on top of the cream frosting.

Place the assorted veggies between the rows of shrimp.

Chop the black olives and sprinkle over the top.

Refrigerate at least for an hour before serving.

Cut the cake into squares and serve with fork and knife.

Note: You can use broccoli, radishes, shredded carrots, sliced tomatoes or grape tomatoes, cucumber slices, green, yellow, or red peppers or onions to make it look like a decorated cake.



Hårt bröd, (Knäckebröd) with eggs and kaviar

Submitted by Jan Ehrengren

1 serving

Ingredients

1 pc Hårt bröd, (Knäckebröd, Crisp Bread) (Find it at IKEA)

Butter

1 Egg

1 Bead Kalles Kaviar (Find it at IKEA)

Tools

Egg slicer

Preparation

Put eggs in the pan cover with cold water and put the pan on the stove on high heat, set the timer for 15 minutes. The eggs will start boiling in about 5 minutes and then boil for about 10.

After 15 minutes put the eggs in ice water and let them cool, about 8 minutes.

Peel the egg and slice with egg slicer.

Butter the Hårt bröd

Put egg slices on the bread and then top with Kalles Kaviar



Kanelbullar (Cinnamon rolls)

Presented by **Sonia Hummel**, Recipe **Anne-Marie Linnea Hummel**.

Ingredients and Preparation

Combine into a small bowl 2 packages dry yeast, ½ cup warm water, 1 tablespoon sugar and set aside for yeast to rise

Mix: 4 ½ cup flour, 4 Tablespoon sugar, 1 ½ teaspoon salt, 1 teaspoon cardamom
put in 1 cup cold butter sliced into flour mixture and mix

Add: 2 eggs, ½ cup milk

Add yeast mixture

Refrigerate overnight or for 2 hours

Take dough out and divide into 2 batches

Roll each batch into a rectangle (about 16-18 inches)

Mix in a bowl, 2 cups softened butter, ¾ cup white sugar, ¾ cup brown sugar.

Spread ½ butter mixture onto each of the rectangle dough

Mix together cinnamon, cardamom and white sugar then sprinkle it over the butter mixture

Fold the dough into thirds and roll it out again into a rectangle.

Cut the dough into long ribbons about 1 cm wide.

Twist each cut column of dough and then tie it into a knot

Place the knots into a greased cupcake pan

Let the rolls rise for 2 hours

Before baking the rolls, beat an egg add a pinch of water and some salt, brush each roll with the egg

Sprinkle on-top of each roll with more of the cinnamon, cardamom, sugar mixture

Sprinkle on-top of each roll with Swedish Course White Sugar

Bake the rolls at 400 degrees for 8-10 minutes or until lightly brown

