

Swedish American Historical Society of Wisconsin, Inc.

SEPTEMBER, 2022



COMING EVENTS

Saturday, September 10, 1:30 pm – Fika Meeting
Saturday, October 22, 1:30 – Annual General Meeting
Sunday, December 11, 5-7:00 -Lucia Program

Fika Meeting September 10, 2022, 1:30 PM at Martin Luther Lutheran Church, 9235 West Bluemound Road, Milwaukee located just east of Milwaukee Zoo. Members of the Society will present their favorite Swedish dishes, including samples for attendees to taste. The meeting is open to the public.

The program is in honor of **Barbara Froemming, who** passed away recently. Barbara was the longest serving President for the Society, serving for 12 years. Barbara was a steadfast leader, well organized, ensuring Bylaws were followed, managed state and IRS filings and was the initiator and creator of many interesting programs for the Society meetings. One of her favorite topics was Swedish food and it was unfortunate that a meeting she planned to be held in March of 2020 titled “**Exploring our Swedish Food Heritage**” had to be cancelled due to the Covid 19 pandemic.

SAHSWI is not the same without Barbara, she is dearly missed, not only because of her leadership, but for the delightful, generous person she was, and for the delicious open face sandwiches she made for board and Fika meetings.



Exploring our Swedish Food Heritage



Our presenters, who include Irene Roberts, Karin Konrad, Fred Sommer, Carol Gustafson, Liza Ekstrand and Jan Ehrengren were asked about the dish that means Sweden to them. In addition to preparing the dishes for you, they might share stories of how each dish became a family favorite. Be prepared for Jansen’s frestelse, kottbullar, kroppkaker, Kalles kaviar, and smörgåstårta.

Our program committee would like to point out that even though there will be samples of the foods being demonstrated, we will still have our usual fika table. Your additions to it will be greatly appreciated. Tack!

2022 Scandinavian Midsommar Celebration

This unique and popular Scandinavian tradition was celebrated at **Heidelberg Park** on Sunday June 26. Close to a hundred people attended the event decorating the Maypole, making flower crowns, raising the maypole and singing and dancing around it. There were sack raises, Kubb playing, tug-of-war, face painting and entertainment by the magnificent violinist duo **Goda Vänner**. New additions this year were the History table where you could learn about Swedish settlers in Wisconsin and the Sale table offering Swedish items for sale donated by SAHSWI members. Proceeds from the sale table will go toward the cost of the historical marker at Pine Lake. We want to thank so many for keeping the Midsommar celebration a fun-filled event recognizing our ancestors coming from Scandinavia.



THE SWEDISH CHEF

In line with our emphasis on cooking this month, here is the story of Kassahun Joar Tsegie, or how a boy born in Ethiopia became a Swedish chef. That boy and his sister Fantaye were separated from their family during the Ethiopian War and were adopted by Anne-Marie and Lennart Samuelsson. They were taken Goteborg, Sweden, where they became known as Marcus and Linda Samuelsson.



Marc became interested in cooking through his grandmother Helga. He studied at the Culinary Institute in Göteborg. He came to the United States in 1994 as an apprentice at the Swedish restaurant Aquavit.

He became the executive chef at Aquavit at the age of 24 and soon became the ever to receive a 3-star restaurant review from the *New York Times*. In 2003, he was named "Best Chef: New York City" by the James Beard Foundation.

As a cookbook author, he received more awards. Two of his books are "Aquavit and the New Scandinavian Cuisine" and "En Smakresa." In addition to being a visiting professor at Umeå University in Sweden, he has had several TV shows and has opened a number of restaurants in the New York City area. And in 2009, he was chosen to be the guest chef for Barack Obama's first state dinner. Because the dinner honored the Prime Minister of India, the menu was largely vegetarian and a combination of the best American cuisine and the flavors of India.

MARCUS' DILL-SPICED SALMON

"Salmon with dill is the Swedish equivalent to American meat loaf. When I was growing up in Sweden, it was the weeknight dish that every family had almost every week. This cooking technique will give you salmon that's creamy. If you prefer it more well done, leave it in the skillet for a few more minutes."

4 tablespoons Olive oil

Juice of 1 lemon

1 tablespoon Dijon mustard

2 tablespoons chopped fresh dill

2 garlic cloves, thinly sliced

4-1/2 teaspoons chile powder

1 tablespoon coriander seeds, finely ground

1 teaspoon cumin seeds, finely ground

4 6-ounce skin-on salmon fillets

Freshly ground black pepper

Kosher salt

1 tablespoon unsalted butter

In a mini food processor, blend 2 tablespoons of the olive oil, lemon juice, mustard, dill, garlic, chile powder, coriander, cumin and ¼ teaspoon pepper into a paste. Transfer the paste to a bowl. Season the salmon fillets with salt and pepper. Heat the remaining 2 tablespoons olive oil in a large skillet over medium-high heat. When it shimmers, add the salmon fillets, skin side down, and brush half the paste on the fillets.

- Thanks to Sweden and America

VISBY, SWEDEN



The Discover blog just released a list of under-rated UNESCO sites. On the list is one of the best-preserved medieval cities in Scandinavia, the Hanseatic Town in Visby. "With medieval walls, spiraling churches, and pointed rooftops, this town feels like it's straight out of a fairy tale. A simple stroll through the cobblestone streets of this charming and cozy heritage site will transport you back in time for a holiday you won't forget."

Since its inception, the United Nations Educational, Scientific and Cultural Organization (UNESCO) has identified and preserved dozens of culturally significant sites around the world. From historical buildings to natural marvels, each heritage site offers a unique historical, cultural, or monumental impression to visitors.

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