

# Janssons Frestelse (Jansson's Temptation)

Presented by **Karin Konrad** first submitted by **Barbara Froemming**

## My story

**Jansons Frestelse** is a creamy potato and fish gratin. What makes the dish special is the ansjovis which are sprat filets cured in a spiced brine. They are different from Mediterranean anchovies. **Jansson's Frestelse** is a classic dish traditionally served in Sweden at big parties such as weddings and major birthday celebrations as a late-night meal before guests leave. Today you will find it being included in a typical Swedish Smorgasbord.

**Barbara:** *"My experience with Janssons Frestelse is strictly in the United States. It has frequently been included in Swedish smörgåsbords, for example, at IKEA. Also, when I was asking our members to tell me about traditional Swedish recipes, it was often mentioned."*

**Karin:** "I have had Janssons Frestelse many times but never before prepared it myself, and I was amazed how well it turned out"

## History

It is said that this creamy potato and fish gratin was named for a food-loving opera singer from the early 1900s called Mr Janson. The recipe was first published in 1940 and quickly became established as a classic of the Swedish dinner table. It is now so popular that no julbord or smörgåsbord would be complete without it (swedishfood.com)

Craig Claiborne (New York Times) claims that **Jansons Frestelse** was actually created in this country, not in Sweden. He thinks it was named after a 19<sup>th</sup> century religious leader, Erik Janson, who brought his followers to America and established the community called Bishop Hill in Illinois. He preached staunchly against the pleasures of the flesh and appetite but had a weakness for this casserole dish. (cooking.nytimes.com)

Another version of the name origin is from Gunnar Stigmark who says the name was borrowed from the film *Janssons frestelse* (1928) featuring the popular actor Edvin Adolphson, as a name for this dish coined by Stigmark's mother and hired cooking lady for the particular occasion of a society dinner, whence it spread to other households and eventually into cookbooks. (Wikipedia)

**Recipe** (reference: <https://semiswede.com>)

## Ingredients (6-8 servings, as side dish)

- 2 1/4 pounds (1kg) potatoes, peeled and julienned 1/4" thick
- 2-3 yellow onions, peeled and sliced into thin rings
- 12-14 ansjovis
- 2 cups (470 ml) light cream
- bread crumbs
- 2-3 tablespoons butter



### **Preparation**

Preheat the oven to 430°F(225°C). Fry the onion until soft in 1 tablespoon of butter. Do not let the onions brown. Butter a 9×14 (3.3 liter) casserole dish, and put a single layer of potatoes in the bottom. Add the onions, a layer of ansjovis (see image above), and the remaining potatoes. Pour over half of the cream, sprinkle with bread crumbs, and dot with remaining 2 tablespoons butter. Bake uncovered in the middle of the oven for 25 minutes. Pour over the rest of the cream, and bake an additional 20-30 minutes uncovered until the potatoes are soft and the top is golden. Serve hot.

