

Hårt bröd, (Knäckebröd) with eggs and kaviar

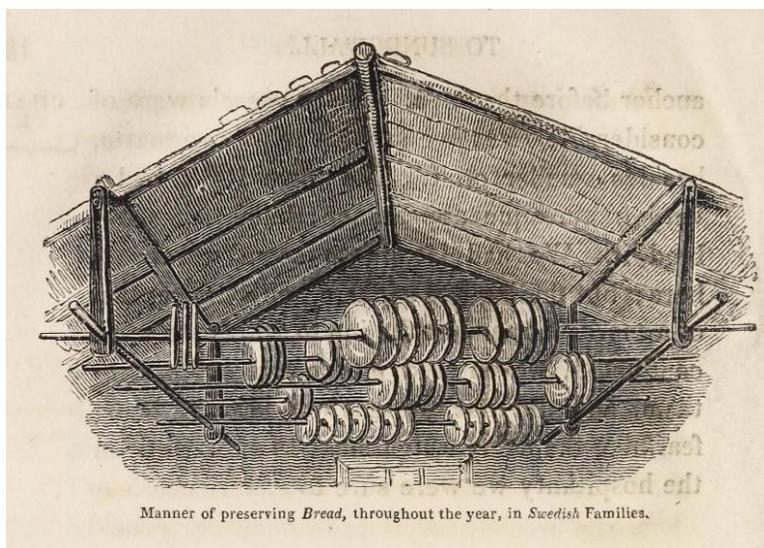
Submitted by Jan Ehrengren

My story

"I grew up in Sweden on a farm outside of Uppsala during 1950's and 60's. Served with all meals were "hårt bröd" (crisp bread), butter, and a block cheese (carved with a cheese slicer (osthyvel)). In addition, for breakfast a tube of Kaviar, and boiled eggs. In the morning I had hårt bröd with eggs and kaviar for breakfast. Today, when I visit family in Sweden, they still have this for breakfast, sometimes they skip the hårt bröd, and just put the Kalles Kaviar directly on the egg."

History

Knäckebröd history goes back 500 year and has been prepared commercially since 1850. The bread was traditionally baked with rye flour, salt and water a couple of times a year. The texture is bubbly which was done through adding ice in the dough. The final shape were round pieces about 8" diameter with a whole in the middle, which made it possible to store the bread on sticks in the rafter of the house. Now **Knäckebröd** is popular in all shapes and sizes and with varying grains and seasonings.



Manner of preserving Bread, throughout the year, in Swedish Families.

Kaviar's main ingredient is cod roe that is lightly smoked and seasoned with sugar and salt, then mixed into a paste with potato starch, tomato paste and vegetable oil. The taste is like a creamy paste with slightly salty fishy taste. The Kaviar is sold in tubes and although there are many different brands the most known around the world is **Kalles Kaviar**.

History of Kalles Kaviar

1850 – Salted cod roe became popular to eat in Sweden.

1910 – By accident oil is mixed into the cod roe to create a new type of kaviar

1954 – A local producer and seller of kaviar sells his recipe to Abba who decides to sell the kaviar in tubes. It sells well, especially among children and young people. Abba's ad agency suggests putting a child with a common name on the tube. They also decide to use yellow and blue (for the Swedish flag)

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as the colors. The Abba CEO's son Karl Almen is drawn from a photo and put on the tube. The name Kalle which is the nickname for Karl became the name used for the Kaviar, Kalles Kaviar.

1955 – More than a million tubes were sold in the first year (the population of Sweden was little more than 7 million at that time) and sales today is still increasing.

Ingredients (one serving)

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

