

## Swedish

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## **Appetizers**

### **Swedish Rye Bread with Rosemary Butter (Rosmarinsmör)**

2 pkg dry yeast	2 tablespoons light molasses
¼ cup warm water	2 cups milk
1 tablespoon fennel seed	2 eggs
1 tablespoon anise seed	1 cup mashed potatoes
1 tablespoon salt	2 cups medium rye flour
½ cup brown sugar	2 cups white flour(or more)
1 stick, margarine (melted)	
1 lb butter or margarine at room temperature	¼ cup to ½ cup chopped rosemary

Dissolve yeast in water. Add fennel, anise, salt, sugar, margarine, and molasses to milk. Add eggs and mashed potatoes. Stir in rye flour, gradually add white flour except for 2 to 3 cups for kneading. Knead on board until smooth and solid. Put dough in greased bowl and set aside in warm place to rise to double its size. Divide into three parts, form into loaves and let rise double again. Bake at 400 degrees for 10 minutes. Lower heat to 325 and bake another 35 minutes.

Blend rosemary with softened butter until fluffy and rosemary is well blended. May be refrigerated for one week or frozen if desired.

*Source: Var Sa God, Heritage and Favorite Recipes & Handbook of Swedish Traditions, American Swedish Institute, Minneapolis, MN.*

### **Gravalax**

1 fillet of salmon, skin on	6 oz. salt
4 oz. sugar	6 oz. brown sugar
1-1/2 tablespoons black peppercorns	2 tablespoons fresh dill
½ oz. of gin	

Trim the salmon filet to a uniform thickness. Remove any bones in the filet. Combine salt, sugar, and brown sugar. Place half the mixture in a non-reactive pan. Place the salmon, skin side down, to cure in the pan. Top the fish with the remainder of the mixture. Sprinkle the top of the dish with dill, pepper, and gin. Make certain the pan used is deep. The fish will release a great deal of liquid as it cures. The resulting brine is necessary to fully cure the fillet. Place a pan atop the fish with 4-6 lbs of weight to encourage the dehydration. Refrigerate for 48-72 hours. The salmon will feel firm in the center with it's done. Once the curing is completed, rinse off all of the mixture and remove the skin. Discard the mixture and serve the salmon as you would serve lox or smoked salmon.

*Source: [www.homecharcuterie.wordpress.com](http://www.homecharcuterie.wordpress.com)*

## Salad

### Appelsallad (Apple Salad)

4 good tart apples  
¾ cup of cream  
1 to 3 tablespoons of lemon juice  
1 to 3 teaspoons of sugar

Peel, shred, or grate the apples coarsely. Mix the cream with the lemon juice and sugar. (The amount depends on the tartness of the apples). Pour the sauce over the apples, toss lightly and chill. Serve cold. Sprinkle with nuts and paprika. Serve for a smorgasbord or with pork dishes. Makes four servings.

*Source: Our Beloved Sweden, Food Faith, Flowers, & Festivals Janet Letnes Martin & Ilene Letnes Lorenz*

### Swedish Slaw

Shred a head of cabbage and some carrots. Add diced celery and green pepper, if desired. Add salt and pepper to taste.

To make dressing, combine:

½ cup cider vinegar  
1 cup sugar  
½ cup water  
1 teaspoon dry mustard

Bring dressing ingredients to a boil and cool. When dressing has cooled, pour the boiled mixture over the vegetables and refrigerate. This will keep several days in the refrigerator.

*Source: Our Beloved Sweden, Food Faith, Flowers, & Festivals Janet Letnes Martin & Ilene Letnes Lorenz*

### Rodbetsallad (Beet Salad)

1 (3 oz.) pkg of lemon flavored gelatin	2 teaspoons lemon juice
1 cup hot water	3 teaspoons vinegar
1 teaspoon salt	1 cup diced cooked beets
3 teaspoons horseradish	1 cup cut-up celery

Dissolve gelatin in hot water. Add salt, horseradish, lemon juice and vinegar. Add beets and celery. Put into a mold or individual molds. Serves 6.

*Source: Var Sa God, Heritage and Favorite Recipes & Handbook of Swedish Traditions, American Swedish Institute, Minneapolis, MN.*

## Main Course

### Köttbullar (Grammy Oberg's Meatball Recipe)

1 lb. finely ground beef (round steak)	1 lb. finely ground veal
1 lb. finely ground pork (pork chops)	2 cups, dried bread cubes
2 medium finely chopped onions	4 eggs
1 tablespoon salt	1 tablespoon pepper
1 cup, cream	½ cup butter

Fry the onion in butter. Mix the meat in a bowl, add onion and bread, salt and pepper and eggs. Beat with a fork. Add cream and mix, but do not over mix as it will make the meatballs tough. Chill a minimum of 2 hours. To shape, dip hands in cold water to make meatballs less likely to stick to hands. Roll into balls. Brown in grease (can be salad oil) and turn quickly.

Additional note: run the onion and bread through the meat grinder to clean the grinder.

Source: *The Oberg sisters*

### Kalops (Beef Stew)

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Ingredients

2 lbs beef chuck, cut into cubes	3 medium yellow onions, sliced
2 teaspoons salt	10 -15 whole allspice
1/4 teaspoon white pepper	2 bay leaves
2 tablespoons flour	2 cups water

Directions

Combine flour, salt and pepper in a bowl. Toss beef cubes in the flour mixture to coat. In a large dutch oven, cook the butter until just starting to brown. Add the meat and onions, and cook, stirring occasionally, until the meat is browned on all sides. Add the bay leaves and allspice. Boil the water in a separate pan, then pour over the meat. Simmer, covered, for 1 1/2 hours, or until the meat is tender. Check the water level occasionally, and add more if needed. When meat is tender, remove to a serving dish.

Source: [www.food.com](http://www.food.com)

### Potato Pancakes

6 medium sized potatos  
2 eggs  
1 small onion, grated  
1 1/2 tsp salt  
1/4 tsp pepper  
1/4 tsp ground nutmeg  
1 tbsp flour  
shortening

Pare the potates and shred about 3 cups (if shredded ahead of time, place them with cold water until you are ready to use them. Then drain and dry them well with paper toweling.)

Beat the eggs in a large bowl and stir in the potatoes, onion, salt, pepper and nutmeg. Sprinkly floru over the top and stir. Melt enough shortening in a large, heavy frying pan to make a depth of 1/4 inch. Drop the



## Pickled Beets

Mixed spices	1/2 cup water
1-1/2 cup vinegar	cooked beets
1 cup sugar	

Tie about a thimble full of mixed spices in a cloth bag. Bring the vinegar, sugar, water, and mixed spices and beets to a boil. Pack into hot, sterilized jars and seal to be served later. Do not pack the spices with the beets. Work in small quantities – 2 or 3 pints at a time for best results.

*Source: Var Sa God, Heritage and Favorite Recipes & Handbook of Swedish Traditions, American Swedish Institute, Minneapolis, MN.*

## Bruna Bonor (Brown Beans)

2-1/2 cups brown beans	3 tablespoons of butter
7 cups water	1/2 teaspoon of salt
1/2 cup brown sugar	2 teaspoons corn starch
2 tablespoons vinegar	

Soak beans in water overnight. Slowly bring to boil in the same water until tender. Add sugar, vinegar, butter, and salt. Thicken with cornstarch mixed with 1 tablespoon of cold water. (Shortcut) 2 cans of Red Kidney Beans can be used. Serves 10.

*Source: Var Sa God, Heritage and Favorite Recipes & Handbook of Swedish Traditions, American Swedish Institute, Minneapolis, MN.*

## Desert

### Fruktsoppa (Fruit Soup)

1 lb. mixed dried fruit	1/4 cup tapioca
1/2 cup sugar	2 whole cloves
1/4 teaspoon salt	1/4 stick of cinnamon
1/2 cup raisins	whipped cream

Soak fruit in water and cover. Carefully cook in covered saucepan so pieces remain whole. When fruit is tender, add sugar and salt and simmer an additional ten minutes. Drain off about 2 cups of juice and put in double boiler. Add raisins and tapioca. When cooked, add fruit to mixture with cloves and cinnamon stick. Let stand covered until cool. Chill thoroughly before serving with a dollop of whipped cream. (Remember to put the cloves and cinnamon sticks on strings so they can be removed).

*Source: Var Sa God, Heritage and Favorite Recipes & Handbook of Swedish Traditions, American Swedish Institute, Minneapolis, MN.*

### **Kardemummakaka (Cardamom Cake)**

1 cup butter	2 teaspoons baking powder
1 cup sugar	1 teaspoon cardamom
2 eggs, beaten	½ cup chopped nuts
1 cup milk	¼ cup of sugar
3 cups of flour	

Grease a 9" x 13" pan. Cream butter and sugar well. Add eggs to milk. Sift together baking powder, flour, and cardamom. Add alternately with liquid beginning and ending with the flour mixture. Pour into pan. Mix nuts with sugar. Sprinkle on top. Bake at 350 degrees for 45 minutes or until toothpick comes out clean. Cool in pan. Serves 15.

*Source: Var Sa God, Heritage and Favorite Recipes & Handbook of Swedish Traditions, American Swedish Institute, Minneapolis, MN.*

### **Pepparkakor (The "Make a wish" cookie)**

2 cups flour	1-1/2 cups brown sugar
2 teaspoons baking powder	A pinch of baking soda
1 teaspoon of ground cardamom	1 teaspoon of ground cinnamon
1 teaspoon of ground cloves	

Beat one egg well and combine with 1 cup of milk and add it to the dry ingredients. Melt 2 tablespoons of butter and fold into the batter. Pour the batter into a greased bunt pan. Bake in a 350 oven for 30 to 50 minutes or until toothpick comes out clean.

*Source: Our Beloved Sweden, Food Faith, Flowers, & Festivals Janet Letnes Martin & Ilene Letnes Lorenz*

### **Prinsesstårta (Princess Cake)(internet)**

1 white cake mix	3 tablespoons raspberry jam
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#### For pastry cream filling

2 cups half-and-half	5 egg yolks
3 tablespoons cornstarch	½ cup sugar
Pinch of salt	1 teaspoon vanilla
4 tablespoons of cold, unsalted butter cut into small pieces	

#### For simple syrup

½ cup of water	½ cup of sugar
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#### For Whipped cream

3 cups of heavy cream	3 tablespoons of sugar
1 tablespoon of vanilla	

### For Marzipan

1 lb. Marzipan, store bought or homemade  
3 drops green food coloring  
Confectioners sugar for dusting rolling pin

The day before. Make the pastry cream: bring the milk to a simmer in a large saucepan over medium-high heat. Whisk together the egg yolks, cornstarch, sugar, and salt in a bowl until smooth. Add half of the scalded milk into the bowl containing the eggs, whisking constantly to incorporate, then return the entire mixture to the saucepan containing the remaining milk, whisking over moderate heat. Continue whisking, about 2 to 5 minutes, until the mixture is thickened and begins to simmer. Allow pastry cream to simmer, whisking for an additional 2 minutes. Remove from heat and whisk in vanilla and 4 Tbsp. cold unsalted butter. Transfer into another bowl and allow to cool completely. Cover and refrigerate at least 5 hours and up to 3 days before using.

Prepare white cake mix according to instructions, but pour 1/3 of batter into one 9" cake pan and 2/3 of batter into second 9" cake pan. Bake and cool on rack. When cakes have cooled, use a serrated knife to slice larger cake into two equal halves. (Note: cake can be prepared ahead of time and refrigerated, uncut, for 1 day or frozen, uncut, for up to a week. If baked ahead, slice the larger cake when assembling on the day of serving).

To assemble cake (on day of serving): Make a simple syrup by heating together 1 cup water and 1 cup sugar. Brush syrup lightly on each of the three cake layers, taking care not to oversoak.

For whipped cream, whip together 3 cups heavy cream, 3 Tbsp. sugar, and 1 Tbsp. vanilla until stiff peaks form.

For the marzipan: Knead green food coloring into store-bought or homemade marzipan, then shape marzipan into an 8"-long disk. Place disk between two 18"-long lengths of waxed paper. Then, working from the middle of the marzipan, use a rolling pin to roll out the disk into a 16" circle of even thickness.

Spread 1 Tbsp. raspberry jam on each of the two halves of the larger cake. Divide the pastry cream into thirds, folding 1/3 gently into the whipped cream. Spread the remaining 2/3 of the pastry cream on top of the raspberry-jam level of the two cake halves. Stack the two pastry-covered halves, then top with the remaining cake.

Frost the sides of the cake with the whipped cream in a 1" layer and then spoon the remaining whipped cream on top of the cake. Use a spatula to smooth the cream into a dome.

Remove the top level of waxed paper from the marzipan. Dust your rolling pin with confectioner's sugar, then drape the marzipan circle over the pin and transfer it to the cake (you can lightly roll the marzipan around the pin as you would a pie crust).

With your hands, gently press the marzipan down over the cake, working from the top down. Smooth it down the sides, then cut off any excess at the bottom with a knife or cooking shears. Tuck in the marzipan under the edge of the cake. **Tip:** If the marzipan on the cake tears during

placement, you can cut the remaining trimmings into decorative shapes and simply press these over the tears (this is a nice way to decorate the cake even if it's perfect already! Alternatively, use additional uncolored or differently colored marzipan to create leaves, roses, or other shapes). Also: In order to hide less-than-perfect bottom edges, some bakers wrap a pretty ribbon around the bottom of the cake, removing before serving).

Sprinkle cake with confectioner's sugar or decorate with marzipan cut-outs. Store in refrigerator for up to 1 week. Yield: 20 servings.

*Source: [www.scandinavianfood.about.com](http://www.scandinavianfood.about.com)*