

Scandinavian Smörgåsbord

Saturday, January 13, 1:00 pm
Solveig and Ed Palanek
665 W. Granite View Drive, Oro Valley

Basket of Assorted Breads and Crackers

Marinated Herring

Glassblower's Herring – *Sursild*

Herring in Tomato Sauce - *Sild i Tomatsaus*

Curried Herring - *Sild i Karrysaus*

3 Scandinavian cheeses with red seedless grapes

Marinated Salmon - *Gravlaks*

Mustard Sauce

Cocktail Pumpernickel

Liver Paté - *Leverpostei*

Norwegian Meat Balls - *Kjøttkaker*

Roasted Fresh Ham with Crackling - *Juleskinke*

Braised Red Cabbage - *Rødkaal*

Christmas Cookies

Gingersnaps - *Pepparkakor*

Sand Tarts with Raspberry Mousse - *Sandkaker*

Rice Cream with Red Sauce - *Riskrem med Röd Saus*

Drinks

Aquavit, Carlsberg or Tuborg Beer

Basket of Assorted Breads and Crackers

Kavli - 5 grain, crispy thin

Wasa - a lite multi-grain, hearty, crisp rye

Cocktail pumpernickel (for Gravlax)

Glassblower's Herring – *Sursild*

2 lb tub of herring, drain, rinse, cut pieces in half (unless they are small)

Marinade:

¾ cup white vinegar

½ cup water

½ cup sugar

Bring to boil, cool to room temperature

1 large carrot peeled and thinly sliced

2 small red onions, thinly sliced

2 tsp whole allspice

2 tsp whole yellow mustard seeds

2 bay leaves

In glass bowl or jar layer onion, herring, carrots.

Sprinkle some allspice, mustard seeds and bay leaf. Repeat until all ingredients are used. Cover with marinade



Herring in Tomato Sauce - *Sild i Tomatsaus*

1 32 oz container of herring, drain, rinse, cut each piece in two (unless they are small)

1/3 cup tomato puree

¼ cup white vinegar

2 Tbl water

2 Tbl oil

2/3 cup sugar

¾ tsp whole pepper

1 large onion, thinly sliced

3 large bay leaves

1 dill bunch, cut into small sprigs

Layer herring with sauce mixture, onion, bay leaves and dill in a tall glass bowl and chill 24 hours before serving. Serve on cocktail rye bread slices

Curried Herring - *Sild i Karrysaus*

2 lb container of herring, drain, rinse, cut each piece in two (unless they are small)

1 large carton plain yogurt, 16 oz.

1/4 cup mayonnaise

4 yellow onions, chopped fine

4 green apples, chopped fine

Salt, pepper

Curry to taste, (start with 4 tsp)

Mix and keep refrigerated overnight. Serve garnished with chopped hard boiled eggs and parsley

3 Scandinavian cheeses with grapes

1 oz per person

- Danish blue
- Havarti
- Jarlsberg
- Red seedless grapes



Marinated Salmon - Gravlaks

10 - 20 servings

- 3-3½ lbs fresh salmon fillet w skin, de-boned
- 1 bunch dill, washed and shaken dry
- ¼ cup coarse (kosher) salt
- ¼ cup sugar
- 2 Tbl white peppercorns (or substitute black), crushed

Place the fish fillet, skin side down, in a deep glass, enamel or stainless steel baking dish. Place the bunch of dill on the fish. In a separate bowl, combine the salt, sugar and crushed peppercorns. Sprinkle this mixture evenly over the dill. Top with the other fish fillet, skin side up. Cover the fish with aluminum foil and on it set a heavy platter slightly larger than the salmon. Pile the platter with 3 or 4 cans of food; these make convenient weights that are easy to distribute evenly.

Refrigerate 48 hours (up to 3 days). Turn the fish over every 12 hours, baste with the liquid marinade that accumulates, and separating the halves to baste inside the salmon. Add the platter and weights each time. When the gravlax is finished, remove the fish from its marinade, scrape away the dill and seasonings, and pat dry with paper towels. Place the separated halves skin side down on a carving board and slice thinly on the diagonal, detaching each slice from the skin. Serve on thinly sliced party pumpernickel. Accompany with mustard sauce (see recipe).



This is a spectacular party dish and always a big hit as well as a surprise for guests. Rob and I did this for every Parisian Kitchen Diplôme course graduation party. The only difficult part is the salmon slicing for which you need a thin sharp knife and an expert carver. This recipe is an adaptation from Time-Life The Cooking of Scandinavia.

Mustard Sauce - for Gravlaks

2/3 cup

4 Tbl	stone ground mustard
1 tsp	Colman's powdered mustard
3 Tbl	sugar
2 Tbl	white vinegar
3 Tbl	fresh dill (leaves, not stems)
1/3 cup	vegetable oil

Combine all but oil in a processor and process until smooth. Slowly add oil while processing. The sauce is better if made the day before and will keep at least a week. Serve gravlax thinly sliced on pumpernickel party slices with a teaspoon of sauce on top of each piece.

This sauce is essential to the gravlax. I was told by a catering client who was Danish that she uses the Scandinavian schnaps, "Aquavit", in place of the vinegar in the sauce recipe. She also said she splashes it on her gravlax. (See frozen aquavit recipe for more comments on aquavit)

Liver Paté - Leverpostei

Serves 60

1 lb	chicken liver
2 tsp	salt
¼ tsp	white pepper
¼ tsp	ginger
2 Tbl	melted butter
1½ cup	Half and half
2	eggs
¼ tsp	cloves
½	grated onion
2 Tbl	flour



Whirl in blender until smooth. Bake in greased loaf pan in a water bath at 350° F until done, test after 45-50 minutes. When done knife will come out clean.

Norwegian Meatballs - Kjøttkaker

Serves 20: Makes 70-80 (1¼" dia.) small, or 50 (1¾" dia.) large meatballs.

1½ lb	ground beef
1½ lb	ground pork
2½ cup	milk
2	eggs
1 Tbl	potato starch or cornstarch
½ tsp	pepper
½ tsp	ginger
½ tsp	clove
2 tsp	salt (or more)
½ cup	bread crumbs

Add beef and pork to a Kitchen Aid mixer. With the mixer running on low, add all the ingredients. Beat until mixture is smooth and pasty. Place in the refrigerator for 2 hours or overnight.

Make into balls (I use a medium small scoop) and fry in a little butter until very dark brown. Deglaze pan with water and pour it over the meatballs and let simmer 10-20 minutes. OR: you can put them on a cookie sheet under the broiler until they are brown, before frying them the rest of the way in the frying pan. I think it goes faster.

If gravy is desired, brown roux (till very dark) in pan and thin with juice from the meatballs and chicken stock. Meatballs can be frozen until ready for use. Thaw and heat. Serve in a bowl and garnish with chopped parsley.

Roasted Fresh Ham with Crackling - *Juleskinke*

16-18 lbs fresh ham with rind
Salt and pepper

Have the butcher remove the ham hock. Wash ham well. To achieve crisp crackling the rind must be moist. Steam, rind side down, 10-20 minutes on rack over boiling water in the roaster. Reserve the water for basting. Remove from roaster and score with a very sharp knife, diamond shapes. Be careful not to cut into the meat. Rub salt and pepper all over the roast and into the rind.

Return to roaster and bake in preheated 450° F oven for 20 minutes. Reduce heat to 275° F and bake till done at 25 minutes per pound. Baste ham several times with the drippings. Leave the oven door slightly ajar for the last 20 minutes. Internal temperature should be 162° F.



Carve and serve on platter with pieces of crackling on the side and garnish with dried cranberries and greens.

Braised Red Cabbage - *Rødkaal (Danish)*

6 servings

1	medium head red cabbage, 2 to 2 ½ lb
4 Tbl	butter, cut into small pieces
1 Tbl	sugar
1 tsp	salt
1/3 cup	water
1/3 cup	white vinegar
1/4 cup	red currant jelly
2 Tbl	grated apple

Wash the head of cabbage under cold running water, remove the tough outer leaves, and cut the cabbage in half from top to bottom. Lay the flat sides down on the chopping board, cut away the core and slice the cabbage very finely. There should be approximately 9 cups of shredded cabbage when you finish.

Preheat the oven to 325° F. Combine the butter, sugar, salt, water and vinegar in a heavy stainless-steel or enameled 4-5-quart casserole. When it comes to a boil and the butter has melted, add the shredded cabbage and toss thoroughly with two wooden spoons or forks. Bring to a boil again, cover tightly and

place in the center of the oven to braise for 2 hours. There is little danger that the cabbage will dry out during the cooking, but it is a good idea to check on the liquid level occasionally.

Add a little water if it seems necessary.

About 10 minutes before the cabbage is finished, stir in the jelly and grated apple, replace the cover and complete the cooking.

The piquant taste of red cabbage will improve if, after it has cooled, it is allowed to rest for a day in the refrigerator and then reheated either on top of the stove or in a 325° F oven. In any case, serve hot, as an accompaniment to a stuffed loin of pork or goose to complete the traditional Danish Christmas dinner.

Gingersnaps - Pepparkakor

8 dozen

1 cup	butter
1½ cup	sugar
1	egg
1½ Tbl	grated orange peel
2 Tbl	dark corn syrup
1 Tbl	water
3½ cup	flour
2 tsp	soda
2 tsp	cinnamon
1 tsp	ginger
½ tsp	cloves

Beat the butter with the sugar to a creamy consistency. Add the next ingredients and the dry ones last. Then chill. Roll dough out 1/8 inch thick and cut out using Christmas cookie cutters. Place cookies one inch apart on sheets. Bake at 375° F. for 8 to 10 minutes.

These gingersnaps are a traditional cookie that go way back to when Anne Marie, Rob and Judy were children. Coming from Scandinavian homes these were a traditional cookie that was always baked and served at Christmas.

Sand Tarts with Raspberry Mousse - Sandkaker

Makes 50

¾ cup	sugar
¾ cup	butter
1	egg
1 tsp	almond extract
1 ¾ cup	flour
1/3 cup	ground almonds

Cream butter and sugar, stir in egg whites and the remaining ingredients. Let rest in a cool place. Make round balls the size of a walnut or use a small scoop. Press dough into tart pans. The tart pans are actually mini muffin pans with 12 forms per pan. Each form is small, only 1-3/4" in diameter. Bake at 350° F till tart is golden.

Filling: 1 pt whipped cream mixed well with 1 cup raspberry jam. Using a small spoon or a pastry bag, fill each tart. Top with slivered almonds or a raspberry.

Rice Cream w Red Sauce - *Riskrem med Röd Saus*

Makes 25 1/3 cup servings

- 2 cups rice, already cooked and soft
- 3 cups milk, 1 or 2% is fine
- 2 cups heavy cream
- 3/4 cup sugar
- 2 tsp almond extract

Cook the rice and milk over low heat till all milk is absorbed (soft porridge consistency) Stir often. Let cool. Whip the cream stiff with the sugar, stir in the rice until well blended. Add almond flavoring. Mix well. Chill and serve with a red fruit sauce.

Red Sauce – *Röd Saus*

Makes 1 quart, 16 1/4 cup servings

- 1 large can frozen raspberry-cranberry juice
- Enough water to make one quart
- 2 rounded Tbl cornstarch stirred out in a little water
- 1 lb bag of frozen raspberries

Bring juice and water to a boil, Add and stir in cornstarch until thicken. Add raspberries and cool. Serve over rice cream.



Committee: Judith and Rob Dvorak 623-1043, Anne Marie Nelson 887-6343

Photos: Annual Christmas party for UA College of Medicine at the home of Dr. and Mrs. Joseph Alpert catered by Anne Marie, Judy and their family members. Photos by Rob Dvorak