



wine herring

- 2 salted herring (about 1-1/2 lbs.)
- 1/2 c. sherry wine
- 1/4 c. water
- 1/4 c. white vinegar
- 1 c. sugar
- 1/4 tsp. allspice, ground
- 2 onions, thinly sliced
- fresh dill, chopped for garnish

In the refrigerator, soak the herring overnight in cold water to cover. Use a shallow, medium glass dish and cover with plastic wrap. Drain the herring, remove the head, tail, skin and backbone from the fish.

Rinse the fish in cold water. Cut the herring crosswise into 3/4 inch slices. Place the sliced fish back into the medium, shallow glass dish.

Combine sherry, water, vinegar, sugar and allspice and pour it over the fish. Top the fish with onions. Cover with plastic wrap and refrigerate it for 24 hours. Drain the marinade off the herring. Arrange the herring and the onion rings on a plate and garnish it with dill.

Makes about 24 herring pieces.

cajun crab cakes

1 lb. pkg crab meat flakes
1/4 c. sour cream
1 tsp. red pepper flakes
2 T. red onions, minced
1 T. dill
3 eggs
2 dashes Tabasco
breadcrumbs

Mix all the ingredients except breadcrumbs together in a large bowl. Thicken the crab mixture with breadcrumbs, until it is easy enough to handle.

Form into 15-18 patties if served as an entree (or 40-50 balls if served as an appetizer).

Add to a hot skillet about enough oil to cover the patties. Fry the patties for 5-7 minutes on each side or until the patties are golden brown. Serve the patties with *Swedish Dill Mustard Sauce.

Makes 15-18 patties

* swedish dill mustard sauce

3 T. vegetable oil
3 T. sharp Swedish mustard
3 T. sugar
1-1/2 T. light wine vinegar
1 T. fresh dill, chopped fine

Mix the mustard, sugar and vinegar together in a bowl. Add the oil slowly to the mustard mixture and beat it well into a thick sauce. Add the fresh dill to the mustard sauce and blend. Pour the sauce over salmon when ready to serve.

Makes 1 cup
(enough sauce for about 10-12 servings of salmon)

marinated salmon in dill

3 lbs. center-cut fresh norwegian salmon, cleaned and scaled

1 large bunch fresh dill

1/4 c. salt (coarse salt preferable)

1/4 c. sugar

2 T. white peppercorns, crushed

3 or 4 soup cans for weights

Cut the fish in half lengthwise, and remove the backbone and small bones. Place half of the fish, skin side down, in a glass baking dish or casserole. Wash and shake dry the dill and place it on top of the fish. Combine the rest of the ingredients in a bowl and sprinkle this mixture over the dill, covering the whole piece of salmon. Place the other half of the fish, skin side up, on the top. Cover the fish with aluminum foil. On top of that place a platter holding 3 or 4 soup cans to make a weight. Refrigerate the fish like this for 48 hours. Morning and evening during this period, turn the fish over and baste it with the liquid that accumulates. Separate the halves of fish and baste inside as well. Put the platter with weights back in the refrigerator each time. When ready to serve, remove the fish from its marinade, scrape away the seasonings, and pat it dry with paper towels. Slice each half of the fish, skin side down, on the diagonal, removing the slice from the skin. Serve the salmon as an appetizer or on sandwiches with *Swedish Dill Mustard Sauce.

Makes 8-10 servings



lamb stew in dill sauce

- 3 lbs. lamb shoulder meat, cubed
- 1 c. onion, chopped fine
- 2 stalks fresh dill
- 1/4 c. flour
- 1/2 tsp. allspice, whole
- 1 T. salt
- 1 tsp. pepper, ground

Cut the lamb as for stew. Place all of the ingredients, except for the flour, in a large Dutch oven or pot. Put in enough water to cover the ingredients. Bring this to a boil on the stove. Turn down the heat and simmer for 1 hour or until the meat is tender. Remove the meat to a platter. Thicken the broth with flour-- stirring constantly, while still simmering, to remove any lumps in the gravy. Return the meat to the pot. Serve this with new potatoes.

Makes 6-8 servings



farikol (lamb with cabbage)

- 3 lbs. lamb shoulder meat, cubed
- 3 lbs. cabbage
- 2 bay leaves
- 6 allspice, whole
- 1 T. salt
- 1 tsp. brown sugar
- 1/4 tsp. pepper, ground
- 1 onion, medium, sliced

Cut the lamb as for stew. Remove the leaves of the cabbage. Alternate the layers of cabbage leaves and meat in a large pot while seasoning each layer. Add the sliced onion. Cover and simmer this slowly on the stove for 1-2 hours or until the meat is tender (the moisture from the cabbage and the meat keeps this from drying out).

Makes 6-8 servings

roast duck

1 4-5 lb. Long Island Duck (remove neck and tail)

1/2 oz. chicken base

2 pcs. dried fruit (optional)

2 oz. water

salt and pepper

Chicken fat

lapskus (norwegian stew)

2 lbs. tender chuck, cut into 1-inch cubes

1/2 lb. salt pork, cut up

1/2 tsp. allspice, ground

1/2 c. beef stock

2 qt. raw potatoes, cut up

3 qts. water

Brown the beef and salt pork in a Dutch oven for about 10 minutes. **Add** all the other ingredients except potatoes. **Add** enough water to cover the contents of the pot and place covered in the oven at 325° F for about 30-45 minutes. **Add** the potatoes and finish cooking until the meat and potatoes are done.

(**Note:** The beef and salt pork usually turns out to be seasoned perfectly. However, more salt can be added to taste. Also, smoked pork butt can be used in place of the salt pork to give the stew a smoky taste.)

Makes 6-8 servings

Grease a baking pan with chicken fat. Season the top of the duck with salt and pepper. Rub the chicken base inside the duck and put in the dried fruit. Coat the duck with a thin layer of chicken fat and place it in the baking pan. Pour the water inside the duck. Cover the duck with foil. Roast at 400° F for 2 hours. Leave the duck uncovered for the last 15 minutes. Remove the duck to a platter and serve with lingonberry preserves.

Makes 6-8 servings

chicken croquettes

- 2 c. cooked chicken, minced
- 1 c. cream sauce (see *White Cream Sauce)
- 1 c. onion, chopped
- 1/2 c. cornstarch
- 1/4 c. green pepper, chopped
- 2 eggs
- salt and pepper

Mix the chicken with cream sauce, onion and green pepper. Add salt and pepper to taste and 2 eggs. Roll this mixture in cornstarch and shape into 3" patties. Add vegetable oil to the skillet (enough to cover the patties) and fry patties until both sides are nicely browned.

Makes 8-12 patties



rosemary chicken marinade

2 stems fresh rosemary

1 c. white wine

2 T. shallots, minced

3 cloves garlic,
chopped

2 c. oil

2 c. mustard
dash of pep-
per

Combine the
first 4 ingredi-
ents with a whisk

in a medium bowl. Add the oil-
while stirring constantly and then
enough mustard to thicken. Add a
dash of pepper at the end.

(To cook: Marinate the boneless
chicken breasts in a shallow glass
dish. Cover the chicken with plastic
wrap and keep in the refrigerator for 2
hours. Remove the chicken breasts from
the marinade and grill 6-8 minutes on each
side.)

Makes enough to marinate 12 chicken
breasts

swedish beefsteak

3 lbs. beef sirloin pieces

1-1/2 c. onions, sliced

Oil, fat or butter (enough to cover a pan)

1/2 c. bouillon or stock

Salt and pepper

a dash of sugar

Cut the meat from the rib and slice it
into 3/4 " pieces. Pound the meat with
a meat mallet to a 1/2 " thickness.

Brown the meat on both sides for about
3-5 minutes in a very hot skillet with oil.

Sprinkle with salt and pepper. After the
steak has been cooked, remove it to a
heated platter. In a separate skillet, fry the
onions in oil, butter, or fat with a dash of
salt, pepper and sugar. Remove the onions
from that pan and add them to the beefsteak
pan with the bouillon or good stock and cook
for 1 minute on high heat. Pour the onions
and sauce over the beefsteak and serve im-
mediately.

Makes 6 servings

swedish meatballs

2-1/2 lbs. ground chuck
1-1/2 c. (8 slices) white bread, dampened
with water
3 eggs
1/2 c. onion, grated
1/4 tsp. nutmeg, ground
1/2 tsp. allspice, ground
1/2 tsp. black pepper
1 tsp. salt
1 T. beef stock
1/2 tsp. garlic powder
1/2 tsp. black pepper

Combine all the ingredients in a mixing bowl except for the meat. Add the meat and mix well. Roll the mixture into 1" meatballs and bake them uncovered in a lightly greased baking pan at 300° F for 45 minutes. Serve the hot meatballs with brown gravy.

Makes 25 meatballs



koldomar (cabbage rolls)

2-3 quarts boiling water
1 large head cabbage
1 lb. lean ground beef
1-1/2 c. soft breadcrumbs
1 small onion, minced
1 egg
2 tsp. salt
1/2 tsp. allspice, ground
1/2 tsp. nutmeg, ground
1/2 tsp. garlic powder
2 T. chili sauce
1 T. A-1 sauce

Preheat the oven to 300° F. **Butter** a 13" x 9" baking pan and set aside. **Remove** 16 unblemished large outer leaves from the cabbage. **Cook** the leaves in boiling water for 1 minute or until softened (or place the head of cabbage in boiling water for 1 minute, drain, and remove 16 outer leaves from the cabbage). **Reserve** the remaining cabbage for another use. **Drain** the softened leaves on some paper towels. **In** a large bowl of an electric mixer, combine beef, breadcrumbs, onion, egg, salt, allspice, nutmeg, garlic powder, chili sauce and A-1 sauce. **Beat** all of this with the electric mixer on high speed until the mixture is light and fluffy--about 10 minutes. **Divide** the meat mixture among the cabbage leaves, placing an egg-shaped mound near the stem-end of each leaf. **Roll** into bundles, folding in the sides of the cabbage leaves over the meat mixture. **Arrange** the cabbage rolls close together, in the prepared baking pan--with the loose end of the leaf on the bottom. **Brush** the cabbage rolls with melted butter and **bake** for 1 hour. **Serve** the hot cabbage rolls with brown gravy .

Makes 8 servings
(16 cabbage rolls)

