

Korv

Place in roaster or covered pan
Pierce korv and add water to cover bottom of the pan
Bake covered at 350 for 20 min
Turn over and bake 20 min
Remove cover and let brown. Check to be sure the center is cooked.

Rice Soup by Risgyns Välling

1/2 C Rice
5C milk
2 tbsp Sugar
Small piece of stick cinnamon

Wash rice. Put into top of double boiler with cold milk, sugar, and stick cinnamon. Cook two hours over boiling water.

Yield: 4 to 5 servings

Note: this is a dessert and should be served in soup plates

Rye Bread (Joanne Lundgren)

2X milk	5 Tbsp molasses(full flavor)
1/2C crisco	1/2 C white sugar
4C white flour	1tsp. Caraway seed
2C rye flour	1 pkg. yeast dissolved in 1/3C warm water
1 tsp salt	

Mix molasses, sugar, crisco and milk and let come to boil.
Turn off and add caraway seed and salt, let cool.
Dissolve yeast and add to the above mixture. Add rye flour & white flour and let raise 2 hours.
Knead well and putt into 2 loaves and let raise again for 1 hour. Bake at 350 for 3/4 hour.
Remove from pans. Butter well and cover until cool.

From Becky: P.S. I leave out the caraway seed and add a little more white flour so its not so sticky to handle.

Rotmos (Joanne Lundgren)

1 1/2 lbs. Rutabaga	1/2 tbsp sugar
1 lb potatoes	2 tbsp butter
1/2 qt pork stock or water	Salt and White pepper
1/2 C cream	

Wash, peel, and cube rutabaga and potatoes. Cook rutabaga in stock or slightly salted water for 30 min. Add potatoes and cook until soft. Drain, mash and cream. Season. Then beat until smooth and stir in cold butter. Service with boiled pork or sausage.

Rice Pudding

Cook: 1/3 C regular rice in salted water. When done, drain well

Beat: 3 lg eggs

1/2 C sugar

1/2 tsp vanilla

dash salt

1 qt half and half cream in 2 qt casserole

Add rice and mix well

Sprinkle cinnamon on top

bake at 350 degrees for 1hr 15 min.

Do not cover

Yellow Pea Soup with Pork Arter med flask

1 1/2 C dried yellow Swedish peas

2-2 1/4 qt water

1 lb slightly salted side pork

1 leek or onion or marjoram or ginger

Clean peas and soak overnight. Cook in same water, covered, bringing quickly to boiling point. Remove shells floating on top and add pork and desired seasoning. Cover and let simmer slowly until pork and peas are tender (1- 1 1/2 hrs.) Remove pork, cut in slices and add to soup.

Lingon (Fresh)

1 qt fresh lingonberries

Use the berries and juice from the qt container

Add 2 C sugar and cinnamon stick

Mix well

Bring to a boil

Turn heat down and simmer 40 min stirring often

Allow to cool in pan until thickened

Lutefisk (From Dried 2 Fish)

1st three days- soak in plain cold water. Saw into pieces, any size.

Make solution:

3/4C sal soda

4C boiling water

Stir to dissolve

4th day- Cover fish with cold water and add cooled solution

Soak for 3 days

7th, 8th, &9th - Drain fish and cover with cold water and ice if needed each day.

Add baking soda to fresh water to whiten.

Always keep ice on it.

Freeze or change water every day

Lutefisk
(Baked)

3 lbs prepared lutefisk
1 tbsp butter
1 tbsp salt

Cut fish into serving pieces. Rinse and drain well. Place skin side down one layer deep, in flat baking pan. Dot with butter and sprinkle with salt. Bake 350F oven 30-40 min or until fish is tender. Remove carefully with slotted spatula. Service with white sauce, mustard, and black pepper.

Lutefisk
(Cooked)

Cut fish into serving pieces, after rinsing it well in cold water. Place layers of fish in cheesecloth and tie cloth around the whole to keep the fish firm. Place in a pan of boiling water and simmer until fish is tender and flaky (15-20 min). Be careful not to boil too long. Lift out bundle and let drain in colander. Put fish carefully on platter. Serve with boiled potatoes, white sauce, mustard, and black pepper.

Kaldomar (cabbage filled with meat)
Elaine Anderson

1 lb ground beef
1 1/2 C boiled rice (not too well done)
1 egg
1 onion cut up fine
1 t salt
1 t allspice
1/2 C milk

Work above mixture altogether

Cook 1 head cabbage until about half done. Form meat into balls and wrap a cabbage leaf around each one. Brown in butter, put in baking dish. Add a little water and gravy coloring to the drippings in pan and pour over meat.

Bake at 375 for 1 hr

Jul Skinka
(Pickled Fresh Christmas Ham)

Cooking Ham:

Boiling water
3 whole bay leaves
15 whole white pepper
15 whole allspice

Glaze

2 egg whites
2 tbsp sugar
2 tsp dry mustard
1/3 C fine dry bread crumbs

Place ham fat side up in a large kettle and cover with boiling water.

(At least 2 inches over top of ham)

Bring to a simmering point. Skim top of water

Add bay leaves, whole peppers and allspice

Cover kettle and simmer until ham is tender (5-6 hrs)

Remove from heat, remove cover and let ham cool in liquid.

When cool, remove ham from liquid and drain thoroughly

Remove skin and excess fat. Place ham rack in open roasting pan

Glaze: Beat egg whites until rounded peaks form
Beat in sugar and mustard. Sprinkle on ham
Sprinkle ham with bread crumbs
Bake uncovered at 350 for 30 min to brown
Remove ham to platter

Mixed Fruit Soup

Blandad Frukstop

1/4 lb dried prunes
1/4 lb dried apples and apricots
1 qt water
1/2 C sugar
1 cinnamon stick

Juice of half lemon
rind of half lemon, grated
1tbsp potato flour or cornstarch

Soap fruit in cold water 2-3 hrs. Add sugar and cinnamon stick and cook slowly in same water until tender. Remove fruit to serving dish. Mix potato flour with a little cold water, stir in and bring to a boil. Then add grated lemon rind and juice and pour over fruit. Serve cold with rusks. Variation: cook fruit with 1/2 C tapioca (Sago), omitting potato flour or cornstarch.

Swedish Ammonia Cookies

(Joanne Lundgren)

2 C flour
1 1/4 C sugar
1 tsp baking ammonia
Sift together in a large bowl and add:

1/2 tsp vanilla
1 C butter
1/2 C coconut
1/2 C nuts

Work shortening well together with hands into dry ingredients.
Form into balls. Press down a little. Decorate with colored sugar
Bake at 325 on high shelf in oven 12-14 min

Brown Beans Swedish Style

Bruna Bonor

1 1/2 C brown beans
1-1 1/2 pts water
2 tsp salt

molasses or syrup
white vinegar

Wash beans and soak overnight. Cook slowly in same water until tender (1 1/2- 2 hrs). Season to taste with salt, molasses, and vinegar. Serve with fried side pork or meatballs.