



Nothing but Cakes – Nordic Style how to prepare

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CAKE RECIPES

- ❖ SMORGASTARTA
& BÖCKLING
MOUSSE
- ❖ WORLDS BEST
CAKE
- ❖ SEASONAL
FLOWER CAKE

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Cake 1: Smorgastarta – Swedish Sandwich Layer Cake



This traditional Swedish smorgastarta is shaped and frosted like a layer cake, but it's actually a round, sliceable sandwich with herbed cream cheese, smoked salmon with mustard sauce, fresh shrimp and herring mousse.

For the Bread Layers (Serves 8-10)

- 1 $\frac{3}{4}$ oz. fresh yeast (or approximately 1 $\frac{1}{2}$ tbsp.—dried)
- 2 cups water at 99°F
- 2 tsp. salt
- 1 tsp. dark syrup
- 2 tsp. cooking oil
- 1 $\frac{1}{4}$ cup whole wheat flour
- 4 $\frac{1}{2}$ –5 cups all-purpose flour

For the Fillings and Garnish

- 10 $\frac{1}{2}$ oz. cream cheese, softened
- 1 $\frac{1}{4}$ cups sour cream
- 1 tsp. salt
- $\frac{1}{2}$ tsp. freshly ground white pepper
- 1 $\frac{1}{2}$ tbsp. Dijon mustard, at room temperature
- 1 $\frac{1}{2}$ tbsp. mild mustard salt
- Scant $\frac{1}{2}$ cup cooking oil
- 14.1 oz. cold-smoked salmon
- 1 egg, hard boiled
- Baby shrimp, cooked, peeled, and chilled, to garnish
- 1 -4-inch cucumber, sliced
- A few radishes, sliced, to garnish
- Romaine lettuce, shredded
- Chopped parsley, to garnish
- Butter, softened
- Mineral water

[Böckling Mousse](#) (Smoked Baltic Herring)

Essential for Swedish [Smörgåstårta](#), this easy smoked fish mousse is also right at home on a New York-style bagel for breakfast.

Makes about 2 cups and take 5 minutes

Ingredients

14.1 oz smoked Baltic herring or kippers, deboned

Scant $\frac{1}{2}$ cup mayonnaise

Scant $\frac{1}{2}$ cup heavy cream

Instructions for mousse

In a blender, mix herring, mayonnaise, and cream until smooth.

Instructions to prepare

To make the bread layers: Dissolve the yeast in water. Add salt, syrup, oil, and whole wheat flour. Mix in white flour. Knead and put back into a bowl, cover and let rise 45 minutes. Remove dough from bowl, knead, and make a round cake. Let it rise in a greased, round dish, ideally a springform pan. Cover and let rise for 45 minutes. Heat the oven to 400°F. Bake the bread for about 35 minutes. Cool under a cloth.

For the cream cheese spread: Mix together the cream cheese and sour cream. Season with salt and white pepper. Set aside.

For the mustard sauce: Make sure that the ingredients for the mustard sauce are at room temperature, otherwise it will split. Mix sugar and mustard and drizzle in oil. Season with salt. Store in the fridge.

To assemble: Cut the crusts off the bread loaf and slice into three horizontal layers. Put the first layer on a dish. Moisten with a little mineral water. Spread with [Böckling Mousse](#) and cover with sliced cucumber. Press the next bread layer down. Moisten with mineral water. Spread a little butter, then cover with the salmon, saving a few slices for garnish. Drizzle the mustard sauce over the salmon. Add some shredded lettuce. Press the top bread layer down. Moisten with mineral water. Spread the cream cheese mixture over the tops and sides of the cake. Garnish with salmon, shrimp, egg, and radish. Pat shredded lettuce and chopped parsley onto the sides. Sandwich cake benefits from a couple of hours in the fridge before serving.

Website reference: <http://www.saveur.com/recipes/smorgastarta>

Cake 2: World's Best Cake – A Norwegian Classic



This cake was awarded the title of Norway's National Cake a few years back. It's called verdens beste in Norwegian, and I agree that it just might be the world's best. You may be skeptical of its superiority, since it isn't iced as are many American cakes. When we photographed it, I left it at the studio apartment of Alexandra Grablewski, this book's photographer, and the next day she confessed to having eaten two huge servings. "I guess the Norwegians are right," she said. (From cookbook: Sweet Paul: Eat & Make)

You will need:

- 10½ tablespoons (1 stick plus 2½ tablespoons) butter, softened
- 12/3 cups granulated sugar, separated
- 11/3 cups unbleached all-purpose flour
- 1 teaspoon baking powder
- 5 large eggs, separated
- 1/3 cup whole milk
- 1/4 cup sliced almonds
- 1 cup heavy cream
- 1/2 vanilla bean or 1/2 tablespoon vanilla extract

1. Preheat the oven to 350°F, with a rack in the middle position. Line an 8-x-12-inch baking pan with parchment paper. Recommended to not use glass pans, use metal.
2. Beat the butter and 2/3 cup of the sugar in a large bowl with an electric mixer until light and creamy, about 3 minutes.
3. Add the flour and baking powder and mix well on low speed.
4. Mix in the egg yolks and milk.
5. Scrape the batter into the baking pan.
6. In a large clean bowl, beat the egg whites and the remaining 1 cup sugar to soft peaks. Spread on top of the cake layer. Sprinkle with the almond slices.
7. Bake for 30-35 minutes, or until the meringue is golden brown and puffed. Cool on a wire rack in the pan. Transfer to a cutting board.
8. When the cake is cool, put the cream in a medium bowl and scrape in the vanilla seeds. Discard the vanilla pod. Beat to soft peaks with an electric mixer, about 3 minutes.
9. Cut the cake in half crosswise with a serrated knife. Place one half of the cake on a serving tray and cover with the cream. Place the other half, meringue side up, on top.
10. Let the cake sit for 1 hour in the fridge before serving.

TIP: Add some strawberries or other fruit to make this cake even more "BEST"!

Website reference: <http://www.sweetpaulmag.com/>

Cake 3: Seasonal Flower Cake – table décor (don't eat this cake!!)



You will need:

1. Scissors or flower clippers
2. 6 - 7 inch diameter Styrofoam or green floral foam circle to look like the shape of a cake (select size you desire but not the quantity of fresh flowers required will vary)
3. Straight or color headed dress making 1.5- 2.0 inch pins, available at Michael's or any sewing goods store
4. Approximately 50, 2 inch diameter fresh flowers such as daisies or Gerber daisies for base color
5. 10-12 contrasting color flowers such as roses or carnations to place around the top
6. Lacy or ruffled doily to place the cake on
7. Optional: Cake stand
8. Optional: Silk flowers. Good and affordable selection on line at - <https://factorydirectcraft.com>

Instructions:

1. Gather materials needed
2. Clip flower stems off or very close to the flower blossom
3. Cover the entire base with your base color flower by placing the flower and securing with your preferred straight pin
4. Place the contrasting colored flower around the top with pin technique. NOTE: Change colors based on season and flower availability
5. If a birthday celebration, place candles on top or choose a seasonal decoration to enhance the topping: Christmas, Easter, Halloween, Thanksgiving, New Year's Eve or whatever !!
6. Another option is to use silk flowers and just change the contrasting flowers on top based on the season or celebration. The contrasting flower could be real since seasonal.

Have fun, enjoy the delicious & lovely luncheon!!