

ÆBELESKIVER

DANISH PANCAKE BALLS

Contributed by Inge Miller, Embla Lodge #2, Tacoma, WA and found in Nordic Cookbook, pg. 212

1 pound flour
1 tsp. baking soda
1 tsp. salt
1 tsp. sugar
4 cups buttermilk*
4 eggs
Crisco for frying**
powdered sugar
jam



Yummy Æbleskivers!

Yields: 1 batch – serves 4-6

In bowl mix flour and baking soda, salt and 1 tsp. sugar.

In a large separate bowl, mix buttermilk and eggs.

Add dry ingredients to liquid ingredients slowly, stirring until smooth batter.

Prepare Æbleskiver pan by melting good dab of Crisco in each hole of the pan when pan is hot.

Fill holes only 3/4 full with dough and turn Æbleskiver with a knitting needle or ice pick [or wooden skewer]. Cook until they are slightly brown, then turn several times so they are nice and round (low heat), about 7 minutes.

Serve with powdered sugar and jam.

An Æbleskiver pan is available at many of the Scandinavian shops, William Sonoma's and other cookware places online (see links at left for a few choices). Oil can be heated either in deep pan or in special deep fryer machine.

William Sonoma's website had a YouTube demo on how to make the Æbleskiver filled with jam and this is great place to look.

Æbleskiver are Danish (the word actually means apple slices and they sometimes are filled with apple chunks), but they are also known in Norway(although in a smaller version) as poffertjes (puff balls).

*You can purchase dried buttermilk mix which works as well as real buttermilk.

**Butter can be used instead of Crisco with equal luck.

DILLED SALMON

DILLED SALMON

Contributed by Sigrid Undset Lodge #32, Palo Alto, CA

1 whole fresh salmon, cleaned

& head cut off*

Onion slices (1 whole medium onion)

1/4 cup white wine (optional)

Lemon slices (from 2 lemons)

Salt & pepper to taste

Fresh dill (for garnish and optionally used in cooking)

Fresh Lemons (for garnish)

Dill Sauce

1 cup Sour Cream

1/4 cup fresh snipped dill or 2 tsp. dill weed

1/4 tsp. fresh lemon juice (or more to taste)



1. Rinse the fresh prepared fish.
2. Preheat oven to 375 degrees or BBQ (as suggested by my manufacturer).**
3. Place cleaned fish in a heavy duty aluminum foil. Add sliced onions and lemon rings into center. Season as desired. Tightly seal fish in foil. (Optionally, make a poaching liquid** and poach on top of stove or add some of these ingredients to foil packets.)
4. Place fish in preheated oven or BBQ (if not poaching over stovetop).
5. Bake for about 7-10 minutes per inch of thickness or until cooked as you prefer it.
6. Meanwhile, make dill sauce by combining remaining ingredients.
Set aside to mature.
(Sauce can be made up to 1 day ahead).
7. Take fish out of oven or BBQ, and then open foil. Carefully remove bones and skin, from fish, cutting whole fish in half at backbone. Gently place whole fish sides on serving tray.
8. Garnish salmon sides with fresh dill around sides and on top. Add sliced lemon wedges around the fish and a bowl of dill sauce. Can be served hot or cold.

**Note: Should you wish to poach the fish in a fish poaching pan instead of baking it, use the following poaching liquid (enough to cover fish in stainless steel poaching pan: 1/2 cup dry white wine, 1 qt. water, 6 whole peppers, 2 whole allspice, 1 bay leaf, 3 Tbsp. lemon juice (or white wine vinegar), and a medium onion sliced into rings. Directions: Put all in poaching pan and cook for 20 minutes before adding the fish. Double or triple recipe depending on size of fish used...you need enough to cover fish. Poach fish by using rack or wrapping fish in cheesecloth and lowering it into poaching liquid. Poach on medium heat (not boiling) until done, approximately 6-15 minutes – depending on thickness.

FISH BALLS

Contributed by Astrid Wooley, Wtjernent Lodge #7, Astoria, OR

- 5 pounds ling cod or sturgeon [fillets]
 - 1/2 pound potato flour
 - 2 quarts milk
 - 1/4 tsp. ginger
 - 1/4 tsp. allspice
 - 1 tsp. nutmeg
 - 1/4 tsp. mace
 - 3 medium onions, ground
1. Grind fish five times.
 2. Add potato flour and spices [and stir].
 3. Add milk gradually, beating by hand.
 4. Fry or boil by the tablespoonful.
- . Serves 12-16 people.
. Can add a fish sauce to fish balls as shown above if desired.

Fish Sauce Recipe:

- 2 Tbsp butter
- 2 Tbsp flour
- 1 – 1 ½ C milk or cream
- Curry Powder or Cheese
- Lemon Juice

Melt 2 Tbsp. butter in sauce-pan and then stir in 2 Tbsp. flour and cook for 1 minute. Add 1–1.5 cup warmed milk or cream and stir until sauce thickens. At this point, you can either add some curry powder to make the color yellow as in photo, or instead add some shredded cheese (up to 1/2 cup as desired--experiment with type of cheese you like best or combo of cheeses). Stir sauce until cheese is melted and incorporated. Then add juice from a half of a fresh lemon (more/less as desired. (Optionally, in place of lemon juice, use a tablespoon or two of Dry Sherry or dry white wine.)



FISKEBALLER #2

Salmon balls before cooking

FISH BALLS - #2

By Linda Berti, Aase Lodge #35, Layfayette, CA

1 lb. boneless, skinless salmon or firm white fish such as cod or Pollack

2 eggs

1/2 cup cream

1/2 tsp. onion powder

1/2 tsp. garlic powder

1/2 tsp. dried dill

Potato starch (enough to bind together– ca. 3 Tbls. or 1/4 c

Parsley – finely chopped 1 Tbls.

1 green onion – finely chopped

salt & pepper to taste

Cream Sauce:

Standard recipe for white sauce (i.e., butter, flour, milk, salt & pepper)

Creamed horseradish

Lemon zest



Rinse and dry the fish fillet. Cut into 1 inch cubes.

Place fish in bowl of food processor with the mixing blade, & coarsely chop.

Add eggs & cream, and process to combine.

Add remaining ingredients and process until the mixture pulls away from the side of the bowl.

Place in a refrigerator to thoroughly chill the mixture

Bring a large pot of salted water to a boil. Then, use a 1-1/2 inch ice cream scoop to form the balls so they are uniform in size. Rinse the scoop with cold water each time you make a ball. Pack the fish mixture tightly into scoop and carefully flick it into the boiling water. Try a test ball first to make sure it holds together. If it falls apart, add more potato starch.

Boil a few at a time, until they are firm. They will float to the top. Scoop them out carefully with a slotted spoon, place on paper towels to drain them while you cook the sauce.

Prepare your favorite cream sauce recipe. Add

some creamed horseradish sauce

(store type) & a taste of grated lemon zest.

Place fish balls into white sauce and coat before serving.

Optionally, sprinkle fresh chopped dill over everything.



FISKEPUDDING

FISH PUDDING

Contributed by Anna B. Wangsmo, Camilla Collett Lodge #25 (formerly of Silvana, WA)

- 3 pounds ling cod or halibut
 - 2 Tbsp. white flour
 - 2 Tbsp. potato flour or cornstarch
 - 1 tsp. nutmeg
 - 1 pint cream or half & half
 - Salt [& pepper} to taste
 - 1 egg
 - Butter, melted
1. Grind fish [two or three times] with flour, cornstarch or potato flour, nutmeg, beaten egg, salt [and pepper].
 2. Add cream gradually to above mixture [and stir well].
 3. Pour into forms [such as small loaf pans or custard cups] and place [forms] in roaster with a little water in the bottom [to stabilize the temperature and humidity of the fish].
 4. Bake 1 hour covered at 350 ° F.

Serve with melted butter [drizzle it over the fish pudding].



FRUKTSUPPE

FRUIT SOUP

Attributed to Adalaine Sather, Stjernen Lodge #7, Astoria, OR

1/2 cup Sago or pearl tapioca*
2 quarts boiling water
1 cup prunes, chopped (no pits)
1/2 cup raisins
1 cup diced apples
1 cup fruit juice
Sugar (to taste)
1/2 orange, diced
1/2 lemon, diced

1. Boil water. Add Sago (or pearl tapioca) to water and mix while you prepare prunes, raisins, and apples. Add these fruits and the juice to boiling water mixture. Stir well and lower heat as it thickens. Sweeten to taste and cook 45 minutes, stirring constantly [to avoid lumpiness].
2. Prepare orange and lemon dices for garnishing. Set aside until ready to serve.
3. Serve hot, in soup bowls or cups. Garnish with orange and lemon.

Serves 8.



STUTER

FUNNEL COOKIES

By Marie Berglund, Embla Lodge #2, Tacoma, WA

1/2 cup butter
1 cup powdered sugar
1/2 cup milk
1 tsp. vanilla
1 3/4 cups flour

1. Cream butter and sugar.
2. Add flour and milk alternately.
3. Spread in thin rounds on a baking sheet.
4. In morning, bake in a preheated 350- 375° oven, for about 10 minutes.
5. Roll immediately into a cone shape, using a krumkake cone.

Funnel cookies are very similar to krumkake, but they don't require a krumkake iron.

GLÖGG

(Punch/Beverage – Swedish)

Contributed by Lorraine Van der Reit, Sigrid Undset Lodge #32, Palo Alto, CA

- 1 bottle claret or port wine
- 1 pint dark rum
- 1 quart brandy
- 1/2 cup blanched almonds
- 3 sticks cinnamon
- 8 whole cloves
- 4 peeled cardamom seeds
- 3 strips orange peel
- 3 strips lemon peel
- 1/2 cup dark raisins
- 1 cup sugar cubes



1. Tie spice and fruit peel in cheesecloth bag.
2. Reserving 1 cup of brandy, bring liquors to a boil in a kettle. Place bag into hot liquid, add raisins and almonds. Reduce heat and simmer for about 10 minutes.
3. Remove from heat. Place sugar cubes in large sieve; place sieve over saucepan. Pour a little of hot liquid over sugar and ignite. Carefully spoon liquid over sugar to flame it, until sugar is dissolved. Extinguish flame quickly. Cool 30 minutes, then add remaining brandy.
4. Store for a few days in a cool place.
5. Before serving, heat, but do not boil.

Pour into glasses to which a few raisins and almonds have been added.

JULERIBBE FRA ØSTFOLD

CHRISTMAS RIB FROM ØSTFOLD

Contributed by Paula Baker, Anna Kolbjornsen Lodge #36, San Francisco CA

- 4 lbs. baby back spareribs
- 2 tsp. ground nutmeg
- 2 tsp. ground allspice
- 1 Tsp. ground cloves

1. Preheat oven to 450°.
2. Mix all the spices together in a small bowl.
3. Rub both sides of ribs with the spice mixture.
4. Place spiced ribs in a roasting pan and cover with foil.
5. Bake in the preheated oven for 15 minutes.
6. Remove foil and reduce heat to 350° for 1.5 hours or until done.
7. Baste with drippings every 20 minutes during baking.



Serves 4 people.

Serve with surkål, lingonberries, and boiled potatoes.