

BRUNEKAKER/ALMOND COOKIES

BROWN COOKIES (Swedish)

Contributed by Erlene Stevenson (Thelma Lodge #22, Everett WA)
& Jeanette Gustafson (SofN)

1 stick butter
1 cup sugar
2 Tbsp. Golden Syrup (Lyles*)
or 1 Tbsp. honey
2 cups flour
2 tsp. Vanilla Sugar (Vanilje sukker)*
1 tsp. baking soda
Parlsukker* (Pearl Sugar)
water



In large bowl cream the butter and sugar until light and well blended.

Slowly add Golden Syrup or Honey to this creamed mixture. Blend well.

Sift the flour, vanilla sugar and soda together. Slowly add this to the creamed mixture by hand. Mix well.

Make into 8 balls and roll each into logs (diameter about the size of a quarter). Place on wax paper and wrap tightly. Place on cookie sheet if desired and chill overnight or several hours until very hard.

Remove rolls from refrigerator and put half the rolls on standard large cookie sheet that is either lightly greased or covered with parchment paper. Do the same with remaining rolls. Brush tops with water and sprinkle with Pearl Sugar.

Bake in preheated 325 oven (F) 15-20 minutes or until golden brown and just set. They spread and flatten.

Let sit just slightly and then cut diagonally into strips (7-8 slices/roll). Cool on racks.

Store in air-tight container (tins are great). Can be frozen with wax paper separating layers in Freezer Ziplocks.

*Lyles Golden Syrup, Vanilje Sukker and Parlsukker (pearl sugar) can be found in Scandinavian shops and specialty markets. Try Olson's and other links on left for purchase. Ikea sometimes has all these ingredients. In place of the Lyles Golden Syrup, honey can be used. One web site, Baking Bites, explained how to make your own vanilla sugar.

These are amazing!

Yield: each stick gives about 7 – 8 cookies. So total yield is about: 5 dozen cookies.

BERGEN KJØTTKAKER

BERGEN MEATBALLS

Contributed by Mrs. Jacob Grove, Stjernen Lodge #7, Astoria, CA

2 pound lean ground beef
1/4 pound pork sausage 3 Tbsp. potato flour
1 1/2 cups milk
onion salt to taste*
ground pepper to taste
cooking oil
1 tsp. Kitchen Bouquet

Gradually mix all ingredients together in large bowl [except oil and Kitchen Bouquet].

Pat into balls.

Fry meatballs in oil until well browned on all sides.

Put into a pan of boiling salt water.

Add Kitchen Bouquet to gravy.

Let boil [about 30-40 minutes, uncovered] until done [and gravy thickens**].

This makes enough for 6-8 delicious servings of meatballs.

*Grated onion also may be added (up to 1 medium onion's worth).

**If gravy is too thick, add potato flour slowly to the gravy. Boil to reduce liquid in pan and until gravy is thickened.

BERLINER KRANSER

BERLIN WREATH COOKIES

Contributed by Erlene Stevenson (Thelma Lodge #22, Everett WA) & Jeanette Gustafson (SofN)



4 uncooked egg* yolks
1 cup sugar
1 cup butter (2 sticks)
2 cups flour [or more – up to 3 cups]
2 hard boiled egg* yolks
2 tsp. vanilla or almond extract
2 or more egg* whites, beaten until foamy
Coarse Sugar (can be colored) or Parlsukker** (Pearl Sugar)

Mix uncooked egg yolks and sugar for 10 minutes by hand.

In large bowl cream the butter and sugar until light and well blended.

Mash the hard boiled egg yolks in small bowl using a fork.

Crumble butter and flour together in another larger bowl.

Add all ingredients to the butter-flour mixture and mix well. [You may need to add at least 1/2 cup more flour so dough is stiff enough to work with. Refrigerate dough for at least 1 hour before proceeding to make it easier to work with.]

Take out 1/4 of dough and roll small amounts into little worms on a well floured surface (about 5" long). Form each worm into a small ring. Dip ring in beaten egg whites*** and place on parchment covered cookie sheet allowing at least 2" between cookie rings.

Sprinkle with sugar.

Bake in preheated 350° oven (F) 10 – 15 minutes or until golden brown [check often as ovens vary and you don't want to overcook these].

Slide parchment paper off cookie sheet onto cooling racks or counter (if counter top allows for heat). Otherwise, let sit just slightly on cookie sheet and then using a spatula, carefully take

the cookies off and place on cooling racks. [Cookies are delicate.]

Either eat immediately when fresh or store in air-tight container (tins are great) for up to two weeks.

Cookies can be frozen (just use wax paper between layers and place in Freezer Ziploc ks or Tupper-ware).

*Eggs today, come in so many sizes. Medium eggs work best for this recipe. If using larger eggs, you will need to add additional flour (up to 1 cup). The hard boiled egg yolks give these a beautiful color.

**Parlsukker (pearl sugar) can be found in Scandinavian shops and specialty markets. Try Olson's and other links on left for finding this if you don't have an Ikea or Scandinavian store near you.

***Instead of dipping the cookies (which are touchy to handle when moistened), simply brush on the egg white mixture to formed wreaths on cookie sheet covered with parchment paper. Then follow remaining directions.

These are amazing yet tricky to make. Practice improves your results. Keep the dough as cold as possible before forming and add additional flour so it holds it shape.

Yield: about:3 – 4 dozen cookies

KARDEMOMMERING

CARDAMON RING

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

1 cup milk
1/2 cup butter
1 tsp. salt
7 1/2 cups flour
2 eggs
1 cup thin cream (half & half)
1 cup sugar
1 tsp. ground cardamon
Filling:
2 Tbsp. butter
1 cup diced citron
1/2 cup chopped nuts
1/2 cup powdered sugar
2 cups raisins



Delicious Caradmon Ring Rolls help start the day out right!

Yield: about 3 dozen

Scald milk and cream together. Add the 1/2 cup of butter, sugar, salt and cardamon.

When mixture is lukewarm, stir in yeast that has been soaked in lukewarm water, eggs and flour. Mix well and grease bowl. Place dough in bowl and cover.

Let dough rise until it is doubled in size.

Divide the dough in two parts.

Roll each out in a rectangle and spread with butter, powdered sugar, citron and raisins.

Roll up each rectangle lengthwise (like a jelly roll), cut slices and place rounds on a baking sheet.

Sprinkle each round with chopped nuts.

Bake in preheated 350° (F) oven for 40 minutes.

Note: This recipe was mistyped in the original book, Kitchen Secrets of the Daughters of Norway. Carol Pease filled in some quantities from her mother's recipe for same. The fillings can be adjustable for taste. They are delicious!

JULEBULLAR

CHRISTMAS ROLLS (Lucia Buns)

Contributed by Katie Allen of Sigrid Undset Lodge #31
Palo Alto, CA

1 cup scaled cream
1 package active dry yeast
1/4 cup warm water (110 – 115°)
1/4-1/2 tsp. saffron threads crumbled
(or 1/2 tsp. powdered saffron) [optional]
1/2 cup butter (1 stick)
1/3 cup sugar
1 tsp. salt
3 – 3 1/2 cups all-purpose flour
1 egg, well beaten
raisins (as needed)*



Place water in 2 cup bowl and add yeast to soften. Let stand 5 to 10 minutes until it has risen. (Can keep over a bowl of lukewarm water if it is cold to help it rise.)

In large bread bowl, add butter (cut into slices), sugar, salt and if using, the saffron. Pour scalding milk over these ingredients and let sit to melt butter. Mix. When everything is lukewarm, blend in, beating until smooth, 1 cup of the flour.

Add the yeast mixture to large bowl and mix. Add about 1 cup more flour and beat until very smooth. Then beat in the beaten egg. Beat in enough of the remaining 1 1/2 flour to make a soft dough. [(Amount depends on moisture in air and size of egg used. Dough will be soft.)] Flour a surface to knead on and turn the dough onto this and allow the dough to rest 5-10 minutes.

Knead dough. Break off pieces of dough and roll with hands into strips that are about 5" long and about 1/2" thick.

Various shapes are used (see possibilities [HERE](#)), but St. Lucia buns usually are 2 twists crossed over each other with a raisin pressed into each coil. Instructions are shown on the possibilities page/diagram. For St. Lucia rolls, coil each end in to center of strip. Place 2 coiled strips together so that coils form a 90° angle to each other. Press 1 raisin into the center of each coil. Place rolls on parchment covered baking sheets. Cover with cloth, and let rise until doubled.

Bake at 375° F for about 15 (and up to 20 minutes). Rolls should be barely lightly browned as they will continue to cook some.

Remove from oven and allow to cool on racks.

* Raisins should be placed in warm water for about 15 minutes to plump them up, and then drained before using them. Yields about 4 dozen rolls if single coiled.

Can be made up to 1 day ahead, but are best eaten that day.

St. Lucia Day is celebrated in all of the Scandinavian countries each December 13th. The tradition is for the eldest daughter of the house to dress in a long white nightgown or robe, with a red sash, red stockings, and a crown having greenery and candles glowing to come to all the

KANELBOLLER MED ROSINER

MOR'S CINNAMON ROLLS WITH RAISINS

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

2 cups boiling water

1/2 cup granulated sugar (or fructose 1/3 cup)

1 Tbsp. salt

8 cups flour (bread preferred)

2 eggs (beaten)

1/4 cup lard (or butter)

2 cakes yeast (or 2 packets)

1/4 cup lukewarm water

1 tsp. granulated sugar (or fructose 2/3 tsp)

Filling:

Granulated sugar (to taste...ca. 1/3 cup) (fructose ca. 1/4 cup)

Ground Cinnamon (to taste...ca. 1-2 Tbsp.)

Raisins (to taste, ca. 1-4 cups)

Bottom of muffin-well mixture:

water (amounts given below)

brown sugar (amounts given below) (or fructose 1/3 less than brown sugar amt.)

butter (amounts given below)

Served up warm every Christmas morning and great on cold winter days!

Yields: 24 rolls

Allow plenty of time to make this.

In large bread bowl, mix boiling water, 1/2 cup granulated sugar, salt and lard (or butter) together; cool to lukewarm.

Soften yeast cakes (or dissolve active or quick rising dry yeast packets) in lukewarm water. Add 1 tsp. sugar over top of yeast mixture. Set aside in lukewarm place to raise. (Bowl should be large enough for mixture to double.)

When bread bowl mixture is lukewarm and yeast has bloomed, add yeast mixture into bread bowl. Beat well. Next, add beaten eggs to bread bowl and mix well. Then, slowly stir half the flour as you beat mixture continually. Slowly stir in remaining flour by cupful until unable to mix, and then use hands to incorporate enough flour to make a smooth and elastic dough. Don't make it too moist or too tough. Knead the dough slightly so as not to warm dough (about 10 times).

Grease the bread bowl with butter and add dough back and grease top of dough with additional butter or simply turn dough over once you have placed it in greased bowl. Cover bowl with dish towel and either continue or store dough in refrigerator until ready to proceed. (Dough will keep up to 3 days this way). Let dough double in size in warm area. Punch down.

Divide dough into two equal pieces. Take one piece and shape it into a rectangle (about 18" x 20") using a floured rolling pin as needed. Time to place raisins into a bowl of warm water (ca. 1/2-1 cup per dough part usually used). Either brush shaped dough with melted butter, or spread softened butter over it. A light brushing works fine. [ca. 2 Tbsp. per rectangle.] Sprinkle cinnamon (in desired amount) over top of buttered dough. Drain the raisins, and sprinkle or place them evenly over dough. Roll the dough (with 21" as width) tightly and slowly up until a stick has been formed.

Prepare two muffin pans (12/pan) by oiling them first. Place about 1/4 Tbsp. butter in each well. Then add 1/2-1 tsp. brown sugar per well. Finally, add about 1/2 tsp. water to each well. This will form a caramel topping during cooking that comes out on top.

Take stick of filled dough and shape into a nice even roll. Divide it first in half with a knife. Then divide by cutting each half in half (making 4 1/4 pieces). For each of these pieces, cut dough into 3 even pieces. Total pieces will be 12. Place each piece into prepared muffin pan. Push any raisins down into dough if coming out. Place in warm area to raise and cover with kitchen towel. Do same with remaining dough. Allow rolls to double in size (ca. 2 hours). Preheat oven to 425°.

Bake in preheated oven for 15 to 20 minutes. Watch as they will brown quickly in last few minutes. Have a sheet of parchment or waxed paper out to invert the cooked rolls onto when they first come out of oven. Allow pan to sit on top and drip out sugar-coating. Let cool slightly and serve. Remaining cooled rolls store well in zip-lock bags for up to 3 days. Continues on next page....



When serving left-overs, either microwave for a few seconds to heat them, or place in aluminum foil in a 325 oven for about 15 minutes. Divide dough into two equal pieces. Take one piece and shape it into a rectangle (about 18" x 20") using a floured rolling pin as needed. Time to place raisins into a bowl of warm water (ca. 1/2-1 cup per dough part usually used). Either brush shaped dough with melted butter, or spread softened butter over it. A light brushing works fine. [ca. 2 Tbsp. per rectangle.] Sprinkle cinnamon (in desired amount) over top of buttered dough. Drain the raisins, and sprinkle or place them evenly over dough. Roll the dough (with 21" as width) tightly and slowly up until a stick has been formed.

Prepare two muffin pans (12/pan) by oiling them first. Place about 1/4 Tbsp. butter in each well. Then add 1/2-1 tsp. brown sugar per well. Finally, add about 1/2 tsp. water to each well. This will form a caramel topping during cooking that comes out on top. The use of lard makes for a flakier dough than the butter version. Also, the use of caked yeast now can be replaced with packets of fast-rising yeast.

This recipe has been handed down for four generations. Each generation has its own version. This one is based on the third generation's version updated to cooking norms of today.

Note: The exact amounts of some ingredients, depends on your tastes. If you like things sweeter, add a heavier coating of sugar, cinnamon, raisins, butter. Also, using fructose instead of sugar means using 1/3 less the amount of sugar called for.

Contact web-master for cinnamon roll pictorial guide & photo above was made [using fructose instead of the other brown/white sugar].

KANELVRIDING

CINNAMON TWIST

Gudrun Persen, Stjernen Lodge #7, Astoria, OR

2 cup sour cream
1/2 tsp. soda
1 cake yeast*
2 Tbsp. soft shortening (butter works)
3 Tbsp. sugar
1 tsp. salt
1 large egg
3 cups sifted flour
2 Tbsp. soft butter
1 tsp. cinnamon
1/4 cup brown sugar
extra powdered sugar (as desired)

Delicious Cinnamon Twists!

Yields: 24 twists

Heat sour cream until lukewarm. Remove from heat. Add sugar, soda, salt and yeast. Stir until dissolved. Add egg, shortening and flour. Mix well.

Turn dough onto floured board and knead several times until dough is smooth.

Roll into an oblong 24 x 6 inches. Spread with the 2 Tbsp. softened butter. Sprinkle half [length-wise] with brown sugar and cinnamon. Fold over [length-wise]. Cut into 24 strips 1" wide, then twist them once [into a figure-eight] and place on a greased baking sheet.

Let rise.

Bake in preheated 375° (F) oven for at 12-15 minutes. Frost with powdered sugar.

Note: These are soooo good and the smell is delightful to wake up to! Easy to make.

*Use 1 yeast packet instead of yeast cake if desired.



Hummer og Reker i Hvit Saus over Blomkål

CREAMED SHRIMP & LOBSTER OVER CAULIFLOWER

Contributed by Katie Allen, Sigrid Undset Lodge #32, Palo Alto CA (modified from original recipe found in The Scandinavian Cookbook, Culinary Arts Institute, Chicago IL, 1955, p.29)

1 medium-sized head cauliflower
8 oz. cooked shrimp
6 - 8 oz. cooked lobster
salt & pepper to taste
2 Tbsp. butter
2 Tbsp. flour
1 cup milk
2 Tbsp. dry sherry
2 – 3 oz. shredded white cheese*
1 – 2 oz. shredded yellow/brown cheese*

Prepare, clean and cook cauliflower to preference. (Some like it crisp, some like it medium and some like it soft). If you do not have precooked shrimp or lobster, cook them and drain (optionally reserving cooking liquid to use instead of or partially for milk called for in recipe). [Canned shrimp and lobster also may be used.]

Prepare cooked shrimp by cutting into halves lengthwise.

Prepare cooked lobster (or longenstino) by removing bony tissue and cutting it into pieces (longistino may be kept whole if small enough).

Prepare a white sauce by melting the butter in a pan and then adding the flour and cooking on low for about 1 minute. Add the milk (and/or reserved juices from cooking shellfish) and continually stir until sauce has thickened. Add salt and pepper to taste. Add the dry sherry and then grate the two cheeses* into the sauce. Melt and stir until smooth sauce. Add additional pepper to make it more colorful. Add shellfish to sauce and heat until thoroughly warmed.

Drain cooked cauliflower and place in serving bowl.

Pour over the heated shrimp and lobster cream sauce.

* White cheese that you can try include: parmesian; fontana; Jarlsberg, etc. Try to pair them with a yellow (or brown) cheese that is the opposite in density: medium/sharp cheddar, geitøst, etc.

Serves 3 – 4.



AGURKSALAT

CUCUMBER SALAD IN SOUR CREAM

Unattributed

2 English cucumbers, sliced thin
1 tsp. lemon juice or cider vinegar
1 cup sour cream
salt to taste
fresh chives, chopped
1 Tbsp. sugar (optional)

Salt sliced cucumbers, refrigerate overnight.
Next day, rinse and drain.
Add sour cream, lemon juice and pepper.
Can add optional sugar if desired
at this point. Mix well.
Garnish with fresh chives.
Delicious side dish, good with many dishes

