

Denmark



STUVET OKSEKØD: Danish Stew

Ingredients:

3 tablespoons butter
2 medium onions, chopped
3 tablespoons flour
2 1/2 pounds cubed chuck or bottom round steak
2 tablespoons vinegar
1 teaspoon salt
1/2 teaspoon pepper
3 cups beef broth or stock
1 1/2 cup flour
1 teaspoon baking powder
1/2 teaspoon salt
1 tablespoon minced parsley
1/4 cup butter, softened
3 to 4 tablespoons water

Directions:

Sprinkle cubed steak with vinegar, salt and pepper. Set aside.
In Dutch oven with tight fitting lid, melt the butter, add the onions and cook slowly for about 10 minutes, allowing to brown slightly. Dredge the steak in the 3 tablespoons flour, and add to butter and onions. Continue to cook until meat loses its color and then add beef broth or stock and bring to boil, stirring.
Lower heat, cover and simmer for at least two hours. Add a little more broth if liquid cooks down too much. Mix 1 1/2 cup flour, baking powder, salt, and parsley. Cut in the softened butter. Add water, a tablespoon at a time, and form into a ball of dough. Pinch off and roll into balls about 1/2 inch in diameter. Drop into stew, cover tightly and continue to cook over low heat for about 35 minutes.

Serves 4 generously

SCANDINAVIAN BEEF BRISKET

Ingredients:

5 or less pounds beef brisket
1 large onion, sliced
1 tablespoon instant beef bouillon
2 cups boiling water
2 teaspoons honey
1 1/2 teaspoon white wine vinegar
1/8 teaspoon ground cloves
1/4 teaspoon cinnamon
6 medium carrots
6 medium potatoes
1/2 lemon, sliced thinly
1 cup pitted prunes
1 tablespoon cornstarch
1 tablespoon water

Directions:

Bake the brisket uncovered at 500°F for 30 minutes (watch).
Dissolve bouillon in hot water.
Place onion and lemon on meat after the 30 minutes of baking.
Pour hot bouillon and mixed spices over meat.
Cover and turn oven to 300°F for 1 1/2 hours.
Then add vegetables and prunes, and bake 1 1/2 hours longer at 300°F.
Finally, mix starch and water to thicken the sauce.

Serves 6 or more

SMØRREBRØD: Open-Faced Sandwiches

1. Small shrimp heavily covering French or white bread.
Garnish with a twist of lemon and a dab of mayonnaise and dill weed.
2. Herring (in wine sauce) drained well, cut into bite-sized pieces on pumpernickel.
Garnish with strip of green pepper, 2 onion rings and a small piece of pimento.
3. Scrambled eggs with a strip of smoked salmon in the center, on pumpernickel or rye;
and sprinkled with chopped parsley.
4. Sliced hard boiled eggs on pumpernickel or rye, with anchovy filet.
5. Sliced roast pork on pumpernickel or rye, garnish with cooked (cold) red cabbage.
6. Liverpastj (liver paste) on pumpernickel with sliced beet pickles.
7. Sliced roast beef on pumpernickel garnished with horseradish.
8. Sliced rullepøise on pumpernickel with sliced cucumber.
9. Sliced ham on pumpernickel or rye and garnished with vegetable salad.
10. On buttered bread, with crusts removed, place 3 strips of cheese.
Then place shrimp, in two rows, between cheese strips.
Place dabs of mayonnaise on the shrimp and decorate with sprigs of parsley.
11. On buttered bread, with crusts removed, spread a generous amount finely chopped salmon. Add pepper, to taste, and top with asparagus tips.

STUFFED SPARERIBS

Ingredients:

2 sides of spareribs (3-4 pounds)
1 tablespoon flour
1 cup prunes
salt and pepper
4 apples

Directions:

Soak prunes several hours or overnight.
Cut in half and remove pits.
Pare and core apples and cut into eights.
Lay one sparerib on bottom of roaster.
Season with salt and pepper.
Place prunes and apples on spareribs.
Place second sparerib on top of prunes and apples.
Tie cord around them, season and sprinkle with flour.
Sear in hot oven, reduce heat to 325°F.
Cover and finish cooking.