

# Sweden



## Salted Herring - "Inlagd sill"

### Ingredients:

4 to 6 fillets of salt herring  
1½ dl (¾ cup) sugar  
1 dl (½ cup) Swedish spirit vinegar  
2 dl (about 1 cup) water  
5 tsp. allspice  
1 bay leaf  
1 to 2 red onions  
sliced dill sprigs

### Directions:

Soak the herring in cold water for 10 to 12 hours, or follow the directions on the package.  
Drain them.  
Mix the sugar, vinegar and water in a separate bowl.  
Add the allspice, bay leaf and onion.  
Pour the dressing over the herring and refrigerate for 2 hours.  
Cut the herring in 1 cm ( 1/3 inch)- thick slices, cover with dressing and garnish with red onion rings and dill sprigs.

**Variation:** Instead of allspice, add 1 teaspoon whole cloves and 5 crushed white peppercorns to the dressing. Bring to a boil, let cool and pour over the herring reserving about ½ dl ( ¼ cup). Refrigerate for at least two hours. Slice the herring and place in serving dish. Add the remaining dressing and garnish with red onion rings, cloves and dill.

# Cabbage Rolls - "Kåldolmar"

## Ingredients:

1 small head white cabbage, water, salt

Filling:

1 dl (½ cup) water

½ dl (¼ cup) white rice

3 dl (1½ cups) milk

350 g (about 12 oz) ground beef

salt, white pepper, thyme

margarine or butter

1 dl (½ cup) light cream

## Directions:

Cut out the core and put the cabbage in salted boiling water.

Cook covered, until the leaves are slightly soft and easy to remove from the core.

Peel off the leaves one by one and drain on a rack or towel.

Trim the coarse centre vein of each leaf.

To make the filling, bring the water to a boil.

Add the rice and cook covered, until the water is almost absorbed.

Stir in the milk and cook till the mixture resembles a thin porridge.

Let cool.

Mix with the meat and spices, add more milk if necessary.

Put a large tablespoonful of filling on each cabbage leaf.

Fold the leaf around the filling and secure the roll with a toothpick.

Heat a skillet with a little margarine or butter.

Brown a few rolls at a time, over moderate heat.

Transfer to a casserole.

When all the cabbage rolls are browned add a little beef bouillon or water

to the casserole, cover and let simmer for about 30 minutes.

Add the cream and cook for another 15 minutes.

Serve with boiled potatoes and lingonberry preserve.

## Meatballs - "Köttbullar"

### Ingredients:

- 1 dl (½ cup) fine dry bread crumbs
- 1 dl (½ cup) light cream
- 1 dl (½ cup) water
- 200 g (7 oz.) ground beef
- 200 g (7 oz.) ground lean pork
- 1½ tsp. salt
- ½ tsp. ground allspice
- 2 tbl grated yellow onion  
(and/or 2 crushed garlic cloves)
- 1 egg, beaten
- 3 tbl margarine or butter

### Directions:

Mix the bread crumbs, cream and water; set aside for 5 minutes.  
Work together the beef, pork, salt, allspice and onion.  
Gradually add the bread crumbs, then the egg.  
Blend well and fry a sample to test the seasoning.  
Shape into balls.  
Make large meatballs to be served for dinner or small meatballs for the smörgåsbord.  
Heat part of the margarine or butter in a skillet.  
Add 10 to 15 meatballs.  
Fry over moderate heat until the meatballs are beautifully brown and cooked through.  
Transfer to a serving dish and keep hot while frying the remaining meatballs.  
Serve with boiled potatoes, lingonberry preserve and a tossed salad.

# Lutefisk

## Preparation:

Soak fresh or thawed lutefisk in cold salt water at least two hours.

Rinse and place in a glass baking dish.

Cover with aluminum foil.

Bake at 350 degrees until fish begins to fall apart  
(about 10 minutes per pound of fish).

May be served with drawn butter or a white sauce with allspice added to it.