



Scandinavian Winter Supper

Instructor – Ingrid Cordano

Date – February 4th, 2003

Scandinavia includes the nations of Finland, Norway, Sweden, and Denmark and lies in the very northern part of Europe. The food of Scandinavia is greatly influenced by its geography. To begin with, all of the Scandinavian countries are surrounded by oceans that bear shoals of mackerel and herring. In addition, they are home to thousands of fresh-water lakes (think salmon, trout, and crayfish) and acres of forest (wild berries and mushrooms). All of these factors produce a food culture that is closely tied to the riches of the earth.

Unlike the United States, most Scandinavians eat their big meal in the middle of the day. This supper is often eaten at school or work and, typically, is available for free to employees and students. In the evenings, families usually have a lighter meal, which can include soups, sandwiches, and tea.

Although it doesn't include the fish that is often associated with Scandinavian cooking, this menu typifies the meals that would be eaten by families during the long, dark winter months.

Beet and Apple Salad

Piirakka

Pannkaka



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Beet and Apple Salad

During the winter, most households have a pantry filled with root vegetables, like beets, and often have apples from the fall harvest. This salad makes delicious use of this winter produce.

8 beets, cooked and peeled (can also use canned beets)

2 Granny Smith apples, peeled and cored

2 small onions (yellow or red)

1 pickle

5-6 T sour cream

4 T beet juice (from can)

- 1) Using a hand-grater or food processor, coarsely grate the beets and apples into a large bowl. Finely chop the onions and pickle and add to the bowl.
- 2) In another small bowl, mix the sour cream with the beet juice. Season to taste with salt and pepper.
- 3) Pour the sour cream sauce over the beet mixture. Toss to coat. Serve immediately.



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Piirakka (meat turnover)

The timing of this recipe is important. Make sure that the filling and pastry dough are well chilled before you begin assembly. The filling and dough can be made well in advance (good for parties) and the baked piirakka freezes very well (good for surprise guests). Serve the piirakka slices in hot beef bouillon. My family usually serves this on Christmas Eve.

Filling

$\frac{3}{4}$ cup white rice (not instant)

1 T. vegetable oil

2 onions, chopped

1 lb. Ground beef

1 beef bouillon cube

3 hard-boiled eggs, chopped

$\frac{1}{2}$ bunch parsley, chopped

Salt, to taste

Pepper, to taste

- 1) Bring 4 cups of salted water to a boil in a medium pan. Add rice, bring to a boil, and simmer gently, uncovered, for 30-40 minutes, *stirring often*. The rice should be sticky, almost like risotto or porridge.
- 2) While the rice porridge is cooking, heat the vegetable oil in a large sauté pan and sauté the onions until translucent. Add the ground beef and crumbled bouillon cube and sauté until the beef is cooked through.
- 3) Pour the ground beef mixture into a large mixing bowl. Add the rice porridge and mix well. Add the parsley and chopped eggs. Adjust seasoning if necessary.
- 4) *Cool the mixture completely.*



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Pastry Dough

8 oz cream cheese

8 oz butter

2 c. all-purpose flour

- 1) In the bowl of a food processor fitted with the dough blade, cream the cheese and butter together. Add the flour and pulse until the mixture just comes together. Remove the dough from the bowl and divide into 2 pieces. Wrap each piece with plastic wrap.
- 2) *Refrigerate the dough for at least 30 minutes or overnight.*

Assembly & Presentation

1 egg, lightly beaten

1 can beef bouillon

- 1) Preheat the oven to 400 °. Remove the dough from the refrigerator.
- 2) On a lightly floured surface, roll the first piece of dough into a rectangle, about 1/8" thick (7"x12"). Place the dough on a baking sheet lined with parchment paper. Mound the cooled meat mixture down the center of the dough, leaving a 1" border all around. Trim any excess dough and brush the border with beaten egg.
- 3) Roll out the second piece of dough to a larger rectangle (8"x14"). Carefully lift up the dough and drape it evenly over the meat filling. Trim away any excess dough to form an even log shape.
- 4) Roll the edges of the log up and in to create a 'lip'. Press the lip with the tines of a fork to make sure that it is sealed. Brush the entire piirakka with beaten egg. Cut 3 vents in the top to let the steam escape and place a small pat of butter in each vent.
- 5) Bake the piirakka in the center of the oven for 45-60 minutes or until nicely browned. To serve, cut the piirakka into 1" slices and place in a bowl. Pour hot bouillon on top and eat as a soup.

Note: Piirakka can be made in advance and reheated in a 375 ° oven for 20-30 minutes.



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Pannkaka (Finnish Oven Pancake)

This dish is often served as a casual dessert but also makes a wonderful afternoon snack. My Mormor (grandmother) often made this during the summer and served it with a healthy scoop of strawberry compote.

4 eggs, lightly beaten
1 c. milk
1 c. all-purpose flour
1 tsp. sugar
 $\frac{3}{4}$ tsp. salt
 $\frac{1}{4}$ c. butter ($\frac{1}{2}$ stick), melted

- 1) Whisk eggs, milk, flour, sugar, and salt in a large bowl until well blended. Let stand at room temperature for 30 minutes. Do not skip this step – resting allows the gluten in the flour to ‘relax’ and will result in a much lighter finished product.
- 2) Preheat oven to 425°. Divide melted butter between two 9” pie pans. Swirl to coat.
- 3) Divide batter between the pans. Place in the lower third of the oven and bake until golden, set in the center, and very puffy, about 12-15 minutes.
- 4) Cut in wedges and serve with jam, fresh fruit compote, or powdered sugar.

Quick Berry Compote

10 oz frozen berries
 $\frac{1}{4}$ c. sugar
 $\frac{1}{4}$ c. water

Put all of the ingredients in a small saucepan. Bring to a simmer and cook 10-15 minutes, or until the berries are soft.