

Knowledge @ Noon

First Friday of Each Month – Leavenworth Public Library



Tastes of the World: Scandinavia

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Leavenworth Public Library

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KROPPKAKOR (SWEDISH POTATO DUMPLINGS STUFFED WITH BACON AND ONION)

Kroppkakor, hearty mashed potato dumplings stuffed with an allspice-laden filling of bacon and onion, are a specialty of Oland, an island off the coast of Sweden. They're traditionally enjoyed with sour cream to boost their richness and lingonberry preserves, which lend acidity and sweetness.

Makes 20 dumplings

3 lb. russet potatoes, peeled and cut into 1" pieces

2 1/2 cups flour, plus more for dusting

2 eggs, plus 1 yolk

Kosher salt, to taste

1 tbsp. olive oil

3/4 lb. sliced bacon, roughly chopped

1 large yellow onion, minced

1 tablespoon ground allspice

Lingonberry preserves and sour cream, for serving



1. Boil potatoes in a 4-qt. saucepan of salted water until tender, about 20 minutes. Drain potatoes and let cool, then transfer to a bowl and mash until smooth. Add flour, eggs, yolk, and salt; stir to combine. Cover with plastic wrap and chill dough 30 minutes.

2. Heat oil and bacon in a 12" skillet over medium-high heat; cook until fat is just rendered, 10-12 minutes. Add onion and cook, stirring occasionally, until onion is golden and bacon is crisp, about 8 minutes. Pour off and discard fat, or save for another use. Stir allspice and salt into bacon mixture; let cool.

3. Bring an 8-qt. saucepan of salted water to a boil. On a lightly floured surface, divide dough into about 20 balls. Working with 1 ball dough at a time and with lightly floured hands, press index finger into center of ball to create a pocket; place about 2 tbsp. bacon mixture inside pocket and pinch edges of dough to seal; roll into a smooth ball and flatten into a 2 1/2"-wide patty about 1" thick. Add dumplings to water; when dumplings float, reduce the heat to medium and simmer until firm, about 30 minutes. Using a slotted spoon, transfer the dumplings to a serving platter; serve with lingonberry preserves and sour cream.

From The Scandinavian Kitchen by Anna Mossesson

Nutrition Facts

Serving Size (104g)

Servings Per Container

Amount Per Serving

Calories 160 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 140mg **6%**

Total Carbohydrate 25g **8%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 6g

Vitamin A 0% • Vitamin C 8%

Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Prune Stuffed Pork Loin with Hasselback Potatoes

Serves 8

7 ounces prunes
1 tablespoon butter
1 large Bermuda onion, chopped
1 tablespoon fresh parsley
Salt and pepper
1 $\frac{1}{4}$ pound boned pork loin, butterflied

For the Potatoes

3-4 pounds small roasting potatoes
 $\frac{1}{2}$ cup butter melted
2 tablespoons fresh bread crumbs
2 tablespoons freshly grated Romano cheese.

1. Soak prunes in cold water overnight if they are not already soft. The next day, chop them into pieces. Melt butter in frying pan. Add onions and sauté for about 5 minutes until they soften. Add prunes and parsley and sauté until onions are very soft and mixture is sticky. Season with salt and pepper. Cool while preparing the potatoes.

2. Preheat oven to 425°. Peel potatoes so that they are evenly sized and oval. Put potatoes, one at a time on a wooden spoon and slice across with width at $\frac{1}{4}$ inch intervals, through the potato until you hit the wooden spoon. This stops you through. from slicing all the way. Put the potatoes in a roasting pan and pour over the melted butter. Roast in the oven 10 minutes. On the top rack. Baste with butter after 10 minutes.

3. Open pork and spread prune stuffing over the pork. Roll up and tie at regular intervals with string.

4. Baste potatoes again with butter. Reduce oven temperature to 350°. Roast pork in oven 40 minutes, below the potatoes.

5. When the pork has roasted for 40 minutes, remove potatoes, baste with butter and sprinkle with bread crumbs. Return to oven and roast pork and potatoes for another 20 minutes. Remove pork from oven and let stand 15 minutes. Increase oven temperature to 425° and roast potatoes another 15 minutes until just golden and opened up like a fan.

Pork Loin Nutrition Facts

Nutrition Facts			
Serving Size (116g)			
Servings Per Container			
Amount Per Serving			
Calories	180	Calories from Fat	35
		% Daily Value*	
Total Fat	4g		6%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	40mg		13%
Sodium	170mg		7%
Total Carbohydrate	24g		8%
Dietary Fiber	0g		0%
Sugars	1g		
Protein	15g		
Vitamin A	10%	Vitamin C	4%
Calcium	2%	Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

If you are just doing the Potatoes

1. Preheat the oven to 425 degrees F.
2. Peel the potatoes, and place in bowl of cold water to prevent browning. Place potatoes into a large wooden or metal spoon. Using a sharp knife, make slices across the potato the short way about 1/8 to 1/4 inch apart, making sure to cut down to the lip of the spoon, not all the way through the potato. The slices should stay connected at the bottom, and the spoon helps keep the depth even. Return the potato to the bowl of water, and proceed with the remaining potatoes.
3. When all of the potatoes are cut, place them cut side up in a shallow baking dish or small roasting pan. Drizzle with half of the butter, then season with salt and pepper.
4. Bake for 35 to 40 minutes in the preheated oven. Remove from the oven, and drizzle with the remaining butter. Sprinkle Romano cheese and bread crumbs onto the tops of the potatoes, and season with a little more salt and pepper. Return to the oven, and bake for an additional 20 minutes, or until nicely browned and slices separate.

From The Scandinavian Kitchen by Anna Mossesson.

Norwegian Meatballs in Cream

6 servings

- 1-pound hamburger
- $\frac{1}{2}$ pound ground pork
- 1 egg lightly beaten
- $\frac{1}{2}$ cup mashed potatoes
- $\frac{1}{2}$ dry bread crumbs
- $\frac{1}{2}$ cup milk
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon each, ground cloves, allspice, ginger, black pepper and nutmeg
- $\frac{1}{2}$ teaspoon brown sugar
- All-purpose flour
- 2 tablespoons vegetable oil
- 2 tablespoons butter
- $\frac{3}{4}$ cup heavy cream

Potato Nutrition Facts

Nutrition Facts	
Serving Size (245g)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 60mg	3%
Total Carbohydrate 42g	14%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 6g	
Vitamin A 8%	Vitamin C 20%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts

Serving Size (212g)	
Servings Per Container	
Amount Per Serving	
Calories 510	Calories from Fat 360
% Daily Value*	
Total Fat 41g	63%
Saturated Fat 18g	90%
Trans Fat 1g	
Cholesterol 165mg	55%
Sodium 990mg	41%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 24g	
Vitamin A 15%	Vitamin C 2%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

1. Preheat oven to 325°. Combine meats, egg, potato, bread crumbs, milk, salt spices, and brown sugar. Blend well and shape into 24 balls. Roll balls in flour.

2. Heat oil and butter and brown the balls on all sides. Spoon the balls into an ovenproof casserole and pour the cream over. Set the casserole in a pan and pour boiling water around the casserole. Cover and bake forty minutes.

From New York Times International Cookbook by Craig Claiborne.

Swedish Meat Balls

8 Servings

$\frac{1}{2}$ pound ground pork
1-pound hamburger
3 tablespoons milk
3 tablespoons heavy cream
1 cup bread cubes
3 tablespoons grated onion
1 clove garlic, finely minced
Salt and pepper to taste
1 egg, lightly beaten
1/4 teaspoon allspice
 $\frac{1}{4}$ teaspoon nutmeg
2 tablespoons vegetable oil
 $\frac{1}{4}$ cup tablespoons butter
2 tablespoons flour
2 $\frac{1}{2}$ cups beef stock or canned beef broth

1. Preheat oven to 350°. Soak bread cubes in milk and cream until the liquid is absorbed. Add this to the meat. Mix in together with hands meat, egg, garlic, onion, salt, pepper, nutmeg, and allspice. Shape into 30 to 40 balls.

2. Heat half of butter and oil in skillet and brown meatballs on all sides. Transfer to a baking dish as they brown. Add beef stock and bake 30 minutes. Pour off the liquid into a saucepan. Blend in remaining butter with flour and add this bit by bit into the boiling broth. Pour sauce over meatballs and serve hot with boiled or mashed potatoes.

From New York Times International Cookbook by Craig Claiborne.

Nutrition Facts	
Serving Size (266g)	
Servings Per Container	
Amount Per Serving	
Calories 450	Calories from Fat 320
% Daily Value*	
Total Fat 36g	55%
Saturated Fat 15g	75%
Trans Fat 1g	
Cholesterol 145mg	48%
Sodium 720mg	30%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 25g	
Vitamin A 8%	• Vitamin C 2%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Norwegian Lefse

Makes 10 to 12

1 cup mashed or riced potatoes, about 1 pound unpeeled

$\frac{1}{4}$ cup melted butter

$\frac{3}{4}$ cup flour

$\frac{1}{2}$ tsp salt

1. Peel and quarter potatoes. Cover with water and cook until tender. Run hot potatoes through a potato ricer or mash using a mixer. Measure out 1 cup mashed potatoes. Add melted butter to potatoes while still warm. Add flour and salt; stir until well mixed. Make balls about 1 inch in diameter.

2. Chill at least 2 hours. Roll out balls about 1/8 inch thickness. Bake on grill or frying pan at about 400° until light brown on both sides. Cover with damp towel until ready to serve. Serve warm or cooled, spread with butter and sugar and rolled up.

From Lutheran Church Women Cookbook, Fountain Lutheran Church, Hustler, Wis. 1978.

Scandinavian Rosettes

Makes 3 dozen cookies. Start to finish 1 1/4 hours

2 large eggs

2 tablespoons granulated sugar

1 cup whole milk

1 teaspoon vanilla

1 cup flour

$\frac{1}{4}$ teaspoon salt

1 $\frac{1}{2}$ quarts vegetable oil

$\frac{3}{4}$ cup powdered sugar

1. Whisk together eggs, sugar, milk and vanilla in a large bowl, then add flour and salt, whisking until combined.

2. Heat oil in a 3-4 quart heavy saucepan with rosette iron in it until thermometer registers 370 to 375 degrees. Carefully lift out iron letting oil drip off into pan. Dip all but top edge of iron into batter 3 seconds, then submerge iron in oil and fry (batter adhering to iron) until golden 35 - 40 seconds. Do not let go of iron, cookie will shatter if it hits bottom of pan. Lift out iron, letting oil drip off and working over paper towels, pry off rosette with a fork. Let rosette

Nutrition Facts

Serving Size (15g)
Servings Per Container

Amount Per Serving

Calories 60 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 100mg **4%**

Total Carbohydrate 6g **2%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 1g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size (19g)
Servings Per Container

Amount Per Serving

Calories 50 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 25mg **1%**

Total Carbohydrate 6g **2%**

Dietary Fiber 0g **0%**

Sugars 3g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

drain, hollow side down on paper towels. Make remaining rosettes in the same manner, heating iron in oil 10 seconds before dipping it into rosette batter each time.

3. Dust rosettes with confectioners' sugar before serving. Rosettes are best eaten within 1 day of making but they can be kept layered between sheets of wax paper or parchment paper in an airtight container at room temperature for up to 2 days.

From Lutheran Church Women Cookbook, Fountain Lutheran Church, Hustler, Wis. 1978.

Danish Cones with Whipped Cream

These are more cake like than Krumkaka

About 15 cones

$\frac{1}{4}$ cup butter

$\frac{1}{2}$ cup sugar

2 eggs

$\frac{3}{4}$ cup sifted all-purpose flour

1 cup heavy cream

Strawberry jam

1. Preheat oven to 325°. Line with parchment paper.

2. Melt butter and stir in sugar. Beat in eggs, one at a time and then flour. Drop by spoonful of batter about four inches apart on the baking sheet. Smooth batter into a very thin circle or oval. Bake about 6 minutes or until set. Remove cookies with a spatula and quickly roll into cone shape. Let cones cool.

3. At serving time, whip the cream and fill the cones with it. Add a little strawberry jam on the center of the cream.

From Lutheran Church Women Cookbook, Fountain Lutheran Church, Hustler, Wis. 1978.

Nutrition Facts

Serving Size (46g)

Servings Per Container

Amount Per Serving

Calories 160 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 15mg **1%**

Total Carbohydrate 16g **5%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 2g

Vitamin A 8% • Vitamin C 0%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Krumkaka

About 20

3 well beaten eggs

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup butter

$\frac{1}{2}$ cup flour

1 teaspoon vanilla

Add sugar to eggs and beat. Melt butter and add to mixture, then flour. Place one teaspoon dough on a hot Krumkaka Iron. Bake until a very light brown. Roll quickly on a stick to form a cone shape. Continue to bake until all batter has been used. Krumkaka may be pinched closed at one end while still warm then filled with whipped cream and jam when cooled.

From Lutheran Church Women Cookbook, Fountain Lutheran Church, Hustler, Wis. 1978

Nutrition Facts

Serving Size (40g)
Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 15mg **1%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Sugars 9g

Protein 2g

Vitamin A 8% • Vitamin C 0%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Danish Loaf Cakes

2 loaves, 8 serving each

$\frac{3}{4}$ cup blanched almonds, finely chopped, not ground

3 cups sifted all-purpose flour

1 tablespoon plus 1 teaspoon baking powder

$\frac{1}{2}$ teaspoon salt

2 teaspoons vanilla extract

$\frac{1}{2}$ teaspoon almond flavoring

2 $\frac{1}{2}$ cups sugar

4 eggs

$\frac{3}{4}$ cup pine nuts

$\frac{1}{3}$ cup kirsch, warmed

1. Preheat oven to 350°. Butter two loaf pans, each measuring nine by five inches. Coat bottom and sides of pan with chopped almonds. Whisk together flour, baking powder and salt and set aside.

2. Whip cream in a large bowl until it holds its shape. Add vanilla, almond flavoring and two cups of sugar. Beat in eggs one at a time and then at slow speed beat in dry ingredients.

Nutrition Facts

Serving Size (85g)
Servings Per Container

Amount Per Serving

Calories 310 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 230mg **10%**

Total Carbohydrate 54g **18%**

Dietary Fiber 1g **4%**

Sugars 34g

Protein 6g

Vitamin A 2% • Vitamin C 0%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

3. Pour about one quarter of batter into each pan. Sprinkle each pan with 2 tablespoons of the pine nuts and cover with remaining batter. Smooth tops. Sprinkle with remaining nuts.
4. Bake one hour or until cakes rebound to the touch when pressed gently in the center. Remove from oven and brush on glaze made by mixing kirsch and $\frac{1}{2}$ cup sugar together. Let cakes cool in pans.

From New York Times International Cookbook by Craig Claiborne.

Danish Vanilla Rings

Makes 72 cookies

- 1 $\frac{3}{4}$ cups butter
- 1 egg, beaten
- 2 teaspoons vanilla extract
- 4 cups flour
- 1 teaspoon baking powder
- 1 cup blanched almonds, finely chopped

1. Preheat oven to 350°. Lightly grease 2 baking sheets. Whisk together flour and baking powder and almonds. Set aside. Beat butter and sugar until light and fluffy. Beat in egg. Beat in chopped vanilla pod or vanilla extract. Mix in dry ingredients until a soft dough is formed.
2. Turn onto a floured surface and knead lightly until the dough is smooth.
3. Using a star piping nozzle, form 2-inch diameter rings on the prepared baking sheet. Bake for 8 - 9 minutes until golden brown. Store in airtight container.

From The Scandinavian Kitchen by Anna Mossesson.

Nutrition Facts

Serving Size (15g)
Servings Per Container

Amount Per Serving		
Calories	70	Calories from Fat 45
		% Daily Value*
Total Fat	5g	8%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	10mg	0%
Total Carbohydrate	6g	2%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	1g	
Vitamin A	2%	• Vitamin C 0%
Calcium	0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
	Fat 9 • Carbohydrate 4 • Protein 4	