

# Helene's secrets taught in her class

(Continued from page 8)

the classes started I discovered that I had a problem. So, I decided to base my classes on fish dishes which allows me to use cream and butter galore, which I couldn't do if I used meat. So much Swedish cooking calls for cream and butter."

Helene admits that she has made concessions to accommodate the American way. Reflecting for a moment she noted that instead of butter she frequently substitutes margarine.

"And I use very little salt. Instead, I will use leeks, which are a cousin to the onion. Salt is very bad for your body."

Ingredients for the recipes, she said, are all readily available in local markets, with the exception of Pearl Sugar. Frequently used to decorate Swedish-style cookies and cakes, the sugar is imported from Sweden.

"It's like little beads," she said. "And, besides being pretty, it doesn't melt at high temperatures. My mother ships it to me."

Helene teaches her courses from hand written notes, because, she explained, there isn't a single Swedish style cook book available in Michigan. She is hoping, she said, to convince a local Swedish club to publish a cook book in the not too distant future.

"So far they haven't decided to support the idea. But, I am hoping that they might adopt the idea as a means to raise funds for the club."

THE CHERRIN HOME is a handsome, Swedish-reminiscent, modern

tri-level filled with open space, sparkling crystal and glass accent pieces and huge plants. The kitchen is a bright, spotless area that opens onto both the living and hallway areas.

"I love to entertain. In the summer we entertain outside around the pool. But, in winter, we have sit down dinners for no more than eight. I feel it's important that I have time to enjoy my guests. A party takes three days of preparation before, and it's three days after before everything is cleaned up and put away. Entertaining takes time."

A major difference between her native Sweden and the U.S., she said, is in the amount of time hostesses are willing to spend in the kitchen.

"I teach very simple things because I've discovered that women don't like to be in the kitchen. Frankly, I don't either. If it's a main course and a side dish that you are planning to serve, it shouldn't take over a couple of hours to prepare."

Another difference, she notes, is that she is more prone to serving family and guests fish and veal.

"As a child we had fish three times a week. When we were married my husband had no idea what fish was. Our children are really continental eaters. I very rarely make hamburgers."

Family favorites, she said, include Swedish meat balls, which are served in a rich, creamy sauce, with a sweet and sour cucumber salad as the side dish. Another favorite is a filet of sole casserole.



Pastry cones are filled with whipped cream and raspberry jam. (Staff photo by Dick Kelley)

## Helene Cherrin's Pastry Cones

### Ingredients

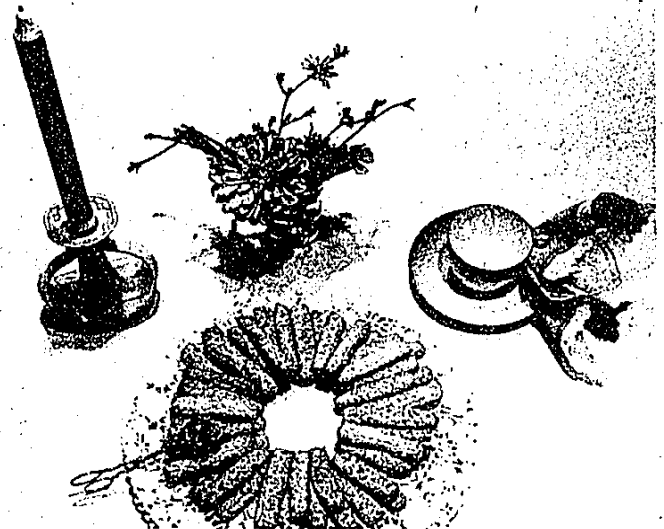
2 eggs  
½ cup sugar  
3 tablespoons flour

Preheat oven to 400 degrees. Beat sugar and eggs well. Mix flour, small parts at a time, into the sugar and egg mixture. Allow to stand while cookie sheets are well greased and floured.

Take 2 tablespoons of batter and place one on top of the other. With back of spoon make round shaped cookie of the batter. Place four of these cookies on each cookie sheet. Bake five min-

utes until golden brown at the edges. Pick them up immediately with a wide, thin spatula then form a cone with your fingers and twist the end together. Place upright in a tall, thin glass to maintain their shapes. Fill with a mixture of whipped cream and jam or whipped cream and berries.

Serve immediately or store in the freezer until ready for use. Cones may be stored in an air-tight container, but may lose their cone shapes with storage.



Finnish Almond Stick Cookies are among the specialties from the Cherrin kitchen. (Staff photo by Dick Kelley)

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<b>JARLSBURG CHEESE</b> <b>\$2.69</b> lb. sliced or chunk	<b>Prime Whole TENDERLOIN</b> <b>\$3.59</b> lb. free slicing	<b>PERRIER WATER</b> 23-oz. <b>75¢</b>

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