

Swedish smorgasbord has 3-pronged attack

Until recently, I knew very little about Swedish cooking. I knew vaguely that it included a lot of fish and cheese, open-faced sandwiches, pickled beets and flat rye breads. I was also intrigued by the discovery that Scandinavians eat cold scrambled eggs — by choice. I even tried that myself, reasoning that if you enjoy cold egg salad or deviled eggs, there is no reason not to enjoy cold scrambled eggs. It turns out there is a reason — an unreasonable but intractable cultural bias. They weren't bad. They just weren't right.

In any case, I was interested when Mrs. Signe Karlstrom approached me, suggesting that I write a column on the Swedish smorgasbord. Her call was prompted by the approach of the fifth annual smorgasbord Nov. 9, hosted by the Detroit-Swedish Council at the home of Dr. and Mrs. John Ylvisaker in Bloomfield Hills. Ticket sales were going well but Mrs. Karlstrom felt that many more people, who could not attend the benefit, would like to experiment with this Swedish tradition in their own homes.

This seemed an appropriate reason for such a meal. Holiday entertaining is usually done on a larger scale than during the rest of the year. The most practical way to feed a large group is a buffet. Practical and tasty, buffet dinners are also — alas — too often predictable. What is needed for the holidays is something more unus-

al, with a little more glitter. A Swedish smorgasbord might be just the ticket!

The first thing I discovered about the smorgasbord is that it involves a three-pronged rather than a broadside attack on the buffet table. Every book I consulted warned against overloading your plate — the total effect becomes muddled.

The three-pronged approach involves three separate trips to the table, taking a clean plate when appropriate.

On the first trip, the diner samples a number of salty dishes, including herring, cheeses, anchovies and caviar. It is actually the herring, however, which reigns supreme in the first course. Sweden, a country of nearly 10,000 lakes, countless rivers, and an extensive coastline, makes abundant use of a variety of fish and shellfish. Herring, however, holds such a unique place in Swedish cuisine that the Swedes always distinguish between sill and fisk, or herring and fish. The first course of the smorgasbord, for example might include both fresh and salt herring, served in marinades, spiced, in salads, pickled, or chilled and topped with sour cream and chives.

The second course of the smorgasbord features a selection of cold dishes. Many colorful egg dishes are served along with such delicacies as smoked eel, jellied eel, dill-cured salmon, smoked salmon and smoked reindeer. This is also the place for cold cuts,



A Question of Taste

By Hilary Keating Callaghan

sliced ham and cold sliced veal or beef. Accompanying these hearty foods are a selection of relishes ranging from mustard, mayonnaise, lemon wedges, and grated horseradish to pickles, boiled apples stuffed with prunes, lingonberries, and pickled beets and cucumbers.

The third trip to the buffet table (You begin to appreciate the warnings about portion size) is for hot dishes. This will include — again — a variety of herring dishes, hot anchovy preparations, cheese casseroles, omelets, and small hot meat dishes (such as cocktail sausages or meatballs).

All of this might be followed by fresh fruit and cheese and, later, by coffee and cakes.

All in all, a formidable challenge to both cook and guests! The challenge to the cook can probably best be surmounted by sharing the cooking tasks — making out a master plan and having each guest contribute a dish. Even with help, it would probably be wise to scale down the traditional feast. The

days of three-day-long, Viking orgies are long gone — even in Sweden.

HERRING SALAD

1 salt herring (Iceland)
1 1/2 cups boiled potatoes, diced
1 1/2 cups diced pickled beets
1/2 cup chopped apple
1/4 medium onion, chopped
4 tsp. white vinegar
2 tsp. water
2 tsp. sugar
White pepper to taste
2 hard-cooked eggs
Parsley

Clean fish, remove head and soak overnight in cold water. Drain skin and fillet. Dice fillets, potatoes, beets, gherkins, apples and onion together and mix thoroughly.

Blend vinegar, sugar, and pepper and add to mixture, stirring gently. If desired, 1/2 cup heavy cream, whipped, may be added. Pack into a quart mold which has been rinsed with cold water. Chill well and unmold. Garnish with the eggs and parsley. (From Margareta Berker of the Detroit-Swedish Council.)

SWEDISH MEAT BALLS

1/2 lb. round steak
1/2 lb. boneless veal
1/2 lb. boneless, lean pork
1 large onion, chopped
1/2 cup butter, divided
3 slices fresh white bread, crusts removed, soaked in a little cream
1 1/2 cups whipping cream
1/4 cup water
2 eggs
2-3 tsp. salt
1/2 tsp. white pepper
1/2 tsp. allspice

Grind the round steak, veal and pork together at least twice. Fry the onion in about 3 tsp. of the butter until golden brown. Combine the onions in a bowl with the ground meat, the bread, eggs and spices. Add the cream and water and mix until the batter is smooth. Roll and fry the meatballs in butter until evenly brown. Shake the pan now and then to keep the balls round. (From Eleanor Charlson of the Detroit-Swedish Council.)

SKRADDAR-KAKA (A SWEDISH BREAD)

3 pkgs. dry yeast
1 1/2 cups warm water
4 cups milk
1 cup sugar
1/2 cup Crisco
1/2 cup margarine
1 tsp. salt
1 tsp. ground cardamom
2 eggs, lightly beaten
6 cups all-purpose flour

Brown the meat uncovered over medium heat for 45 minutes to an hour. Meanwhile, the vegetables should be peeled and coarsely grated, which can be done in a blender, food processor or by hand.

Put the meat into a covered roaster, pour the prepared vegetables over the meat, then add the water. Cover. Cook in the oven at 350 degrees for 20 minutes per pound, or until the meat reaches the desired tenderness. Baste every 20 minutes or so.

When done, remove meat to a platter. Put the vegetables and juice through a sieve and use the liquid to make gravy. Serve the meat sliced with the gravy on the side, or slice the meat and return it and the gravy to the oven for 5 to 10 minutes, or just long enough to heat through. Serve at once. Correspondence should be addressed to Vivian Byrd, P.O. Box 1024 Birmingham 48012.

Dissolve yeast in the 1/2 cup warm water. Stir in two tbsp. of the flour and one tsp. of the sugar. Let sit for a few minutes until small bubbles appear in the surface. Heat the milk to lukewarm. Pour into a large bowl; add sugar, Crisco, margarine, salt, and cardamom.

Add two cups of the flour and the eggs. Add the yeast mixture. Add the remaining flour, stirring well. Let rise in a warm place until doubled in bulk. Turn the dough onto a floured surface and knead well, working in as much additional flour as necessary in order to handle the dough easily. Divide the dough into round shapes approximately

the size of large hamburger buns. Lay clean tea towels on a flat surface. Dust lightly with flour. Place the buns on the towels. Cover with more clean tea towels. Allow to rise about 25 minutes. Return the buns to the flour-covered work surface. With a rolling pin, flatten each bun to 1/4-inch thickness. Use a fork to prick the "dough cake." Return the buns to the tea towels. Let rise for another 10-15 minutes, covered, warm, and free from drafts. Bake in a preheated 350-degree oven for approximately 20 minutes. Watch this carefully. Yield: nine to 10 buns. (From Signe Karlstrom of the Detroit-Swedish Council.)

Scallops are dieters' treat

Scallops are shellfish (mollusks) that swim by snapping their shells together. Strenuous exercise develops an oversized muscle or "eye" and it is this sweet-flavored part of the scallop that is eaten.

Sea scallops come from waters in the north Atlantic, middle Atlantic and northwest Pacific. The smaller bay scallops are harvested in bays and estuaries from New England to the Gulf

of Mexico. Calico scallops come from Florida and the Gulf. The meat is creamy white and the shells have a calico marking.

A real treat for dieters, scallops are 15 percent protein and have only 18 calories in a 3 1/2-ounce portion. They are delicious sauteed, poached for salad, baked or broiled.

Frozen breaded scallops are suggested for quick-to-fix hors d'oeuvres.

...so is tuna

Tuna Slaw Lunch is a "brown bag" main dish salad, perfect for dieters.

TUNA SLAW LUNCH
1 can (6 1/2 or 7 oz.) tuna, packed in vegetable oil or water
1/2 cup plain low-fat yogurt
2 1/2 tsp. diet mayonnaise
1 1/2 tsp. vinegar
1/2 tsp. honey
1/2 pimiento, chopped

1 tbsp. chopped green pepper
1 tsp. grated onion
1/4 tsp. salt
1/4 tsp. dry mustard
Dash pepper
2 cups shredded cabbage

In medium bowl combine all ingredients except cabbage, and mix well. Toss with cabbage. Chill. Yield: 2 servings.



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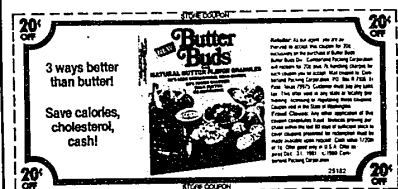
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Silver anniversary taxes party planners

"It was very much like planning a wedding," Patty Maxwell of Rochester said, recalling the arrangements that were necessary to put together a surprise party to celebrate her parents' 25th wedding anniversary. "We started last Thanksgiving, and the party was on Sept. 13."

Richard (Dick) and Norma Maxwell were married in Washington, Ill., a small town just outside Peoria. In 1955, they moved to Michigan. He is a marketing expert with Chrysler who, for a number of years, headed that company's auto racing program until it was discontinued. She is supervisor of marketing services at Numatics Inc. in Highland.

The move to Michigan meant that the four children grew up with little or no contact with some of the people they wanted to invite to the party. Grandparents and other relatives still in Illinois were enlisted for detective service to locate some of the members of the wedding party.

Six months before the party date, letters went to all of the out-of-town guests, allowing ample time to plan for the trip and pledging them to secrecy.

About mid August, Patty called her mother and casually mentioned that the children would like to take the parents out for dinner one Saturday night during September in honor of the anniversary.

All their Saturday nights were taken, her mother told her.

Panic set in. Fortunately, it was temporary. Patty and her brother Eric and sisters Susan and Lynn, turned to their Uncle Charlie in Chicago. For some time, he had been promising to visit; they thought it was a perfect time.

A plan was concocted and Uncle Charlie, who expected to be at the party anyway, obligingly telephoned Dick and Norma Maxwell to say that he would be in town on business the weekend of Sept. 13 and would like to spend some time with them.

Patty Maxwell and her siblings let out a long, slow sigh of relief. The party was underway again.



Byrd's Kitchen

by Vivian Byrd

The younger Maxwell children, Eric and Susan, had already spirited a snapshot from the wedding album away to Joan Bresset, a Lake Orion woman known locally for her delicious wedding cakes, who made a duplicate of the original for the party.

Hors d'oeuvres were ordered from a friend's mother, who is a caterer, and local guests were asked to bring salads and other side dishes.

Daughter Lynn and son-in-law Dan Niemczak, both students at the University of Michigan, arranged hotel accommodations for all the out-of-town guests in Ann Arbor so the Maxwells could not run into them in Lake Orion on the day of the celebration and guess what was up.

On the day of the party the unsuspecting honored guests took their guest (Uncle Charlie) sightseeing around Detroit. While they were away, the children made their final preparations. They cooked roasts and hams, decorated their parents' home, picked up the cake and greeted the guests. All the cars were parked on a hill just beyond the house.

Norma Maxwell (one and a half hours late because she had been reluctant to leave the RenCen) noticed the cars on the hill and walked into her surprise party saying, "Boy, someone on the block is having a successful garage sale today."

Sixty friends and relatives then yelled "Surprise!" and "Happy Anniversary!"

The party menu included large sirloin tip roasts prepared according to one of Norma Maxwell's favorite recipes. The party guests agreed it was worthy of favoritism.

ROAST SIRLOIN MAXWELL

6 lbs. sirloin tip roast (or rump roast)
4 garlic cloves (more, if desired)
4 to 6 carrots
4 stalks celery
1 medium onion
4 or 5 cups water



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