# Enjoy some traditional Swedish treats

See related story on Taste front.

## GINGER SNAPS

% cup butter ¾ cup light brown sugar 2 tablespoons molasses 3 tablespoons bolled, cooled

water 1 teaspoon grated femon rind teaspoon baking soda

teblespoon cinnamon 1 1/2 teaspoons ginger 1 scant teaspoon cloves 2¼ cups sifted flour I teaspoon pulverized or

ground cardamom seeds Cream together butter, sugar until very smooth, Dissolve mo-lasses in boiling water. Let cool. Add syrup water and lemon rind to butter and sugar mixture. Sift flour with baking soda, cin-namon, ginger and cloves. Fold in flour. Blend well, and place in refrigerator to chill.

Turn dough onto floured surface. Roll out very thin and cuin desired shapes with floured cookie cutter.

Bake on buttered cookie sheet in 350 F. oven for 8-10 minutes. Cool on sheet. Garnish with icing if desired.

### ALMOND TARTS

34 cup sweet butter 3/4 cup sugar 1 cup blanched almonds 1 teaspoon almond extract 1 egg 2½ cups all purpose flour

Cream butter and sugar until light and fluffy. Grind almonds and add them, almond extract and egg. Mix until well blended. Stir in 2½ cups flour.

Knead dough slightly on floured surface until amouth. Add more flour if necessary. Chill well. Butter or a pray insides of fluted tart molds. Using your thumbs, coat the insides evenly with a thin layer of dough. Bake in 378 F. own 12-15 minutes or until light golden.

Turn molds upside down and tap gently with spoon to loosen the tart. Lift molds from tarts. • Cool. Serve plain or fill with jam and whipped cream. Makes 45

1 bottle Burgundy 10 cardamom seeds 10 cloves ⅓ cup sugar

2 cinnamon sticks 1 piece whole ginger 35 cup Absolut vodka or brandy 1/2 cup raisins 1/2 cup slivered almonds

We cup silvered almonds
Mix all ingredients except volks,
raisins and almonds in saucepan,
heat, but do not boil, until sugar
melts. Remove from heat and let
stand. Steep the spices for about 3thours or overnight.
Strain the spices and add voda
and pour in a bottle. Before serving,
heat desired amount in a saucepan
ord serve in small classes, garglab

and serve in small glasses, with almonds and raisins. saca, garnish

# Personal Personal <u>counnets</u>

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# Meatballs, caramel mold northern stars

REAL SWEDISH MEATBALLS Meat mixture: 1 pound ground beef 14 pound ground pork 14 cup fine bread crumbs

1 cup mlik 1/2 teaspoon salt ¼ teaspoon white pepper

2 tablespoons finely chopped

gravy: 2 tablespoons butter or marga-

I cup beef stock or Half and

The finest eaux de vie, even those in standard bottles, are ex-pensive. The following details of-fer understanding. About 13 pounds of black mountain cher-ries are required for one 750-ml bottle of Etter Kirsch. About 50

"Holiday times do not have to be a total diet disaster," said Syl-via Treitman, home economist for the Oakland County Cooperative Extension Service, Food and Nu-trition Holline. For information, call 858-0904, weekdays, 8:30 a.m. 10.5 n.m.

to 5 p.m.

from page 1B

tablespoon comstarch 2 tablespoons cold water

Z tablespoons colo water Combine ment mixture ingred-ients. Lightly blend with a fork. Shape mixture into meatballs. Heat margarine in a large skillet over moderate heat. Brown meatballs on one slde; turn and brown other side.

Reduce heat to low and cover the pan; simmer for 10 minutes. Remove meatballs, pour off fat. Add Half and Half or beef stock. Blend cornstarch with water and add to the pan. Stir over moderate heat until the mixture comes to a boil. Taste and add solt and

pounds of specially tree-ripened pears go into each 750-ml bottle of Etter Poire Williams.

For maximum enjoyment as an after-dinner drink or dessert ac-

Serving suggestions

pepper if necessary. Serve gravy with the meatballs.

SWEDISH CARAMEL MOLD

cup sugar 6 eggs 2 cups light cream

1/2 teaspoon vanilla 1/2 cup whipped cream 2 tablespoons brandy

In a heavy pan, melt ½ cup of the sugar over very low heat just until golden brown. Pour into the bottom of a nine-inch ring mold; spread to cover the entire

Beat eggs; add 1/4 cup sugar, cream and vanills. Pour into the

companiment, serve eau de vie in a freezer-chilled glass. Heighten flavors of a fresh fruit cup with the addition of a small amount of your favorite eau de vie. Prepare Crepes au Kirsh or fla-vor homemade ice cream with

mold. Set mold into a pan of hot (not boiling) water and bake at 325 degrees for one hour. Cool. Dip mold quickly in a pan of hot water and unmold. Whip cream and brandy together until soft peaks form. Serve over custand.

Chey Larry will demonstrate how to make holiday appetiers in five minutes or less with five ingradients at the Maplewood Community Conten, 6 pm. Thursday, Nov. 19. The cost for dinner and program is 88 Garden City BPW members, 510 non-members and guests. For reservations, call 525-8381 by Nov. 17.



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# Framboise or Kirsh as a simple, yet elegant dessert. If flaming desserts are your specialty, use an eau de vie next time for a delightful concentration of fruit flavors once the alcohol has burned off. Planning helps prevent diet disasters during holidays

# Whittle down the menu and your figure as well with a little planning. Don't become one of the statistics who gains that average six pounds at holiday time. When you select your holiday bird, be aware that most prebasted turkeys are higher in fat than a regular bird. They may be injected with fat before packaging, and consequently, add extra fat and calories to your meal. Here are a few other easy ways Use two egg whites in place of each whole egg in baked goods and cooking. Use skim or low-fat milk instead of whole milk. For Here are a few other easy ways to bust the fat this holiday in cooking and entertaining. Bake stuffing separately withextra richness try evaporated skim milk (great in pumpkin pie).

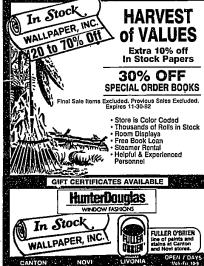






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