

Enjoy some traditional Swedish treats

See related story on Taste front.

GINGER SNAPS

¾ cup butter
¾ cup light brown sugar
2 tablespoons molasses
3 tablespoons boiling, cooled water
1 teaspoon grated lemon rind
1 teaspoon baking soda
1 tablespoon cinnamon
1 ½ teaspoons ginger
1 scant teaspoon cloves
2 ¼ cups sifted flour
1 teaspoon pulverized or ground cardamom seeds

Cream together butter, sugar until very smooth. Dissolve molasses in boiling water. Let cool. Add syrup water and lemon rind to butter and sugar mixture. Sift

flour with baking soda, cinnamon, ginger and cloves. Fold in flour. Blend well, and place in refrigerator to chill.

Turn dough onto floured surface. Roll out very thin and cut in 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

¾ cup sweet butter
¾ cup sugar
1 cup blanched almonds
1 teaspoon almond extract
1 egg
2 ½ 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 2 ½ cups flour.

Knead dough slightly on floured surface until smooth. Add more flour if necessary. Chill well. Butter or spray insides of fluted tart molds. Using your thumbs, coat the insides evenly with a thin layer of dough. Bake in 375 F. oven 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 tarts.

JULILOGA

1 bottle Burgundy
10 cardamom seeds
10 cloves
½ cup sugar
2 cinnamon sticks
1 piece whole ginger
¾ cup Absolut vodka or brandy
½ cup raisins
½ cup slivered almonds

Mix all ingredients except vodka, raisins and almonds in saucepan, heat, but do not boil, until sugar melts. Remove from heat and let stand. Steep the spices for about 3-4 hours or overnight.

Strain the spices and add vodka and pour in a bottle. Before serving, heat desired amount in a saucepan and serve in small glasses, garnish with almonds and raisins.

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641-0904

Meatballs, caramel mold northern stars

See Larry Jones' column on Taste front.

REAL SWEDISH MEATBALLS

Meat mixture:
1 pound ground beef
¼ pound ground pork
½ cup fine bread crumbs
1 cup milk
½ teaspoon salt
¼ teaspoon white pepper
1 egg
2 tablespoons finely chopped onion

gravy:
2 tablespoons butter or margarine
1 cup beef stock or Half and Half

Combine meat mixture ingredients. Lightly blend with a fork. Shape mixture into meatballs. Heat margarine in a large skillet over moderate heat. Brown meatballs on one side; 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 salt and

SWEDISH CARAMEL MOLD

1 cup sugar
6 eggs
2 cups light cream
½ teaspoon vanilla
½ 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 bottom.

Beat eggs; add ½ cup sugar, cream and vanilla. Pour into the

pepper if necessary. Serve gravy with the meatballs.

mol. 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 custard.

Chef Larry will demonstrate how to make holiday appetizers in five minutes or less with five ingredients at the Maplewood Community Center, 6 p.m. Thursday, Nov. 19. The cost for dinner and program is \$8 Garden City BPW members, \$10 non-members and guests. For reservations, call 525-8381 by Nov. 17.

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Fruit from page 1B

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

companionment, 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.

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Planning helps prevent diet disasters during holidays

"Holiday times do not have to be a total diet disaster," said Sylvia Treitman, home economist for the Oakland County Cooperative Extension Service, Food and Nutrition Hotline. For information, call 858-0904, weekdays, 8:30 a.m. to 5 p.m.

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

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