

## What's cooking?

# Swedish meat balls ideal for entertaining

by SARA SEWELL

### Swedish meat balls

This is a large recipe. You may halve it, or make the full recipe and freeze half of it.

2½ lbs. lean ground beef  
4 eggs  
2 cups milk  
1 cup dry bread crumbs  
1 cup finely chopped onion  
½ cup butter  
3 teaspoons salt  
¼ teaspoon ground nutmeg  
1½ teaspoon each allspice, cardamom  
4 tablespoons flour  
3 cups beef stock or bouillon  
3 cups half and half  
Salt and pepper to taste  
1 teaspoon dill weed

Have beef ground twice (very fine). Beat eggs slightly; add milk and bread crumbs. Cook onion in 2 tablespoons of butter until soft. Mix into bread

crumb mixture. Add salt, nutmeg, allspice, cardamom and beef; mix well (will be very soft). Let chill for an hour or so.

Shape mixture into 1 inch balls. Brown in remaining butter, turning carefully. As balls are browned, arrange in casserole. To pan drippings add flour; brown and stir in beef stock.

Cook, stirring constantly until boiling and thickened. Add cream, salt and pepper.

Crush dill weed and add to the sauce. Sauce will be thin. Strain over meat balls. Simmer over low heat or at 325 degrees in oven for 30 minutes. Makes about 60 meat balls or enough for two (six serving) meals. May be frozen. Serves 12. — From the files of Mrs. Sharon Lyons, Damascus. These are very good!

**Marinated vegetable salad**  
1 can green beans,

**French style**  
1 can white corn, whole kernel  
1 can tiny peas  
1 jar pimento, chopped  
1 whole green pepper, chopped  
1 cup fresh green onions  
1 cup celery

Mix and let set in following marinade for several hours in the refrigerator in a sealed bowl.

**Marinade:** ½ cup oil, ½ cup vinegar, ½ cup sugar, 1 teaspoon salt, pepper to taste. Serves 8-10. — From the files of Sara Berger, Sandy.

**Maple pecan rolls**  
(Makes 3 coffee cakes)

1 recipe basic sweet dough (6½-7 cups flour)  
1½ cups light brown sugar  
¾ cup maple-flavored syrup (Pancake syrup plus 1 teaspoon maple flavoring)  
6 teaspoons butter or

margarine, softened  
1 cup coarsely chopped pecans  
6 teaspoons butter or margarine, softened  
½ cup dark brown sugar

Combine 1½ cups brown sugar, syrup and 6 tablespoons butter in a sauce pan. Bring to a boil. Cook 3 minutes, stirring constantly. Sprinkle pecans in 3 ungreased 8-inch square pans. Pour syrup mixture over pecans.

Divide dough into three equal pieces. Roll each piece into a 9 inch by 7 inch rectangle. Spread each with 2 tablespoons butter and sprinkle with a third of remaining brown sugar. Roll each from long side and seal edges firmly. Cut into 1 inch slices. Place, cut side up, in prepared pans. Cover; let rise in a warm place, free from draft, until doubled in bulk, about 45 minutes.

Bake at 400 degrees F. for 25 minutes or until done. Invert rolls on plates to cool. Yield: 3 coffee cakes. — From the files of Vie Cunningham, Sandy.

**Mocha Brownie Torte**

1 pkg. fudge brownie mix

¼ cup water  
2 eggs  
½ cup chopped nuts  
1½-2 cups whipping cream  
1/3 cup brown sugar  
1 tablespoon powdered instant coffee  
Shaved chocolate

Blend brownie mix, eggs,

water and nuts. Pour into two round, greased and floured pans. Bake 20 minutes at 350 degrees. Cool thoroughly.

Whip cream, add sugar and coffee gradually. Continue beating until stiff. Fill between layers with 1 cup of whipped cream mixture.

Frost top with remaining whipped cream. Sprinkle with chocolate. Chill one hour before serving. This is a very showy and delicious dessert served with piping hot mint flavored coffee. Serves 8-10. — From the files of Connie Verdoorn, Sandy.

## Cheese distribution planned

U.S. Department of Agriculture surplus cheese will be distributed to income eligible residents of Clackamas County at 16 different sites on Saturday, Oct. 22.

Eligibility guidelines, set at 125 percent of poverty level as determined by the federal government, depending on family size, are as follows:

Family of one, gross monthly income \$507; two, \$682; three, \$857; four,

\$1,032; five, \$1,207 and six, \$1,382.

Eligible households wanting the cheese will have to pick it up at the site nearest their place of residence and must present some form of identification such as a driver's license, voter registration card, utility bill or other identification bearing name and present address. Persons wishing to pick up cheese for shut-ins will be asked to present the same form of iden-

tification for them, along with a letter from the shut-in authorizing the pick-up in their name. Volunteers from the Gleaners of Clackamas County will run 15 of the 16 sites as they have in the past cheese distributions.

The following area locations will be used: Damascus Christian

Church on the corner of Highway 212 and Rust Way; Sandy Community Action Center, 38500 Pioneer Boulevard; the Women's Club Building on Salmon River Road in Welches and St. Aloysius Church in Estacada.

The hours of distribution will be 10 a.m. to 7 p.m. on Oct. 22.

## Historical Society to discuss museum

Sandy pioneers, their descendants and all friends interested in preserving the history of this area are invited to a potluck dinner on Sunday, Oct. 23 at 1 p.m. at the Sandy Senior Center.

Interested persons are asked to take their own

2nd apple

squeeze is

Oct. 15

The Sandy Grange will hold its second annual apple squeeze on Oct. 15 from 9 a.m. to 4 p.m. Those with strong arm muscles, clean apples and containers, may use our cider press to make juice for free.

This year, in order for everyone to get a chance to make cider, people will be limited to two gallons a turn.

While waiting, persons may want to browse through the flea mart inside the building, or get a delicious piece of homemade pie.

For more information call 668-5859.

table service. Following the dinner, preliminary plans for a museum will be made.

Currently the Sandy Pioneer Historical Society is planning to build an addition to the Sandy Senior Center, but that is not yet definite, according to Howard Berger, chairman of the finance committee.

He said they have about \$20,000 to go toward the building of a museum, and that they have a goal of raising another \$50,000 to \$60,000.

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