Bulletin FOOD News

Scandinavian Smorgasbord Is Adventure in Good Eating

By ILA S. GRANT
Women's Director

Cooking can be an adventure, just as surely as sailing the seven seas. The cook who has mastered the basic dishes of her native cuisine may want to experiment with the culinary art of a foreign country. Clever is she who can cook in several "languages."

There is no school of cookery more fascinating that that of the Scandinavian countries. That's why Bend folk look forward to the smorgasbords put on by the women of First Lutheran church. The smorgasbord last week featured the customary variety of unusual dishes, and drew the customary large attendance.

Because smorgasbord patrons always want to try some of the delicacies at home, the sponsors agreed to provide The Bulletin with a collection of recipes for the favorite dishes. The smorgasbord committee was headed by Mrs. Carl Hoogner, Mrs. Robert Fox, and Mrs. Nels Skjersaa, with Mrs. Otto Larson as "head cook." Mrs. Skjersaa is president of the women's organization, and other officers are Mrs. Vern Everett, Mrs. Dick Asseln and Mrs. William Barfknecht. These and many others contributed recipes, among them Mrs. Gunnar Bjorvik, Mrs. John Olson, Mrs. Ray Curtis and Mrs. Emma Giskaas. Several of the typical dishes have been selected for Bulletin readers.

Kjottkaker (Meat Balls)

¾ lb. beef
¼ lb. veal shoulder
¼ lb. pork (lean)

Have butcher grind meats together three times.

Add:
1 beaten egg
1 C. bread crumbs
½ C. milk
½ tsp. salt
Pepper
Pinch of nutmeg
Minced onion (small onion)

Work meats and other ingredients together until they are sticky in texture. Form into small balls about the size of a walnut, and fry in small amount of butter until browned lightly. Add small amount of water thickened lightly and simmer slowly until done.

Rulle Polse (Meat Roll)

1 large beef flank (cut in three sections)
4 lb. lean pork
3 lb. veal shoulder

Sprinkle beef flank with salt and pepper. Put on layer of pork and veal cut in small pieces.

Sew and tie up in a roll (very tightly) and boil in water to cover, to which has been added (to taste) onions, thyme, allspice, cloves, salt and pepper. Boil until tender and remove from broth and put under weight and press until cold. This may be kept in salt brine if desired.

(Sometimes the individual prefers to put meat roll in brine before cooking, which seems to add to the flavor considerably).

Lefse

1 tsp. salt
3 Tbsp. butter
5 large potatoes
½ cup sweet cream
5 Tbsp. flour

Boil potatoes, mash very fine and add cream, butter and salt. Beat until light and let cool. Add flour to make a soft dough. Take a piece of dough and roll as for pie crust, rolling as thin as possible. Bake on top of stove or on pancake griddle until light brown.

To serve, cut in quarters.

Serve buttered and sprinkled with sugar, sandwich style.

Flatbrod

Cook 7 or 8 medium size potatoes (peeled). Put through ricer. Add 1 small can of milk, 1 teaspoon of salt, 1 tablespoon sugar and ¼ cup butter. Work in as much flour as will make a very stiff dough.

Roll out very thin, with grooved rolling pin, on lightly floured board, about the size of a round griddle and bake on top of wood stove over low heat.

A "floe" or long flat thin stick is used for turning the cakes.

As cakes are baked put them in oven, with door open, for crisping.

Swedish Cookie

¼ cup brown sugar
½ cup butter
1 egg yolk beaten
1 cup flour
1 egg white
Chopped walnuts
Jelly

Mix and roll dough into small balls. Dip in egg white and roll in nuts. Place on cookie sheet and press center down. Bake at 300 degrees for 5 minutes. Press down center again and bake 15 minutes. Cool and put jelly in centers just before serving.

Sylte (Head Cheese)

1 side fresh pork (8 to 10 pounds)
6 lb. (about) veal shoulder
Water to cover both
Spices
½ lb. salt
¼ lb. sugar
2 quarts water

Cook pork and veal separately until tender, in water seasoned with salt and pepper. Cut pork in half crossways and remove meat, keeping skin intact for mold. Put one side of pork skin down on board. Cut pork and veal in small pieces and alternate layers of pork and veal sprinkled with spices (ginger, cloves and allspice). Over the last layer put other half of skin of side pork. Sew and tie together. (Can be put in cloth and tied.) Return to juice in which the meat was first cooked until heated through. (About 10 minutes.) Remove and press while it is still warm, in a pan with weight on top, and allow to stand over night in a cold place.

The next morning make a strong brine of the last three ingredients listed, and add a few bay leaves and whole cloves. Keep the Sylte in brine until ready to serve. (The brine keeps the head cheese moist and fresh.)

Fattigman

Beat 20 minutes:
6 egg yolks
6 Tbsp. sugar
5 Tbsp. coffee cream

Add:
1 tsp. cardamon

Cake flour enough for soft dough.

Cover dish and put in refrigerator for 12 hours.

Roll paper thin. Cut diamond shapes, 2x3 inches. Cook in deep fat (lard preferred) until light brown.

EXPERTS AT WORK — The Scandinavian foods shown above, being arranged for the festive smorgasbord table, are as delicious as they are attractive. Busy with preparations, from left, are Mrs. William Barfknecht, Mrs. Ed Nystrom, Mrs. Vern Everett, Mrs. Dick Asseln, Mrs. Carl Hoogner and Mrs. Lloyd Broe. (Bend Bulletin Photo)

Make Ready-Mix For Hot Drinks

When the modern homemaker takes time out to count her blessings, ready-made mixes are sure to receive special mention.

Your neighborhood grocer has a wide variety of such time-saving preparations, but did you ever stop to think that with a little ingenuity, you can make some ready-mixes of your own?

In the beverage field, for example, you can make cocoa and malt mixes with the milk "built right in." The milk is that amazing new product, instant milk, an instant dissolving nonfat dry milk with fresh milk flavor and all the protein, B vitamins, calcium and other valuable minerals of whole milk.

Hot Cocoa Mix

4 cups instant nonfat dry milk solids
¾ cup cocoa
¾ cup sugar

Blend instant nonfat dry milk solids with cocoa and sugar. Store the dry mix in a tightly covered jar.

For 2 cups cocoa, blend 1 cup cocoa mix and 1 cup water in saucepan until smooth. Gradually add 1 cup water and simmer over low heat to just below boiling.

For 1 quart cocoa, blend 2 cups hot cocoa mix with 2 cups water in saucepan until smooth. Gradually add 2 cups water and simmer over low heat.

Instant Malt Mix

1 1-3 cups nonfat dry milk solids
¾ cup malted milk (natural or chocolate flavor)

Mix nonfat dry milk solids with Malted milk. Store in covered jar until ready to use.

Instant Malt: Combine ½ cup malt mix with ½ cup water, blend until smooth. Add ½ cup water and 1 egg, if desired. Shake or stir and serve at once.

Hot Malt: Mix ½ cup mix with ½ cup hot water, blend until smooth. Gradually add another ½ cup of hot water and serve immediately.

Auxiliary Plans Potluck Dinner

Special to The Bulletin

REDMOND—Members of Lions Auxiliary are planning a potluck dinner for Lions and Auxiliary Wednesday evening, Feb. 23, in the home of Mr. and Mrs. Keith Parkinson. A program of games and entertainment will follow.

Redmond Lions will be represented at the zone meeting Tuesday night, Feb. 22, at the Trap club building in Madras, according to local president Carl Martin. He also reports that the Redmond club has been invited to have membership representation at the regular meeting of Bend Lions at their noon luncheon meeting that Tuesday.

FOR COFFEE BREAK — Tasty English snack is good lunchbox item, too.

Vicar Selected For Churches

Special to The Bulletin

REDMOND—John Welch is the new vicar named to serve Episcopal churches in Madras and Redmond, according to announcement from officers of St. Albans Episcopal church here. The new pastor was graduated recently from seminary in Virginia and is living with his family in the vicarage in Madras.

He will be in Redmond each Tuesday and will hold Sunday worship services here at 9 a.m. in Redmond hotel. Mr. Welch met with St. Albans bishop's committee members Monday night at a special meeting in the home of Mr. and Mrs. Earle D. Hallock. Bishop Lane Barton of Bend was present also. Mrs. Hallock reports that confirmation and study classes will meet each Tuesday for eight weeks at 7:30 p.m. at the home of Mr. and Mrs. Dale Charlton on Canyon Drive, beginning Feb. 22.

The new minister and his family are to be honored here at a smorgasbord being planned for later this month or early March, Mrs. Hallock says.

Canada and the United States are the only countries in the world having a surplus rather than a sortage of food.

"Snap 'n' Rattle" Is English Treat

The English have a way of saying things a bit differently than we say them. "Elevenses," for example, is their term for the coffee-break. Delicious little fruit bars, often eaten with coffee, are called "Snap 'n' Rattle." These, a cross between cooky and pastry, are a great favorite in the English Midlands, so we're told.

It's not hard to explain the popularity of Snap 'n' Rattles. They're easy to make, fine eating any hour of the day when a snack is called for and they keep well. Nice and chewy too,—and at the same time, crisp!

You'll find it worth your while to bake these unusual sweets in fairly large batches. They make a tasty addition to lunch-boxes packed for school or office. And of course, you'll want to have some on hand for your own "elevenses." Indidentally, be sure you make your coffee at its delicious best—hot, strong, full of flavor. And by all means, make plenty. Experience shows that if anything improves the cook's popularity even faster than having home-made cookies on hand, it's always having enough coffee for seconds all around.

Snap 'n' Rattle

1 package pie crust mix
¼ cup seedless raisins
¾ cup mixed diced candied fruits and peels
3 tablespoons brown sugar
½ teaspoon cinnamon
¼ teaspoon nutmeg

Roll out pastry in long rectangle ½-inch thick. Combine raisins, fruits and peels. Combine brown sugar and spices; sprinkle over fruits. Fold remaining half of the rectangle over fruits. Roll gently with floured rolling pin until fruit shows through pastry. Press edges together. Score deeply into finger-size pieces. Bake in hot oven, 425 degrees F., 12 to 15 minutes, or until golden brown and crisp. While hot, snap apart along scoring lines. Makes about 2 dozen.

No other CHILI CON CARNE gives you

ALL JUICY FRESH-CUT BEEF and BIG IDAHO RED BEANS

LIKE Dennison's CHILI CON CARNE

Here's hearty, *meaty* goodness! Just tender, top-quality beef and plump, young red beans, slow-simmered in a zesty sauce that's a Dennison secret. Perfectly seasoned—perfectly cooked—perfectly delicious! Get Dennison's Chili Con Carne today.

NO "FILLER" TO SPOIL ITS DOUBLY DELICIOUS TASTE!

Use Classified for Results
Call 56 to Place Want Ads

BEND MEAT CO.
The Working Man's Market
4 Free Deliveries Daily

Armour or Hormell—Tray Pack
SLICED BACON lb. 43¢

Grain Fed Beef
POT ROASTS lb. 39¢

Swift's Boneless
VEAL ROASTS lb. 49¢

Loin, 3½ lb average
PORK ROASTS lb. 45¢

Boneless Cross Rib
BEEF ROASTS lb. 59¢

Country Style
PORK SAUSAGE 3 lb. 1.00

Boneless Brisket
CORNED BEEF lb. 39¢

Lean and Tender
RIB STEAKS lb. 39¢

Fresh, Light
SPARE RIBS lb. 48¢

Bud Huston — 933 Wall St. Phone 2 — Joe George

BEAN and POTATO MOUNDS RECIPE...

Cook Flav-R-Pac (Blue Lake) Green Beans according to package direction. Season with butter, salt and pepper. Cook and mash potatoes with usual seasonings. Form 4 flat rounds of potatoes on a hot platter. With a spoon or pastry bag edge rounds with a frill of hot mashed potatoes. Fill center of potato rounds with hot buttered beans.

"Hand-picked, emerald green (Blue Lake) Beans are all meat due to exceeding small seed. Crisp but very tender with a delicious frozen fresh flavor."

Distributed By
MEDO-LAND CREAMERY CO.

FILL-THE-PANTRY Sale
Prices Effective Feb. 18 & 19

DURKEES MARGARINE 3 lbs 89¢
RITZ CRACKERS 1 lb Box 33¢
CROWN—VIENNA SAUSAGE 2 cans 29¢
BORDEN'S MAYONNIASE Qt 49¢
DROMEDARY COCONUT 4 oz pkg 10¢
THRIFTWAY—100 FT. ROLL WAX PAPER 19¢

CRISCO SHORTENING 3 lb can 79¢
Betty Crocker BISQUICK 4 oz pkg 39¢
Folgers COFFEE lb 89¢

Betty Crocker CAKE MIXES white-yellow devils food marble-honey spice 4 pkgs $1.00
Betty Crocker ANGEL FOOD MIX Pkg 53¢

TENDER Cuts
"Swifts" Sweet Rasher Sliced BACON lb 43¢
LEAN GROUND BEEF 3 lbs $1.00
SWIFTS—SKINLESS WIENERS lb 49¢
LEAN—BEEF RIB STEAKS lb 49¢

BEG-MORE CAT FOOD
THIS IS A BEG-MORE PET FOOD
8-OZ. CAN 3 for 25¢
16-OZ. CAN 2 for 29¢

Direct from American Farms to our store
FRUITS and VEGETABLES
NEW NAVEL ORANGES $2.19 Box
FANCY—UTAH CELERY lb 5¢
FRESH CRISP BRUSSEL SPROUTS 2 lbs 25¢
U.S. No. 2 POTATOES 50 lb Bag 98¢

Al's DRIVE-IN Market
Phone 1294 E. THIRD at FRANKLIN
The BIGGEST LITTLE STORE IN TOWN