

Scandia Börd



An appealing Scandia Börd includes (upper left, clockwise)—a colorful tossed salad, assorted bread and cheese tray, Swedish Vegetable Salad, cold meats and mustard with horse-radish, Swedish Meat Balls, Italian Salad, Marinated Cucumber Slices, and Glazed Mixed Fruit.

Swedish Meat Balls

- 1 lb. ground round steak
- ½ lb. ground pork
- ½ cup instant mashed potatoes (prepare according to pkg. directions)
- ½ cup fine dry bread crumbs
- 1 egg, beaten
- 1 teaspoon salt
- ½ teaspoon Accent
- ¼ teaspoon black pepper
- ½ teaspoon brown sugar
- ¼ teaspoon ground allspice
- ¼ teaspoon ground nutmeg
- ½ teaspoon ground cloves
- ¼ teaspoon ground ginger
- ½ cup fine dry bread crumbs
- 3 tablespoons butter

1. Lightly mix together in a large bowl the first five ingredients and a mixture of the seasonings.
2. Shape mixture into balls about 1 in. in diameter. Roll balls lightly in remaining crumbs.
3. Heat the butter in a large, heavy skillet. Add the meat balls and brown on all sides; shake pan frequently to brown evenly and to keep balls round. Cook, covered, about 15 min., or until meat balls are thoroughly cooked. *3 doz. meat balls*

Italian Salad

Scandinavian cooking, like the cuisine of many countries, begins to feel a one-world influence. This salad, for example, though Swedish in origin, is named in honor of another country.

- 1 cup coarsely chopped cooked ham
- 1 cup cooked peas
- ½ cup cooked chopped carrots
- ½ cup coarsely chopped unpared red apple
- 1 tablespoon chopped sweet pickle
- ½ cup mayonnaise
- 1 teaspoon lemon juice

Combine first five ingredients in a bowl. Add a mixture of the mayonnaise and lemon juice; toss lightly to mix. Chill. *4 to 6 servings*

Swedish Vegetable Salad

- 2 10-oz. pkgs. frozen mixed vegetables, cooked and drained
- 1 cup chopped cooked shrimp (reserve 3 whole shrimp for garnish)
- ½ cup mayonnaise
- ½ teaspoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon white pepper
- 1 hard-cooked egg, sliced
- 4 pitted ripe olives
- Pimiento strips

1. Lightly toss together cooked vegetables, shrimp, and a mixture of the mayonnaise, lemon juice, salt, and pepper. Chill thoroughly.
2. Garnish with the egg slices, whole shrimp, olives, and pimiento strips. *6 to 8 servings*

Marinated Cucumber Slices

- ½ cup cider vinegar
- ¼ cup salad oil
- ¼ teaspoon salt
- Few grains white pepper
- 1 teaspoon dill weed
- 1 medium-sized unpared cucumber, thinly sliced

Blend first five ingredients in a bowl. Add cucumber slices and mix lightly. Chill several hrs. or overnight. *About 6 servings*