

# Yule Recipes

Fragrances of spruce, burning candles, boiling lutfsk, open fires and happiness blend into something sublime and festive when the spirit of Christmas flows over Sweden. As part of the celebration during the holidays rice porridge cooked in milk is eaten. The cereal is cooked until it is completely dissolved and then sprinkled generously with sugar and cinnamon. One single almond is hidden in the dish; the finder will surely find a mate during the year.

### LUTFISK

(Three Weeks' Method)  
(Recipe of Fannie Hedberg)  
Cut fish, soak in cold water. Change water four or five times. Then prepare 1 cup soda to each pound of fish, dissolve in boiling water. Do not use an aluminum kettle for this method. Use glass or crock with weight.  
Let cool. Pour over fish and add water to cover. Leave in brine four days, remove and scrub each piece with brush. Soak in cold water another 7-8 days, changing water twice a day. Repeat scrubbing process each time until fish feels clean. Meat of the spillanga variety is firm and white by this time, whereas the grasy retains a slightly yellow tinge. Lutfsk may be kept a long time.

After this lengthy process, the lutfsk is ready to eat by cooking in boiling water—15 or 20 minutes. It flakes easily and is slightly glutinous when cool. It is eaten only during the Christmas season and is the traditional dish in nearly all Swedish homes with boiled potatoes covered with white sauce, topped with melted butter and sprinkled with coarse black pepper.

There's something about Christmas and food that go together, like maple syrup and flapjacks... cornbread and turnip greens... turkey and dressing.

Because our town has some famous cooks who wield a wicked wrist with menus of foreign cookery we asked for help to give you a taste of delicacies made in the land of the midnight sun, the mellowed temperatures of the south-land.

Here are a few recipes that should spark your Christmas cooking spree.

Madelon Adler, who is of French lineage, shares two handed down by her mother.  
It takes wine to bring out the true flavor in chicken. This recipe may be used either with a tender young fryer or with a hen that is older. Only change is in the cooking time.

### Napoleon a la Marengo

(Madelon Adler)  
1 fryer, cut in sections.  
Brown well in butter and add:  
1 medium onion, sliced in rings.  
1 cup white Sauterine wine.  
2 T. tomato puree.  
2 T. lemon juice.  
1 cup mushrooms with liquid.  
Salt, pepper to taste.  
Dust your fryer pieces with flour, brown in the butter, add wine, tomato puree, lemon juice, mushrooms and liquid. Simmer until done, use liquid as gravy over fluffy rice.

### Foamy Sherry Sauce

(Serve over bread or rice pudding, cottage pudding or cobbler)  
2 T. butter.  
2 T. powdered sugar.  
1 tea. cornstarch.  
2 T. granulated sugar.  
2/3 cup boiling water.  
1/4 tea. salt.  
3 eggs, separated.  
1/2 cup sherry.  
Cream butter and powdered sugar. Mix together the cornstarch, salt and granulated sugar. Stir slowly into the boiling water. Cook, stirring constantly until thick. Add creamed mixture.  
Beat egg yolks slightly and add hot mixture slowly to the yolks. Then stir over low heat until mixture coats spoon. Remove from heat and add the sherry very slowly, stirring constantly. Beat egg whites until stiff and add to sauce. Serve while hot over cobbler or cottage pudding.

If you love Italian foods, and who doesn't, this out-of-the-world salad served on the least provocative by the women of Italy will make a whole meal. Mrs. Olivia Bocchi presented the news staff of the Herald with a platterful. The way that it disappeared was proof of the quality.

Mr. and Mrs. Bocchi made a trip to Mt. Shasta to find mushrooms to put in it. It's worth its weight in gold when you buy the ingredients for a full portion but you'll know when you sample that the gold is spent wisely.

### ANTIPASTO SALAD

2 pints fresh mushrooms.  
1 bunch carrots  
2 pounds pickling onions  
1 large cauliflower  
1 large head celery  
1 quart white vinegar.  
Wash and cut into small pieces. Cook each vegetable and mushrooms separately with 1 cup vinegar until tender. Put all together in a large kettle, bring to boil and add:  
2 cans black olives  
2 cans green olives  
2 large jars stuffed olives  
1 quart dill pickles, cut  
2 cans string beans  
Add to vegetables and bring to boil.  
Mix together in another kettle and bring to a boil.  
2 cans tomato juice  
2 cans tomato puree  
3 cans tomato sauce  
3 bottles catsup  
1 cup olive oil  
Salt and pepper to taste  
6 T. Worcestershire sauce  
After you bring this to a boil, add:  
1 quart artichokes  
3 cans tuna fish  
3 cans sardines  
2 cans anchovy fillet  
1 quart green peppers  
2 cans chopped pimiento  
Put all ingredients together, bring to a boil again. Seal in sterilized jars while hot. Makes 20-25 pints.  
Use this antipasto in the center of a ring of lettuce which is surrounded by a ring of thinly sliced tomatoes, thinly sliced salami, cucumbers and asparagus spears.

Stocking Stuffers... Greeting card with powder puff... a holiday party snapper containing solid cologne... eyelash curler in plastic case... nail polish and lipstick set... dusting powder... bath salt sponges... soap... bubble bath.



MADELON ADLER cuts onion rings for Napoleon a la Marengo to combine with browned chicken. Try this on a cold night with hot biscuits. Mrs. Adler demonstrated steps in preparation for serving in true French peasant costume, complete with tri-color wool socks and gay colored clogs.



SWEDISH FAMILIES are well fed. The camera caught Mrs. Fannie Hedberg in the act of adding a moulded carrot and cabbage salad to other dishes being prepared for a big evening meal... Lutfsk was soaking in the background getting ready for a big Christmas eve dinner. Mrs. Hedberg's recipe for lutfsk follows.

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That Special Friend... A crystal perfume bottle for the dresser... Yule stocking filled with soap, sachet, perfume, milk bath petals, small dumbbell of perfume, purse-size pixie parasol with long-handled staff and gold butterfly containing lipstick... budget travel kit with lavender-scented makeup pick-me-ups.

For Sis... Solid cologne packed in a Santa... miniature opera glasses filled with perfume in a "magic hour" scent... a purse-size sectional cylinder containing cleansing cream, foundation cream, rouge, powder, lipstick... a quickie kit containing comb and hairbrush... a pretty dresser set.

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