

# 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
- ¼ 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
- ¼ 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*

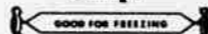
## Glazed Mixed Fruit

- 1 pkg. mixed dried fruits
- 3 cups water
- ½ cup orange juice
- ½ cup quick-cooking tapioca
- ½ cup light corn sirup
- ½ cup dark corn sirup
- 2 tablespoons sugar
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ½ teaspoon salt

1. Combine fruit and water in a saucepan; bring to boiling over medium heat and cook, uncovered, until fruit is tender. Remove from heat.
2. Remove fruit with a slotted spoon and arrange on a serving platter. Set aside.
3. Add orange juice to the cooking liquid in saucepan. Add tapioca gradually to liquid, stirring constantly. Set over low heat, continue to stir, and cook slowly until mixture thickens and tapioca becomes transparent, about 10 min.
4. Stir in corn sirups and a mixture of the last four ingredients; blend thoroughly. Remove the saucepan from heat and pour glaze over fruit. Let stand until glaze is set.
5. Serve in sauce dishes either warm or chilled and garnish with whipped cream, if desired.

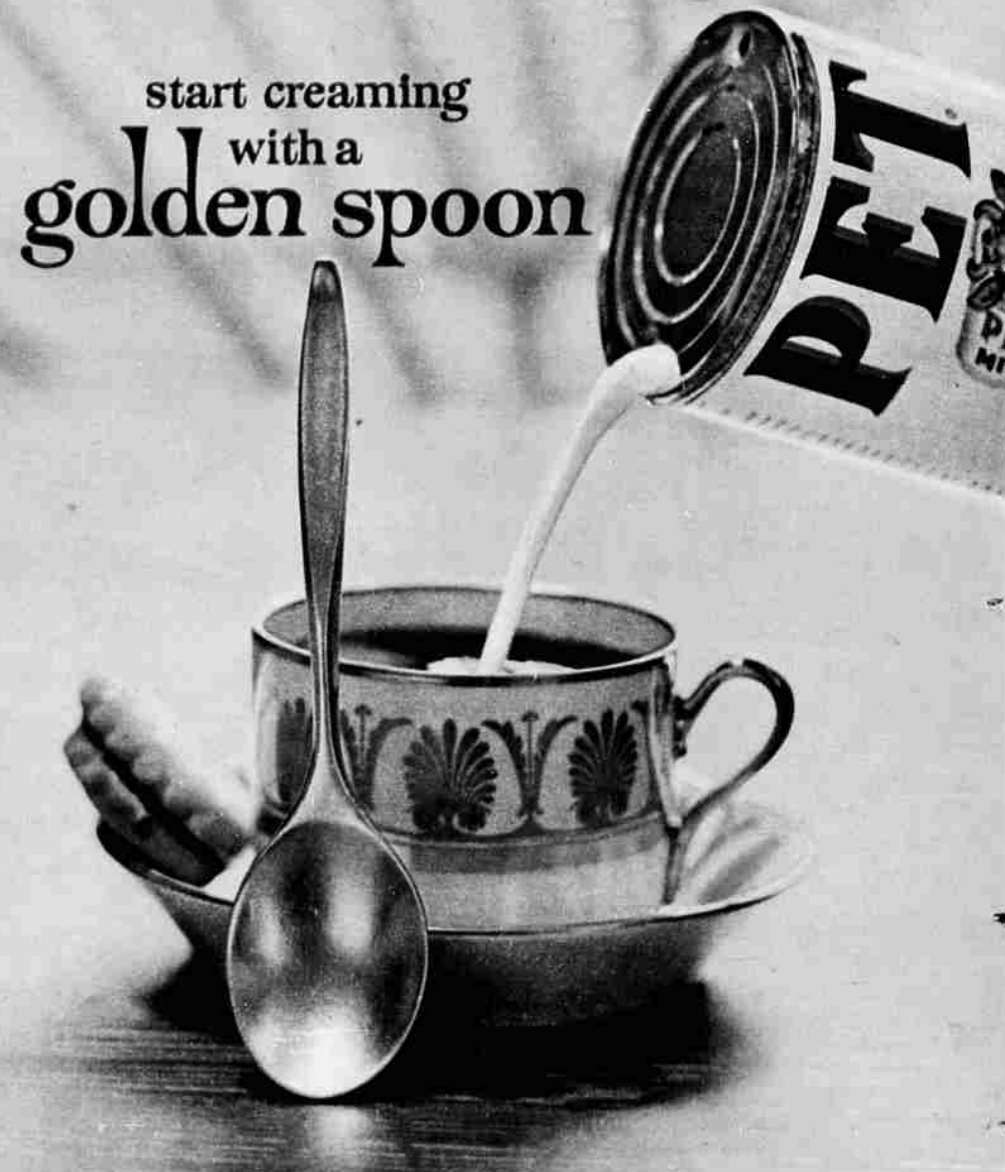
*About 8 servings*

## Limpa



- 2 pkgs. active dry yeast
- ½ cup warm water, 110°F to 115°F (Or if using compressed yeast, soften 2 cakes in ½ cup lukewarm water, 80° to 85°F)
- ½ cup firmly packed dark brown sugar
- ½ cup molasses
- 2 tablespoons butter
- 1 tablespoon salt
- 2 teaspoons caraway seed
- ½ teaspoon ground anise seed
- 1¼ cups hot water
- 3½ to 4 cups flour
- 2 cups rye flour

1. Soften the yeast in the warm water; let stand 5 to 10 min.
2. Meanwhile, put the next six ingredients into a large bowl. Immediately pour the hot water into bowl and blend.
3. Cool to lukewarm; blend in 1 cup of the flour, beating until smooth. Stir softened yeast and add, mixing well. Add the rye flour and beat until very smooth. Beat in enough of the remaining flour to make a soft dough.
4. Turn onto a floured surface and allow to rest 5 to 10 min. Knead until dough is smooth and does not stick to the surface. Form dough into a large ball and put into a greased deep bowl. Turn to bring greased surface to top. Cover with waxed paper and a towel and let stand in a warm place (about 80°F) until dough is doubled, about 2 hrs.
5. Punch dough down with fist, pull edges in to center and turn dough completely over in bowl. Cover and let rise again about 1½ hrs., or until nearly doubled. Punch dough down and turn onto a lightly floured surface. Divide dough in half and shape into balls.
6. Place in greased 9-in. round pans; cover and let rise until dough is doubled, about 1 hr.
7. Bake at 375°F 30 to 35 min., brushing with milk the last 3 min. of baking. Cool on a cooling rack. *2 loaves bread*



Coffee turns to richness when you stir in PET... *the milk with twice the country cream in every drop*

"PET"—Reg. U. S. Pat. Off.

## SUNDAY NIGHT SUPPERS YOURS FOR ONLY 50¢ EACH POSTPAID

Greats imaginative menus!  
Your chafin dish, waffle maker, broiler, and deep fryer suggest many wonderful dishes that can be cooked ahead of time or prepared in just a few minutes. This cookbook offers complete recipes which utilize these modern-day helpers.



TO: FAMILY WEEKLY BOOKS  
155 N. Michigan Ave., Chicago 1, Ill.

Enclosed find \$\_\_\_\_\_ for which please send me postpaid copies of "Sunday Night Suppers" @ 50¢ each. (No stamps or C.O.D. orders, please; satisfaction guaranteed or money refunded.)

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zone \_\_\_\_\_  
Print or Write Legibly