

## Recipes

### Swedish Pancake and Lingonberries

<https://www.allrecipes.com/recipe/52581/easy-swedish-pancakes/>

#### INGREDIENTS

- 4 eggs
- 2 cups milk
- 1/2 cup all-purpose flour
- 1 tablespoon sugar
- 1 pinch salt
- 2 tablespoons melted butter

#### PREPARATION

1. In a large bowl, beat eggs with a wire whisk. Mix in milk, flour, sugar, salt, and melted butter.
2. Preheat a non-stick electric skillet to medium heat. Pour a thin layer of batter on skillet, and spread to edges. Cook until top surface appears dry. Cut into 2 or 4 sections, and flip with a spatula. Cook for another 2 minutes, or until golden brown. Roll each pancake up, and serve. Serve with Lingonberries or cranberries make a great substitute!

**YIELD:** 4 Servings

**ACTIVE TIME:** 10 minutes

**TOTAL TIME:** 10 minutes

## Princess Cake

<http://marcussamuelsson.com/recipe/swedish-princess-cake-recipe>

### INGREDIENTS

#### Sponge Cake

- 6 eggs
- 1 ½ cups sugar
- 3 cups flour
- 2 ½ tsp baking powder

#### Pastry Cream

- 1 cup milk
- 1 cup cream
- 1 cup sugar
- 1 cup egg yolks (about 4 eggs)
- ½ cup cornstarch
- 2 vanilla bean pods
- Raspberry jam
- Whipped cream
- Green marzipan
- Pink marzipan
- Powdered sugar

### PREPARATION

1. First make the sponge cake by whisking the eggs and sugar on high speed for 15 minutes. When the eggs and sugar are fluffy slowly add the flour and baking powder.
2. Put in a round cake ring and bake in the oven at 350 degrees for 15-20 min.
3. To make the cream, boil milk, cream and the scraped vanilla seed of the pods. Whisk together sugar, egg yolks, and cornstarch and add the mixture once the milk and cream reaches boiling point.
4. Keep boiling until it becomes a thick cream while whisking continuously. Allow to cool down.
5. To build the cake, cut the sponge cake into three layers. On the bottom layer, spread raspberry jam and then place another layer of sponge cake. On top of the next layer of sponge, place the pastry cream and then whipped cream on top of that. Top this with the last layer of sponge cake and top that with a thin layer of whipped cream. Finally, you cover the whole cake with thin folded green marzipan and decorate in the classic Swedish way with powdered sugar and a pink marzipan rose.

**Yield:** 1 Cake

**Prep time:** 45 minutes

**Cook time:** 45 minutes

## Authentic Swedish Meatballs

<http://www.geniuskitchen.com/recipe/authentic-swedish-meatballs-367918>

### INGREDIENTS

#### Meatballs

- 1 tablespoon butter
- 3 tablespoons onions, grated
- 1/2 cup breadcrumbs
- 1 1/2 cups milk
- 1/2 lb. ground beef
- 1/2 lb. ground pork
- 1/2 lb. ground veal
- 1 egg
- 1/8 teaspoon ground allspice
- 1/8 teaspoon salt
- 1/4 teaspoon white pepper
- butter or oil

#### Gravy

- pan juices
- 1 tablespoon flour
- 3/4 cup cream (whole milk works in a pinch)
- salt
- white pepper

### PREPARATION

1. Melt butter in a skillet.
2. Sauté onions in the butter until golden.
3. Soak the bread crumbs in the milk.
4. To the bread mixture, add the meats, egg, onion, allspice, salt, and pepper. Mix until a smooth texture is achieved.
5. Chill mix for an hour or so, to firm it up.
6. Form mix into meatballs, using 1-2 tablespoons of meat per ball. (these should be smaller than a golf ball). If you are making these on a warm day, you might want to chill the formed balls again, so that you don't get flat sides when you fry them.
7. Heat a large skillet over medium high heat.
8. Melt a small amount of butter (traditional) or oil in the pan.
9. Add enough meatballs to fill the pan very loosely.
10. Shake the pan as you fry the balls, to keep the round shape as they cook. Continue to cook until they are evenly brown on all sides.

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11. Remove each batch to a warm platter in the oven, as you fry the rest.
12. If you wish to make the gravy, deglaze the pan with a little water after each batch, and reserve the resulting drippings in a bowl.

**For the gravy:**

13. When all of the meatballs have been fried, mix the flour and cream (or milk), and add to the reserved pan drippings in the skillet.
14. Simmer for 10 minutes.
15. If the mixture is too thick, add a bit of cream (or milk) to thin, then taste and season with salt and/or pepper as needed.
16. Pour gravy over warm meatballs and serve with boiled potatoes and lingonberry sauce.

**YIELD:** 6 Servings

**ACTIVE TIME:** 30 minutes

**TOTAL TIME:** 20 minutes