

Recipes, spring Ethnic Food Class, F900

Session I: English Cooking, Mo and Dave Mason

TOAD IN THE HOLE: PORK SAUSAGES IN YORKSHIRE PUDDING SERVED WITH GREEN CABBAGE

Dessert: Rice Pudding. Usually this is baked along with the Sunday roast, but time does not permit so it is cooked on the stove top.

Toad in the Hole

1-½ cups of all purpose flour
Pinch of Kosher salt
Pinch of freshly ground black pepper
3 eggs, beaten
1-½ cups of milk
3 Tbsp water
1 Tbsp vegetable oil
1 lb. of pork sausages, or good quality pork or beef sausage links in casings

Preheat oven to 425 degrees

Put sausages in pan with little vegetable oil in hot oven under the grille, until golden brown. While sausages are browning, make the Yorkshire pudding. In large bowl, whisk together flour, salt and pepper. Make well in center of flour and pour in eggs, milk and little water and whisk into the flour until smooth. Make some bubbles and mix until smooth. When sausages are browned take from oven and quickly pour the Yorkshire mix over the sausages and put back into oven. Keep oven temperature high at about 425 and reduce after 15 minutes to about 400. You don't want the pudding to burn. Cook for another 15 minutes or until batter is a golden color. The total cooking time is about 30 minutes. Once the sausages are in the oven, do not open the oven door.

COOKED CABBAGE

Half cabbage; yields two portions
½ stick butter
Dash salt and pepper
Hot water

Boil water; while it is boiling clean and break up cabbage
Put cabbage into boiling water and turn down stove and add dash salt and pepper. Cook for about 15 minutes, and don't cook too long as you will lose the goodness. Drain and add butter and dice into small pieces.

STOVE TOP RICE PUDDING, READY IN 30 MINUTES

Yield: about 1 cup, enough for 3 ramekins

2 oz. of either short grain rice or pudding rice

2 tbs. White sugar

1-pint milk semi or full fat

Half stick cinnamon

Cook on medium to low heat and stir regularly so it doesn't stick to the bottom of pan.

Cook in pan for 30 minutes until rice is soft. Leave in pan for 5 minutes til cool.

Taste to make sure rice is cooked. Milk can be added if rice is not cooked.

Great as is and also good with either a little cinnamon, or a little nutmeg or a dollop of jam.

Session II: GERMAN COOKING: Rita Leake and Doris Bloch

Menu: Rouladen (Beef Rolls), Cucumber Salad, Cauliflower with browned breadcrumbs, Rote Gruze with vanilla sauce

BEEF ROLLS (ROULADEN)

Steak rolls or thin sliced round steak

Mustard, dill pickles, sliced onion, bacon cut in half, wooden toothpicks. 3 Tables. Butter or shortening.

If steak slices are more than ½ inch thick, pound with a tenderizing mallet or edge of a plate to thin them. Lay out each piece on a cutting board, smear with mustard to cover; then at the longer end, place a 1/2 slice of bacon, a piece of pickle and a slice of onion. Roll from the larger end to smaller end

and secure the roll with a toothpick. Repeat with all slices.

In a Dutch oven or other heavy pot with lid, melt butter and when hot, add the beef rolls to brown them, turning as needed until most surfaces are browned, about 10 to 15 minutes. Add a cup of liquid of your choice. Water with bouillon cube, bouillon, red wine or stock and bring to a simmer. Simmer turning occasionally and ensuring that liquid is still present until rolls yield easily to a fork, about 90 minutes or more. If liquid evaporates, add more; rolls should yield at least a cup of liquid. Remove from pot and serve with juices or thicken with 1 or 2 tablespoons cornstarch pre-mixed with $\frac{1}{4}$ c water to the pot after the rolls are removed and heat to thicken juices to gravy.

CUCUMBER SALAD (GURKENSALAT)

3 cucumbers, peeled and sliced thinly preferably on mandolin

Salt

3 Tbsp. Sugar

Few grinds black pepper

Diced onion if desired

Parsley, chopped if desired

Peel and salt the cucumber slice; let stand for at least ten minutes or more in its own moisture. Drain and let dry with paper towel. Add vinegar, sugar, pepper and onion and parsley. Can serve immediately or chill in refrigerator until ready to serve.

CAULIFLOWER WITH BROWNEED BRREAD CRUMBS

1 to 2 heads cauliflower, whole\

3 to 4 T butter

$\frac{1}{2}$ c bread crumbs

Strip off green leaves at base of the cauliflower and cut off excess stems. In a large pot, add cauliflower and enough water to cover at least half and bring to a boil. Boil for about 15 minutes or until cooked through but not mushy. In a skillet, melt butter and stir in bread crumbs until crumbs are coated and a little browned; can use more or less crumbs as desired. Remove cauliflower from water and cover with buttered crumbs.

ROTE GRUTZE (Raspberry pudding) with Vanilla Sauce

1 bag 16 oz. Frozen Trader Joe's Very Cherry Berry Blend or similar mix.
Water
½ cup sugar
1/3 extra full cup of tapioca
1 lemon

Defrost the berries and add enough water to have two cups of berries plus liquid, or left over wine; add sugar and pour into a medium saucepan. Sprinkle the tapioca over this mixture and let stand for five minutes. Bring to a full boil, stirring constantly on medium heat. Add juice of lemon. Cool and serve with either vanilla sauce or whipped cream.

For sweeter, you can increase the amount of sugar)

Vanilla Pudding: you can make with package and double amount of milk.
When following the instructions to prepare the vanilla sauce.

Vanilla Sauce: makes two cups

4 egg yolks, lightly beaten
½ cup sugar
2 cups milk
1 T vanilla sugar or 1 tsp vanilla extract

Beat the egg yolks and sugar together until the yolks are thick and pale yellow and the sugar is dissolved, about 4 minutes. Bring the two cups of milk to a boil in a heavy two quart saucepan and then pour over the egg yolks in a thin stream, using a whisk or electric mixer to stir constantly. Pour back into pan and heat without boiling until mixture coats the back of a spoon. Remove pan from heat and stir in vanilla extract, if you are using it instead of vanilla sugar.

Serve warm or cold. (you could also do this process with a double boiler)

Session III: Japanese Cooking Yasuko Nuzzi with Ray Beery

Yasuko gave us a sheet that addresses the rice, the Sunomono salad with seaweed and cucumber, and Mapu Dofu, a tofu stir fry

1. PLAIN RICE: She says ideally the rice should be quite fresh. The best rice is new rice called shinmai ,purchased within three months of harvest. Some popular “first grade” Japanese rice varieties include Sasanishiki, Koshihikari and Akita Kornachi.
1. Measure out the rice carefully into your pot and rinse vigorously under running water. Swish the rice around with your hands; the water will turn a milky white color. Drain the cloudy water away and add fresh water and swish the rice around again. Repeat this step two to three times.
2. Then drain, leaving just a little water and rub the grains together several times with the palms of your hands, gently as if you were polishing them. Add plenty of fresh water and rinse out the rice. Drain and rinse until the water is almost clear.
3. Cook the rice.

SUNOMONO, Salad with seaweed and cucumber

A vinegared dish made with wakame and cucumber

- 1 small cucumber, sliced into thin rounds
- 2 oz. rehydrated and softened wakame seaweed, cut into about 2 inch lengths
- 4 Tbsp rice vinegar
- 2 Tbsp sugar
- ½ tsp salt; shredded egg, crabmeat

MAPU DOFU, A TOFU STIRE FRY

- 1 ¼ cup dashi stock (fish flakes and kelp)
- ¼ cup soy sauce
- 1 tbsp. superfine sugar
- 2 tbsp sake
- 2 tbsp mirin

2 cloves garlic
½ oz. fresh ginger
2 scallions
2 400 gram blocks silken tofu
2 tbsp vegetable or oil
7 oz. ground pork
2 red chilies
1 tbsp potato starch
1 tbsp cold water

Session IV: FRENCH COOKING Cecile Heatley
Session VI:

Soupe de Légumes (French vegetable soup)

- 3 leeks, roots and wilted parts removed
- 4 regular carrots, peeled, or 1 cup baby carrots
- 1 turnip, peeled
- 2 stalks celery, trimmed, or ½ a knob of celery root, peeled and cut into chunks
- 1 potato, peeled
- 6 cups water or stock
- 1 Tb salt

1. Cut the leeks into 1-inch chunks and wash them carefully: they are often sandy. Rinse all the vegetables and cut them into chunks. Put them into a large pan with the water plus salt, or the stock (which is probably salted). Cover, cook on high heat until the water boils. Turn the heat down to low to maintain a simmer. Test after 30 minutes: if all the vegetables are tender, the soup is ready. Taste for salt and add some if needed. If there is too much liquid, put some aside.

2. Serve the soup as is, or puree it in a food processor or a blender, or use an immersion blender (the kind that can be used right in the pan).

Short Cut: Instead of carrots, turnips, celery and potato, use 1 bag of frozen mixed vegetables. But add leeks anyway: they give its essential flavor to the

soup.

Note: Near the end of cooking, you can add things you find in your fridge, for example:

- 1 tsp chicken base
- leftover cooked vegetables
- cooking liquid from cooked vegetables (only if it tastes good – spinach water, for example, tastes bitter)
- meat gravy or sauce
- parsley
- odds and ends of frozen vegetables
- leftover tomato sauce or sorrel sauce
- crème fraîche or whipping cream or plain yogurt
- cooked rice or couscous or pasta
- mashed potatoes, cooked rice, cooked pasta
- whatever leftover you have, that you think might make the soup more interesting. If you are not sure, try a little bit of it in a spoonful of soup. If it tastes good to you, go ahead and add it.

Freezer: This soup can be frozen. To thaw, leave overnight in the refrigerator.

Crêpes

2 cups liquid: mostly whole milk, with a little light beer

2 large eggs

a pinch salt

1 Tb oil

1 cup flour (half buckwheat, half all purpose)

Fillings: sugarless ham, grated Swiss cheese, sliced mushrooms cooked with butter

Equipment: Large bowl, whisk, Teflon coated crêpe griddle or pan (a frying pan with very low edges, 10” in diameter), plastic pancake turner or wooden spatula, ladle holding ¼ cup (or a ¼ cup measure), small bowl holding a well-oiled folded up paper towel to grease the pan

Do ahead: Mix all ingredients together (except for the fillings) with a whisk in the large bowl, and let the batter rest, covered, for at least one hour

(overnight is better – in that case, refrigerate). The batter will settle. Stir it just before using.

1. To cook the crêpes, you need to have everything handy on the stove: the pan, the small bowl with the oiled paper towel, the bowl of batter (well stirred), the ladle, the pancake turner, and a plate to put the cooked pancakes on.

2. Heat the pan on medium heat. To test it, flick a few drops of water on it: if they sizzle, the pan is hot enough. Grease it with the oily paper wad.

Holding the pan above the heat, pour into it one ladleful of batter and immediately swirl the pan around so that the batter covers the whole surface. This will take practice. You may need to add a little batter to patch holes.

When the whole surface of the pan is covered, put it down to cook.

3. When the underside is cooked (you can peek), turn the crêpe over with the pancake turner or spatula. If you are using chocolate chips, add them now (no more than 1 tablespoonful) so they can melt. As soon as the second side is cooked, remove the crêpe to the plate and start making another one.

Note: Leftover crêpe batter can keep in the fridge for a few days. Just stir it before using.

For dessert crêpes, use your choice of filling: mini chocolate chips, sugar, sliced strawberries and sugar, sliced bananas with honey, jam, thinly sliced apples and Trader Joe's caramel sauce, etc.

French Mayonnaise

1 egg yolk, very fresh since it won't be cooked

2 tsp Dijon mustard

pinch salt

1 tsp wine vinegar

2/3 cup oil (if using olive oil, choose the light version)

Equipment: Medium-size bowl (a small salad bowl is ideal), whisk, kitchen towel, 8-oz paper cup or disposable plastic cup

Do Ahead: At least 30 minutes before starting, put all ingredients on the counter so that they all come to room temperature.

1. Measure the oil into the cup. Wet the towel with hot water, fold it in four, and put it on the counter. Set the bowl on it. Put in the bowl the egg yolk, mustard, salt and vinegar. Beat for a few seconds with the whisk.

2. Very slowly at first (one drop at a time), add the oil to the egg mixture while stirring as fast as you can. Never stop stirring. When the mayonnaise is beginning to “take” (i.e., to thicken a bit, so that you can see the bottom of the bowl between strokes), you can add the oil faster, for example in a thin stream. Stop the stream once in a while to beat until the mayonnaise is homogeneous. When all the oil has been added, beat the mayonnaise for another minute to make sure it is very firm.

3. When the mayonnaise is ready, season to taste with more salt, vinegar and/or mustard.

Note: Leftover mayonnaise can be refrigerated for a day. Cover the surface with plastic wrap to avoid contact with air. It can be used in a sandwich or in potato salad. You can make a quick potato salad by cooking a potato in the microwave oven, peeling it, dicing it and mixing it with the mayonnaise. French home-made mayonnaise is a whole different animal from the jar kind. It is a little tricky to make but once you are used to making it you can do it in 5 minutes. And once you know how to make it you can produce some pretty impressive appetizers, just like those they serve in bistros in Paris.

A few pointers:

The egg should be very fresh. Buy organic eggs: the expiration dates are supposed to be more stringent than for conventional eggs. Do not try it with an egg straight out of the refrigerator: it won't “take” and will remain fluid. It only works if all ingredients are at room temperature.

Why put a wet cloth under the bowl? To keep the bowl steady, because you only have two hands: one for the oil and one for the whisk.

Why put the oil in a paper or plastic cup? It is lighter to hold and easier to control than a bottle. Also, by pre-measuring the oil, you are sure not to add too much oil. If you pour the oil directly from the bottle of oil, you won't know when to stop. When there is too much oil proportionately to the egg yolk, “la mayonnaise tourne” (it curdles, it separates).

Why adding the oil very slowly but stirring very fast? Because in normal life egg yolk and oil don't mix, so you want to trick them, to force them to form an emulsion.

If your arm gets tired from stirring at top speed, enlist a friend and take turns stirring.

You can double the recipe but if you triple it, using 3 yolks, it will take a long time to “take” and it will be more difficult.

If, after all these precautions, your mayonnaise does not “take”, try processing it in a food processor until it thickens.

If you choose to make the mayonnaise in a food processor to start with, it

will be easier, and very firm, but not as tasty. This is probably because too much air is being beaten into it. To make it less bland, you can add mustard to it.

Fresh herbs, minced (tarragon, chervil, parsley, chives...), horseradish, wasabi, or spices (curry, paprika, ground saffron, etc.) may be added at the end.

You can use this mayonnaise in Macédoine or Céleri Rémoulade, or as a condiment with cold cooked foods: roast meat (beef, lamb, chicken, pork), fish, shrimp, lobster, asparagus, or in potato salad.

For more information and advice, check Julia Child's *Mastering the Art of French Cooking*, Volume 1, page 86. This is where I learned how to make fool-proof mayonnaise.

Céleri rave rémoulade (Celery Root Salad)

1 knob celery root (also called celeriac)

1 cup French mayonnaise (recipe above)

Dijon mustard

1 Tb white vinegar

1 tsp salt

Equipment: wooden cutting board; sharp chef's knife; coarse grater or food processor fitted with the coarse grater disk (with holes about ¼ inch); saucepan; colander; tray; salad bowl

Working on a wooden board, peel the celery root by slicing off the outside. It may work better for you if you cut it in half first: with the cut side down, it will be more stable. You need to get rid of all the nooks and crannies and irregularities. You may want to cut it in quarters first so that you will have flat sides resting on the board. Rinse the peeled pieces, drain them, then grate them, either in a food processor (coarse grater disk) or manually on a grater.

Heat 4 cups of water with 1 Tb white vinegar and 1 tsp salt. When the water boils, blanch the grated celery: add it to the boiling water and leave it in for a minute or so, just enough time for the boil to return. When it boils again, drain the celery and spread it on a flat surface (a tray, for example) to let it cool.

Make a French mayonnaise following the recipe above but with double the amount of mustard. Add 2 cups celery root to the mayonnaise bowl and toss. If you have less than 2 cups of celery, remove some of the mayonnaise first. The mayonnaise should just bind the celery, not drown it. Chill for at least

an hour and serve.

Macédoine de Légumes (Mixed Vegetables with Mayonnaise)

1 bag frozen mixed cut vegetables (peas, green beans, carrots, corn)

French mayonnaise

tomatoes or lettuce

Boil the vegetables in salted water. Drain very well. Dry on paper towels.

Chill. Prepare the mayonnaise. Mix the vegetables with the mayonnaise.

This is macédoine.

Variation: for special occasions, do it the traditional way: it is more work but much better tasting. Cook fresh vegetables (carrots, celery root, turnip) in boiling salted water. Lift the vegetables out, dice them and put them in a salad spinner. Cook peas in the same water. Lift them out, add them to the salad spinner. Cook green beans in the same water. Lift them out, dice them and add them to the salad spinner. Give a few slow turns to the spinner. Put the vegetables in a container lined with a paper towel. Chill. Mix with French mayonnaise.

Note: You can use the cooking water for soup.

Rouleaux de Jambon à la Macédoine (Ham Rolls Filled with Vegetables and Mayonnaise)

Sugarless ham slices (one slice per person)

Macédoine de légumes (see recipe above)

Wipe the ham slices with paper towels. On each slice, put about 2 or 3 tablespoonfuls of macédoine along one of the short edges. Roll the slice of ham and place it, seam down, on the serving dish or individual plate. You can decorate the plate with lettuce leaves, cornichons, and grape tomatoes. You can also put one leaf of parsley or tarragon on each ham roll.

Variation: Instead of macédoine, use boiled asparagus, well drained and dried on paper towels. Spread some mayonnaise on the ham, put 2 or 3 spears asparagus on it, with the points sticking out slightly, cut the other end of the asparagus to be even with the ham, and roll.

Green Salad and Vinaigrette Dressing

- ¼ cup wine vinegar
- 1 Tb Dijon mustard
- ½ tsp salt

- ½ tsp ground pepper
- ¾ cup extra virgin olive oil
- lettuce or mesclun or other greens, washed and spun dry
- fresh tarragon leaves (opt.)

Mix the vinegar, mustard, salt and pepper in a jar or a bottle. Shake. Add the oil. Shake again. Put about 3 Tb of vinaigrette in the salad bowl and keep the jar in the fridge for later use. Put serving utensils in the bowl, crosswise. Now put cleaned and dried salad greens on top. The serving utensils will prevent the greens from getting soggy in the dressing.

Last Minute: Toss the salad at the last minute, especially if it is Boston lettuce, green leaf or mesclun. Hard leaf lettuce, such as Romaine or escarole, can be tossed up to 30 minutes ahead. If you have fresh tarragon, add a few leaves of it to the salad.

Short Cut: If you are in a hurry but don't have ready-made vinaigrette in your fridge, just put your greens in the bowl, and add a sprinkle of salt, a sprinkle of pepper, a splash of vinegar and two splashes of oil, then toss.

Measuring takes time. Another timesaver: wash the whole lettuce at once, spin, and keep in the fridge in a bowl lined with a paper towel and covered with a shower cap. It takes almost the same time to prepare a whole head of lettuce as just a few leaves.

Note: Vinaigrette can be used for any type of salad and keeps for several weeks if refrigerated. It needs to be shaken each time. The oil might congeal but it will soften after being at room temperature for a few minutes. Or: you can mix everything but the oil, and keep the mixture in the fridge. You just add oil in the salad bowl. Tarte Tatin (Upside Down French Apple Pie)

2 cups all-purpose flour + more for board and cloth

½ tsp sugar

Pinch of salt

1 stick unsalted butter, cold

1 large egg

1 Tb + 1 tsp ice water

6 to 7 Granny Smith apples or other tart apples

1/2 stick butter

½ cup sugar

In the bowl of the food processor, combine flour, sugar and salt. Add 1 stick butter, cut into 8 pieces. Pulse just until the lumps are the size of small peas. Beat the egg and water with a fork in the small bowl. Turn the food

processor on again and pour the egg mixture into it while it runs. As soon as the dough is moistened, stop. Don't let it form a ball. Turn out onto a floured board. Gather the dough with your hands and shape it into a disk, without kneading. Wrap it in plastic or put it in a container and refrigerate 30 minutes to several hours.

1. Cut a paper circle the same size as the pan.
2. Preheat oven to 450 degrees F.
3. Practice turning the pie upside down: Place the serving platter, upside down, over the pan. Put on oven mitts. Grab the platter and the pan together and turn them over quickly. Put both down and remove the pan. Now when you have to do this motion with a hot pan you will be ready.
4. Cut the apples into 6 wedges; peel off the skin and remove the core.
5. Melt $\frac{1}{2}$ stick butter and $\frac{1}{2}$ cup sugar in the pan, stirring to mix. Arrange the apple wedges in the hot mixture. Shake the pan once or twice, holding the edge with an oven mitt. Let the apples cook for a few minutes then turn each one over. Turn off the heat or keep it very low as soon as the apples are tender (check with the point of a knife). The apples may or may not look golden in color, it does not matter: they will caramelize in the oven.

6. Roll out the pie dough to a thickness of $\frac{1}{8}$ inch. Using the paper circle as a template, cut a circle with a sharp knife. Transfer the circle of dough to the pan over the apples. Carefully push the dough edges down with the tip of a wooden spoon. Put the pan in the oven.

7. Gradually turn the oven heat down:
400 degrees as soon as the pie is in the oven and the door is closed,
375 ten minutes later, then
350 after another 10 minutes.

Let the pie cook for a total of 45 minutes. The pastry should be golden in color and firm: hit it lightly with a wooden spoon to test.

8. Place the serving platter, upside down, over the pan. Put on oven mitts. Grab the platter and the pan together and turn them over quickly. Remove the pan carefully. If a few pieces of apple are still attached to the pan, detach them carefully with a spoon and place them where they belong. Serve hot.
Short Cut: omit the first 6 ingredients, which are used for the pastry, and use instead a frozen pie crust. Remove the crust from its aluminum pan, put it on a floured surface. When it is soft enough to be rolled, roll it a bit so it is big enough to fit your pan. Proceed.

Note: When you turn the pie upside down, you might want to do it above the sink, just in case some hot butter pours out. If you wish to make the pie a few hours ahead of time, do not turn it over right away. When you are

ready to serve, reheat the pie in a 325 degrees oven for 10 minutes and then turn it over. Variation: Use pears instead of apples. Remaining pie dough can be kept for a day or two in the refrigerator, but for longer storage it should be tightly wrapped and frozen. To thaw: put it in the refrigerator for a day. It can be used to make a smaller pie or a chicken pot pie. Or it can be used as playdough by children: they can make funny shapes or roll out the dough and cut it with cookie cutters, then spread them with jam and ask a parent to bake the results. Or the dough can be rolled out very thin, sprinkled with grated or crumbled cheese, paprika, pepper and nutmeg, then rolled over itself like a jelly roll, cut into slices and baked on a cookie sheet. The result will be savory tidbits to have with a drink before dinner.

Session VI: Korean Cooking: Bo-Kyung Kim and Sue Shin

Menu: Whole Cabbage Kimchi, Bulgogi (Korean Beef Barbecue) and Japchae (stir fried vegetable and noodle)

KIMCHI

1 head Napa cabbage
1 cup sea salt
5 cups water

For Marinade:

1 cup chili pepper powder
2 oz. garlic, minced
1 onion
1 oz. ginger
1 radish, shredded
1 pack green onion
1 tabs. Anchovy fish sauce
1 tabsp. Salted shrimp sauce

Wash cabbage and soak in salted water for a few hours. Wash the salted cabbage again. Shred radish into small pieces. Mix all the above ingredients. Paste the ingredients into the cabbage and put into a jar and ferment at room temp for two nights. Keep in a cool place and slice the cabbage for eating.

JAPCHAE

Boil the dried vermicelli noodles for about ten minutes. Drain and toss with sesame oil so that they don't stick together.

Prepare shredded beef and various vegetables (onion, carrot, red pepper, mushroom, etc) and pan fry them

Mix the noodles and the vegetables with soy sauce, sesame oil and sesame seeds.

Fry the egg yolks separately from the egg whites into a very thin layer on a lightly greased pan and cut into two inch long and spread on the noodles.

BULBOGI: KOREAN BEEF BARBECUE

Ingredients for two or three servings

1 lb. thinly sliced beef

4 Tbsp. Soy sauce

1 tsp. sesame oil

½ tsp brown sugar

1 Tbsp. Wine

1 Tbsp. Garlic, minced

½ tsp ground pepper

½ cup chopped scallions

½ sliced onion

Marinate the beef in all the ingredients. Leave for thirty minutes. Broil or pan fry to well done. Cut beef to a bite size and serve with fresh lettuce.

Session VII Norwegian Debbie Halverson

Menu: Smorgasbord, Salmon en Papilotte, boiled potatoes, berries in whipped cream

SMORGASBORD laid out with the following items, usually for breakfast or lunch, rarely dinner

Cold meats and cheeses, various breads, generally dark, liverwurst (liverpostei), sliced tomatoes and cucumbers, mayo, herring in cream sauce, jams of various kinds, caviar paste. Other possibilities as cook chooses and refrigerator yields.

SALMON EN PAPILOTTE : Usually in our family, salmon is boiled and then set in hot salty water. I chose to wrap the filets in parchment paper, dressed with lemon, salt and pepper, a drip of olive oil, and a sprig of dill. Dash a bit of water and seal as with an envelope tightly, put into the oven at @ 400 for about 25 minutes. Remove and carefully unfold the fish. Should be tender and flaky.

Meanwhile, boil **SMALL POTATOES** in skins but like the Norwegians you can peel the skins off at table.

WHIPPED CREAM WITH BERRIES: Whip up a ton of cream, add a little sugar and vanilla and toss in berries. The Nordics like their cloudbberries but these are difficult to find in the US so we used raspberries and blueberries. Add a piece of plain pound cake for enhancement.