

WORLD CULINARY ARTS: *Scandinavia*



Unilever Food Solutions
Disc II Recipes from

Savoring the Best of World Flavors:
Sweden and Denmark

SWEDISH MEATBALLS

Ingredients	Amounts
Beef, ground	1 lb.
Pork, ground	1 lb.
Milk	½ cup
Cream	½ cup
Salt	2 tsp.
Ground allspice	2 tsp.
Bread Crumbs	½ cup
Butter	1 oz.
Onion	4 oz.
Knorr Demi Glaze	1 qt.
Cream	1 qt.
Butter, to reheat meatballs	2 oz.

Method

1. Preheat oven to 325 degrees F.
2. In a food processor, blend onions and milk, add bread crumbs to make a paste, add cream and blend.
3. Add cream mixture to beef and pork, season with salt and allspice.
4. Divide the meat mixture into 1-ounce portions. Wet your hands to roll them into smooth balls.
5. Place the meatballs on a baking sheet and add a small amount of water to the pan to steam meatballs. Bake at 325 degrees for 35 - 45 minutes.
6. *For the sauce:* Heat butter, add onions, sauté until tender. Add Knorr Demi Glaze and cream, bring to simmer. When it is at proper consistency blend smooth
7. Heat butter, fry meatballs and serve with mashed potatoes, marinated cucumbers, and Lingonberries

Notes : You can use beef only instead of a beef and pork mixture.

A cooked potato can be used as panada.

If serving cocktail size, no sauce is served.

Sauce can be flavored with brine from pickled cucumbers and lingonberries.

Nutrition Information (per serving)

Calories: 6165/Fat: 562 g (81.7% calories from fat)/Protein: 191 g

Carbohydrate: 93 g/Dietary Fiber: 4 g/ Cholesterol: 1857 mg/ Sodium: 6457 mg

ASPARAGUS SALAD WITH LOBSTER AND LOBSTER MAYONNAISE

Yield: 2 portions

Ingredients	Amounts
Hellmann's Mayonnaise	½ cup
Knorr Lobster Base	1 tsp.
Green asparagus, peeled	6 ea.
White asparagus, peeled	6 ea.
White vinegar	1 oz.
Olive oil	3 oz.
Lemon, zest of	1 ea.
Salt and pepper	to taste
Lobster, cooked, removed from shell	1 ea.
Heirloom tomatoes, mini size	6 ea.
Cucumbers, marinated	1 cup
Lettuce leaves	½ cup
Radishes, sliced	¼ cup
Micro greens	¼ cup

Method

1. Blend Hellmann's Mayonnaise with Knorr Lobster base and hold for later use.
2. Cook and chill asparagus.
3. Blend vinegar, oil, and lemon zest. Season with salt and pepper.
4. Marinate asparagus in lemon dressing.
5. Split lobster tail.
6. Plate salad with asparagus, tomatoes, lettuce leaves, cucumbers, and lobster in center, lightly dress with lemon dressing.
7. Place lobster mayonnaise in pastry bag and pipe dots around the plate.
8. Finish with micro greens and radishes.

Nutrition Information (per serving)

Calories: 385 /Fat: 43 g (95.3% calories from fat)/ Protein: trace

Carbohydrate: 4 g /Dietary Fiber: trace /Cholesterol: 0 mg /Sodium: 2 mg

ASPARAGUS SALAD

Yield: 2 portions

Ingredients	Amounts
Green asparagus spears, peeled, grilled	6 ea.
White asparagus, peeled	6 ea.
Oil	½ oz.
Green asparagus, peeled into strips with peeler	3 ea.
White Asparagus, peeled into strips with peeler	3 ea.
White asparagus trimming	1 cup
<i>Lemon Vinaigrette</i>	
Lemon, zest of	1 ea.
White vinegar	1 oz.
Olive oil	3 oz.
Salt and pepper	to taste
<i>Mustard Dressing</i>	
White vinegar	1 oz.
Hellmann's Dijonnaise	2 oz.
Sugar	1 oz.
Hellmann's Mayonnaise	2 oz.
Dill leaves	½ cup

Method

1. Cook white asparagus trimmings in water, drain and purée, season with salt and lemon zest, chill for service
2. *For Mustard Dressing:* In a bowl, blend white vinegar and sugar, mix well, add Hellman's Dijonnaise and Hellmann's Mayonnaise, mix well, hold for service
3. *For Lemon Vinaigrette:* Blend vinegar, oil, lemon zest, and salt and pepper, hold for service.
4. Heat small amount of oil in a pan, add 6 white asparagus spears and sauté to a nice brown color. Remove from pan when cooked and season with salt.
5. Blend thin slices of green and white asparagus in a bowl, season with salt and pepper, and add lemon vinaigrette
6. Plate some purée on the bottom of the plate, randomly plate grilled asparagus and hot sautéed asparagus on the purée, top with peeled mixture, then dress with mustard dressing and finish with dill.

Nutrition Information (per serving)

Calories: 497/ Fat: 50 g (87.6% calories from fat)/Protein: 0 g
Carbohydrate: 16 g / Dietary Fiber: 0 g /Cholesterol: 0 mg /Sodium: trace

GRAVLAX

Ingredients	Amounts
Salmon fillet	2 lb.
Kosher salt	¼ cup
Sugar	¼ cup
White pepper, crushed	5 ea.
Dill	1 bu.

Method

1. Place salmon skin side down.
2. Spread with salt, sugar, and peppercorn then top with dill.
3. Marinate for 24 hours or it can be vacuum sealed for 12 hours.
4. Clean off and rinse lightly, then pat dry.
5. Slice thin and serve.

Note: When adding salt and sugar, let sit at room temperature until a liquid forms before refrigerating.

Nutrition Information (per serving)

Calories: 1360 / Fat: 32 g (21.7% calories from fat) / Protein: 185 g

Carbohydrate: 76 g / Dietary Fiber: 10 g / Cholesterol: 472 mg / Sodium: 617 mg

BEE T ROOT CURED GRAVLAX

Ingredients	Amounts
Salmon fillet, pin bones removed	2 lb.
Sugar	¼ cup
Kosher salt	¼ cup
Lemon, zest of	1 ea.
Thyme	3 sprigs
Beets, grated	1 lb.
Peppercorn white, crushed	5 ea.

Method

1. Spread Salmon fillet with salt, sugar, thyme, peppercorns, and lemon zest.
2. Let sit at room temperature until salt and sugar start to turn into liquid.
3. Place grated beets on fillet, place flesh side down, marinate under refrigeration for 12 to 24 hours.
4. Scrape off beets and lemon, rinse and pat dry.
5. Slice for service.

Nutrition Information (per serving)

Calories: 1425/ Fat: 33 g (20.8% calories from fat)/ Protein: 188 g
Carbohydrate: 93 g / Dietary Fiber: 14 g / Cholesterol: 472 mg / Sodium: 23,415 mg

PICKLED HERRING

Ingredients	Amounts
Water	3 cups
Sugar	18 oz.
Vinegar	1 cup
Allspice berries	5 ea.
Bay leaves	2 ea.
Salted herring fillets	10 ea.

Method

1. Place all ingredients except the herring in a sauce pot and bring to simmer.
2. Cool down.
3. Rinse salted herring fillet in cold running water about 1 hour.
4. Place fillet in clean container, pour half of the brine over it and weigh down slightly, refrigerate for 24 hours.
5. Remove fillet to clean container, pour remaining new brine over and let sit another 24 hours.

Note: This dish can be flavored in many ways.

Nutrition Information (per serving)

Calories: 2009 / Fat: 0 g (0.0% calories from fat) / Protein: 0 g

Carbohydrate: 524 g / Dietary Fiber: trace / Cholesterol: 0 mg / Sodium: 29 mg

HERRING IN MUSTARD SAUCE

Ingredients	Amounts
Basic Pickled Herring	14 oz.
Onion, Small diced	4 oz.
White wine vinegar	½ cup
Swedish mustard (See note)	½ cup
Dijon mustard	¼ cup
Sugar	1 cup
Oil	1 cup
Crème fraîche	½ cup
White pepper	a pinch

Method

1. Combine onion, vinegar, sugar, and mustards.
2. Whisk in oil slowly to emulsify.
3. Add crème fraîche, pepper, and herring.
4. Refrigerate for 8 hours before serving.

Nutrition Information (per serving)

Calories: 3130 / Fat: 255 g (71.3% calories from fat) / Protein: 7 g
Carbohydrate: 224 g / Dietary Fiber: 3 g / Cholesterol: 107mg / Sodium: 810 mg

Note: You can use any sweet mustard in place of the Swedish mustard.

HERRING WITH FISH ROE

Ingredients

Basic Marinated Herring	14 oz.
Hellmann's Mayonnaise	1 cup
Sour cream	1 cup
Caviar	3 oz.
White Pepper	a pinch

Method

1. Mix all ingredient well, refrigerate for 8 hours before serving.

Nutrition Information (per serving)

Calories: 707/ Fat: 63 g (77.5% calories from fat)/ Protein: 28 g
Carbohydrate: 13 g / Dietary Fiber: 0 g / Cholesterol: 602 mg / Sodium: 1398 mg

HERRING WITH HERBS

Ingredients	Amounts
Basic Pickled Herring	14 oz.
Hellmann's Mayonnaise	1 cup
Crème fraîche	1 cup
Parsley	1 bu.
Dill	1 bu.
Lemon	1 ea.
White pepper	a pinch

Method

1. Chop herbs coarse, grate lemon zest, then juice.
2. In a blender, add all ingredients except herring and blend well.
3. Mix with drained herring, then let sit for eight hours before service.

Nutrition Information (per serving)

Calories: 698 / Fat: 69 g (84.2% calories from fat)/ Protein: 9 g
Carbohydrate: 20 g / Dietary Fiber: 3 g /Cholesterol: 214 mg /Sodium: 148 mg

HERRING WITH SPRING ONIONS AND APPLES

Ingredients	Amounts
Basic Pickled Herring	14 oz.
Hellmann's Mayonnaise	1 cup
Sour cream	1 cup
Granny Smith apples	2 each
Spring onions	1 bunch
White pepper	a pinch

Method

1. Grate Granny Smith apples and finely chop spring onions.
2. Blend with Hellmann's Mayonnaise and sour cream.
3. Add in drained herring and refrigerate for 8 hour before serving.

Nutrition Information (per serving)

Calories: 622 / Fat: 48 g (68.1% calories from fat) / Protein: 8 g
Carbohydrate: 43 g / Dietary Fiber: 6 g / Cholesterol: 102 mg / Sodium: 131 mg

HOLLANDAISE VARIATIONS

Ingredients	Amounts
<i>Caviar Sauce</i>	
Prepared Knorr Hollandaise Sauce	1 qt.
Caviar	3 oz.
Crème fraîche	½ cup
<i>Herb Hollandaise</i>	
Prepared Knorr Hollandaise	1 qt.
Parsley, chopped	¼ cup
Dill, chopped	1/4 cup
Tarragon, chopped	1 Tbsp.
White wine vinegar	1 oz.
<i>Spring Onion Hollandaise</i>	
Prepared Knorr Hollandaise	1 qt.
Green onions, blanched, chopped	3 bu.
White wine vinegar	1 oz.
Prepared Knorr Fish Base or Chicken	3 oz.
<i>Mustard and Dill Hollandaise</i>	
Prepared Knorr Hollandaise	1 qt.
Skane style mustard	½ cup
Crème Fraîche	½ cup
Dill, chopped	½ cup

Method

1. *For each variation:* Blend ingredients together in a blender.

Nutrition Information (per serving)

Calories: 930 / Fat: 84 g (77.1% calories from fat)/ Protein: 31 g
Carbohydrate: 25 g / Dietary Fiber: 3 / Cholesterol: 714 mg / Sodium: 1420 mg

KNORR BROWN BUTTER HOLLANDAISE

Ingredients	Amounts
Prepared Knorr Hollandaise Sauce (with browned butter in place of whole butter)	1 qt.

Method

1. Prepare Knorr Hollandaise Sauce as directed, using browned butter in place of whole butter.

Note: Great sauce for fish.

SMORREBROD

Ingredients	Amounts
Dark bread (pumpernickel, rye) slices	4 ea.
Butter, Hellmann's Mayonnaise, rendered pork fat	2 oz. ea.
Pork, roasted	2 oz.
Lettuce leaves	4 ea.
Red cabbage, braised, cold	1 oz.
Onions, crisp	½ oz.
Pickle slices	2 ea.
Prune	1 ea.
Tomato slices	2 ea.
Hellmann's Mayonnaise	1 oz.
Parsley, fresh or herbs	for garnish

Method

1. Spread bread with mayonnaise, butter, pork fat, or another spread.
2. Place lettuce, tomatoes, and additional mayonnaise on the bread.
3. Then place the remainder of your toppings on the sandwich: cabbage, pork, prunes, pickled onions, pickles, herbs etc.

Note: Many different meats or seafood can be used. The variety is endless.

Nutrition Information (per serving)

Calories: 76 / Fat: 1 g (9.0% calories from fat) / Protein: 3 g

Carbohydrate: 17 g / Dietary Fiber: 4 g / Cholesterol: 0 mg / Sodium: 25 mg

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