STEAKANDSEAFOOD.COM

Our Family Kitchen

63 recipes from Aunt Sandy, Sofia, our recipe cards, Aly, Cousin Ricky, Great-Grandma Nellie and Aunt Peggy



The recipes our family cooks: Aunt Sandy's typed cookbook, *What's Cooking at Eric's?*; Sofia's Swedish and American family recipes and her dinner for friends with Eric; favorites from our recipe card collection; Aly's baking; Cousin Ricky's chopped herring; Great-Grandma Nellie's handwritten sherry beef with spinach; and Aunt Peggy's beef with peppers.

Free to download and share. Every recipe, with more photos and tools, is at steakandseafood.com.

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Brisket (Yummy and Easy)

Total 3 hr 50 min · 6 · steakandseafood.com/brisket.htm



INGREDIENTS

- 3 to 5 pound single brisket
- 3 large onions
- 6 carrots, cut in large slices
- 1 cup of celery in wide slices
- Lots of whole mushrooms and any other vegetables you like
- 3/4 cup brown sugar
- 1 1/2 cups cheap sherry
- 1 can small whole potatoes, drained, or fresh potatoes cut in quarters

INSTRUCTIONS

1. **Brown.** Put the brisket into a large roasting pan and bake for 1 1/2 hours at 325°F. It should be brown.
2. **Add the vegetables.** Cover with all the vegetables except the potatoes. Sprinkle the brown sugar on top and pour the sherry over it.
3. **Braise.** Seal with foil and bake for 1 hour. Add the potatoes and reseal.
4. **Finish.** Bake for 1 hour or more, until the meat is soft. Take the meat out and slice across the grain. Serve hot.

TIPS

- To freeze: cool it quickly, pack it in airtight containers or freezer bags, and freeze up to 3 months. Thaw overnight in the refrigerator and reheat to 165°F.
- Brisket slices more neatly when cooled; it reheats beautifully in its juices, so it is ideal to make a day ahead.

Yummy Noodle Pudding (Kugel)

Total 1 hr 20 min · 1 (9 x 13-inch) pan · steakandseafood.com/noodle-kugel.htm



INGREDIENTS

Kugel

- 8 ounces of medium width noodles
- 3/4 stick (6 tablespoons) butter or margarine, sliced, for the noodles
- 3 ounces of cream cheese
- 3 eggs
- 1 cup apricot nectar
- 1/2 cup sugar
- 1 cup milk
- 3/4 stick butter or margarine, for the pan and topping

Topping

- 2 cups corn flakes, crushed by hand (not fine)
- 1/4 cup sugar
- 1 teaspoon cinnamon

INSTRUCTIONS

1. **Cook the noodles.** Cook the noodles according to the package. Drain and stir in the sliced butter until melted.
2. **Blend the custard.** Put the cream cheese, eggs, apricot nectar, sugar and milk in a blender and puree.
3. **Butter the pan.** Place a 9 x 13-inch glass pan in a 350°F oven with 3/4 stick of butter to melt. Remove the pan, swirl the butter to coat it, then pour the melted butter off into a medium bowl.
4. **Assemble.** Pour the noodles into the pan and pour the blended custard over the top.
5. **Top.** Mix the corn flakes, sugar and cinnamon into the reserved melted butter and sprinkle over the casserole.
6. **Bake.** Bake at 350°F for 1 hour. Serve hot or cold.

TIPS

- Sandra's list shows the 3/4 stick of butter once, but her method uses butter twice: in the noodles and melted in the pan for the topping.
- Kugel can be made a day ahead and reheated, or served cold.

Challah

Total 3 hr 55 min · 2 braided loaves · steakandseafood.com/challah.htm



INGREDIENTS

Yeast

- 2 packets of dried yeast
- 2 tablespoons sugar
- 3/4 cup warm water (water should be WARM not hot)

Dough

- 4 1/2 cups all purpose unsifted flour (I prefer King Arthur flour), up to 5 1/2 cups
- 3/4 cup sugar
- 2 eggs
- 1 teaspoon white vinegar
- 1/4 cup oil
- Oil for the bowl

Glaze

- 1 egg yolk
- 1 tablespoon water

INSTRUCTIONS

1. **Warm an egg.** Put one egg on the counter to come to room temperature.
2. **Proof the yeast.** Stir the 2 tablespoons of sugar into the warm water until dissolved, using a small bowl with a wide opening. Sprinkle the yeast over the surface of the water. Let stand until the yeast looks gray and sort of foamy.
3. **Make a well.** In a large bowl, pour in 4 1/2 cups of flour and stir in the 3/4 cup sugar. Make a well in the flour mixture.
4. **Add the liquids.** Beat the 2 eggs well with the vinegar and pour into the well. Pour the oil into the well, then the dissolved yeast.
5. **Mix.** Mix all the ingredients together with a wooden spoon. The dough should be very firm. As you become familiar with this recipe, you should be able to use more flour, up to 5 1/2 cups.
6. **First rise.** When the dough is together and forms a ball, remove it from the bowl. Lightly oil the bowl, put the dough back in and turn it until lightly coated. Cover or seal the bowl and let the dough rise until doubled, 2 hours or more.
7. **Shape.** Knead the dough to remove all the air bubbles. Divide it in half. Divide each half into 3 pieces, roll them into 3 long ropes and braid into a loaf. You can also use half the dough to make a round loaf or a pan of rolls.
8. **Second rise.** Cover and let the dough rise again until doubled in size.
9. **Glaze and bake.** Brush with the egg yolk mixed with a tablespoon of water. Bake in a preheated 350°F oven for approximately 25 minutes, until golden brown. If you carefully turn a loaf over and tap on it, it will sound hollow.

TIPS

- Sandra uses a Tupperware bowl with a sealing lid for the rise; any large bowl covered with plastic wrap works.
- To braid evenly, pinch the three ropes together at the top, braid loosely, and tuck both ends under.

Blintz Souffle

Total 55 min · 1 (9 x 13-inch) pan · steakandseafood.com/blintz-souffle.htm



INGREDIENTS

- 12 frozen blintzes
- 1 stick margarine
- 4 beaten eggs
- 1 1/2 cups sour cream
- 1/4 cup orange juice
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- Berries and sour cream, for serving

INSTRUCTIONS

1. **Melt.** Melt the margarine in a 9 x 13-inch glass pan in the oven, then pour it into a bowl, leaving the pan greased.
2. **Make the custard.** Add the eggs, sour cream, salt, sugar, orange juice and vanilla to the margarine and mix well.
3. **Assemble.** Place the blintzes in the bottom of the casserole and pour the egg mixture over them.
4. **Bake.** Bake 45 minutes at 350°F. Serve with berries and sour cream.

TIPS

- Do not thaw the blintzes first; they go in frozen.

Twisters (Rugelach-Style Cookies)

Total 13 hr 25 min · 64 cookies · steakandseafood.com/twisters.htm

INGREDIENTS

- 1 packet of dry yeast
- 1/4 cup warm (not hot) water
- 2 tablespoons sugar
- 3 cups of flour
- 1/2 pound melted margarine
- 1 teaspoon vanilla
- 2 beaten eggs
- Cinnamon sugar: 1 tablespoon cinnamon mixed with 1 cup sugar
- 1 cup chopped nuts

INSTRUCTIONS

1. **Proof.** Mix the 2 tablespoons sugar into the warm water, sprinkle the yeast on top and let stand until foamy, 5 to 10 minutes.
2. **Make the dough.** In a medium bowl, put the flour, melted margarine, vanilla and eggs. Add the yeast and mix until all the flour is combined. Cover with plastic wrap and refrigerate overnight.
3. **Roll.** Cut the dough into quarters and work one piece at a time. Spread 1/4 of the cinnamon sugar and 1/4 cup nuts on a board and roll the dough out, pressing it into the cinnamon and nuts.
4. **Cut.** Cut the dough into halves, then quarters, then eighths and finally sixteenths.
5. **Shape.** Roll each piece from the outside edge to the narrow point. Place on an ungreased cookie sheet with the point turned under.
6. **Bake.** Bake at 350°F for 20 to 25 minutes. They freeze very well in zip-lock bags.

Peggy's Roast Beef in a Hurry

Total 1 hr 10 min · Allow about 1/2 pound of roast per person (a 3-pound roast serves 6) · steakandseafood.com/peggys-roast-beef-in-a-hurry.htm



INGREDIENTS

- 1 beef roast
- Flour
- Garlic powder
- Lawry's Seasoned Salt
- Salt and pepper to taste

INSTRUCTIONS

1. **Season.** Roll the roast in flour seasoned with garlic powder, Lawry's Seasoned Salt, salt and pepper.
2. **Sear.** Preheat the oven to 550°F and roast for 5 minutes per pound.
3. **Finish.** Turn the heat down to 325°F and roast for 15 minutes per pound.
4. **Rest.** Let the roast rest 10 to 15 minutes before slicing.

TIPS

- Example: a 4-pound roast gets 20 minutes at 550°F, then 60 minutes at 325°F.
- For doneness, use an instant-read thermometer: about 125°F for rare and 130°F to 135°F for medium-rare after resting. The USDA safe minimum for beef roasts and steaks is 145°F with a 3-minute rest.

Paul Lynde's Beef Stew

Total 6 hr 45 min · 8 · steakandseafood.com/paul-lyndes-beef-stew.htm



INGREDIENTS

- 3 pounds of lean stew beef
- 1 #2 can of diced carrots
- 1 #2 can of whole tomatoes (not drained)
- 1 #2 can of small whole potatoes
- 1 #2 can of small onions
- 1 #2 can of tiny peas
- 1 #2 can of small whole green beans
- 1/2 can of beef consomme
- 1/2 cup white wine
- 1 tablespoon brown sugar
- 1 bay leaf
- 4 tablespoons tapioca
- 1/2 cup bread crumbs
- Salt and pepper to taste

INSTRUCTIONS

1. **Drain.** Drain all the canned vegetables except the tomatoes.
2. **Combine.** Combine everything in a covered casserole or Dutch oven.
3. **Bake.** Bake covered at 250°F for 6 to 7 hours. Remove the bay leaf before serving.

TIPS

- To freeze: cool it quickly, pack it in airtight containers or freezer bags, and freeze up to 3 months. Thaw overnight in the refrigerator and reheat to 165°F.
- A #2 can holds about 20 ounces, or 2 1/2 cups.
- Use quick-cooking tapioca; it dissolves and thickens the gravy.

Katherine's Spinach Salad

Total 12 hr 20 min · About 4 cups of dressing, enough for salads for 12 or more · steakandseafood.com/katherines-spinach-salad.htm



INGREDIENTS

Dressing

- 1 1/2 cups salad oil (not olive oil)
- 1/2 cup vinegar
- 1/4 cup water
- 1 can tomato soup
- 1/2 cup sugar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 garlic clove

Salad

- Fresh spinach, cleaned
- Hard-boiled eggs, chopped
- Bacon, cooked and crumbled

INSTRUCTIONS

1. **Make the dressing.** Combine all the dressing ingredients and whisk together.
2. **Chill.** Refrigerate overnight. Remove the garlic clove.
3. **Toss.** Pour the dressing over the fresh, cleaned spinach, chopped hard-boiled eggs and crumbled bacon. Toss the salad.

TIPS

- The recipe makes about 4 cups of dressing, more than one salad needs. Keep the rest in a jar in the refrigerator and shake before using.
- Use a neutral salad oil; the recipe specifies not olive oil.

Sandra's Cole Slaw

Total 15 min · 8 · steakandseafood.com/sandras-cole-slaw.htm



INGREDIENTS

Slaw

- 1 head of cabbage
- 3 carrots
- 1 medium onion

Dressing (from the Potato Salad)

- 2 teaspoons sugar
- 3 tablespoons vinegar
- 2/3 cup water
- 1 cup of mayonnaise

INSTRUCTIONS

1. **Shred.** Shred the cabbage and carrots, and chop the onion.
2. **Combine.** Place these ingredients in a large bowl.
3. **Dress.** Shake the sugar, vinegar and water in a jar, add the mayonnaise and shake again, then toss with the slaw. Or use Marzetti cole slaw dressing.

TIPS

- Refrigerate for an hour before serving so the cabbage softens slightly.
- Keep cole slaw cold; do not leave it out for more than 2 hours.

Allison's Beer Bread

Total 1 hr 5 min · 1 loaf · steakandseafood.com/allisons-beer-bread.htm



INGREDIENTS

- 3 cups of self-rising flour
- 1/3 cup of sugar
- 1 can of beer

INSTRUCTIONS

1. **Heat the oven.** Preheat the oven to 300°F and lightly grease a loaf pan.
2. **Mix.** Combine the ingredients.
3. **Bake.** Pour into the loaf pan and bake at 300°F for 1 hour.

TIPS

- A 12-ounce can of beer is standard. Lighter beers give a mild loaf; darker beers a stronger flavor.
- Brush the top with melted butter in the last 10 minutes for a softer, golden crust.

Bessie's Corn Bread

Total 35 min · 9 · steakandseafood.com/bessies-corn-bread.htm



INGREDIENTS

- 1 1/3 cups King Arthur Flour
- 2/3 cup corn meal
- 1/2 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk (at room temperature)
- 1/3 cup melted butter
- 1 egg
- 3/4 teaspoon vanilla

INSTRUCTIONS

1. **Heat the oven.** Preheat the oven to 350°F and butter an aluminum baking pan.
2. **Sift.** Sift all the dry ingredients into a bowl.
3. **Mix.** Add all the liquid ingredients and mix until smooth.
4. **Bake.** Bake in the buttered pan at 350°F for 20 to 25 minutes on a high rack, until golden and a toothpick comes out clean.

TIPS

- An 8 or 9-inch square pan works well.
- Room-temperature milk keeps the melted butter from firming up when the liquids are mixed.

Sandy's Own Pecan Rolls

Total 15 hr 40 min · 32 rolls · steakandseafood.com/sandys-own-pecan-rolls.htm



INGREDIENTS

Dough

- 3 cubes of yeast
- 1 cup of sour cream
- 4 beaten eggs
- 1/2 pound butter (melted)
- 8 tablespoons sugar
- Pinch of salt
- 4 cups of flour

Filling and topping

- Melted butter
- Cinnamon and sugar
- Raisins (optional)
- Butter, cut in thin slivers
- Brown sugar
- Pecan halves

INSTRUCTIONS

1. **Make the dough.** Crush the yeast and dissolve it in the sour cream. Add to the eggs and mix well. Add the butter, sugar, salt and flour. Mix and cover.
2. **Chill.** Chill overnight.
3. **Rise.** The next day, let the dough rise for 1 1/2 hours.
4. **Roll out.** Divide the dough into 4 parts. Roll out one part at a time on a floured surface until about 14 inches long and 8 to 10 inches wide.
5. **Fill and roll.** Spread with melted butter and sprinkle with cinnamon and sugar, and raisins if you like. Roll up from the wider side like a jelly roll. At this point the dough can be wrapped in plastic wrap and frozen in a zip-lock bag; defrost it before forming the rolls.
6. **Prepare the cups.** Put a thin sliver of butter, 1/2 teaspoon of brown sugar and 2 pecan halves into each muffin cup.
7. **Slice and rise.** Cut each roll into eight slices and put a slice of dough on top of each cup. Let rise for at least an hour, until doubled.
8. **Bake.** Bake for 25 minutes in a 350°F oven. Turn out of the pans while warm. Makes 32 rolls; baked rolls can be frozen.

TIPS

- To freeze: let it cool, wrap it well or seal it in freezer bags, and freeze up to 3 months. Thaw at room temperature, or warm briefly in the oven.
- Cubes of yeast are fresh compressed yeast cakes. One packet of active dry yeast is roughly equivalent to one 0.6-ounce cake; check the package.
- Turn the rolls out of the muffin tins while still warm so the caramel does not set in the pan.
- You will need enough muffin cups for 32 rolls, or bake in batches.

Michaela's Date Nut Bread

Total 1 hr 20 min · 1 loaf · steakandseafood.com/michaelas-date-nut-bread.htm



INGREDIENTS

Dates

- 1 cup cut-up dates
- 2 tablespoons butter
- 1 cup water

Dry ingredients

- 2 cups flour
- 1 cup sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup chopped walnuts

INSTRUCTIONS

1. **Cook the dates.** Boil the dates, butter and water for 5 minutes, or until the dates are soft.
2. **Heat the oven.** Preheat the oven to 350°F and grease a loaf pan.
3. **Combine.** Combine the dry ingredients in a medium bowl. Add the boiled date mixture and stir until moist. The batter is very thick!
4. **Bake.** Pour into the greased loaf pan and bake for 1 hour at 350°F.

TIPS

- Kitchen scissors dipped in hot water make quick work of cutting up sticky dates.
- Wrap the cooled loaf and let it sit overnight; it slices more neatly the next day.

Brenda's Swedish Rolls

Total 4 hr 5 min · 24 · steakandseafood.com/brendas-swedish-rolls.htm



INGREDIENTS

- 2 cups milk
- 1/2 cup butter (1 stick)
- 1/4 cup lukewarm water
- 1 teaspoon sugar, for the yeast
- 2 packets of dry yeast
- 6 cups all purpose flour, divided
- 1/3 cup sugar
- 1 tablespoon salt
- 2 eggs, well beaten

INSTRUCTIONS

1. **Warm the milk.** Heat the milk and butter until the butter melts. Let it cool until just warm.
2. **Proof the yeast.** Stir 1 teaspoon of sugar into the 1/4 cup of warm water and sprinkle the yeast on top. Let it stand until the yeast looks smooth and floats on top of the water.
3. **Start the dough.** In a large bowl, stir 3 cups of the flour with the 1/3 cup sugar and the salt.
4. **Mix.** Add the milk mixture and the beaten eggs to the flour and beat well. Add the yeast mixture and mix well.
5. **Finish the dough.** Add the remaining flour 1 cup at a time. Let the dough rest for 10 minutes, then knead until smooth.
6. **First and second rise.** Let rise until doubled in size. Punch down to its original size and let rise again.
7. **Shape.** Form into rolls and let rise again until doubled.
8. **Bake.** Bake at 400°F for 20 to 30 minutes, until golden.

TIPS

- To freeze: let it cool, wrap it well or seal it in freezer bags, and freeze up to 3 months. Thaw at room temperature, or warm briefly in the oven.
- Let the milk cool to lukewarm before adding the eggs and yeast; hot milk can scramble the eggs and kill the yeast.
- Brush the hot rolls with melted butter for soft tops.

Susan's Home-Made Manicotti

Total 1 hr 10 min · 4 · steakandseafood.com/susans-homemade-manicotti.htm



INGREDIENTS

Crepes

- 1 cup flour
- 3 eggs
- 1 teaspoon oil
- 1 cup water
- Pinch of salt
- Cooking spray

Ricotta filling

- 1 small container of ricotta cheese
- 1 egg
- Grated parmesan cheese to taste
- Parsley, salt and pepper to taste

To bake

- Simple Sauce for Pasta or your favorite sauce
- Shredded mozzarella cheese

INSTRUCTIONS

1. **Make the batter.** Mix the crepe ingredients together. Add more water if needed, until the batter is thinner than pancake batter.
2. **Cook the crepes.** Spray a 6-inch skillet with cooking spray. Pour in 1/4 cup of batter to cover the surface, making the shell as thin as possible. Cook over medium heat until the underside is lightly brown; do not turn it over. Turn the crepe out onto waxed paper, browned side up.
3. **Fill.** Mix the filling ingredients. Place a thin coating of sauce in the bottom of a baking pan. Fill each crepe with the cheese mixture and roll it up.
4. **Assemble.** Place the manicotti in the pan seam side down. Sprinkle with mozzarella and cover with a layer of sauce.
5. **Bake.** Cover with foil and bake at 350°F for 25 to 30 minutes, or until hot.

TIPS

- To freeze: cool it quickly, pack it in airtight containers or freezer bags, and freeze up to 3 months. Thaw overnight in the refrigerator and reheat to 165°F.
- Stack the cooked crepes between sheets of waxed paper; they can be made a day ahead.

Sandy's Eggplant Parmesan

Total 1 hr 15 min · 1 (13 x 9-inch) pan · steakandseafood.com/sandys-eggplant-parmesan.htm



INGREDIENTS

- 3 good sized eggplant (8 to 10 inches long)
- 1 egg beaten with 1 tablespoon water
- Flour
- Water
- Oil, for frying
- Sauce (her Simple Sauce for Pasta works well)
- Shredded mozzarella and Romano cheeses

INSTRUCTIONS

1. **Sauce the pan.** Place a layer of sauce in the bottom of a 13 x 9-inch glass pan.
2. **Slice.** Wash the eggplant, trim off the tops and bottoms and cut into 1/8-inch slices.
3. **Coat.** Dip the slices into the egg beaten with water, then into flour, then water, and finally flour again.
4. **Fry.** Heat 1/4 to 1/2 inch of oil in a large skillet until hot. Fry the slices until they puff up, a minute or a minute and a half, flip and cook the other side. Drain on paper towels.
5. **Layer.** Place a single layer of eggplant in the pan, cover with sauce, then cheese. Continue layering, ending with cheese.
6. **Bake.** Cover with foil and bake at 350°F for 25 minutes. Uncover and bake 10 minutes longer until the cheese is bubbly.

TIPS

- Flour: about 1 1/2 cups of all-purpose flour on a plate, refilled as needed.
- Water: a shallow bowl of cold water, about 1 cup, for the dip between the two flour coats.
- Oil: 1 to 1 1/2 cups of vegetable or light olive oil, enough for 1/4 to 1/2 inch in a 12-inch skillet. Add more between batches and let it reheat.
- Sauce: about 4 cups (one 32-ounce jar, or a batch of her Simple Sauce for Pasta).

Sandra's Key Lime Pie with Meringue

Total 2 hr 27 min · 1 (8-inch) pie · steakandseafood.com/key-lime-pie-meringue.htm



INGREDIENTS

Filling

- 1 8-inch baked pie crust
- 1 can Borden's Sweetened Condensed Milk
- 1/2 cup lime juice
- 2 egg yolks

Meringue

- 2 egg whites
- 1/4 cup sugar
- 1/4 teaspoon cream of tartar

INSTRUCTIONS

1. **Filling.** Combine the condensed milk, lime juice and egg yolks in a small bowl. Mix well and pour into the baked crust.
2. **Meringue.** Whip the egg whites until foamy. Add the sugar and cream of tartar and beat until stiff peaks form.
3. **Bake.** Spoon the meringue over the filling and bake at 325°F for 12 minutes, or until golden brown.
4. **Chill.** Cool, then chill before serving.

TIPS

- Sandra's pie crust hint: when a recipe calls for a pie crust, you can use frozen pie crusts (she uses Mrs. Smith's or Oronoque Farms) following the package directions, or ready-made crumb crusts such as graham cracker or chocolate.
- This uses raw or lightly cooked eggs. For anyone pregnant, very young, elderly or with a weakened immune system, use pasteurized eggs.

Cindy's Cheese Cake

Total 2 hr 55 min · 1 (8-inch) cheesecake · steakandseafood.com/cindys-cheesecake.htm



INGREDIENTS

Cake

- Butter, for the pan
- 2/3 cup Zwieback crumbs
- 3 (8 ounce) packages cream cheese, softened
- 4 egg whites
- 1 cup sugar
- 1 teaspoon vanilla

Topping

- 2 cups (1 pint) sour cream
- 2 tablespoons sugar
- 1/2 teaspoon vanilla
- 1/2 cup shaved toasted almonds

INSTRUCTIONS

1. **Prepare the pan.** Butter an 8-inch springform pan, 3 inches deep, and dust it with the Zwieback crumbs.
2. **Whites.** Beat the egg whites until stiff and blend in the sugar.
3. **Combine.** Combine with the cream cheese and add the vanilla.
4. **Bake.** Pour into the pan and bake at 350°F for 25 minutes.
5. **Topping.** Mix the sour cream, sugar and vanilla. Spread over the cheesecake, sprinkle with the almonds and bake 5 minutes longer at 475°F.
6. **Chill.** Chill at least 2 hours. Even better made the day before.

TIPS

- Have the cream cheese very soft so it blends smoothly with the whites.
- Graham cracker crumbs can replace Zwieback.

Noah's Brownie Puffs

Total 1 hr 45 min · 12 brownie puffs · steakandseafood.com/noahs-brownie-puffs.htm



INGREDIENTS

- 1 box Betty Crocker Supreme Brownie Mix
- 1/4 cup water
- 1/4 cup vegetable oil
- 2 eggs
- 1 container Cool Whip, thawed

INSTRUCTIONS

1. **Bake.** Make the brownie mix with the water, oil and eggs. Pour into a greased 12-cup muffin tin and bake 25 minutes at 350°F.
2. **Cool.** Cool on a rack.
3. **Hollow.** With a small sharp knife, cut a circle in the top of each brownie, push the knife down and cut out a cone or cylinder. Remove it.
4. **Fill.** Fill the cavity with Cool Whip and put the cut-out piece back on top.
5. **Chill.** Chill until serving.

Aunt Ida's Best Ever Pound Cake

Total 1 hr 20 min · 2 loaves · steakandseafood.com/aunt-idas-pound-cake.htm



INGREDIENTS

- 1 pound margarine (or butter)
- 1 box (1 pound) confectioners sugar
- 6 large eggs
- 3 cups King Arthur flour (sift, then measure)
- 1 heaping teaspoon vanilla

INSTRUCTIONS

1. **Cream.** Cream the margarine and confectioners sugar in a mixer.
2. **Eggs.** Add the eggs one at a time, beating after each.
3. **Flour.** Sift the flour, then measure, and mix it in with the vanilla.
4. **Bake.** Divide between 2 standard loaf pans, greased and floured. Bake at 350°F for one hour, or until a toothpick comes out clean. Ovens vary, so test after 50 minutes.

TIPS

- Have the butter and eggs at room temperature for the lightest texture.

Anne's Mom's Angel Gingerbread

Total 45 min · 1 (8 x 8-inch) pan · steakandseafood.com/annes-moms-angel-gingerbread.htm



INGREDIENTS

- 1/2 cup butter
- 1/2 cup sugar
- 1 egg
- 1/2 cup molasses
- 1 teaspoon baking soda
- 1 1/4 cups flour
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- 1 teaspoon ground cloves
- 1/2 cup boiling water
- Whipped topping, for serving

INSTRUCTIONS

1. **Cream.** Cream the butter and sugar. Beat in the egg.
2. **Molasses.** Add the baking soda to the molasses.
3. **Dry ingredients.** Mix the flour and spices and add to the butter mixture. Add the molasses and soda mixture.
4. **Water.** Add the boiling water last. The mixture will be very thin.
5. **Bake.** Pour into a greased 8 x 8-inch pan. Bake at 375°F for 25 to 30 minutes, until a toothpick comes out clean. Serve warm or cool with whipped topping.

Fudge Cake Revisited (Sandy's 1930s Chocolate Layer Cake)

Total 55 min · 12 · steakandseafood.com/fudge-cake-revisited.htm



INGREDIENTS

Cake

- 1 1/2 cups all-purpose flour, unsifted
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 cup vegetable shortening, such as Crisco
- 1 1/4 cups sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2/3 cup unsweetened cocoa powder, such as Hershey's
- 1/2 cup plus 1 tablespoon water
- 1 cup sour milk (1 tablespoon white vinegar plus milk to make 1 cup)

To finish

- Frosting of your choice, such as a mocha or chocolate buttercream

INSTRUCTIONS

1. **Prepare the pans.** Heat the oven to 350°F. Grease and flour the bottoms and sides of two 9-inch round layer cake pans, 1 1/2 inches deep.
2. **Sour the milk.** Put the vinegar in a liquid measuring cup and add milk to the 1-cup line. Let it stand for 5 minutes while you mix the cake.
3. **Mix the dry ingredients.** Stir together the flour, baking powder and baking soda. Sandy did this on a sheet of waxed paper, which makes it easy to pour into the bowl.
4. **Cream.** In a large mixing bowl, beat the shortening, sugar, eggs and vanilla until light and fluffy.
5. **Add the cocoa.** Stir the cocoa and water together into a smooth paste and beat it into the creamed mixture. Sandy's page lists the cocoa and water but leaves out this step; this is the usual way for a cocoa cake of the period.
6. **Make the batter.** Add the flour mixture alternately with the soured milk, beating until everything is fully combined. Scrape the bowl to be sure it is all mixed, then divide the batter between the pans.
7. **Bake and cool.** Bake 25 to 30 minutes, until the tops spring back when lightly pressed. Cool in the pans on a rack for 10 minutes, then turn the layers out and cool completely.
8. **Frost.** Fill and frost the cooled layers with the frosting of your choice.

TIPS

- Use natural unsweetened cocoa, like Hershey's, not Dutch-process. The baking soda needs the acidity of natural cocoa and sour milk to make the cake rise.
- No vinegar? 1 cup of buttermilk works in place of the sour milk.

Homemade Crostini with Tuscan White Bean and Tomato Bruschetta

Total 3 hr 30 min · 60 · steakandseafood.com/crostini-white-bean-tomato-bruschetta.htm

INGREDIENTS

Crostini

- 1 baguette (8 to 10 ounces), sliced 1/4 inch thick (about 60 slices)
- 3/4 cup olive oil
- Coarse salt and ground black pepper

Tuscan white bean topping

- 3 tablespoons olive oil, divided
- 4 cloves garlic, minced
- About 8 cups mixed leafy greens, such as kale, turnip greens and baby spinach, washed, dried and roughly chopped
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/2 large red onion, diced
- 2 cups cooked white beans, such as flageolet or cannellini
- 2 teaspoons dried oregano (or 4 teaspoons chopped fresh oregano)
- 1 cup vegetable or chicken stock

Tomato bruschetta topping

- 8 ripe plum tomatoes, seeded and diced
- 2 tablespoons finely minced garlic
- 1/2 cup coarsely chopped fresh basil
- 1/4 cup finely chopped fresh parsley
- 1 tablespoon fresh lemon juice
- 1/2 tablespoon extra-virgin olive oil
- 1 teaspoon finely minced fresh tarragon
- 1/4 teaspoon crushed red pepper flakes
- 6 cloves garlic, cut in half
- Salt and pepper, to taste

INSTRUCTIONS

1. **Make the tomato topping.** In a bowl, stir together the tomatoes, minced garlic, basil, parsley, lemon juice, olive oil, tarragon, red pepper flakes and the halved garlic cloves. Season with salt and pepper. Let it stand at room temperature for up to 3 hours so the flavors blend.
2. **Prepare the crostini.** Heat the oven to 350°F. Arrange the baguette slices on two large rimmed baking sheets, brush both sides with the olive oil, and sprinkle with salt and pepper.
3. **Bake.** Bake 15 to 20 minutes, until golden, switching and rotating the sheets halfway through. If the undersides are not browning, turn the slices over once. Let them cool on the sheets.
4. **Cook the greens.** Heat half of the 3 tablespoons of olive oil in a large skillet over medium heat. Add the garlic and greens and cook, stirring, until the greens are wilted and very tender, about 5 minutes. Move them to a bowl and toss with the balsamic vinegar and 1/4 teaspoon each of salt and pepper.
5. **Simmer the beans.** In the same skillet, heat the rest of the oil. Add the onion and cook until softened, about 5 minutes. Add the beans, stock and oregano and simmer, stirring now and then, until the stock thickens and only a little liquid remains, about 10 minutes.
6. **Mash and finish.** Move the beans to a wide bowl and mash them lightly with a fork or potato masher, leaving some whole for texture. Stir in the greens and season with the remaining salt and pepper.
7. **Assemble.** Remove the halved garlic cloves from the tomato topping and lift the tomatoes out with a slotted spoon. Top the crostini with the warm white bean mixture or the tomatoes, or set out both and let guests help themselves.

Shaved Brussels Sprouts, Roasted Cauliflower and Arugula Salad

Total 1 hr · 4 · steakandseafood.com/brussels-sprouts-cauliflower-arugula-salad.htm



INGREDIENTS

Salad

- 1 head cauliflower, cut into bite-size florets
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon salt, divided
- 1/8 teaspoon ground black pepper
- 2 cups Brussels sprouts, shaved thin
- 1 (5-ounce) bag arugula

Vinaigrette

- 1 tablespoon champagne vinegar
- 1 teaspoon Dijon mustard
- 1/4 cup extra-virgin olive oil
- Salt and pepper, to taste

INSTRUCTIONS

1. **Roast the cauliflower.** Heat the oven to 425°F. In a shallow roasting pan, toss the cauliflower with the 2 tablespoons of olive oil, 1/4 teaspoon of the salt and the pepper. Roast uncovered for 25 to 30 minutes, tossing now and then, until browned in spots and tender. Let it cool.
2. **Shave the sprouts.** Slice the Brussels sprouts very thin on a mandoline, using the hand guard, or with a sharp knife. Put them in a large bowl with the arugula.
3. **Make the dressing.** In a small bowl, whisk the vinegar, mustard and the remaining 1/4 teaspoon of salt. Whisk in the 1/4 cup of olive oil until combined. Taste and adjust the seasoning.
4. **Toss and serve.** Add the cooled cauliflower to the bowl, pour on the dressing, toss and serve.

TIPS

- Roast the cauliflower up to a day ahead and refrigerate it; let it come to room temperature before tossing.
- No champagne vinegar? Use white wine vinegar.
- Always use the hand guard on a mandoline; Brussels sprouts are small and slippery.
- Dress the salad just before serving so the arugula stays crisp.

Spice-Rubbed Pork Tenderloin

Total 40 min · 4 · steakandseafood.com/spice-rubbed-pork-tenderloin.htm



INGREDIENTS

Spice rub

- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon dried thyme
- 1 teaspoon chili powder
- 1/4 teaspoon cayenne pepper
- Salt

Pork

- 1 1/4 pounds pork tenderloin
- 1 tablespoon olive oil
- 1 teaspoon minced garlic

INSTRUCTIONS

1. **Heat the oven.** Heat the oven to 450°F.
2. **Mix the rub.** In a small bowl, stir together the garlic powder, oregano, cumin, coriander, thyme, chili powder, cayenne and salt with a fork until evenly mixed.
3. **Rub the pork.** Sprinkle the rub over the tenderloin and press it onto all sides so it sticks.
4. **Sear.** Heat the olive oil in a large ovenproof skillet over medium-high heat. Add the garlic and cook, stirring, for 1 minute. Add the tenderloin and sear, turning with tongs, until browned on all sides, about 10 minutes.
5. **Roast.** Move the skillet (or the pork, in a roasting pan) to the oven and roast until the center reaches 145°F on an instant-read thermometer, about 10 to 15 minutes.
6. **Rest and slice.** Let the pork rest 5 minutes, then slice and serve.

TIPS

- Pork is safe at 145°F with a short rest; the center will be faintly pink and juicy.
- Double or triple the rub and keep it in a jar; it is good on chicken thighs and pork chops too.
- For the dinner-party version, slice the pork and serve it over mushroom risotto.

Wild Mushroom Risotto with Porcini and Truffle Oil

Total 1 hr 5 min · 6 · steakandseafood.com/wild-mushroom-risotto.htm



INGREDIENTS

Broth

- 8 cups low-sodium chicken broth, divided
- 2 bay leaves

Mushrooms

- 1 ounce dried porcini mushrooms, wiped of grit
- 3 tablespoons olive oil, divided
- 1 onion, diced, divided
- 2 garlic cloves, minced, divided
- 1 pound fresh portobello and cremini mushrooms, sliced
- 2 tablespoons chopped fresh thyme
- 2 tablespoons chopped fresh Italian parsley
- 2 tablespoons butter
- Salt and pepper
- 1 tablespoon truffle oil, divided

Risotto

- 2 cups Arborio rice
- 1/2 cup dry white wine
- 1/2 cup freshly grated Parmesan cheese
- Chopped fresh Italian parsley, for garnish

INSTRUCTIONS

1. **Warm the broth.** Heat the broth with the bay leaves in a saucepan and keep it warm over low heat. Ladle 1 cup of the warm broth over the dried porcini in a small bowl and let them soak about 20 minutes, until soft. Lift them out, chop them, and pour the soaking liquid back into the broth, leaving any grit in the bowl.
2. **Cook the mushrooms.** Heat 1 tablespoon of the oil in a large skillet over medium heat. Add half the onion and 1 garlic clove and cook, stirring, until translucent, about 5 minutes. Add the fresh mushrooms, thyme, parsley and butter and cook 3 to 5 minutes, until lightly browned. Season with salt and pepper, drizzle with half the truffle oil, add the chopped porcini, and cook 1 minute more. Set aside.
3. **Toast the rice.** In a large saucepan, heat the remaining 2 tablespoons of oil over medium heat. Cook the rest of the onion and garlic for 1 minute, then add the rice and stir until it is coated and the edges look translucent, about 1 minute. Pour in the wine and stir until it is almost gone.
4. **Add the broth.** Add 1 cup of warm broth and stir until the rice has absorbed it. Keep adding broth 1 cup at a time, stirring often and letting each addition absorb before the next, until the rice is creamy and tender but still slightly firm in the center, about 20 to 25 minutes. You may not need all the broth. Remove the bay leaves.
5. **Finish.** Stir in the mushrooms and the Parmesan and cook just until the cheese melts. Serve topped with the remaining truffle oil and chopped parsley.

TIPS

- Keep the broth warm; cold broth stops the rice from cooking and makes it gummy.
- Risotto waits for no one. Have everyone at the table when it is done, or hold it loose with a splash of broth and stir before serving.

Molten Chocolate Cakes with Sugar-Coated Raspberries

Total 35 min · 8 · steakandseafood.com/molten-chocolate-cakes-sugared-raspberries.htm



INGREDIENTS

Cakes

- 1 cup (2 sticks) unsalted butter
- 8 ounces semisweet chocolate chips or bars, chopped
- 5 large eggs
- 1/2 cup sugar
- Pinch of salt
- 4 teaspoons all-purpose flour
- Vegetable oil cooking spray

Sugared raspberries

- 1 (6-ounce) container raspberries
- 1/2 cup sugar

For serving

- Whipped cream (optional)

INSTRUCTIONS

1. **Melt the chocolate.** Melt the butter and chocolate in a heatproof bowl set over a pan of simmering water, stirring until smooth. Remove from the heat.
2. **Make the batter.** In another bowl, beat the eggs, sugar and salt with a hand mixer until the sugar dissolves. Beat the egg mixture into the chocolate until smooth, then beat in the flour just until combined. The batter can be covered and refrigerated for up to a day; let it stand at room temperature about an hour before baking.
3. **Fill the cups.** Set an oven rack in the middle and heat the oven to 450°F. Line a standard 12-cup muffin tin with 8 extra-large paper muffin cups (they should stand above the rim so you can lift the cakes out) and spray the papers with cooking spray. Divide the batter among the cups.
4. **Bake.** Bake until the batter has puffed but the center is not set, 8 to 10 minutes.
5. **Plate.** Carefully lift the cakes from the tin onto a work surface, peel off the papers, and move the cakes to dessert plates.
6. **Sugar the raspberries and serve.** Just before serving, rinse the raspberries so they are barely damp and roll them in the sugar. Top each cake with sugared raspberries and serve right away, with whipped cream if you like.

TIPS

- With regular paper muffin cups instead of extra-large ones, the batter makes 12 smaller cakes; start checking at 7 minutes.
- Use good chocolate; it is most of the flavor.
- For a gluten-free version, use cornstarch or a gluten-free flour blend in place of the 4 teaspoons of flour.
- The centers are meant to be soft. Serve the cakes warm, within a few minutes of baking.

Swedish Oven Pancake (Ugnspannkaka)

Total 45 min · 6 · steakandseafood.com/swedish-oven-pancake.htm



INGREDIENTS

Batter

- 4 eggs
- 3/4 cup plus 2 tablespoons (2 dl) milk
- 3/4 cup plus 2 tablespoons (2 dl) all-purpose flour
- 1/2 teaspoon salt
- 3/4 cup plus 2 tablespoons (2 dl) more milk
- 2 tablespoons butter, melted, plus more for the pan

Optional smoked pork

- 7 ounces (200 g) smoked pork belly or thick-cut bacon, cut into small cubes (optional)

For serving

- Your favorite jam (lingonberry is traditional), for serving

INSTRUCTIONS

1. **Make the batter.** Whisk the eggs with the first 3/4 cup plus 2 tablespoons of milk, the flour and the salt until the batter is smooth and free of lumps. Whisk in the rest of the milk, then stir in the melted butter. If you have time, let it rest about an hour so the flour can swell; stir before using.
2. **Heat the oven.** Heat the oven to 435°F (225°C). Butter a 12 x 16-inch roasting pan or rimmed baking pan well.
3. **Brown the pork (optional).** For the savory version, cook the pork cubes in a skillet over medium-high heat, stirring, 4 to 5 minutes, until browned. Drain on paper towels and stir them into the batter.
4. **Bake.** Pour the batter into the pan and bake 30 to 40 minutes, until puffed at the edges, golden on top and set in the center.
5. **Serve.** Cut the pancake into squares (Swedes often use kitchen scissors) and serve hot with your favorite jam.

TIPS

- The batter is the same one used for Swedish thin pancakes (plättar) and crepes, so a double batch can make both.
- Lingonberry is the classic in Sweden, but strawberry, raspberry or any berry jam is delicious, as are applesauce or a sprinkle of sugar; with the smoked pork, add a crisp green salad.
- Leftovers keep, covered, in the refrigerator for 2 days. Rewarm the squares in a 350°F oven for about 10 minutes.
- A smaller 9 x 13-inch pan makes a thicker pancake; bake it 40 to 45 minutes.

Brigadeiros (Brazilian Chocolate Balls)

Total 2 hr 5 min · About 25 balls · steakandseafood.com/brigadeiros.htm



INGREDIENTS

- 1 (14 ounce) can sweetened condensed milk
- 1 tablespoon unsalted butter, plus more for your hands
- 2 tablespoons unsweetened cocoa powder
- About 3/4 cup chocolate sprinkles, for coating
- About 25 mini paper candy cups

INSTRUCTIONS

1. **Cook.** Put the condensed milk, butter and cocoa in a heavy nonstick saucepan over medium-low heat. Stir constantly with a silicone spatula, scraping the bottom and sides, for 10 to 15 minutes, until the mixture is thick and glossy and slides away from the bottom of the pan in one mass when you tilt it.
2. **Cool.** Scrape the mixture onto a buttered plate and let it cool to room temperature, then refrigerate it for about 1 hour, until it is firm enough to handle.
3. **Roll.** Butter your hands lightly. Roll heaping teaspoons of the mixture into 1-inch balls.
4. **Coat.** Roll each ball in the chocolate sprinkles until it is completely covered, and set it in a mini paper cup.
5. **Serve.** Serve at room temperature. Brigadeiros are best the day they are made; keep any extras covered in the refrigerator for up to 5 days and let them stand 20 minutes before serving.

TIPS

- If the mixture is too soft to roll, it was not cooked long enough. Return it to the pan and stir a few minutes more.
- Chocolate sprinkles labeled granulado or chocolate jimmies give the classic look. Rainbow sprinkles work for a party.
- A heavy nonstick pan and low heat keep the condensed milk from scorching on the bottom.

Mocha Swedish Chocolate Balls (Chokladbollar)

Total 1 hr 50 min · About 20 balls · steakandseafood.com/mocha-swedish-chocolate-balls.htm



INGREDIENTS

- 1/2 cup (1 stick) unsalted butter, softened
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract
- 3 tablespoons unsweetened cocoa powder
- 3 tablespoons cold strong brewed coffee
- 1 1/2 cups old-fashioned rolled oats
- About 1/3 cup Swedish pearl sugar and/or 1/3 cup shredded coconut, for coating

INSTRUCTIONS

1. **Cream.** Beat the butter and sugar together until creamy. Mix in the vanilla and cocoa.
2. **Add the coffee.** Stir in the coffee a tablespoon at a time, then add the oats and mix until evenly combined.
3. **Chill.** Refrigerate the dough for 20 to 30 minutes, until it is firm enough to roll.
4. **Roll and coat.** Roll the dough into 1-inch balls, then roll each one in pearl sugar or coconut.
5. **Chill and serve.** Refrigerate the balls for at least 1 hour before serving. Keep them covered in the refrigerator for up to a week, or freeze them for up to 3 months.

TIPS

- Use Swedish pearl sugar (parlsocker), which is smaller than the Belgian kind. It is sold at IKEA and in the baking aisle of many supermarkets.
- If the dough is too soft to roll, add another tablespoon or two of oats.
- For a milder chocolate ball like the traditional Swedish version, use 2 tablespoons of coffee instead of 3.

Toast Skagen (Swedish Shrimp Toast)

Total 25 min · 4 · steakandseafood.com/toast-skagen.htm



INGREDIENTS

Shrimp mixture

- 1 pound cooked and peeled small cold-water shrimp, thawed and patted dry
- 1/3 cup mayonnaise
- 1/3 cup crème fraîche or sour cream
- 1 teaspoon Dijon mustard
- 1 small shallot, very finely chopped
- 2 tablespoons finely chopped fresh dill, plus sprigs for garnish
- 1 teaspoon fresh lemon juice
- Salt and white pepper, to taste

Toast

- 4 slices firm white sandwich bread, crusts removed
- 2 tablespoons unsalted butter
- 2 ounces whitefish roe or salmon roe (optional)
- 1 lemon, cut into wedges

INSTRUCTIONS

1. **Make the dressing.** In a bowl, stir together the mayonnaise, crème fraîche, mustard, shallot, chopped dill and lemon juice.
2. **Add the shrimp.** Squeeze any water from the shrimp, chop any large ones, and fold them into the dressing. Season with salt and white pepper and refrigerate while you make the toast.
3. **Fry the bread.** Melt the butter in a large skillet over medium heat and fry the bread for 1 to 2 minutes per side, until golden and crisp.
4. **Assemble.** Set a slice of toast on each plate and pile the shrimp mixture on top. Add a spoonful of roe, a sprig of dill and a lemon wedge, and serve right away.

TIPS

- Dry the shrimp well. Thawed shrimp release water that will thin the dressing.
- Make the shrimp mixture up to 4 hours ahead and fry the toast just before serving so it stays crisp.

Räksmörgås (Swedish Open-Faced Shrimp Sandwich)

Total 30 min · 4 · steakandseafood.com/raksmorgas.htm



INGREDIENTS

- 4 large eggs
- 4 slices sturdy bread, such as rye, limpa or a rustic loaf
- 2 tablespoons softened unsalted butter
- 4 leaves butter lettuce
- 1 1/2 pounds cooked and peeled small cold-water shrimp, thawed and patted dry
- 1/2 cup mayonnaise
- 1/2 English cucumber, thinly sliced
- 1 lemon, cut into wedges
- Fresh dill sprigs
- 2 ounces salmon or whitefish roe (optional)

INSTRUCTIONS

1. **Cook the eggs.** Put the eggs in a saucepan, cover with cold water and bring to a boil. Turn off the heat, cover and let stand 10 minutes, then cool in ice water, peel and slice.
2. **Butter the bread.** Spread each slice of bread with butter and lay a lettuce leaf on top.
3. **Layer.** Arrange the egg slices over the lettuce, then pile the shrimp on top, about 6 ounces per sandwich.
4. **Finish.** Add a ribbon of mayonnaise, a few cucumber slices, a lemon wedge, dill and roe, if using. Serve with a knife and fork.

TIPS

- Pipe the mayonnaise from a small plastic bag with the corner snipped off for the classic cafe look.
- Thaw frozen shrimp overnight in the refrigerator and dry them well before building the sandwiches.

Gravlax with Mustard-Dill Sauce

Total 48 hr 25 min · 10 · steakandseafood.com/gravlax.htm



INGREDIENTS

Salmon

- 2 pounds center-cut salmon fillet, skin on, pin bones removed
- 1/4 cup kosher salt
- 1/4 cup sugar
- 1 tablespoon white peppercorns, coarsely crushed
- 1 large bunch fresh dill, coarsely chopped (about 1 cup)

Mustard-dill sauce

- 3 tablespoons Swedish-style sweet mustard or Dijon mustard
- 1 tablespoon sugar
- 1 tablespoon white wine vinegar
- 1/3 cup neutral oil, such as canola
- 3 tablespoons finely chopped fresh dill
- Salt and white pepper, to taste

INSTRUCTIONS

1. **Prepare the salmon.** Cut the fillet crosswise into two equal pieces. Run your fingers along each piece and pull out any remaining pin bones with tweezers.
2. **Mix the cure.** Stir together the salt, sugar and crushed peppercorns.
3. **Assemble.** Lay one piece skin side down in a glass or ceramic dish. Rub half the cure over the flesh and cover it with the dill. Rub the rest of the cure on the second piece and lay it flesh side down on top, like a sandwich.
4. **Cure.** Cover with plastic wrap, set a small board or plate on top and weigh it down with a few cans. Refrigerate for 48 hours, turning the salmon over every 12 hours and spooning the liquid that collects back over it.
5. **Make the sauce.** Whisk the mustard, sugar and vinegar, then whisk in the oil in a thin stream until thick. Stir in the dill and season with salt and pepper.
6. **Slice and serve.** Scrape off the dill and cure and pat the salmon dry. Slice it very thinly on an angle, away from the skin, and serve with the sauce.

TIPS

- Because gravlax is not cooked, use salmon labeled sushi-grade, or freeze the fillet first: the FDA guideline for raw fish is 7 days at -4°F to kill parasites. Thaw it in the refrigerator before curing.
- Wrapped tightly, gravlax keeps in the refrigerator for 5 days after curing.
- A very sharp, long knife makes the thinnest slices.

Jansson's Temptation (Janssons frestelse)

Total 1 hr 25 min · 6 · steakandseafood.com/janssons-frestelse.htm



INGREDIENTS

- 2 pounds Yukon Gold potatoes, peeled
- 2 medium yellow onions, thinly sliced
- 3 tablespoons unsalted butter, divided
- 1 (4.4 ounce) can Swedish-style spiced sprat fillets (ansjovis), with 2 tablespoons of their brine
- 1 1/2 cups heavy cream
- 1/2 cup whole milk
- 1/4 teaspoon white pepper
- 2 tablespoons plain dry bread crumbs

INSTRUCTIONS

1. **Heat the oven.** Heat the oven to 400°F and butter a 2-quart baking dish.
2. **Soften the onions.** Melt 2 tablespoons of the butter in a skillet over medium heat and cook the onions for 8 to 10 minutes, until soft and golden.
3. **Cut the potatoes.** Cut the potatoes into thin matchsticks, about 1/4 inch thick. Do not rinse them; the starch helps thicken the cream.
4. **Layer.** Spread a third of the potatoes in the dish, then half the onions and half the sprat fillets. Repeat, and finish with the last of the potatoes.
5. **Add the cream.** Stir the sprat brine, cream, milk and pepper together and pour it over the potatoes. Sprinkle with the bread crumbs and dot with the remaining butter.
6. **Bake.** Bake for 50 to 60 minutes, until the potatoes are tender when pierced with a knife and the top is golden. Let stand 10 minutes before serving.

TIPS

- Swedish ansjovis are sprats, not Italian anchovies. If you can only find Italian anchovies, use about half as many, since they are much saltier.
- The brine from the can seasons the cream, so taste before adding any salt.

Swedish Meatballs (Köttbullar) with Cream Gravy

Total 55 min · 4 · steakandseafood.com/swedish-meatballs.htm



INGREDIENTS

Meatballs

- 1/3 cup plain dry bread crumbs
- 1/2 cup whole milk
- 1 small yellow onion, very finely chopped
- 3 tablespoons unsalted butter, divided
- 1/2 pound ground beef
- 1/2 pound ground pork
- 1 large egg
- 1 teaspoon salt
- 1/4 teaspoon white pepper
- 1/4 teaspoon ground allspice

Cream gravy

- 2 tablespoons all-purpose flour
- 1 1/2 cups beef broth
- 1/2 cup heavy cream
- 1 teaspoon soy sauce
- Salt and white pepper, to taste

To serve

- Mashed or boiled potatoes
- Lingonberry jam
- Pickled cucumber (pressgurka)

INSTRUCTIONS

1. **Soak the crumbs.** Stir the bread crumbs into the milk and let them soak for 5 minutes.
2. **Soften the onion.** Melt 1 tablespoon of the butter in a large skillet and cook the onion over medium heat for 3 to 4 minutes, until soft. Let it cool slightly.
3. **Mix.** In a large bowl, combine the beef, pork, soaked crumbs, onion, egg, salt, pepper and allspice. Mix with your hands just until evenly combined.
4. **Shape.** With wet hands, roll the mixture into balls about 1 1/4 inches across. You should have about 30.
5. **Brown.** Melt the remaining 2 tablespoons butter in the skillet over medium heat. Brown the meatballs in batches for 8 to 10 minutes, turning often, until browned all over and 160°F in the center. Move them to a plate.
6. **Make the gravy.** Pour off all but about 2 tablespoons of fat. Whisk in the flour and cook for 1 minute, then whisk in the broth, scraping up the browned bits. Simmer for 2 minutes, then stir in the cream and soy sauce and season with salt and pepper.
7. **Simmer and serve.** Return the meatballs to the pan and simmer for 3 to 4 minutes, until heated through and coated in gravy. Serve with potatoes, lingonberry jam and pickled cucumber.

TIPS

- To freeze: cool it quickly, pack it in airtight containers or freezer bags, and freeze up to 3 months. Thaw overnight in the refrigerator and reheat to 165°F.
- The teaspoon of soy sauce is a common Swedish home trick for giving the gravy a deeper color and flavor.
- Mix the meat gently; overworking it makes the meatballs dense.
- Uncooked meatballs freeze well on a tray; brown them straight from the freezer, adding a few minutes.

Kalops (Swedish Allspice Beef Stew)

Total 2 hr 35 min · 6 · steakandseafood.com/kalops.htm



INGREDIENTS

- 2 1/2 pounds boneless beef chuck, cut into 2-inch chunks
- 3 tablespoons all-purpose flour
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 3 tablespoons unsalted butter, divided
- 2 large yellow onions, cut into thin wedges
- 3 medium carrots, cut into 1-inch pieces
- 12 whole allspice berries
- 3 bay leaves
- 2 1/2 cups beef broth
- 1 tablespoon white wine vinegar
- Boiled potatoes and pickled beets, for serving

INSTRUCTIONS

1. **Coat the beef.** Pat the beef dry and toss it with the flour, salt and pepper.
2. **Brown.** Melt 2 tablespoons of the butter in a Dutch oven over medium-high heat. Brown the beef in batches, 3 to 4 minutes per side, and move it to a plate.
3. **Cook the onions.** Add the remaining butter and the onions and cook for 5 minutes, scraping up the browned bits.
4. **Braise.** Return the beef to the pot with the carrots, allspice, bay leaves, broth and vinegar. Bring to a simmer, cover and cook over low heat for 2 hours, stirring now and then, until the beef is fork-tender.
5. **Serve.** Remove the bay leaves and allspice berries if you like, taste for salt, and serve with boiled potatoes and pickled beets.

TIPS

- To freeze: cool it quickly, pack it in airtight containers or freezer bags, and freeze up to 3 months. Thaw overnight in the refrigerator and reheat to 165°F.
- Kalops can also braise in a 325°F oven for the same time.
- Like most stews, it tastes even better the next day.

Biff à la Lindström (Beef Patties with Beets and Capers)

Total 35 min · 4 · steakandseafood.com/biff-a-la-lindstrom.htm



INGREDIENTS

Patties

- 1 pound ground beef (85 percent lean)
- 1 small boiled potato, mashed (about 1/3 cup)
- 1 large egg
- 1/4 cup heavy cream
- 1/2 small yellow onion, very finely chopped
- 1/3 cup finely chopped pickled beets, plus 2 tablespoons of their brine
- 2 tablespoons capers, drained and chopped
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons unsalted butter

Pan sauce

- 1/2 cup beef broth
- 1/4 cup heavy cream

INSTRUCTIONS

1. **Mix.** In a bowl, mix the beef, mashed potato, egg, cream, onion, beets, beet brine, capers, salt and pepper until just combined.
2. **Shape.** Shape the mixture into 8 patties about 3/4 inch thick.
3. **Fry.** Melt the butter in a large skillet over medium heat. Fry the patties for 4 to 5 minutes per side, until browned and 160°F in the center. Move them to a plate.
4. **Make the sauce.** Add the broth to the pan and simmer for 1 minute, scraping up the browned bits, then stir in the cream and simmer until slightly thickened.
5. **Serve.** Spoon the sauce over the patties and serve with potatoes.

TIPS

- The mixture is soft; chill the shaped patties for 15 minutes if they are hard to handle.
- Pickled beets stain, so wash cutting boards right away.

Wallenbergare (Swedish Veal Patties)

Total 1 hr 2 min · 4 · steakandseafood.com/wallenbergare.htm



INGREDIENTS

- 1 pound finely ground veal
- 1 cup heavy cream, very cold
- 3 large egg yolks
- 1 teaspoon salt
- 1/4 teaspoon white pepper
- 1 cup panko or fine dry bread crumbs
- 4 tablespoons unsalted butter, divided
- Mashed potatoes, green peas and lingonberry jam, for serving

INSTRUCTIONS

1. **Mix.** Put the veal in a bowl set over ice, or in a well-chilled bowl. Beat in the cold cream a little at a time, then the egg yolks, salt and pepper, until the mixture is smooth and fluffy.
2. **Chill.** Cover and refrigerate for 30 minutes to firm up.
3. **Shape and coat.** With wet hands, shape the mixture into 4 large patties about 3/4 inch thick and press them into the crumbs on both sides.
4. **Fry.** Melt 2 tablespoons of the butter in a large skillet over medium heat. Fry the patties for 5 to 6 minutes per side, until golden and 160°F in the center.
5. **Brown the butter.** Melt the remaining butter in a small pan and cook until it smells nutty and turns golden brown.
6. **Serve.** Serve the patties with mashed potatoes, peas and lingonberry jam, with the browned butter spooned over.

TIPS

- Keep everything cold. The cream must be cold to whip into the meat.
- Ask the butcher to grind the veal twice for the finest texture.
- Ground chicken can stand in for veal.

Kåldolmar (Swedish Cabbage Rolls)

Total 1 hr 45 min · 6 · steakandseafood.com/kaldolmar.htm



INGREDIENTS

Rolls

- 1 large head green cabbage (about 3 pounds)
- 1/2 pound ground beef
- 1/2 pound ground pork
- 1/2 cup cooked short-grain rice, cooled
- 1 small yellow onion, finely chopped
- 1 large egg
- 1/2 cup whole milk
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground allspice

Glaze and sauce

- 3 tablespoons unsalted butter, melted
- 3 tablespoons golden syrup or light corn syrup
- 1 cup beef broth
- 1/2 cup heavy cream
- 1 tablespoon cornstarch mixed with 1 tablespoon cold water
- Boiled potatoes and lingonberry jam, for serving

INSTRUCTIONS

1. **Soften the cabbage.** Cut out the core. Lower the whole head into a large pot of boiling salted water and peel off the outer leaves with tongs as they soften, about 2 minutes each. You need about 14 leaves. Drain and shave down the thick center rib of each leaf.
2. **Make the filling.** Mix the beef, pork, rice, onion, egg, milk, salt, pepper and allspice until combined.
3. **Roll.** Place about 1/4 cup of filling near the stem end of each leaf, fold in the sides and roll up tightly. Set the rolls seam side down in a buttered 9 x 13-inch baking dish.
4. **Glaze.** Heat the oven to 400°F. Brush the rolls with the melted butter and drizzle with the syrup.
5. **Bake.** Bake for 20 minutes, until the tops begin to brown. Pour the broth around the rolls, lower the oven to 350°F and bake 35 to 40 minutes more, basting twice, until browned and the filling reaches 160°F.
6. **Make the sauce.** Pour the pan juices into a small saucepan, add the cream and bring to a simmer. Stir in the cornstarch mixture and cook until thickened. Serve the rolls with the sauce, potatoes and lingonberries.

TIPS

- To freeze: cool it quickly, pack it in airtight containers or freezer bags, and freeze up to 3 months. Thaw overnight in the refrigerator and reheat to 165°F.
- Freezing the whole cabbage overnight and thawing it softens the leaves without boiling.
- Golden syrup gives the classic flavor; light corn syrup or a mild honey also works.

Raggmunk med Fläsk (Potato Pancakes with Pork Belly)

Total 55 min · 4 · steakandseafood.com/raggmunk-med-flask.htm



INGREDIENTS

Pancakes

- 1 cup all-purpose flour
- 1 1/2 cups whole milk
- 2 large eggs
- 1 teaspoon salt
- 2 pounds russet potatoes, peeled
- 4 tablespoons unsalted butter, for frying

To serve

- 1 pound pork belly, sliced 1/4 inch thick, or thick-cut bacon
- Lingonberry jam

INSTRUCTIONS

1. **Make the batter.** Whisk the flour with half the milk until smooth, then whisk in the rest of the milk, the eggs and salt. Let rest while you grate the potatoes.
2. **Grate.** Grate the potatoes on the coarse side of a box grater and stir them into the batter right away so they do not darken.
3. **Fry the pork.** In a large skillet over medium heat, fry the pork belly for 5 to 7 minutes per side, until crisp and cooked through. Keep warm in a low oven.
4. **Fry the pancakes.** Melt a tablespoon of butter in a skillet over medium-high heat. Spread about 1/3 cup of the potato batter thinly in the pan and fry 3 to 4 minutes per side, until deep golden and crisp. Repeat, adding butter as needed.
5. **Serve.** Serve the pancakes hot with the pork belly and lingonberry jam.

TIPS

- Spread the batter thin; thinner pancakes get crispier.
- Use the pork fat in place of some of the butter for extra flavor.

Pytt i Panna (Swedish Hash with Fried Eggs)

Total 50 min · 4 · steakandseafood.com/pytt-i-panna.htm



INGREDIENTS

- 1 1/2 pounds cooked potatoes, cooled and cut into 1/2-inch dice
- 4 tablespoons unsalted butter or oil, divided
- 1 large yellow onion, diced
- 1 pound cooked roast beef, ham or sausage, cut into 1/2-inch dice
- Salt and black pepper
- 4 large eggs
- Pickled beets and chopped parsley, for serving

INSTRUCTIONS

1. **Fry the potatoes.** Heat 2 tablespoons of butter in a large skillet over medium-high heat. Add the potatoes in one layer and cook for 12 to 15 minutes, turning occasionally, until golden and crisp. Move to a bowl.
2. **Cook the onion.** Add another tablespoon of butter and cook the onion for 5 minutes, until soft and lightly browned.
3. **Add the meat.** Add the meat and cook for 5 minutes, until hot and browned at the edges. Return the potatoes, toss, and season with salt and pepper.
4. **Fry the eggs.** In another skillet, fry the eggs in the remaining butter until the whites are set and the yolks still runny.
5. **Serve.** Divide the hash among plates, top each with a fried egg, and serve with pickled beets and parsley.

TIPS

- Cold, leftover boiled potatoes crisp up best.
- Do not stir the potatoes too often; letting them sit is what browns them.

Ärtsoppa (Swedish Yellow Pea Soup with Pork)

Total 14 hr 15 min · 6 · steakandseafood.com/artsoppa.htm



INGREDIENTS

- 1 pound dried whole yellow peas
- 1 1/2 pounds lightly salted or fresh pork shoulder, or a smoked ham hock
- 1 large yellow onion, chopped
- 8 cups water
- 1 teaspoon dried marjoram
- 1/2 teaspoon dried thyme
- Salt, to taste
- Swedish mustard or Dijon mustard, for serving

INSTRUCTIONS

1. **Soak the peas.** Rinse the peas, cover with plenty of cold water and soak overnight. Drain.
2. **Simmer.** Put the peas and water in a large pot and bring to a boil, skimming off the foam and loose skins that rise to the top. Add the pork and onion, cover partly and simmer for 1 1/2 to 2 hours, until the peas are very soft and the pork is tender.
3. **Season.** Lift out the pork. Stir the marjoram and thyme into the soup and season with salt; mash some of the peas against the side of the pot to thicken it.
4. **Serve.** Cut the pork into pieces and return it to the soup, or serve it on the side. Serve with mustard.

TIPS

- Split yellow peas need no soaking and cook in about an hour, though the soup will be smoother.
- If using a smoked ham hock, taste before adding any salt.

Hasselback Potatoes

Total 1 hr 15 min · 4 · steakandseafood.com/hasselback-potatoes.htm



INGREDIENTS

- 8 medium Yukon Gold potatoes, peeled or scrubbed
- 4 tablespoons unsalted butter, melted
- 2 tablespoons olive oil
- 1 teaspoon flaky salt
- 2 tablespoons plain dry bread crumbs
- 1/4 cup finely grated Parmesan or Västerbotten cheese

INSTRUCTIONS

1. **Heat the oven.** Heat the oven to 425°F.
2. **Slice.** Lay each potato between two chopsticks or wooden spoon handles and cut thin slices about 1/8 inch apart; the chopsticks stop the knife before it cuts all the way through.
3. **Roast.** Set the potatoes in a baking dish, brush with the butter and oil, letting some run between the slices, and sprinkle with salt. Roast for 30 minutes.
4. **Baste and finish.** Brush again with the pan butter, sprinkle with the bread crumbs and cheese, and roast 25 to 30 minutes more, until the edges are crisp and the centers tender.

TIPS

- Rinsing the sliced potatoes in cold water and drying them helps the slices separate.
- Västerbotten is a Swedish aged cheese; Parmesan or aged Cheddar are good substitutes.

Pressgurka (Swedish Pickled Cucumber)

Total 55 min · 6 · steakandseafood.com/pressgurka.htm



INGREDIENTS

- 1 English cucumber
- 1 teaspoon salt
- 1/3 cup distilled white vinegar
- 1/3 cup water
- 1/4 cup sugar
- 2 tablespoons finely chopped fresh parsley
- Pinch of white pepper

INSTRUCTIONS

1. **Slice.** Slice the cucumber as thinly as you can, using a mandoline if you have one.
2. **Press.** Toss the slices with the salt in a bowl. Set a plate on top, weigh it down with a can and let stand for 15 minutes. Pour off the liquid and squeeze the cucumber gently.
3. **Make the brine.** Stir the vinegar, water and sugar together until the sugar dissolves.
4. **Pickle.** Pour the brine over the cucumber, add the parsley and white pepper, and refrigerate for at least 30 minutes before serving.

TIPS

- Swedish cooks use 12 percent ättika vinegar diluted with water; the mix of white vinegar and water here gives the same strength.
- Keeps covered in the refrigerator for up to 4 days.

Kanelbullar (Swedish Cinnamon Buns)

Total 2 hr 35 min · 24 · steakandseafood.com/kanelbullar.htm



INGREDIENTS

Dough

- 1 cup whole milk
- 1/2 cup (1 stick) unsalted butter
- 2 1/4 teaspoons (1 packet) instant or active dry yeast
- 1/3 cup granulated sugar
- 1/2 teaspoon salt
- 1 teaspoon ground cardamom
- 3 1/2 to 3 3/4 cups all-purpose flour

Filling

- 1/2 cup (1 stick) unsalted butter, very soft
- 1/2 cup granulated or light brown sugar
- 1 tablespoon ground cinnamon

Topping

- 1 large egg, beaten
- Swedish pearl sugar

INSTRUCTIONS

1. **Warm the milk.** Heat the milk and butter until the butter melts, then cool to lukewarm, about 105°F.
2. **Make the dough.** In a large bowl, stir the yeast, sugar, salt and cardamom into the milk. Add the flour a cup at a time and knead for 8 to 10 minutes, by hand or with a dough hook, until smooth and slightly tacky.
3. **First rise.** Cover and let rise in a warm spot for about 1 hour, until doubled.
4. **Fill.** Beat the filling ingredients together until smooth. Roll the dough into a 12 x 20-inch rectangle, spread with the filling and fold it in half lengthwise.
5. **Shape.** Cut into 1-inch strips. Twist each strip and tie it into a loose knot, tucking the ends underneath. Set the knots in paper muffin cups on baking sheets.
6. **Second rise.** Cover and let rise for 30 to 45 minutes, until puffy. Heat the oven to 425°F.
7. **Bake.** Brush with the beaten egg, sprinkle with pearl sugar and bake for 8 to 10 minutes, until golden. Cool on a rack.

TIPS

- To freeze: let it cool, wrap it well or seal it in freezer bags, and freeze up to 3 months. Thaw at room temperature, or warm briefly in the oven.
- Rolling the buns into simple spirals instead of knots works just as well.
- Freeze cooled buns in a bag and warm them for 5 minutes at 300°F.

Kardemummabullar (Swedish Cardamom Buns)

Total 2 hr 37 min · 16 · steakandseafood.com/kardemummabullar.htm



INGREDIENTS

Dough

- 1 cup whole milk
- 6 tablespoons unsalted butter
- 2 1/4 teaspoons (1 packet) instant or active dry yeast
- 1/3 cup granulated sugar
- 1/2 teaspoon salt
- 2 teaspoons freshly ground cardamom
- 3 1/2 cups all-purpose flour

Filling

- 1/2 cup (1 stick) unsalted butter, very soft
- 1/3 cup granulated sugar
- 2 teaspoons freshly ground cardamom

Finish

- 1 large egg, beaten
- 2 tablespoons sugar dissolved in 2 tablespoons hot water
- Swedish pearl sugar

INSTRUCTIONS

1. **Make the dough.** Warm the milk and butter until the butter melts and cool to lukewarm. Stir in the yeast, sugar, salt and cardamom, then add the flour and knead 8 to 10 minutes until smooth.
2. **First rise.** Cover and let rise for about 1 hour, until doubled.
3. **Fill.** Beat the filling together. Roll the dough into a 12 x 16-inch rectangle, spread the filling over it and fold in thirds like a letter.
4. **Shape.** Cut into 16 strips. Cut each strip lengthwise into two, leaving one end attached, twist the halves together and wind them into a knot.
5. **Second rise.** Set the knots on parchment-lined baking sheets, cover and let rise 30 to 45 minutes. Heat the oven to 400°F.
6. **Bake.** Brush with egg and bake 10 to 12 minutes, until golden. Brush the hot buns with the sugar syrup and sprinkle with pearl sugar.

TIPS

- To freeze: let it cool, wrap it well or seal it in freezer bags, and freeze up to 3 months. Thaw at room temperature, or warm briefly in the oven.
- Grind cardamom seeds in a spice grinder or with a mortar and pestle; pre-ground cardamom loses its aroma quickly.
- Do not worry if the knots look messy; they bake up beautifully.

Lussekatter (Swedish Saffron Buns)

Total 2 hr 35 min · 20 · steakandseafood.com/lussekatter.htm



INGREDIENTS

Dough

- 1/2 teaspoon saffron threads
- 1 tablespoon sugar, for grinding
- 1 cup whole milk
- 7 tablespoons unsalted butter
- 2 1/4 teaspoons (1 packet) instant or active dry yeast
- 1/2 cup granulated sugar
- 1/2 teaspoon salt
- 1/2 cup sour cream
- 1 large egg
- 4 to 4 1/4 cups all-purpose flour

Finish

- About 40 raisins
- 1 large egg, beaten

INSTRUCTIONS

1. **Grind the saffron.** Grind the saffron threads with 1 tablespoon sugar in a mortar and pestle until powdery.
2. **Warm the milk.** Heat the milk and butter until the butter melts. Stir in the saffron and cool to lukewarm.
3. **Make the dough.** Stir in the yeast, sugar, salt, sour cream and egg. Add the flour gradually and knead 8 to 10 minutes, until smooth and soft.
4. **First rise.** Cover and let rise for about 1 hour, until doubled.
5. **Shape.** Divide into 20 pieces. Roll each into a 9-inch rope and curl the ends in opposite directions to make an S. Press a raisin into the center of each curl.
6. **Second rise.** Set on parchment-lined baking sheets, cover and let rise 30 to 45 minutes. Heat the oven to 425°F.
7. **Bake.** Brush with egg and bake for 8 to 10 minutes, until golden. Cool on a rack.

TIPS

- Soak the raisins in warm water for 10 minutes so they do not burn.
- Grinding the saffron with sugar spreads its color and flavor evenly through the dough.

Semlor (Swedish Cream Buns)

Total 2 hr 42 min · 12 · steakandseafood.com/semlor.htm



INGREDIENTS

Buns

- 3/4 cup whole milk
- 5 tablespoons unsalted butter
- 2 1/4 teaspoons (1 packet) instant or active dry yeast
- 1/4 cup granulated sugar
- 1/4 teaspoon salt
- 1 1/2 teaspoons ground cardamom
- 1 large egg
- 3 cups all-purpose flour
- 1 large egg, beaten, for brushing

Filling

- 7 ounces almond paste, grated or crumbled
- About 1/3 cup whole milk
- 1 1/2 cups heavy cream
- 1 tablespoon sugar
- Powdered sugar, for dusting

INSTRUCTIONS

1. **Make the dough.** Warm the milk and butter until the butter melts and cool to lukewarm. Stir in the yeast, sugar, salt, cardamom and egg, add the flour and knead 8 to 10 minutes until smooth.
2. **First rise.** Cover and let rise for about 1 hour, until doubled.
3. **Shape.** Divide into 12 pieces and roll each into a smooth ball. Set on a parchment-lined baking sheet, cover and let rise 30 to 45 minutes. Heat the oven to 400°F.
4. **Bake.** Brush with beaten egg and bake 10 to 12 minutes, until golden. Cool completely.
5. **Fill.** Cut a triangle or round lid from the top of each bun and scoop out a little of the inside. Mix the scooped crumbs with the almond paste and enough milk to make a thick, spreadable filling, and spoon it back into the buns.
6. **Finish.** Whip the cream with the sugar until stiff, pipe a tall swirl onto each bun, set the lids on top and dust with powdered sugar.

TIPS

- Bake the buns a day ahead or freeze them, and fill them just before serving.
- Almond paste is sold in tubes or cans in the baking aisle; marzipan is sweeter but works in a pinch.

Limpa (Swedish Orange Rye Bread)

Total 2 hr 50 min · 2 · steakandseafood.com/limpa.htm



INGREDIENTS

- 1 1/2 cups water
- 1/3 cup molasses or golden syrup
- 2 tablespoons unsalted butter
- Finely grated zest of 1 orange
- 1 teaspoon fennel seeds, lightly crushed
- 1 teaspoon anise seeds, lightly crushed
- 2 1/4 teaspoons (1 packet) instant or active dry yeast
- 1 1/2 teaspoons salt
- 1 1/2 cups rye flour
- 2 to 2 1/2 cups bread flour
- 1 tablespoon molasses mixed with 1 tablespoon hot water, for brushing

INSTRUCTIONS

1. **Warm the liquid.** Heat the water, molasses, butter, orange zest and seeds until the butter melts, then cool to lukewarm.
2. **Make the dough.** Stir in the yeast and salt, then the rye flour and enough bread flour to make a soft dough. Knead 8 to 10 minutes, until smooth but still a little sticky.
3. **First rise.** Cover and let rise for about 1 hour, until doubled.
4. **Shape.** Divide in half and shape into two oval loaves. Set on a parchment-lined baking sheet, cover and let rise 45 minutes. Heat the oven to 375°F.
5. **Bake.** Bake for 30 to 35 minutes, until the loaves sound hollow when tapped (190°F inside). Brush with the molasses glaze while hot and cool on a rack.

TIPS

- To freeze: let it cool, wrap it well or seal it in freezer bags, and freeze up to 3 months. Thaw at room temperature, or warm briefly in the oven.
- Rye dough is stickier than wheat dough; oil your hands rather than adding too much flour.
- Wrapped well, limpa keeps for 3 days and freezes for 3 months.

Knäckebröd (Swedish Rye Crispbread)

Total 1 hr 15 min · 8 · steakandseafood.com/knackebrod.htm



INGREDIENTS

- 1 cup lukewarm water
- 1 teaspoon instant yeast
- 1 tablespoon honey
- 2 cups rye flour, plus more for rolling
- 1 cup all-purpose flour
- 1 teaspoon salt
- 2 tablespoons caraway, sesame or sunflower seeds

INSTRUCTIONS

1. **Make the dough.** Stir the yeast and honey into the water, then add the flours, salt and seeds and knead for 5 minutes into a firm dough.
2. **Rest.** Cover and let rest for 30 minutes. Heat the oven to 425°F with a baking sheet inside.
3. **Roll.** Divide the dough into 8 pieces. On a rye-floured surface, roll each as thin as possible into a 9-inch round. Prick all over with a fork and cut a small hole in the center with a cookie cutter or glass.
4. **Bake.** Bake 2 rounds at a time on parchment on the hot baking sheet for 12 to 15 minutes, until crisp and lightly browned at the edges.
5. **Dry.** Cool on a rack; they crisp further as they cool. Store in an airtight tin.

TIPS

- A knobbly rolling pin makes the classic dimpled pattern, but a fork works fine.
- If the centers are still soft, return them to a 250°F oven for 10 minutes to dry.

Sofia's Korean Beef Ramen

Total 40 min · 4 · steakandseafood.com/korean-beef-ramen.htm



INGREDIENTS

Sauce

- 1/3 cup packed brown sugar
- 1/4 cup soy sauce
- 1 tablespoon toasted sesame oil
- 4 cloves garlic, minced
- 1/4 teaspoon ground ginger
- 1/2 to 1 teaspoon crushed red pepper flakes

Beef and noodles

- 1 1/2 pounds flank steak
- 1 tablespoon vegetable oil
- 1 sweet red bell pepper, thinly sliced
- 3 (3 ounce) packages instant ramen noodles, seasoning packets set aside

To finish

- 4 eggs
- 1/2 cup diced Chinese onions or green onions

INSTRUCTIONS

1. **Cook the eggs.** Bring a saucepan of water to a boil, lower in the eggs and cook 8 minutes for a set white and a soft, jammy yolk. Move them to ice water, then peel.
2. **Mix the sauce.** Whisk the brown sugar, soy sauce, sesame oil, garlic, ginger and red pepper flakes until the sugar dissolves. Use 1/2 teaspoon of pepper flakes for mild heat or a full teaspoon for more.
3. **Slice the steak.** Cut the flank steak across the grain into strips about 1/2 inch thick and 3 inches long. Pat them dry.
4. **Sear the beef.** Heat the oil in a large skillet over high heat. Sear the beef in batches, without crowding, 2 to 3 minutes per side, until well browned. Move to a plate.
5. **Cook the pepper and noodles.** Add the sliced pepper to the skillet and cook 2 minutes. Meanwhile, boil the ramen noodles for 2 to 3 minutes until just tender, then drain.
6. **Toss.** Return the beef to the skillet, pour in the sauce and simmer 1 to 2 minutes, until glossy. Add the noodles and toss until everything is coated.
7. **Serve.** Divide among 4 bowls, top each with a halved or whole egg and scatter the onions over the top.

TIPS

- Slicing flank steak across the grain keeps it tender. Partly freezing the steak for 20 minutes makes it easier to cut thin, even strips.
- The ramen seasoning packets are not needed; the sauce does the seasoning. Save them for soup.
- For a runnier yolk, boil the eggs 6 1/2 minutes; for fully set, 10 minutes.

Sofia's Special Egg Salad

Total 40 min · 6 · steakandseafood.com/sofias-special-egg-salad.htm



INGREDIENTS

Eggs

- 10 large eggs

Dressing

- 1/2 cup mayonnaise
- 1 teaspoon Dijon mustard
- 3 tablespoons sweet pickle relish

To finish

- 3 stalks celery, diced
- Paprika, to taste
- Salt and black pepper, to taste

INSTRUCTIONS

1. **Start the eggs.** Put the eggs in a pot in a single layer and cover them with cold water by about an inch. Bring the water to a rolling boil over high heat.
2. **Boil 10 to 11 minutes.** As soon as the water reaches a rolling boil, lower the heat slightly to a gentle boil so the eggs do not knock together and crack. Set a timer for 10 to 11 minutes, for fully set eggs with pale yellow yolks.
3. **Ice bath.** When the timer goes off, move the eggs right away to a bowl of ice water. Let them sit for 5 minutes; this stops the cooking and makes them easier to peel.
4. **Dice the celery.** While the eggs cool, dice the celery.
5. **Separate the yolks.** Peel the eggs, cut them in half and scoop the yolks into a mixing bowl. Dice the whites and set them aside.
6. **Make the yolk dressing.** Add the mayonnaise, Dijon mustard and sweet pickle relish to the yolks and mix until thoroughly smooth. This is Sofia's secret: dressing the yolks first makes a real difference in taste.
7. **Fold and season.** Add the diced whites and celery and fold until evenly coated. Season with paprika, salt and pepper to taste. Serve right away or chill until ready to serve.

TIPS

- Keep egg salad refrigerated and eat it within 3 to 4 days; do not leave it out for more than 2 hours.
- Eggs that are a week or two old peel more easily than very fresh ones. Crack them all over and peel under cool running water.
- A gentle boil, not a hard one, keeps the shells from cracking in the pot.
- Like it tangier? Use dill relish instead of sweet, or add a little more Dijon.

Chocolate Cake Roll

Total 1 hr 45 min · 10 · steakandseafood.com/chocolate-cake-roll.htm



INGREDIENTS

Cake

- 1/3 cup cake flour
- 1/3 cup unsweetened cocoa powder
- 2 tablespoons cornstarch
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/3 teaspoon salt
- 4 large eggs, separated
- 1 cup granulated sugar, divided
- Confectioners' sugar, for dusting

Filling

- 1 (8-ounce) container frozen whipped topping, thawed (most brands contain milk protein)

INSTRUCTIONS

1. **Prepare the pan.** Heat the oven to 350°F. Line a 15 x 10-inch jelly roll pan with waxed paper, then grease and flour the paper and tap out the extra flour.
2. **Mix the dry ingredients and yolks.** In a medium bowl, whisk the cake flour, cocoa, cornstarch, baking soda, baking powder and salt. In another bowl, beat the egg yolks with 1/4 cup of the sugar on medium speed until pale and fluffy.
3. **Whip the whites.** With clean beaters, beat the egg whites on high until foamy. Add 1/2 cup of the sugar a little at a time and keep beating until the whites hold stiff, glossy peaks that are not dry.
4. **Fold and bake.** Fold one-third of the whites into the yolk mixture to lighten it. Fold in the rest of the whites and the flour mixture in turns, gently, just until no streaks remain. Spread the batter in the pan, smooth the top and bake until a toothpick in the center comes out clean, about 15 minutes.
5. **Turn out the cake.** Sprinkle a clean kitchen towel with the remaining 1/4 cup of sugar. Turn the hot cake out onto the towel, peel off the waxed paper and trim the crisp edges with a sharp knife.
6. **Roll it warm.** Starting from a long side, roll the cake up snugly with the towel inside. Set it seam side down on a wire rack and let it cool completely in the towel.
7. **Fill and roll.** Unroll the cooled cake and lift off the towel. Spread the whipped topping over the cake to within 1/2 inch of the edges, then roll it back up without the towel.
8. **Serve.** Set the roll seam side down on a platter and dust with confectioners' sugar just before serving. Slice with a serrated knife.

TIPS

- Chill the filled roll in the freezer for about 20 minutes before slicing; it cuts much more cleanly.
- Use a serrated knife and a gentle sawing motion for neat slices.

Apple Streusel Cake

Total 2 hr 15 min · 12 · steakandseafood.com/apple-streusel-cake.htm



INGREDIENTS

Streusel

- 1 cup light brown sugar
- 1 cup chopped apple
- 1 cup sliced almonds, pecans or walnuts (optional)
- 1/4 cup all-purpose flour
- 1 teaspoon ground cinnamon
- 3 tablespoons butter, melted

Cake

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 cup (1 stick) butter, softened
- 1/2 cup granulated sugar
- 3 large eggs
- 1/2 teaspoon vanilla extract
- 1/3 cup orange juice

Glaze

- 1/2 cup confectioners' sugar
- 2 1/2 teaspoons orange juice

INSTRUCTIONS

1. **Make the streusel.** Heat the oven to 350°F and grease a 9- or 10-inch tube pan. In a medium bowl, stir together the brown sugar, apple, nuts if using, flour and cinnamon, then stir in the melted butter until crumbly.
2. **Make the batter.** In a medium bowl, whisk the flour, baking powder and baking soda. In a large bowl, beat the butter and sugar with an electric mixer on medium until light and fluffy. Beat in the eggs one at a time, then the vanilla.
3. **Add the flour and juice.** With the mixer on low, add the flour mixture and orange juice in turns, mixing just until smooth.
4. **Layer and swirl.** Spoon half the batter into the pan and sprinkle with half the streusel. Spoon the rest of the batter over it and spread it level, then draw a knife through the batter a few times to swirl in the streusel.
5. **Bake and top.** Bake 15 minutes. Take the cake out, sprinkle the remaining streusel over the top, and bake until a toothpick in the center comes out clean, about 30 to 35 minutes more. Cool completely on a wire rack.
6. **Glaze and serve.** Stir the confectioners' sugar and orange juice into a smooth glaze. Turn the cake out, then flip it onto a serving plate so the streusel is on top, and drizzle with the glaze.

TIPS

- Use firm baking apples such as Cortland, Rome, Granny Smith or McIntosh; Red Delicious falls apart when baked.
- Chopped pears work in place of the apples, or use half of each.
- Stir dried cranberries, golden raisins or a little flaked coconut into the streusel for a change.
- A sprinkle of cinnamon over the glaze looks pretty and adds warmth.

Apple Streusel Cupcakes

Total 1 hr · 18 · steakandseafood.com/apple-streusel-cupcakes.htm



INGREDIENTS

Streusel

- 1 cup light brown sugar
- 1 cup finely chopped apple
- 1 cup sliced almonds, pecans or walnuts (optional)
- 1/4 cup all-purpose flour
- 1 teaspoon ground cinnamon
- 3 tablespoons butter, melted

Cupcakes

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 cup (1 stick) butter, softened
- 1/2 cup granulated sugar
- 3 large eggs
- 1/2 teaspoon vanilla extract
- 1/3 cup orange juice

Glaze

- 1/2 cup confectioners' sugar
- 2 1/2 teaspoons orange juice

INSTRUCTIONS

1. **Get ready.** Heat the oven to 350°F. Line standard muffin tins with 18 paper cups, or grease them well.
2. **Make the streusel.** In a medium bowl, stir together the brown sugar, apple, nuts if using, flour and cinnamon, then stir in the melted butter until crumbly.
3. **Make the batter.** Whisk the flour, baking powder and baking soda in a medium bowl. In a large bowl, beat the butter and sugar until light and fluffy, then beat in the eggs one at a time and the vanilla. On low speed, add the flour mixture and orange juice in turns, mixing just until smooth.
4. **Layer.** Spoon a tablespoon of batter into each cup, add a teaspoon of streusel, then top with more batter so the cups are about two-thirds full. Sprinkle the remaining streusel over the tops.
5. **Bake.** Bake until a toothpick in the center of a cupcake comes out clean, about 20 to 25 minutes. Cool in the tins 5 minutes, then on a wire rack.
6. **Glaze.** Stir the confectioners' sugar and orange juice into a smooth glaze and drizzle it over the cooled cupcakes.

TIPS

- Chop the apple small, about 1/4 inch, so it fits in the layers and bakes tender.
- Check the first batch at 18 minutes; ovens and pans vary.
- Use firm baking apples such as Granny Smith, Cortland or McIntosh.
- Cupcakes keep 2 days at room temperature in a covered container, or freeze them unglazed for up to 2 months.

Mini Gingerbread House

Total 3 hr · 1 · steakandseafood.com/mini-gingerbread-house.htm



INGREDIENTS

Gingerbread

- 1 cup light corn syrup
- 1/2 cup firmly packed brown sugar
- 1/2 cup vegetable shortening
- 4 cups all-purpose flour
- 1 tablespoon ground ginger
- 1 tablespoon ground cinnamon

Icing glue

- 1 cup confectioners' sugar
- 1/4 teaspoon cream of tartar
- 1 egg white (pasteurized if the house will be eaten)
- 1/3 cup boiling water

Decorations

- Prepared vanilla frosting
- Bite-size frosted shredded wheat cereal
- Striped chocolate candies
- Pretzels in various shapes
- Ice cream cones

You will also need

- Stiff cardboard, for the base
- A pastry bag with small and medium round tips

INSTRUCTIONS

1. **Melt the syrup mixture.** Heat the oven to 350°F. In a small saucepan, cook the corn syrup, brown sugar and shortening over medium heat, stirring, until smooth.
2. **Make the dough.** In a large bowl, whisk the flour, ginger and cinnamon. Pour in the warm syrup mixture and stir until a dough forms; mix only until it comes together.
3. **Roll and cut.** On a lightly floured surface, roll the dough into a 1/2-inch-thick rectangle. Cut the pieces from the pattern below: 2 roof pieces, a front and a back, and 2 sides. Place them 1 inch apart on baking sheets.
4. **Bake and trim.** Bake 10 to 15 minutes, until firm. Cool on the sheets for a few minutes, then trim any uneven edges while the pieces are still warm and let them cool completely on racks.
5. **Make the icing glue.** In a medium bowl, combine the confectioners' sugar, cream of tartar and egg white. Add the boiling water and beat until the icing holds stiff peaks.
6. **Build the walls.** Pipe icing glue along the edges where the front, back and sides meet (a pastry bag with a medium tip works best, or use a spatula). Hold the walls upright until the icing sets. When the walls are firmly joined, pipe icing along the bottom edges and set the house on the cardboard base. Let it harden.
7. **Add the roof.** Pipe icing along the top edges of the walls and the peak, then press the roof pieces gently in place. Let the icing harden well before decorating.
8. **Decorate.** With a small tip, pipe windows, doors and trim. Frost one area at a time, since frosting dries quickly: spread the base and press in cereal or pretzels for a fence, then frost the roof generously and press on striped candies or other sweets. Let it harden before moving the house.

TIPS

- Pattern, in inches: 2 roof pieces about 5 7/16 x 4 1/4; a front and a back 5 wide at the bottom and 5 13/16 tall at the peak; 2 sides 4 1/4 x 3 1/4. Trace them on paper or cardboard and cut around them.
- Do not overmix the dough; blend it only until it holds together, or the gingerbread can turn tough.

Grandma's Chicken Noodle Casserole

Total 1 hr · 1 casserole · steakandseafood.com/grandmas-chicken-noodle-casserole.htm



INGREDIENTS

- 1 pound pasta
- 1 can cream of chicken soup
- 1 cup milk
- 1 big can of chicken
- 1/4 pound cheese (Alyson used American and cheddar)
- 1 sleeve of Ritz crackers
- 1 tablespoon butter, plus more for the dish
- Seasoning to your liking

INSTRUCTIONS

1. **Get ready.** Heat the oven to 350°F and butter a baking dish. Cook the pasta according to the package and drain it.
2. **Make the topping.** Melt the butter and crush the Ritz crackers into it.
3. **Make the sauce.** In a saucepan, heat the cream of chicken soup with the milk. Add the cheese and stir until it melts, then stir in the chicken and season to your liking.
4. **Combine.** Mix the sauce with the cooked pasta and spread it in the baking dish. Sprinkle the buttered crumbs over the top.
5. **Bake.** Bake for 30 minutes at 350°F, until bubbling and golden on top.

TIPS

- To freeze: cool it quickly, pack it in airtight containers or freezer bags, and freeze up to 3 months. Thaw overnight in the refrigerator and reheat to 165°F.
- Small pasta shapes such as elbows or shells hold the sauce best.
- Canned tuna makes it the original family tuna casserole.

Homemade Apple Turnovers

Total 2 hr · 12 · steakandseafood.com/homemade-apple-turnovers.htm



INGREDIENTS

Pie crust

- 3 cups King Arthur unbleached all-purpose flour
- 1 to 1 1/2 teaspoons salt
- 1 tablespoon sugar (optional)
- 3/4 to 1 cup shortening
- 6 to 9 tablespoons ice water

Apple filling

- 9 cups of apples, peeled, cored and chopped
- 2 tablespoons lemon juice
- 3 cups white sugar
- 2 tablespoons brown sugar
- 1/2 cup cornstarch
- 1 teaspoon cinnamon (Alyson doubled this)
- 1/2 teaspoon nutmeg (also doubled)
- 1/2 teaspoon salt
- 3 cups water

INSTRUCTIONS

1. **Make the crust.** In a food processor, pulse the flour, salt and sugar with the shortening until crumbly, then add ice water a spoonful at a time just until the dough holds together. Gather it into a ball.
2. **Prepare the apples.** In a large bowl, toss the chopped apples with the lemon juice and set aside.
3. **Start the filling.** In a large Dutch oven or saucepan, stir together the white sugar, brown sugar, cornstarch, cinnamon, nutmeg and salt. Stir in the water and bring to a low simmer.
4. **Cook the apples.** Add the apples, cover and cook 6 to 10 minutes, until a fork slides in easily and the sauce has thickened. Small pieces take about 6 minutes, larger slices about 10. Take the pot off the heat and let the filling cool.
5. **Shape.** Heat the oven to 375°F. Roll the dough out on a floured surface and cut it into rounds. Spoon cooled filling onto one half of each round, fold the dough over and crimp the edges with a fork. Set them on a parchment-lined baking sheet.
6. **Bake.** Bake at 375°F for about 20 minutes, until flaky and golden.

TIPS

- Alyson made her crust from "A Traditional American Pie Crust" in the King Arthur Flour 200th Anniversary Cookbook; the amounts above are the cookbook's generous version shown in the video.
- Let the filling cool before filling the dough, or the pastry will soften and tear.
- The filling recipe makes plenty; extra keeps in the refrigerator and is good over ice cream.

Easy No-Bake Tiramisu

Total 3 hr 15 min · 1 (8-inch) pan · steakandseafood.com/easy-tiramisu.htm



INGREDIENTS

- 1 1/2 cups heavy cream
- 1/3 cup granulated sugar
- 2 teaspoons vanilla extract
- 8 ounces mascarpone cheese, at room temperature
- 1 1/2 cups strong espresso, at room temperature
- 1 package ladyfingers
- Cocoa powder, for dusting

INSTRUCTIONS

1. **Whip the cream.** In a stand mixer, whip the cream, sugar and vanilla until stiff peaks form.
2. **Add the mascarpone.** Add the mascarpone and mix only until smoothly combined; overmixing can make it grainy. Set aside.
3. **First layer.** Pour the cooled espresso into a shallow bowl. Dip each ladyfinger briefly, just a second or two, and lay them in a single layer in an 8 x 8-inch pan.
4. **Layer.** Spread half of the mascarpone cream over the ladyfingers, then add a second layer of dipped ladyfingers.
5. **Top.** Spread the rest of the cream over the top, smooth it and dust generously with cocoa powder.
6. **Chill.** Refrigerate at least 3 hours, or overnight, before serving.

TIPS

- Dip the ladyfingers quickly; soaked too long they turn soggy.
- Alyson's card calls for an 8 x 8-inch pan; in the video she used a round springform pan, which works just as well.
- Use cooled espresso so it does not melt the cream.

Cinnamon Roll Apple Cake

Total 1 hr 25 min · 1 (9 x 9-inch) cake · steakandseafood.com/cinnamon-roll-apple-cake.htm



INGREDIENTS

Apple cake

- 1 3/4 cups all-purpose flour
- 3/4 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 2/3 cup white sugar
- 2/3 cup oil
- 2 eggs, at room temperature
- 1 tablespoon vanilla
- 2/3 cup sour cream, at room temperature
- 2 cups apples, cut into small cubes

Cinnamon swirl

- 1/2 cup dark brown sugar
- 6 tablespoons butter, melted
- 2 teaspoons cinnamon

Glaze

- 1 cup powdered sugar, sifted
- 1 to 2 tablespoons milk or lemon juice

INSTRUCTIONS

1. **Prepare.** Heat the oven to 350°F (176°C) and line a 9 x 9-inch pan with parchment. Cut the apples into small cubes.
2. **Dry ingredients.** Whisk together the flour, baking powder, baking soda, cornstarch and salt.
3. **Wet ingredients.** In a large bowl, whisk the sugar and oil hard for 2 to 3 minutes until smooth. Whisk in the eggs and vanilla, then the sour cream.
4. **Batter.** Fold the dry ingredients into the wet with a spatula just until a soft batter forms, then fold in the apples. Do not overmix.
5. **Swirl.** Stir the brown sugar, melted butter and cinnamon together. Spread the batter in the pan, spoon the cinnamon mixture over it in dollops and swirl it through with a knife.
6. **Bake.** Bake 45 to 60 minutes, until a toothpick in the center comes out clean.
7. **Glaze.** Stir the powdered sugar with 1 tablespoon of milk or lemon juice, adding more until it drizzles. Drizzle over the cake, let it set, then slice.

TIPS

- Room-temperature eggs and sour cream blend into a smoother batter.
- Start checking at 45 minutes; the swirl keeps the center moist, so use the toothpick test.
- Lemon juice in the glaze balances the sweetness of the cinnamon swirl.

Chopped Herring (Forshmak)

Total 4 hr 32 min · 16 · steakandseafood.com/chopped-herring.htm



INGREDIENTS

Spread

- 1 (32-ounce) jar herring fillets in wine sauce, drained (about 18 ounces of fillets)
- 1 Granny Smith apple, peeled and cored
- 2 to 3 hard-boiled eggs
- 1 small onion (or 1 tablespoon minced onion)
- 1 to 2 slices white bread, challah or matzo
- 1 tablespoon vegetable oil or soft butter
- 1 teaspoon to 1 tablespoon wine vinegar or lemon juice, to taste
- Pinch of sugar, or a splash of sweet wine or grape juice
- Black pepper, to taste

For serving

- Rye bread, black bread, crackers or kichel, for serving
- Crumbled egg yolk for the top, plus chopped chives or green onions if you like

INSTRUCTIONS

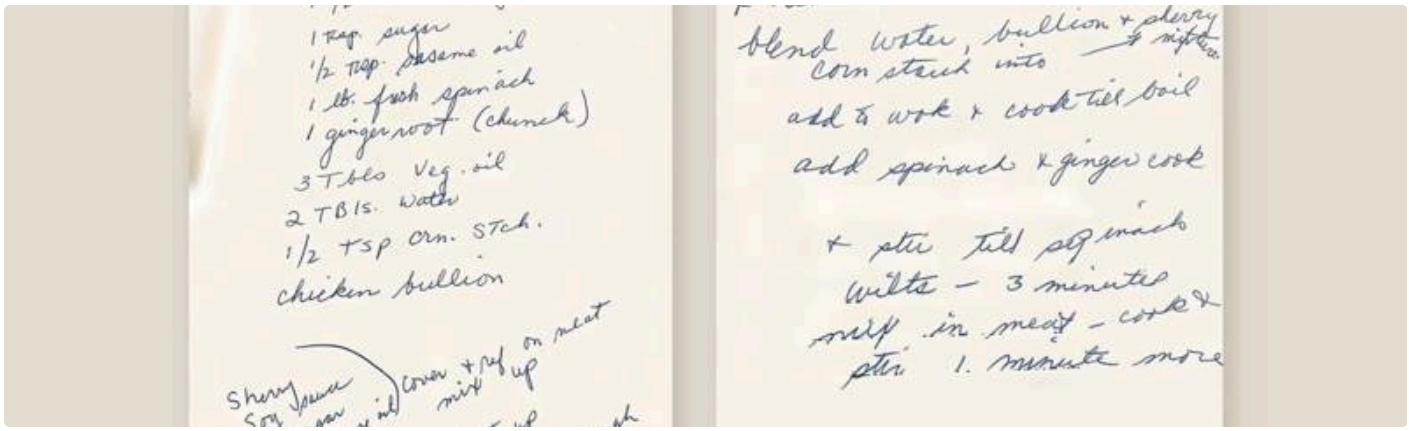
1. **Cook the eggs.** If your eggs are not already cooked, cover them with cold water, bring to a boil, then cover and let stand off the heat for 12 minutes. Cool in ice water and peel. Set aside one yolk for the garnish if you like.
2. **Prepare the herring.** Drain jarred herring well. If you are using salt-cured herring, soak the fillets in cold water or milk in the refrigerator for a few hours or overnight to draw out the salt, then pat them dry. Cut the fillets into chunks.
3. **Soak the bread.** Soak the bread or matzo in a little water or sweet wine for a minute, then squeeze it dry.
4. **Chop.** Cut the apple and onion into chunks. Put the herring, apple, onion, eggs and bread in a food processor and pulse in short bursts until finely chopped. Stop while it is still a coarse spread; it should not be a smooth paste.
5. **Season.** Stir in the oil or butter, the vinegar or lemon juice, the sugar or sweet wine and a little black pepper. Taste and add more acid or sweetness until it is balanced.
6. **Chill.** Spoon into a bowl, cover and refrigerate for at least 4 hours, or overnight, so the flavors meld.
7. **Serve.** Scatter crumbled egg yolk over the top, add chopped chives or green onions if you like, and serve cold with rye or black bread, crackers or kichel.

TIPS

- How much to serve: allow 2 tablespoons to 1/4 cup (about 2 ounces) per person; it is rich, so a little goes a long way.
- One batch tops 30 to 35 crackers, makes 15 to 18 small open-faced rye canapés, or fills 25 to 30 celery pieces cut 3 inches long, a good low-carb way to serve it.

Nellie's Sherry Beef 'n Spinach

Total 1 hr · 4 · steakandseafood.com/sherry-beef-n-spinach.htm



INGREDIENTS

Marinade

- 3 tablespoons dry sherry
- 1 1/2 tablespoons soy sauce
- 1 teaspoon sugar
- 1/2 teaspoon sesame oil

Beef and spinach

- 1 pound kosher beef, such as skirt steak or shoulder, sliced thin across the grain (amount is our estimate)
- 1 pound fresh spinach
- 1 chunk fresh ginger root (about 1 inch), peeled and thinly sliced
- 3 tablespoons vegetable oil

Sauce

- 2 tablespoons water
- 1 chicken bouillon cube, crumbled
- 1/2 teaspoon cornstarch

INSTRUCTIONS

1. **Marinate the beef.** Stir together the sherry, soy sauce, sugar and sesame oil. Pour it over the sliced beef, mix well, cover and refrigerate for at least 30 minutes.
2. **Prepare the spinach and ginger.** Rinse the spinach well in several changes of cold water, drain and shake it dry. Peel the ginger and cut it into thin slices.
3. **Flavor the oil.** Heat the vegetable oil in a wok or large skillet over high heat. Stir-fry the ginger slices until fragrant, about 30 seconds, then lift them out and set them aside.
4. **Brown the beef.** Drain the beef, saving the marinade. Add the beef to the hot oil and stir-fry until browned, 2 to 3 minutes, then remove it to a plate.
5. **Make the sauce.** Blend the water, crumbled bouillon cube and saved marinade, then stir in the cornstarch until smooth. Pour it into the wok and bring it to a full boil, stirring.
6. **Wilt the spinach.** Add the spinach and the ginger and stir until the spinach wilts, about 3 minutes. Add the spinach in handfuls if it does not all fit at first.
7. **Finish.** Return the beef and any juices to the wok and cook, stirring, 1 minute more. Serve right away, over rice.

TIPS

- The saved marinade has had raw meat in it, so make sure the sauce comes to a full boil in step 5; boiling makes it safe to use.
- For thin, even slices, put the beef in the freezer for 20 to 30 minutes first, then slice it across the grain.
- Skirt steak and shoulder are both kosher cuts from the front of the animal; see our kosher beef cuts guide. Flank steak works too if you do not keep kosher.
- Between the soy sauce and the bouillon cube the dish is well seasoned, so taste it before adding any salt.

Peggy's Beef with Peppers

Total 30 min · 4 · steakandseafood.com/peggys-beef-with-peppers.htm



INGREDIENTS

Beef and vegetables

- 1 pound beef tenderloin, cut into small bite-size pieces
- 2 1/2 tablespoons vegetable oil or olive oil
- 1 clove garlic, crushed
- 2 small yellow onions, sliced
- 1 green bell pepper, cut into strips
- 1 red bell pepper, cut into strips
- 1 cup sliced fresh mushrooms

Sauce

- 1/4 cup water
- 1 tablespoon soy sauce
- 1 teaspoon cornstarch
- 1 beef bouillon cube, crumbled, or 1 teaspoon beef bouillon granules
- 1 teaspoon sesame oil

INSTRUCTIONS

1. **Prepare.** Cut the beef into small bite-size pieces and pat them dry. Slice the onions and cut the peppers into strips.
2. **Mix the sauce.** Stir together the water, soy sauce, cornstarch, bouillon and sesame oil until the cornstarch and bouillon dissolve.
3. **Sear the beef.** Heat 1 1/2 tablespoons of the oil in a wok or large skillet over high heat. Add the garlic and the beef and stir-fry until browned on the outside, 2 to 3 minutes, then lift it out onto a plate.
4. **Cook the vegetables.** Add the remaining oil, then the onions, peppers and mushrooms. Stir-fry until the vegetables are crisp-tender, 3 to 4 minutes.
5. **Finish.** Return the beef and its juices to the pan. Stir the sauce, pour it in and cook, stirring, until it bubbles and turns glossy and the beef is cooked through, 1 to 2 minutes; the beef should reach at least 145°F. Serve over rice.

TIPS

- Tenderloin is the most tender choice, but sirloin or flank steak sliced thin across the grain work well and cost less.
- Cook the beef in two batches if your pan is small, so it browns instead of steaming.
- Stir the sauce again just before adding it; the cornstarch settles to the bottom.
- Between the soy sauce and the bouillon, the dish is well seasoned, so taste before adding salt.