

# Swedish Family Kitchen

20 Swedish recipes from our family



Meatballs and lingonberries, Jansson's Temptation, gravlax, saffron lussekatter, cinnamon buns and the rest of the Swedish recipes our family has cooked for generations.

Free to download and share. Every recipe, with more photos and tools, is at [steakandseafood.com](https://steakandseafood.com).

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# Toast Skagen (Swedish Shrimp Toast)

Total 25 min · 4 servings · [steakandseafood.com/toast-skagen.htm](http://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 sandwiches · [steakandseafood.com/raksmorgas.htm](http://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 to 12 servings · [steakandseafood.com/gravlax.htm](http://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 servings · [steakandseafood.com/janssons-frestelse.htm](http://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 servings (about 30 meatballs) · [steakandseafood.com/swedish-meatballs.htm](http://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**

- 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 servings · [steakandseafood.com/kalops.htm](http://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

- 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 servings (8 patties) · [steakandseafood.com/biff-a-la-lindstrom.htm](http://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 servings · [steakandseafood.com/wallenbergare.htm](http://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 servings (about 14 rolls) · [steakandseafood.com/kaldolmar.htm](http://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**

- 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 servings · [steakandseafood.com/raggmunk-med-flask.htm](http://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 servings · [steakandseafood.com/pytt-i-panna.htm](http://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 servings · [steakandseafood.com/artsoppa.htm](http://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 servings · [steakandseafood.com/hasselback-potatoes.htm](http://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 servings · [steakandseafood.com/pressgurka.htm](http://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 · About 24 buns · [steakandseafood.com/kanelbullar.htm](http://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

- 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 · About 16 buns · [steakandseafood.com/kardemummabullar.htm](http://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

- 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 · About 20 buns · [steakandseafood.com/lussekatter.htm](http://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 buns · [steakandseafood.com/semlor.htm](http://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 loaves · [steakandseafood.com/limpa.htm](http://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

- 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 large rounds · [steakandseafood.com/knackebrod.htm](http://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.