

Scandinavian Spice Company

To eat well is to live well Scandinavian Spice Recipe Book



Introduction
Browse through our booklet of classic recipes assembled for your selection and updated to use modern time saving products and techniques. On the right is the table of contents for this recipe book. As you can see we have sorted our recipes into 8 major categories. Each category lists the recipes alphabetically.

Web Site
Most of the products listed in this booklet are available for secure purchase at <http://www.scandinavianspice.com> on the Internet. Once on the web place the mouse over the menu bars at the top each web page, additional menus will appear for that category to allow access to every product in the web site. If you don't find what you're seeking then use our keyword item search.



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Dessert

Chefs Popcorn

Yields 2 servings for a snack.

- 1 cup popcorn kernels
- 2 Tablespoons Olive Oil
- 1/2 cup Dried Mango slices, cut thin
- 1/2 cup Dried cranberries
- 1/4 cup Raisins
- 1/4 cup Walnuts, chopped
- 1 Tablespoon Brown Sugar
- 1 teaspoon Pumpkin pie spice
- 1/4 teaspoon ground Cinnamon

Add olive oil to a large kettle, turn heat to high then add popcorn and cover. Shake occasionally to keep kernels at the bottom. When popping ceases pour popcorn into a large bowl. Toss together popcorn, dried mango slices, dried cranberries, raisins and walnuts. In small bowl combine brown sugar, pumpkin spice and cinnamon. Add to popcorn mixture and toss until popcorn is coated.

Key Lime Pie

Key Lime Pie makes 10 servings (reduced fat recipe).

- 1 1/4 cups fat free graham cracker crumbs
- 1 1/2 Tablespoons light margarine, cut into small pieces
- 1 1/2 Tablespoons honey
- 2 teaspoons unflavored gelatin
- 1/2 cup key lime juice
- 2 eggs, divided
- 1 can fat-free sweetened condensed milk
- 1/4 cup evaporated skim milk, chilled
- 1 teaspoon lime zest

Place fat-free graham cracker crumbs, light butter and honey into a food processor and mix till crumbly. Pour crumb mixture into 9-inch pie pan, spread evenly, and press into place. Bake at 350° F. for approximately 8-10 minutes. Cool.

Pour the lime juice into a large mixing bowl, sprinkle the gelatin over the juice and let stand for 5 minutes. Stir to dissolve.

Beat 1 whole egg and 1 egg yolk until thick and lemon colored, approximately 5 minutes. Add gelatin mixture and condensed milk. Beat at low speed until just combined.

In a medium saucepan, simmer 2 cups water. Place the bowl with the egg mixture over the saucepan to heat but DO NOT boil. Heat approximately 10 minutes. Remove from heat and cool until mixture begins to set. Beat again till creamy and smooth.

Beat chilled evaporated skim milk until doubled and fold into the above mixture. Add lime zest and fold in. Pour into prepared pie shell and refrigerate at least 3 hours.

Peach Melba

Serves 1. Scale up to number of servings required.

- 1 large scoop Vanilla Ice Cream
- 1 Peach halve
- 1/4 cup Melba Sauce
- 1 teapoon Currants
- 1 Tablespoon Grand Marnier (optional)

Heat melba sauce until warm (not boiling). Place the scoop of ice cream in the bottom of a sherbet glass. Cover with a peach half. Top with melba sauce and sprinkle with currants and Grand Marnier.

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Dessert

Pralines

Pralines a good old fashioned Southern delight.

- 1-1/2 sticks butter
- 1 cup sugar
- 1 cup light brown sugar
- 3 cups rough chopped pecans
- 1/2 cup cream
- 2 Tablespoons vanilla extract
- 1 cup milk

In a large pot melt the butter over high heat. As soon as it is melted add the sugars and cream. Cook for 1 minute, whisking constantly. Add the milk and pecans and cook for 4 minutes, still whisking. Reduce the heat to medium and continue cooking and whisking for 5 minutes. Add the vanilla and continue whisking and cooking until done, about 15 minutes more. Remove from the heat. Spoon the batter onto a cookie sheet that is lightly buttered. Use two spoons, one to scrap the batter off the other, and form the batter into 2-inch patties. Cool.

Strawberry rhubarb pie

Strawberry Rhubarb Pie

- 2 cups sliced rhubarb
- 1/2 cup white grape juice
- 2 Tablespoons cornstarch
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon sea salt
- 1 pint sliced strawberries
- 1/2 cup strawberry jam
- 1 cup sliced rhubarb
- 2 pie crusts
- 1/4 cup strawberry jam
- 1 egg white

Preheat oven to 450. Combine 2 cups rhubarb and grape juice in medium saucepan. Bring to boil over medium heat. Reduce heat to low. Simmer, uncovered, until rhubarb is tender, 8-10 minutes and then drain. Combine cornstarch, cinnamon, nutmeg, and salt in medium bowl mixing well. Add strawberries and toss to coat. Stir in cooked rhubarb and 1/2 cup strawberry jam. Stir in 1 cup uncooked rhubarb. Fill pie shell with fruit mixture and dot with 1/4 cup strawberry jam.

Roll out remaining pastry to cover top. Brush egg white over top crust. Bake 10 minutes.

reduce oven to 350. Brush egg white over top crust again. Continue baking 30 minutes, until pastry is golden brown and filling is hot and bubbly. Cool on wire rack.

Tiramisu

Chocolate Tiramisu for two.

- 8 ounces chocolate pudding
- 12 lady finger cookies
- 1/2 cup extra strong brewed coffee
- whipped cream
- bitter sweet chocolate shavings or cocoa powder

Line outer edge of 2 dishes with ladyfingers. Place a dollop of whipped cream into bottom of each dish, and then spoon 4 ounces of pudding on top. Drizzle coffee over ladyfingers. Generously sprinkle chocolate or cocoa across surface of pudding. For an added treat, two tablespoons of coffee-flavored liqueur may be added to coffee before pouring over ladyfingers.

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Meat

Baked Pork Chops

Serves 6. Apple Baked Pork Chops in Sherry.

- 6 boneless pork chops
- 3 large apples - peeled, cored and sliced
- 1/4 cup packed brown sugar
- 1/2 teaspoon ground cinnamon
- 2 Tablespoons butter or margarine
- 1/4 teaspoon sea salt
- 1/4 teaspoon pepper
- 1/2 cup dry sherry

Brown pork chops in a large skillet, about 2 minutes each side and set aside. Preheat oven to 350 degrees. Arrange apple slices in the bottom of a baking dish. Sprinkle with brown sugar and cinnamon. Dot with butter or margarine. Top with browned pork chops and season with salt and pepper to taste. Pour sherry over all, cover and bake in the preheated oven for 1 hour or until tender.

Beef Stroganoff

Beef Stroganoff serves 4 with noodles or steamed white rice.

- 1 1/2 pounds round steak or other fillet
- 8 ounces mushrooms
- 12 ounces sour cream
- 1/2 cup white wine
- 2 Tablespoon minced onion
- 2 Tablespoon worcestershire sauce
- 1 teaspoon nutmeg
- 1 Tablespoon chopped chives
- 1 teaspoon minced garlic
- 2 Tablespoon butter

Cut beef into 1/2 inch thick strips 2 inches long. In a large skillet saute onions in butter until golden brown. Then insert meat and sear quickly(don't overcook). Add the mushrooms, and stir in the wine, chives and garlic. Let simmer for 5 minutes. Finally add sour cream, Worcestershire sauce, and chives, and simmer until almost at a boil. Serves 4 on a bed of noodles or white steamed rice.

Honey Baked Ham

Serves 8. With Cumberland Sauce

- 1 whole or half Ham
- 2 cups Pineapple juice
- 1 cup Honey
- 1 cup brown Sugar
- sauce ----
- 1 quart hot Water
- 1 cup Currants
- 1 Orange rind, thinly peeled
- 1 Lemon rind, thinly peeled
- 1/3 cup Cornstarch dissolved in 1/2 cup water
- 1/2 cup firmly packed brown Sugar
- juice of 1 Orange
- juice of 1 Lemon
- 1/3 cup red currant Jelly
- 1/4 cup Port Wine

Place ham in large roasting pan and pour pineapple juice and honey the over top. Sprinkle with brown sugar. Bake at 325 degrees.F for 2 hours. Sauce: In large saucepan, pour hot water over currants and let stand until plumped, about 20 minutes. Cut orange and lemon rinds into very fine julienne about 3/4 inch long. Poach in simmering water 20 minutes. Drain, discarding water, and set aside. Stir cornstarch mixture into currants and water and cook, stirring constantly, over medium heat until sauce has thickened and become transparent. Add brown sugar, orange and lemon juice, jelly and wine. Stir until jelly is melted and add prepared orange and lemon rinds. Serve warm over ham slices. Makes about five cups of sauce.

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Meat

London Broil

Serves 4. Be sure to cut the beef across the grain at a slanted angle, into thin slices.

- 2 lb Flank steak
- 1 Tablespoon sliced Garlic
- 1 cup Olive oil
- 1/2 cup Tarragon vinegar
- 1 teaspoon sea salt
- 1/4 teaspoon black Pepper
- 2 teaspoon ground mustard
- 2 teaspoon Worcestershire sauce
- 1/4 teaspoon Cayenne pepper
- 1/4 teaspoon Tabasco sauce

Trim excess fat from steak then score on both sides. Mix all the ingredients in a shallow pan. Place the steak in the pan, then turn the steak over. Marinate over night, turning several times. Place steak in the broiler 3 inches from the heat. Broil on each side for 4 minutes. Thinly slice diagonally across the grain of the meat.

Ossobucco

Serves 6. Serve with rice fried in butter and olive oil and simmered in meat stock or fettucine with butter and Parmesan cheese.

- 6 Veal Shanks
- 1/2 cup all purpose flour
- 4 Tablespoons Butter
- 1/4 cup Olive oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon Ground Pepper
- 1 Large chopped Onion
- 2 chopped Carrots
- 1 Stalk chopped celery
- 1 teaspoon granulated Garlic
- 1 cup White wine
- 1 cup Chicken stock(mix: 1 Tablespoon of base to 1 cup of water)
- 1 cup beef stock(mix: 1 Tablespoon of base to 1 cup of water)
- 2 Bay leaves

Dredge veal shanks in flour and saute in a mixture of butter and oil in large, heavy frying pan. Season with salt and pepper and transfer to three-quart casserole. In the same frying pan, saute onion, carrots, celery and garlic for about six minutes or until softened but not browned. Add wine and boil until it almost evaporates. Add stock and simmer for five minutes. Season with salt and pepper and pour mixture evenly over meat in casserole. Add a bay leaf at each side of the casserole. Cover and bake on middle rack of oven pre-heated to 300 degrees for 1 1/2 hours. Five minutes before end of baking time, combine three tablespoons chopped fresh parsley, one tablespoon grated lemon rind, one tablespoon grated orange rind, and one teaspoon chopped garlic in a cup and sprinkle evenly over meat.

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Meat

Piccadillo

Serves 4.

- 1 lb. ground beef
- 1 large onion
- 16 oz. can tomatoes
- 2 Tablespoons Wine Vinegar
- 1 teaspoon ground Cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/2 cup raisins
- 4 oz. can chopped green chiles, drained
- 12 oz. can whole kernel corn
- 4 oz. can chopped black olives
- 1/2 cup slivered almonds
- 1 cup grated Cheddar cheese

Brown beef in a skillet. Coarsely chop onion and add to beef. Saute until onion begins to soften. Pour off excess fat. Add tomatoes and liquid, breaking up tomatoes with fingers. Add vinegar, cinnamon, cloves, cumin, chile powder, raisins, green chiles, corn and olives. Bring to a boil reduce heat and simmer 10 minutes. Grate cheese. Stir in almonds, sprinkle with cheese, cover and cook 10 minutes.

Pork Tenderloin Burgandy

Pork tenderloin with burgandy wine serves 4.

- 2 pounds pork tenderloin
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 1/2 onion, thinly sliced
- 1 celery stalk chopped
- 2 cups red wine(burgundy)
- 1 Tablespoon brown gravy mix

Preheat oven to 350 degrees. Place pork in a baking dish and sprinkle with salt, pepper and garlic powder. Top with onion and celery and pour wine over all the ingredients. Bake in the preheated oven for 45 minutes.

Gravy: When done baking, remove meat from baking dish and place on a serving platter. Sprinkle gravy mix into baking dish with wine and cooking juices in it and stir until thickened. Slice meat and pour gravy over it.

Spinach Pie

Serves 6 as a main dish.

- 2 pkgs. Frozen Chopped Spinach
- 2/3 pound Sweet Italian Sausage
- 6 Eggs
- 1 pint Ricotta Cheese
- 12 oz. shredded Mozzarella Cheese
- 2 Ready-made Pie Crusts
- 1 teaspoon Italian Seasoning
- 1 teaspoon Basil
- 1/2 teaspoon Garlic Powder
- 1/2 teaspoon Onion Powder
- 1/2 teaspoon sea salt
- 1/8 teaspoon Pepper

Thaw spinach and drain well. Whisk eggs in a separate bowl. If using sausage, brown and allow to cool. Chop sausage in food processor, or crumble by hand into small pieces. Mix all ingredients together in large bowl, save one egg yolk for crust. Place one crust into 9 inch pan and fill with mixture. Cover with second crust and crimp edges. Cut a 2 inch diameter circle in the middle of top crust and remove the circle of dough. Also cut slits in crust to vent. Brush crust with egg yolk. Preheat oven and bake at 375 degrees for one hour. Cool 15 minutes.

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Meat

Stuffed Peppers

Serves 4.

4 large green peppers
1 Lb. ground Beef
1/2 cup chopped Onion
16 oz. can Tomatoes, undrained & cut up
1/2 cup wild Rice
1/2 cup Water
1 teaspoon Sea Salt
1 Tablespoon Beef base
2 Tablespoons dried Parsley
1 1/2 teaspoons dried Basil
Spaghetti Sauce

Preheat oven to 350. Cut tops from green peppers; discard seeds and membranes. Chop enough of the tops to make 1/4 cup, set aside. Cook the whole green peppers, uncovered, in boiling water for 5 minutes, invert to drain well. In a skillet, rub the Beef base into the ground beef and cook with onion and the 1/4 cup chopped green pepper until meat is browned and vegetables are tender. Drain off excess fat. Add undrained tomatoes, uncooked rice, water, sea salt, dash pepper, parsley, and basil. Bring to a boil; reduce heat. Cover and simmer 15 minutes or until rice is tender. In a baking pan, stuff peppers with meat mixture add any unused mixture to pan. Cover top with spaghetti sauce and bake uncovered for 30 to 35 minutes.

Sweet And Sour Meatballs

Serves 4. A classic Scandinavian recipe. Serve with Dutch Egg Noodles.

2 lbs lean ground beef
1 large onion
1 large apple
2 eggs
3 cups of toasted bread crumbs
sea salt
pepper
12 oz bottle of chili sauce
10 oz jar of grape jelly
1 lemon, juiced

Dice apple and onion and shred apple on a grater, use blender if possible but be careful there are no large chunks of apple or onion, add eggs if necessary to chop up chunks. Add breadcrumbs to apple, onion and egg. Put mixture in large bowl and add meat, mix thoroughly using your fingers, add salt and pepper.

Add chili sauce, jelly and juice of one lemon to a large pot with a cover and put on low-med heat letting everything melt together. Stir often.

Shape meat into golf ball sized balls or a bit larger and drop into sauce, keep hands wet so mixture wont stick, increase heat a bit, when all meatballs are in increase heat until sauce bubbles, cover pot reduce heat to low simmering for 1 hour (should still have small bubbles, turn meatballs half way through for best results). Cool pot and refrigerate until fat rises to top. Then remove fat, reheat and serve!

Teriyaki Steak

Marinated teriyaki steak.

1 1/2 pound flank steak
1/2 cup rice wine vinegar
1/2 cup teriyaki sauce
1/4 cup olive oil
1 teaspoon ground ginger
1 Tablespoon Dijon mustard
2 Tablespoons minced garlic

Place flank steak in a shallow dish. Combine remaining ingredients in a bowl. Pour over steak. Cover and marinate in refrigerator for 24-48 hours, turn meat occasionally. Barbecue or broil meat for about 5-7 minutes on each side.

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Meat

Wiener Schnitzel

Wiener Schnitzel serves 6

- 6 Veal cutlets (Loin cut)
- 2 Tablespoons Worcestershire sauce
- 1 Tablespoon Dried mustard
- 2 Tablespoons Parmesan cheese
- 1 cup flour
- 1 teaspoon sea salt
- 1 teaspoon pepper
- 2 eggs
- 1 bay leaf
- 1 cup bread crumbs
- 2 Tablespoons parsley
- 1 cup tomato puree
- 1/2 cup heavy cream
- 1 Celery stalk
- 5 small sliced onions
- 1 clove
- 1 cup light cream
- 2 Tablespoons minced garlic
- 1 Tablespoon parsley flakes
- 1/4 teaspoon baking soda
- 1/4 cup olive oil

Use meat tenderizing hammer to pound veal to about 3/8 inch thick fillets. Lay out fillets on wax paper. Salt and pepper each fillet, brush with Worcestershire sauce, sprinkle with dried mustard and parmesan cheese. Coat prepared veal pieces in flour. Beat eggs in shallow bowl. Dip floured veal pieces in egg, then coat with bread crumbs. The veal may be stored in refrigerator for up to 2 hours. Combine tomato puree, celery, onion, garlic, salt, pepper, and clove in saucepan and simmer for 15 minutes. Strain through fine mesh sieve, pushing as much vegetable pulp through as possible. Return to saucepan and reheat. Saute veal in frying pan with olive oil, turning often until both sides are browned. Serve on heated platter with parsley garnish. Add baking soda to reheated vegetable puree, then combine the light cream, then the heavy cream. Move to sauce boat and garnish with chopped parsley.

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Poultry

Balsamic Chicken

Yields 6 servings.

- 6 skinless boneless chicken breast halves (about 1-1/2 pounds)
- 1/2 cup white wine or apple juice
- 1/2 cup chicken broth (mix: 1 teaspoon chicken base to 1/2 cup water)
- 1/2 teaspoon dried Thyme leaves
- 2 Tablespoons Lemon juice
- 2 Tablespoons Balsamic Vinegar
- 2 teaspoons grated Lemon peel
- 1 teaspoon Paprika
- 1/2 teaspoon Sea Salt
- 1/4 teaspoon Pepper, black

Mix all ingredients except chicken thighs in shallow glass or plastic dish. Add chicken; turn to coat with marinade. Cover and refrigerate at least 2 hours. Place chicken and marinade in 10-inch nonstick skillet. Heat to boiling, then reduce heat to simmer. Cover and simmer 15 to 20 minutes or until juices of chicken run clear. Remove chicken; keep warm. Heat marinade to boiling. Boil about 6 minutes or until liquid is reduced by half. Pour over chicken and serve.

Chicken Cordon Bleu

Serves 4.

- 4 Chicken breasts, skinless and deboned
- 4 Swiss cheese slices
- 4 Ham slices
- 3 Tablespoons Flour
- 1 teaspoon Paprika
- 4 Tablespoons Margarine
- 1/2 cup Dry white wine
- 1 teaspoon Chicken base
- Sauce -----
- 1 can (medium) crushed pineapple
- 1 cup Brown sugar
- 1 Tablespoon Lemon juice
- 1 Tablespoon Cornstarch
- 1/2 cup Water
- 1/4 cup Sherry
- 4 Tablespoons Margarine

Pound out chicken breasts between two layers of wax paper until thin. Place a cheese and ham slice on each breast within 1/2 in. of edge. Fold edges of chicken over filling and secure with tooth picks. Mix flour and paprika and coat chicken with it. Heat butter in skillet and cook chicken until browned on all sides. Add wine and chicken base. Reduce heat to low, cover and simmer 30 minutes. Remove tooth picks and transfer breasts to warm platter.

Prepare sauce by combining pineapple, brown sugar and lemon juice. Cook on medium heat until bubbly then turn down heat to simmer. Add cornstarch and water slowly, mix until slightly thick. Add sherry and margarine and stir until margarine is dissolved. Serve hot.

Chicken Kiev

Serves 4.

- 4 chicken breast halves, skinless and boneless
- 2/3 cup butter or margarine
- 1/2 cup dry toasted bread crumbs
- 2 Tablespoons grated Parmesan cheese
- 1 teaspoon basil leaves
- 1 teaspoon oregano leaves
- 3/4 teaspoon garlic salt
- 1/4 cup dry white wine
- 1/4 cup chopped green onion
- 1/4 cup parsley flakes

Mix bread crumbs, parmesan cheese, basil, oregano and garlic salt. Melt butter in sauce pan and dip in chicken pieces to coat, then roll in seasoned crumbs. Place in baking pan and bake for about 50-60 minutes at 325 degrees or until golden brown. Make a sauce with the remaining butter in the saucepan by adding wine, green onion, and parsley. After chicken has baked, pour sauce over and bake for an additional 5 minutes.

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Poultry

Chicken Marsala

Serves 4. Also can be made with veal. Pound out 1 Lb. of veal to less than 1/4" thick and use in place of chicken.

- 4 chicken breasts, skinless and boneless
- 1/4 cup Flour
- 3 Tablespoons Olive oil
- 1 Tablespoon Margarine
- 2 Tablespoons Garlic minced
- 1/2 cup chicken stock(mix: 1 teaspoon chicken base with 1/2 water)
- 1/2 cup Marsala wine
- 8 ounces sliced mushrooms

Heat oil and margarine in a skillet and saute the garlic until it becomes light brown. Cover chicken cutlets w/flour and saute in oil mixture until golden brown on both sides. Remove from skillet and set aside.

ADD the mushrooms and saute until wilted. Pour the Marsala wine into the skillet and mix up the brown bits that are on the bottom. Add the chicken stock and stir well, reducing the liquid in the pan just a little. Return chicken to pan and simmer on low heat for about 15 minutes.

Chicken Picatta

Serves 4.

- 4 Chicken breasts, skinless and boneless
- 2 Tablespoons minced Garlic
- 2 medium Onions, finely chopped
- 2 Tablespoons Olive oil
- 1/2 cup Flour
- 1/8 teaspoon sea salt
- 1/8 teaspoon pepper
- 2 Tablespoons Margarine
- 2 Tablespoons dry Sherry
- 2 Tablespoons Lemon juice
- 1 Tablespoon Capers, chopped
- 2 Tablespoons Chicken stock(mix:1/2 teaspoon chicken base to 4 Tablespoons water)
- 8 Lemon slices
- 1 Tablespoon parsley flakes

Into a skillet add onion, garlic and olive oil and sauté until onions are tender. Remove onions and set aside. Pound chicken breasts flat between layers of wax paper. Mix flour, salt and pepper together and place in flat bowl. Dip chicken into flour mixture covering both sides. Add margarine and lightly brown chicken in the skillet 3 minutes per side over high heat. Re-add the sautéed onions and sherry, lemon juice, chicken stock and capers. Reduce heat and allow to thicken to make a gravy. Sprinkle with parsley, garnish with lemon slices and serve.

Coq au Vin

Serves 4.

- 2 Tablespoons butter or margarine
- 3 lb chicken, cut in quarters
- 12 small white peeled pearl onions
- 1/2 Lb tiny white mushrooms, halved
- 4 small carrots, peeled and cut diagonally in 3/4 inch pieces
- 1 Tablespoon minced garlic
- 2 cups Burgundy wine
- 1 Tablespoon Parsley Flakes
- 1 bay leaf
- 1 teaspoon sea salt
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon dried thyme leaves, crushed
- 1/8 teaspoon ground cloves

Melt butter in a large skillet over medium-high heat. Add chicken pieces skin side down and brown well. Using tongs, turn chicken pieces to brown on all sides. Transfer chicken pieces to a large baking dish.

Pour out all but 2 tablespoons of drippings that remain in skillet, add onions, mushrooms, carrots and garlic. Saute over medium-high heat until onions and carrots become lightly browned. Then add wine, parsley, bay leaf, salt, pepper, thyme and ground clove. Increase heat to high and bring the mixture to a boil, stir frequently. Remove skillet from heat. Transfer the mixture to the chicken in the baking dish.

Preheat oven to 350F. Cover baking dish and place on center rack of oven and bake 60 minute or until juices run clear when chicken is pierced with a fork and vegetables are tender.

Remove bay leaf before serving.

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Poultry

Jambalaya

Creole Chicken. Serves 10-12.

5 Celery stalks, trimmed, sliced
2 Bell peppers, stemmed, cored, seeded
1 medium Red onion, peeled, quartered
1 medium White onion, peeled, quartered
1 medium Yellow onion, peeled, quartered
2 Tablespoons Garlic granulated
2 Tablespoons Basil
2 Tablespoons Oregano leaves
2 Tablespoons Thyme leaves
3 (28 ounces each) cans Tomatoes, diced
2 cups Sun-dried Tomatoes, cut in pieces
2-3 Lbs. Boneless Chicken, cut in pieces
5 Bay leaves
4 Tablespoons Chile powder, mild
2 Lbs. Andouille sausage
2 Lbs. Shrimp, peeled, deveined
Sea Salt (to taste)
hot steamed Rice

Puree celery, peppers, onions, garlic and herbs (except the bay leaf) in a food processor. Transfer to a large pot; add the canned and sun-dried tomatoes, chicken, bay leaves and chile powder. Cover and bring to a boil. Reduce heat to medium and cook for about 35 minutes. While the mixture cooks, thinly slice the andouille sausage and roast in 350 degree F oven for about 15 minutes (this will render out a lot of the grease). Add andouille sausage to the pot, reduce heat to a simmer, and cook for about 30 minutes. Add shrimp and cook for about 5 minutes. Season with sea salt to taste. Serve over rice.

Lime Chicken

Lime chicken serves 4.

2 Tablespoons olive oil
4 chicken breasts
3 cups sliced onions
3 cups cooked rice
cilantro for garnish
Lime Sauce:
1 cup water
2/3 cup lime juice
1/2 cup sugar
1 Tablespoon minced garlic
1/2 teaspoon ginger
1/4 cup lemon juice
2 Tablespoons corn starch

Put 2 tablespoons of olive oil into a large skillet. Brown chicken over medium heat on both sides until no longer pink in the center (about 10 to 15 minutes). Baste frequently with Lime Sauce. Move chicken to sides of skillet and add onions and cook over medium heat until lightly browned and tender (about 5 to 10 minutes). Baste frequently with Lime Sauce. Season chicken and onions to taste with salt and pepper. Arrange chicken, onions, and rice on plates and sprinkle generously with cilantro. Serve with remaining Lime Sauce. Serves 4.

Lime Sauce:

Bring water, lime juice, sugar, garlic, and ginger to a boil in a saucepan. Mix cornstarch and lemon juice and stir into boiling mixture. Stir constantly until thickened (about 1 minute). Makes about 2 cups.

Scandinavian Spice Recipe Book

Poultry

Rock Cornish Game Hens

Yields 2 servings. Serve with wild rice, leaf spinach, and a white or rose wine.

- 2 Rock Cornish game hens
- Salt and pepper (to taste)
- 1 teaspoon Rosemary leaves
- 1 teaspoon Thyme leaves
- 2 Tablespoons Parsley flakes
- 1/4 lb. Butter
- 2 - 1/2 Tablespoons Shallots, freeze dried

Preheat oven to 350F. Cut each hen in half, sprinkle all over with salt and pepper, and bring to room temperature. Melt butter in small fry pan and add shallots, rosemary and thyme. Stir well and let bubble for about 5 minutes, then remove from heat. Place hens in flat baking pan, skin side up, and baste with the butter sauce. bake for 50 minutes, basting every 15 minutes. Garnish with parsley.

Sesame Chicken

Serve with rice or noodles. Serves 4.

- 2 Chicken Breasts
- 2 Tablespoons Sesame oil
- 1/2 teaspoon Garlic powder
- 1 teaspoon ground Ginger
- 4 teaspoons Soy Sauce
- 2 Tablespoons Sesame Seeds
- 2 Tablespoons Plum Sauce or Fruit Jelly
- 2 teaspoons Sugar
- 2 teaspoons Cornstarch
- 1/2 teaspoon chicken base diluted in 2 Tablespoons water
- 8-10 drops of Tobasco Sauce

Cut chicken into strips and stir fry in the sesame oil. Reduce heat. Add all remaining ingredients EXCEPT the cornstarch to the chicken. Don't overcook (it cooks fast). Thicken and coat the chicken with the thickening mixture. Add the cornstarch and cook until bubbly.

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Poultry

Stuffed Turkey

Serves 12.

- 1 lb. bread, sliced
- 3 medium onions, chopped
- 3 medium tart apples, chopped
- 1 1/2 cups fully cooked ham, diced
- 1 cup celery, sliced
- 1 Tablespoon dried savory
- 2 teaspoons lemon peel, grated
- 1 1/2 teaspoons orange peel, grated
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 1/2 teaspoon fennel seed
- 1/2 cup butter or margarine
- 1 1/2 cups slivered almonds, toasted
- 1/2 cup dried currants
- 1 cup turkey or chicken broth (mix: 1 Tablespoon turkey or chicken base to 1 cup water)
- 1/2 cup apple juice
- 1 turkey (14 to 16 lbs.)
- Turkey Basting Sauce ----
- 1 1/2 cups turkey or chicken broth (mix: 1 1/2 Tablespoons turkey or chicken base to 1 1/2 cups water)
- 1/4 cup butter or margarine
- 1/2 teaspoon sea salt
- 1 teaspoon dried thyme leaves
- 1/4 teaspoon dried marjoram leaves
- 1/4 teaspoon dried rosemary leaves
- 2 Tablespoons parsley flakes
- 2 Tablespoons dried chives

Basting sauce: in a skillet, bring broth, butter and salt to a boil. Add herbs and set aside. Cut bread into 1/2" cubes and place in a single layer on ungreased baking sheets. Bake at 225 degrees F for 30-40 minutes, tossing occasionally until partially dried. Meanwhile, in a skillet, saute the next 10 ingredients in butter until onions and apple are tender, about 15 minutes. Transfer to a large bowl. Add the bread cubes, almonds, currants, broth and juice and toss well. Just before baking, stuff the turkey. Skewer the openings and tie drumsticks together. Place on a rack in a roasting pan. Bake, uncovered at 325 degrees for 4-1/2 to 5 hours or until thermometer reads 185 degrees F. Baste every 30 minutes. When turkey begins to brown, cover lightly with foil and baste if needed.

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Salads

Artichoke Salad

Serves 10.

- 4 fresh Artichoke Hearts
- 2 cans Artichoke hearts, quartered
- 1 small garlic clove
- 1 teaspoon Worcestershire sauce
- 1 Tablespoon Lemon juice
- 1 Tablespoon Wine vinegar
- 1 teaspoon hot sauce
- 3 Tablespoons Olive oil
- 2 teaspoons sea salt

In a wooden salad bowl, mash garlic and salt with a strong fork. Add fresh artichoke hearts, and mash with the garlic and salt. Add olive oil, stir, add lemon juice, stir, add wine vinegar, stir, add hot sauce, stir, add worcestershire sauce. Mix well. Put canned artichoke hearts in dressing and let marinate for 1 hour, then eat as is or serve on a bed of greens.

Avocado Crab Salad

Yields 8 servings.

- 4 ripe Avocados
- 16 oz. Crab meat
- 8 Tablespoons mayonnaise
- 4-6 drops Worcestershire sauce
- 1/2 cup finely minced, peeled Celery stalks
- Sea Salt (to taste)
- 1 pinch White pepper
- 1 pinch Cayenne or 1-2 drops Tabasco
- 1 head iceberg lettuce
- 2 Lemons

Split the avocados in half lengthwise and remove the pits. Use a melon-ball cutter, to gently enlarge the cavity toward the stem end. With a fork, mash the avocado pulp which was removed. Mix the pulp with 4 Tablespoons of the mayonnaise, salt if needed, Add pepper and cayenne or Tabasco. Gently fold in the crab meat and the celery. Divide the crab mixture among the eight avocado halves. Mix the Worcestershire sauce with the remaining 4 Tablespoons mayonnaise. With a pastry bag or a cone made from wax paper, pipe approximately 1/2 tbs. of the mayonnaise mixture on each filled avocado half. Remove the outside leaves of the iceberg lettuce. Arrange the leaves on a serving platter. Cut the inside part of the lettuce into very thin strips and make 8 small nests on the leaves lining the serving platter. Place an avocado half on each nest. Cut each lemon in quarters and garnish the serving platter with the slices of lemon. Serve. If desired, offer additional mayonnaise separately.

Caesar Salad

Makes 6 servings.

- 2 heads romaine lettuce
- 5 Anchovy filets
- 1 Tablespoon cracked black pepper
- 1/2 cup Extra virgin olive oi
- 1/2 cup Freshly grated Parmesan cheese
- 1 Egg
- 3 Tablespoons Red wine vinegar
- 2 Tablespoons Fresh lemon juice
- 1 Tablespoon minced garlic
- 2 teaspoon Dry mustard
- 1 teaspoon Celery salt
- 3 dashes Tabasco sauce
- 3 dashes Worcestershire sauce
- 1/2 Loaf sourdough, hearty -French or Italian bread, -with crust, diced For croutons

Combine anchovies, black pepper, egg and olive oil in a blender. Puree for about 5 minutes until very smooth. Add grated Parmesan. Measure and reserve 1/3 cup for use with croutons. Place vinegar, lemon juice, mustard, celery salt, Tabasco and Worcestershire sauce in a large bowl and whisk in anchovy mixture. Refrigerate dressing if not using right away. Combine reserved anchovy mixture with diced bread in a bowl; toss to coat. Heat a dry cast-iron skillet or non-stick pan over medium-high and cook croutons, stirring constantly, until golden and crisp. Wash and dry lettuce and break into bite-sized pieces. Place in a salad bowl along with dressing and toss well. Add toasted croutons. Toss again and serve.

Scandinavian Spice Recipe Book

Salads

Cauliflower Salad

Serves 6.

- 2 Small Heads Cauliflower (1 1/2 to 2 lbs.)
- 1 Small Red Onion - sliced thin
- 10 Black Olives - coarsely chopped
- 10 Green Olives, Sliced - pimiento-stuffed
- 3 Small Gherkin pickles - chopped
- 2 Tablespoons Capers
- 8 to 10 Anchovies - optional
- 2/3 cup Olive Oil
- 1/3 cup White Wine Vinegar
- 1 Tablespoon Basil
- salt and pepper to taste

Trim the cauliflower and separate it into flowerets. Steam or poach in boiling water to cover for 5 minutes. Plunge immediately into cold water and drain thoroughly. Place the blanched flowerets in a large bowl and add the onion, black and green olives, gherkins, capers and anchovies. Combine the oil and vinegar, add salt and pepper to taste and blend well. Pour the dressing over the salad, sprinkle with basil and toss gently to coat well. Chill for a few hours, stirring occasionally to blend the flavors. Serve slightly chilled or at room temperature.

Cole Slaw

Serves 8.

- 1 Large Head cabbage, finely shredded
- 1 carrot, shredded
- 1 Stalk celery, diced
- 1/2 Medium sweet onion, diced
- 3/4 Cup mayonnaise
- 3 Tablespoons sugar
- 1 1/2 Tablespoons white wine vinegar
- 1/3 Cup olive oil
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1/8 teaspoon dry mustard
- 1/8 teaspoon celery salt
- 1 Dash black pepper
- 1 Tablespoon lemon juice
- 1/2 Cup yogurt
- 1/4 teaspoon sea salt

Blend together mayonnaise, sugar, vinegar and oil. Add garlic and onion powders, mustard, celery salt, pepper, lemon juice, yogurt and salt. Stir until smooth. Mix cabbage, carrot, celery and onion in a large bowl. Pour dressing over cabbage mixture.. Toss until cabbage mixture is well coated.

Crab Salad

Serves 4 as an appetizer or salad.

- 8 oz Frozen Crab Meat, Defrosted
- 5 oz Frozen Cut Asparagus, Defrosted
- 1/4 cup Sliced Green Onion
- 1/2 cup Sliced Water Chestnuts
- Lettuce Leaves
- fresh Parsley
- 1/2 cup Plain Yogurt
- 2 Tablespoons Horseradish
- 2 Tablespoons dry Mustard
- 1 Tablespoon Mayonnaise
- 2 Packets artificial sugar
- 2 teaspoons Soy Sauce
- 1 teaspoon Worcestershire Sauce

Combine yogurt, horseradish, mustard, mayonnaise, sugar, soy and worcestershire sauces. Mix well. Combine The Salad Ingredients in A Separate Bowl. Pour Dressing Over Crab Salad. Toss Gently. Chill Several Hours. Serve On Lettuce Leaves. Garnish With Parsley.

Scandinavian Spice Recipe Book

Salads

Feta Greek Salad

Serves 6.

- 1 head Romaine lettuce - torn into bite size pieces
- 1/2 cup pine nuts - roasted
- 3 Tomatoes - cut up
- 1 Onion - thinly sliced
- 1 Green pepper - seeded and chopped
- 1 Cucumber - peeled & sliced
- 1 cup Black olives
- 1/2 pound Feta cheese - cut into chunks
- 1/4 cup Olive oil
- 2 Tablespoons balsamic vinegar
- 1 pinch Oregano
- salt and pepper to taste

Chill all vegetables, olives and cheese. Combine dressing ingredients, mix. When ready to serve, toss all vegetables and olives. Top with cheese and serve with dressing.

Guacamole Salad

makes 4 servings

- 5 large avocados
- 1 medium tomato, chopped
- 2 1/2 Tablespoons Lemon or lime juice
- 1 medium garlic clove, minced
- 4 oz Can chopped green chili

Peel and chop avocados into a bowl. Mash with garlic and lemon juice. Add remaining ingredients, mixture will be chunky. Top with diced tomato for garnish and serve with tortilla chips. If made ahead of time, save pit and put in dip until time to serve to prevent darkening. For a variation, replace the tomato and green chili with salsa.

Hearts of Palm Salad

Serves 6.

- 14 oz Canned hearts of palm - drained
- 1 Ripe honeydew melon
- 1 Ripe cantaloupe
- Shredded lettuce
- 2 teaspoons Dry mustard
- 2 teaspoons Honey
- 2 Tablespoons Mango chutney
- 6 Tablespoons Lime juice
- 1/3 cup extra virgin olive oil
- Salt & pepper to taste

In a small bowl, blend together mustard, honey, chutney, and 4 tablespoons lime juice. Gradually whisk in olive oil. Add salt and pepper to taste, then strain dressing through a sieve to remove large pieces of chutney. Chop hearts of palm and set aside. Remove peel and seeds from melons and cut into bite-size pieces. Serve hearts of palm and melon on a bed of shredded lettuce, with dressing.

Scandinavian Spice Recipe Book

Salads

Lobster Salad

Yields 4 Servings. Serve with lavash crackers and white wine spritzers.

- 1 Tablespoon Dijon Mustard
- 3 Tablespoons Rice Wine Vinegar
- 2 1/2 Tablespoons fresh orange juice
- 1 1/2 Tablespoons Olive oil
- 1 1/2 Tablespoons Tarragon Leaves
- 1 Tablespoon shallots
- 1 teaspoon grated orange peel
- 1 cup Yellow bell peppers
- 1 cup Red bell peppers
- 2 lbs. cooked lobster meat
- 12 oz. small green beans, trimmed
- 1 large white-skinned potato, cut into 1/2-inch pieces
- 1 large ear fresh corn, cut kernels from cob
- 10 cups mixed baby greens

Dressing: Place mustard in small bowl. Whisk in 2 tablespoons vinegar and orange juice. Gradually whisk in oil. Mix in tarragon, shallots and orange peel. Season to taste with salt and pepper. Add green beans to large pot of boiling water and cook until crisp-tender, about 5 minutes. Using slotted spoon, transfer beans to another bowl of ice water and cool. Add potato to same pot of boiling water and cook 2 minutes. Add corn kernels and cook until potato and corn are just tender, about 2 minutes longer. Drain well. Add to a bowl with peppers. Drain green beans. Pat dry with paper towels. Add beans to mixture. Soak lobster meat in cool water for 1 hour. Drain. Cut lobster meat crosswise into 1 inch pieces. (Dressing, lobster and salad can be prepared 4 hours ahead. Cover separately and refrigerate.) Mix lobster with 1 1/2 Tablespoons dressing. Mix remaining dressing into salad. Season with salt and pepper. Toss greens with remaining 1 Tablespoon vinegar. Place on large platter. Mound salad on greens. Arrange lobster over greens and serve.

Mandarin Orange Salad

Serves 4 as a side dish.

- 1 head red or green lettuce
- 1/3 cup green onions, chopped
- 1/4 cup parsley leaves
- 11 oz mandarin oranges, drained
- 1/2 cup walnuts, chopped
- 1/2 cup olive oil
- 1/2 teaspoon worcestershire sauce
- 2 Tablespoons sugar or artificial sweetener
- 1/4 cup tarragon vinegar
- 1 dash tabasco sauce
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper

For the dressing mix oil, Worcestershire and Tabasco sauces, sugar, tarragon vinegar, salt and pepper with whisk until sugar is dissolved. Toss the salad ingredients with 1/2 of the dressing. Save remaining half salad dressing to serve with salad. (Grapefruit and avocado slices can be used instead of Mandarin oranges).

Scandinavian Spice Recipe Book

Salads

Mushroom Salad

Serves 4 as a side dish.

8 oz Small button mushrooms
5 Tablespoons Dry white wine
5 Tablespoons Water
5 Tablespoons Olive oil
1/2 lemon, juice only
1 Bay leaf
1 Tablespoon Minced onion
1 pinch Thyme
1 pinch Coriander
1 pinch Fennel seeds
salt and pepper to taste

Wipe the mushrooms, but do not peel them. Put all the remaining ingredients into a saucepan & simmer for 5 minutes. If the mushrooms are very small, leave them whole. Otherwise, cut them in half or into quarters, depending upon their size. Add to the saucepan & simmer for 5 minutes. Let them cool in the liquid before placing in a bowl to serve.

Pasta Salad

Yields 8 servings

1 pound Penne pasta
1 Tablespoon Garlic, granulated
1 teaspoon sea salt
1 cup stemmed fresh parsley
1/4 cup lemon juice
1/4 cup Red wine vinegar
1 teaspoon Curry powder
1 teaspoon Sugar
3/4 teaspoon Ground cumin
1/2 teaspoon Pepper
1 cup Olive oil
1 Red onion - peeled, finely chopped
1 cup Sliced olives - (pitted)
2/3 cup Dried currants
2/3 cup Toasted pine nuts
Fresh parsley sprigs
Cherry tomatoes

Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain. Rinse under cold water; drain well. Transfer pasta to large bowl. Meanwhile, blend garlic and salt to paste in processor, scraping down sides of bowl occasionally. Add 1 cup parsley and mince. Blend in

lemon juice, vinegar, curry, sugar, cumin and pepper. With machine running, gradually add oil through feed tube in thin steady stream. Pour dressing over pasta. Add onion, olives, currants and pine nuts to pasta and toss. Season with pepper. Cover and refrigerate until chilled, about 2 hours. (Can be made a day ahead.)

Garnish salad with parsley sprigs and cherry tomatoes and serve.

Roasted Pepper and Avocado Salad *Serves 4-6.*

3 cups red peppers, roasted
3 cups yellow peppers, roasted
2 ripe avocados, halved, pitted and peeled
3 Tablespoons freeze dried shallots
1/4 cup extra virgin olive oil
1 Tablespoon minced garlic
1 lemon, juiced and zested
Salt and pepper to taste

Place peppers in shallow dish. Cut avocados into 1/4 inch thick slices. Add to peppers. Sprinkle with shallots.

In a small bowl, whisk together olive oil, garlic, lemon zest and juice. Pour over pepper mixture. Cover and refrigerate at least 1 hour before serving. Season to taste with salt and black pepper.

Scandinavian Spice Recipe Book

Salads

Roasted Pepper Salad

Yields 4 servings.

- 2 cups roasted yellow peppers
- 2 cups roasted red peppers
- 4 Tablespoons Olive oil
- 2 Tablespoons Garlic, minced
- 4 Tablespoons Parsley Flakes
- Sea Salt and Pepper (to taste)
- 2 Tablespoons Capers, rinsed
- 2 teaspoons Balsamic vinegar (optional)

In a skillet, add the oil, garlic, and peppers and saute over low heat for about 5 minutes. Add half the parsley and salt and pepper to taste. Remove from the heat and add the capers. If you want added sharpness, add the vinegar. Cool and season to taste with salt and pepper. Garnish with parsley flakes.

Scandinavian Cucumber Salad

Serves 2. Serve slightly chilled.

- 1/2 cup sour cream
- 2 Tablespoons parsley flakes
- 2 Tablespoons Tarragon wine vinegar
- 1 Tablespoon sugar
- 1 Tablespoon chopped chives
- 3 small unpeeled cucumbers

Thinly slice unpeeled cucumbers. Should be about 3 cups.
Stir sour cream, parsley, vinegar, sugar, and chives together.
Fold in sliced cucumbers. Cover and chill.

Spinach And Mushroom Salad

Serves 6-8.

- 2 pounds fresh spinach - wash, dry, tear
- 1 small red onion - sliced
- 1/2 pound sliced mushrooms
- 2 teaspoons Dijon mustard
- 1/3 cup red wine vinegar
- 2/3 cup olive oil
- 2 Tablespoons minced garlic
- 1 cup roasted pine nuts

Place the spinach in a salad bowl or on a serving platter. Add the red onion and mushrooms. Whisk together the mustard and vinegar. Slowly whisk in the oil. Add salt and pepper to taste. Just before serving, toss the spinach, onions, and mushrooms with a portion of the dressing, adding more dressing as needed to coat the leaves. Sprinkle with the roasted pine nuts. Serve immediately.

Spinach Citrus Salad

Serves 12.

- 2 pounds fresh spinach leaves
- 8-ounce can mandarin oranges, drained
- 8-ounce can sliced water chestnuts, drained
- 1 small red onion, peeled, sliced, and separated into rings
- 4 Tablespoons olive oil
- 3 Tablespoons sugar
- 3 Tablespoons ketchup
- 3 Tablespoons cider vinegar
- 2 Tablespoons orange juice
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon Sea Salt
- 1/4 teaspoon pepper

Clean the spinach leaves and tear into bite-sized pieces. Combine the spinach in a large bowl with oranges, water chestnuts, and onion rings. Cover and chill. Stir the remaining ingredients together and mix well to make the dressing (use a blender if available). When ready to serve, toss salad with dressing.

Scandinavian Spice Recipe Book

Salads

Strawberry Spinach Salad

Serves 4.

6 oz Cleaned and trimmed fresh spinach
1 Tablespoon Balsamic vinegar
1 Tablespoon Rice wine vinegar
2 Tablespoons Water
4 teaspoons Honey
2 teaspoons Dijon mustard
1 cup Thickly sliced fresh Strawberries
1 small thinly sliced red onion
Salt and pepper to taste

Tear spinach into bite sized pieces and place in salad bowl. In a separate bowl whisk together vinegars, water, honey, mustard, salt and pepper to taste. Add to the spinach and toss lightly. Add strawberries and onion. Toss lightly.

Tomato and Mozzarella Salad

Serves 4 as an appetizer or salad.

6 oz. Mozzarella cheese
2 large ripe Beefsteak tomatoes, cut in half
1 Ripe avocado
2 Shallots, peeled, thinly sliced
1/3 cup Olive oil
2 Tablespoons Lemon juice
1/2 teaspoon Sugar
Salt to taste
1/2 teaspoon Dry mustard
2 teaspoons Green peppercorns, crushed
1/2 teaspoon Dried oregano
2 teaspoons Basil
Crusty bread or bread sticks

Slice cheese and tomato and arrange on 4 small plates. Cut avocado in thin slices and arrange with cheese and tomato. Separate shallots in rings and scatter over salad. Combine olive oil, lemon juice, sugar, salt, peppercorns and oregano. Whisk vigorously until well blended. Spoon over salad and let marinate 1 hour. Garnish with basil and serve with warm crusty bread or bread sticks.

Waldorf Salad

Serves 4-6.

2 large Apples, chopped
1 Tablespoon lemon juice
2 large Celery sticks, diced
2 cups Walnuts or pecans, chopped
2 cups Raisins
2 cups white grapes, cut in half
2 cups Mayonnaise or Vanilla Yogurt
1 Tablespoon Honey
1 pinch Nutmeg
1 pinch sea salt

Sprinkle apples with lemon juice, add a pinch of nutmeg and salt. Mix with grapes, raisins, celery, pecans/walnuts, mayonnaise/yogurt and honey. Mix well.

Scandinavian Spice Recipe Book

Sauce

All Around Rub

Use with ribs, pork, beef or chicken.

- 2 Tablespoon Pepper, Black Coarse Ground
- 2 Tablespoons Paprika
- 2 Tablespoons Onion Powder
- 1 Tablespoon Turmeric, ground
- 1 Tablespoon Brown Sugar
- 1 Tablespoon Chili Powder
- 1 Tablespoon Sea Salt, coarse
- 1/2 teaspoon Sage, ground
- 1/4 teaspoon Pepper, cayenne

Mix the spices together in a small bowl. The blend will keep in an air tight container for up to 8 weeks. Store in cool, dark place. This rub is great with ribs, beef brisket, a whole chicken, and boneless, skinless chicken breasts.

Avocado and Tomato Salsa

Eat with corn chips or use as a sauce. Makes about 2 1/2 cups salsa.

- 2 large tomatoes, chopped
- 1 jalapeno chili, seeded and finely chopped
- 2 Tablespoons green onions, sliced
- 2 Tablespoons cilantro, chopped
- 2 Tablespoons balsamic vinegar
- 1/4 teaspoon sea salt
- 1 small avocado, diced

Mix all ingredients. Cover and refrigerate 1 to 2 hours to blend flavors. Just before serving, stir in avocado. Serve at room temperature.

Barbeque Rub

Use on heavier cuts of meat.

- 4 Tablespoons Cumin
- 4 Tablespoons Thyme
- 4 Tablespoons Garlic powder
- 4 Tablespoons Pepper, black
- 2 Tablespoons Pepper, cayenne
- 2 Tablespoons Sea Salt
- 2 Tablespoons Curry powder
- 1 Tablespoons Onion powder
- 1 Tablespoon MSG (optional)

In a small bowl or glass jar with a lid, combine all the ingredients. Stir or shake to mix. Use immediately or store in a cool, dark place for several months. This rub is pretty strong and not recommended it for thin cuts (like ribs). It's better on heavier cuts of meat such as beef round, prime rib, pork shoulders, and even the whole hog. This recipe produces enough for five shoulders or four hams. Best if you let the meat marinate, loosely covered, in the refrigerator for a good twenty-four to forty-eight hours after being rubbed.

Blackening Rub

Use for meat, poultry or fish.

- 1 Tablespoon Sea Salt
- 1 - 1/2 Tablespoons Pepper, White
- 1 - 1/2 Tablespoon Pepper, Black Coarse ground
- 2 1/2 teaspoons Mustard, ground
- 2 1/2 teaspoons Garlic Powder
- 1/2 teaspoon Thyme Leaves
- 1/4 Lb. Butter, unsalted (4 oz.)
- 2 1/2 teaspoons Pepper, Cayenne

Melt butter over low heat. Heat a cast iron pan over high heat 5 to 8 minutes. When you think you are going to ruin the pan, the heat is just about right. Make sure the meat, poultry or fish is dry and at room temperature. Thin cuts do not work well. Dip the meat, poultry or fish into the melted butter and apply an even amount of rub to each side. Put into pan and leave alone for a minute or so then check the underside of the meat for a nice dark crust. When dark enough, flip over and do the other side.

Scandinavian Spice Recipe Book

Sauce

Caribbean (Jamaican) Jerk Rub

Use for Jerk Chicken.

- 2 Lemons, zested
- 6 Tablespoons Garlic, minced
- 6 Tablespoons Onion, minced
- 2 Tablespoons Allspice
- 1 Tablespoon Chipotle, ground
- 2 Tablespoons Paprika
- 2 Tablespoons brown sugar
- 4 1/2 teaspoons Thyme flakes
- 4 1/2 teaspoons Cinnamon, ground
- 1 1/2 teaspoons Nutmeg
- 1/2 teaspoon Pepper, Cayene

In a bowl, combine all ingredients.

Cilantro Aioli

Use this sauce with crab cakes and for grilled or sautéed fish.

- 3/4 cup Mayonnaise
- 1/3 cup finely chopped Cilantro
- 1 Tablespoon Lemon Juice
- 1 1/2 teaspoons minced Garlic
- 1 1/2 teaspoons grated Lemon Peel

Mix all ingredients in a medium bowl. Season to taste with salt and pepper. Cover and refrigerate for at least one hour to allow the flavors to develop. This is a good sauce with crab cakes and for grilled or sautéed fish.

Hollandaise

A superior Hollandaise sauce with a rich buttery and lemon flavor and a smooth creamy texture.

- 2 Tablespoons Hollandaise sauce mix
- 3 ounces melted butter
- 1 cup milk

Add the Hollandaise mix to the melted butter and blend thoroughly. Add milk and bring to a simmer. Reduce heat and add lemon juice to taste.

Mango Salsa

Serve as a condiment with grilled salmon.

- 2 mangos (about 1 lb. each)
- 1/2 cup red onion, finely diced
- 1/2 cup cucumbers, finely dice (unpeeled)
- 2 peppers, seeded and diced
- 4 Tablespoons lime juice
- 1/2 teaspoon sea salt

Finely dice mangos and combine with other ingredients. Add salt and mix well.

Scandinavian Spice Recipe Book

Sauce

Vodka Pasta Sauce

A simple delicious quick fix pasta sauce

- 1 chopped onion
- 2 chopped celery stalks
- 3 Tablespoons minced garlic
- 1/4 cup olive oil
- 3/4 cup Vodka
- 1 can(28 ounce) crushed tomatoes
- 1/4 teaspoon oregano
- 2 Tablespoons chopped parsley
- 1 Tablespoon basil
- 1/4 teaspoon cayenne pepper
- 1 cup half-and-half cream
- 1/4 pound sliced prosciutto

In a large skillet, heat oil over medium heat. Cook onion, celery, and garlic in oil; stir until soft. Add prosciutto and vodka. Simmer until almost all liquid is gone. Add tomatoes, cayenne, and herbs. Simmer for 10 minutes. Stir in half and half, and heat for 3 minutes.
Serve sauce over your favorite pasta.

White sauce

All purpose cream soup and white sauce

- 8 ounces white sauce mix
- 2 cups milk
- 2 cups milk(steaming)

Blend the white sauce mix into 2 cups of milk, then add the blend to 2 cups of steaming milk and simmer until the mixture thickens, stirring frequently.

Scandinavian Spice Recipe Book

Seafood

Baked Stuffed Clams

Serves 4.

12 Chowder clams
1/4 cup Butter
1 cup finely chopped dry breadcrumbs
1 teaspoon Parsley flakes
1/4 teaspoon Lemon & pepper seasoning
1/8 teaspoon Garlic powder
1/8 teaspoon Oregano
Few drops of Aromatic Bitters
Paprika
Old Bay Seasoning

Shuck and chop clams, strain and reserve liquid. Melt butter in pan. Add crumbs, parsley, lemon pepper seasoning, garlic powder, oregano, and bitters; mix well. If mix is too dry, moisten with clam liquid. Fill 12 clam shells with clam mix. Sprinkle paprika and crab spice over top. Bake at 400 degrees for 12 - 15 min.

Baked Stuffed Lobster

Serves 6.

6 Lobsters(1 1/4 Lb.)
1 Cup Celery(diced)
1 Cup Onion(diced)
1 Cup Scallops(cubed)
1 Cup Shrimp(diced)
1/2 Cup Crab meat
4 Tablespoons Butter
1/4 teaspoon MSG(optional)
1/4 Cup Sherry
1 1/4 Cups Mayonnaise
6 teaspoons Ritz Crackers(crushed)
Sea Salt
ground black pepper

Preheat oven to 350. Immerse lobsters in boiling salted water for 5-7 mins. Let cool in the same water. While they're cooling, saute celery, onion, scallops, shrimp & crab meat in butter. Salt & pepper to taste. Add MSG & sherry. Strain mixture to release excess liquid. While the mixture is draining, if lobsters have cooled sufficiently, place them belly up on a cutting board. Cut them down the middle with a sharp knife & open them flat, leaving the meat intact. Remove the stuffing mixture from the strainer to a bowl. Add the mayonnaise & stir gently until well mixed. Mound filling on each lobster shell. Sprinkle cracker meal over the tops. Bake 5-7 minutes in preheated oven until golden brown.

Baked Stuffed Shrimp

Baked Stuffed Shrimp serves 2.

1 pound jumbo shrimp
1/2 cup minced onion
1 rib celery
1/2 green pepper
1/2 red pepper
1 Tablespoon capers
1/4 teaspoon cayenne pepper
1 Tablespoon minced garlic
1 Tablespoon parsley
2 ounces crab meat
6 oz. Ritz crackers
2 Tablespoons butter
1 cup white wine

Preheat oven to 425 degrees. Drain onion, celery, and peppers well. Saute onions in butter until tender. Add garlic, celery, green and red peppers, cook until dry and lightly browned. Cool vegetable mixture. Add capers, crab, cracker crumbs, and cayenne. Cool. Stuff mixture into butterflied shrimp. Place on pan with 1 cup of white wine. Bake 5-8 minutes. Salt and pepper, to taste.

Scandinavian Spice Recipe Book

Seafood

Coquilles St. Jacques

Sea Scallops a la Paris serves 4.

- 1 1/2 lbs. sea scallops
- 1 1/2 cups dry white wine
- 1/2 teaspoon sea salt
- 1/4 teaspoon white pepper
- 3 Tablespoons butter
- 2 Tablespoons flour
- 1 cup milk
- 1/2 onion, finely chopped
- 1/4 cup chopped mushrooms
- 2 Tablespoons grated swiss cheese
- 2 Tablespoons bread crumbs

Combine scallops, wine, salt and pepper in a large saucepan. Slowly bring to a boil and simmer for 5 minutes and then drain the cooking liquid and set aside for use later. Remove the scallops from the pan and cut into 1/2 inch pieces. Heat 2 tablespoons of butter in the saucepan add onions and saute on low until the onions are soft, about 10 minutes. Add flour. Stir in cooking liquid that was set aside and milk. Bring to a boil reduce heat and cook for 3 minutes, stirring constantly. Add scallops and mushrooms. Cook for another 5 minutes stirring occasionally. Remove from heat and add swiss cheese. Mix well. Fill buttered casserole with scallop mixture. Sprinkle with bread crumbs and dot with remaining butter. Broil until top is browned. Serve hot.

Crab Au Gratin

Crab Au Gratin casserole

- 1 lb. crabmeat
- 1/2 medium onion chopped
- 1 stalk celery chopped
- 1/4 cup butter
- 2 Tablespoons flour
- 1/2 cup milk
- 3/4 cup evaporated milk
- 1 egg
- 2 Tablespoons sherry
- 1/2 teaspoon sea salt
- 1/8 teaspoon pepper
- 1/4 teaspoon red pepper
- 1/4 teaspoon Old Bay seasoning
- 1/4 teaspoon dill weed
- 1 cup grated cheese

Saute chopped onion and celery in butter until onion is limp. Add flour. Combine remaining ingredients, except crab and cheese. Add to mixture. Stir and cook until thick. Remove from heat and stir in crab. Pour into an 8 inch square greased baking dish. Top with cheese and bake at 375 degrees for 15 to 20 minutes.

Scandinavian Spice Recipe Book

Seafood

Crab Cakes

Makes 6 crab cakes. The Cilantro Aioli sauce found in our recipes goes well with this dish.

- 1 extra large egg, beaten
- 1 Tablespoon mayonnaise
- 1/4 teaspoon curry powder
- 3-4 drops hot pepper sauce
- 1 teaspoon Worcestershire sauce
- 1 Tablespoon lemon juice
- 1 Tablespoon Old Bay Seasoning
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1/4 teaspoon ground mustard
- 1 Tablespoon lemon pepper seasoning
- 1 lb. lump crabmeat
- 5 Tablespoons bread crumbs
- 5 Tablespoons olive oil

Combine egg, mayonnaise, seasonings.

Add crabmeat and enough breadcrumbs to absorb excess moisture (it's important not to add too much). Stir carefully to blend. Mixture should be firm to hold together.

Form 6 patties and place on wax-paper, uncovered, for 15 to 20 minutes to dry slightly.

Heat oil in large skillet and saute over medium heat until golden brown. Turn and brown on both sides.

Crab Imperial

Eastern shore crab imperial

- 1 lb. backfin crabmeat
- 2 Tablespoons butter
- 5 - 6 slices stale bread(remove crust and cut into cubes)
- 1/2 cup milk
- 1 teaspoon Old Bay Seafood Seasoning
- 1 Tablespoon minced onion
- 1 Tablespoon minced green pepper
- 1 teaspoon Worcestershire Sauce
- 1/2 cup mayonnaise

Melt butter in saucepan. Add onion and green pepper and cook over low heat until soft. Remove from heat. In another pan cook milk, bread, Old Bay Seafood Seasoning, Worcestershire Sauce over low heat until hot (DO NOT BOIL). Add bread and stir until saucy looking. Remove from heat and add mayonnaise. Mix. Add butter mixture and mix with sauce mixture. Last, add crabmeat and toss lightly so as not to break up lumps. Bake in greased 1 quart casserole at 450 degrees until bubbly, 10 or 15 minutes. Dot top with butter before baking.

Escargots

Escargots in Mushroom Caps use as an appetizer

- 18 Snails
- 1/2 cup Butter
- 1 cup White wine
- 2 Tablespoon Chopped onion
- 4 Tablespoons garlic, minced
- 1 Dash allspice
- 1 teaspoon Soy sauce
- 3 Tablespoons Finely chopped parsley
- 2 Tablespoons Minced green onions
- 1/4 teaspoon Nutmeg
- 18 Mushroom caps or snail shells

In a sauce pan, combine white wine, onion, garlic, allspice, and soy sauce. Add snails and simmer over low heat 10 minutes. Remove and drain snails, reserving liquid. To this liquid add butter, parsley and green onions. Heat through. Add nutmeg. Place mushroom caps(or if you have them and prefer use the shells) in baking dish, top each with a snail, and pour liquid over all. Bake at 450 degrees for 7 minutes. Serve immediately with sliced french bread.

Scandinavian Spice Recipe Book

Seafood

Lemon Sole

Sole with lemon, capers and almonds. Serves 4

- 1 1/4 pounds Sole fillets
- 2 Tablespoons Slivered almonds
- 3 Tablespoons Flour
- 2 teaspoons Olive oil
- 1/8 teaspoon sea salt
- 1/8 teaspoon black pepper
- 1/2 cup Dry white wine
- 1 1/2 Tablespoons Fresh lemon juice
- 2 Tablespoons Drained capers
- 1 Tablespoon margarine

Place the almonds in a small skillet and put on medium heat. Let toast for 4 minutes. Remove the pan from the heat and let the nuts continue to toast in the hot pan. Stir occasionally.

Cover the sole with the flour. Heat 1 teaspoon of oil in a large skillet over medium heat until hot. Cook half of the fish about 2 minutes per side, or until done. Sprinkle lightly with salt and pepper. Remove from the pan and keep warm while repeating with the remaining teaspoon of oil and fish. Add the wine to the pan and boil until reduced by half. Add lemon juice, capers and butter and stir until the butter has melted. Pour the mixture over the fish and garnish with the almonds.

Lobster Crepes

Lobster Florentine crepes

- 8 crepes
- 1/4 tsp. black pepper
- 1 lb. lobster meat
- 1 tsp. lemon juice
- 1/4 cup clarified butter
- 1 cup cooked, well drained spinach
- 1/2 cup minced onions
- 1/4 cup white sauce
- 1/2 cup sliced mushrooms
- 1 cup Hollandaise sauce
- 1 tsp. chopped garlic
- 1/4 cup parsley
- 1/4 cup chopped walnuts

Over medium heat in a medium sized saucepan, heat butter and add garlic, onions, and mushrooms. Saute until soft. Add walnuts, black pepper, lemon, spinach and white sauce. Blend thoroughly and remove from heat. In individual shallow baking dishes, assemble crepes. Place 2 oz. of lobster in each crepe, top with spinach mixture, and wrap each crepe. Place in baking dish, approximately 2 to a dish, with folded side down. Bake in preheated oven for 10 minutes at 350 degrees. While crepes are baking, make Hollandaise sauce. Remove crepes from oven, top with Hollandaise, garnish with chopped parsley and paprika and serve.

Scandinavian Spice Recipe Book

Seafood

Lobster Fra Diavolo

Serves 4. Try substituting Shrimp for the Lobster as an alternative.

2 Lb. Lobster (raw, shelled and cleaned)
4 Tablespoons Olive oil
1/2 Stick Butter
2 Cloves garlic crushed(or more to taste)
1 Onion (chopped)
1 Hot pepper(halved and seeded)
1/4 teaspoon Red pepper flakes
1 teaspoon Thyme
1/2 cup Parsley(chopped)
1 teaspoon Basil
1 Bay leaf
1 teaspoon Oregano
28 Oz. Can crushed tomatoes
1 Cup White wine
Salt and pepper to taste

Melt butter in oil and sautee onion and garlic until golden. Add tomatoes and mix well. Add all other ingredients and mix well. Simmer for 30 min. Remove bay leaf and hot pepper halves. Add shrimp /and/or lobster and simmer 15 minutes. Turn off heat and let sit for 10 min.

Lobster Newburg

Lobster Newburg (Makes 4 - 8 ounce servings)

1 pound of cooked lobster meat
2 ounces butter(for sauteing)
1/4 cup minced onion
1 Tablespoon Paprika
1 Tablespoon lemon juice
1 1/2 cups white sauce
1 Tablespoon of Lobster Base
Optional: 1/4 cup dry sherry

Saute lobster meat(cut in 3/4 inch pieces) in 2 ounces of butter. Add 1/4 cup minced onion, 11 tablespoon of paprika, and 1 tablespoon of lemon juice. Add 1 tablespoon of Lobster Base to 1 1/2 cups of white sauce. Blend well and add to mixture. Bring to a boil, reduce heat, and simmer for 5 minutes.

Optional: Add 1/4 cup of Dry Sherry Wine before serving.

Lobster Thermidor

Lobster Thermidor

1 pound of cooked lobster meat
1/2 cup lobster stock
1 Tablespoon olive oil
1/4 cup white wine
1/2 cup chopped scallions
1/4 cup brandy
1/2 cup minced green bell peppers
1 teaspoon Dijon mustard
1/2 cup chopped mushrooms
1 1/2 cups white sauce
1 Tablespoon Tarragon
1/2 cup grated parmesan cheese
1/4 teaspoon black pepper

Sautee lobster meat(cut in 3/4 inch pieces) in 2 ounces of butter. In a medium sized saute pan, heat olive oil over medium-high heat. Add scallions, bell peppers, chopped mushrooms, tarragon and black pepper. Cook 2-3 minutes until vegetables just start to soften, then add brandy and wine and turn heat to high. When liquid is boiling, add lobster stock and reduce to almost a glaze by lowing heat to medium. Add the white sauce and Dijon mustard and blend

thoroughly. Add the lobster pieces and mix together.

When mixture starts to bubble, remove from heat. Final servings should be topped with parmesan cheese and sprinkled with paprika, then set under a preheated broiler to brown. Serve immediately.

Scandinavian Spice Recipe Book

Seafood

Paella Valencia

Serves 6. Seafood items such as lobster, scallops, and mussels can be added or substituted depending on what is available.

5 Tablespoons Chicken base
6 cups water
1/2 teaspoon Saffron threads, crushed
1 lb large Shrimp
12 little neck Clams
6 Chicken pieces
1 lb Sausage
3 Tablespoons Olive oil
1 Onion, peeled and coarsely chopped
1 Tablespoon minced Garlic
1 cup dry white Wine (optional)
1 Tablespoon Paprika
1 cup chopped Tomatoes
1 Tablespoon Parsley flakes
3 cups Basmati rice
1 Bay leaf, crumbled
Juice of 1 lemon
1/2 cup frozen Peas
2 Tablespoons pimento strips

In a saucepan, combine the chicken base, water and the crushed saffron threads. Cover and simmer over low heat while you prepare the rest of the ingredients.

Peel and devein the shrimp. Wash the clams. Rinse the chicken in cold water and pat dry.

Slice the sausage into 1/2" discs. Place in a skillet, and cook over medium heat until fat is rendered. Remove with slotted spoon, and set aside. Wipe out the skillet. Sauté shrimp in 1 tablespoon olive oil until pink. Remove and set aside. Wipe out the skillet. Salt and pepper chicken pieces. Brown chicken in 1 tablespoon of olive oil, turning until all sides are browned but not fully cooked. Remove from pan and set aside. If desired, remove the skin from the chicken pieces and discard.

Drain fat from pan. Add final tablespoon of oil to pan. Add onions and sauté over medium-high heat until the onions are wilted. Add garlic, and sauté about 30 seconds more. Add white wine, stir and cook over medium-high heat until most of the wine has evaporated. Remove pan from heat. Add paprika, tomato and parsley, and stir well. Return pan to heat, and cook until mixture thickens. Add rice, and stir until rice is coated with tomato mixture. Add chicken stock and saffron to rice mixture. Raise heat to high; stir and add chicken pieces, shrimp, clams, sausage, bay leaf and lemon juice. Gently stir. Cover and cook over low heat until the rice has absorbed the liquid and the clam shells have opened, about 25-30 minutes.

Five minutes before the end of cooking time, sprinkle top of paella with peas. Cover and continue cooking. Before serving garnish with pimento.

Scandinavian Salmon Souffle

Serves 1. Scale up for number of guests.

1 slice Wholewheat bread
1/4 cup Drained, flaked canned - salmon
1 Egg, beaten
1/2 cup Evaporated skim milk
1 Tablespoon Chopped onion
1 Tablespoon Chopped celery
1 Tablespoon Chopped parsley
1 teaspoon Lime juice
1/4 teaspoon dried dill weed
pinch of pepper
1/4 teaspoon Aromatic Bitters

Preheat oven to 350 degrees. Coat small souffle dish with non-stick spray.

In bowl, break bread into small pieces. Mix in remaining ingredients. Pour mixture into prepared souffle dish. Bake 35 minutes or until knife inserted in center comes out clean.

Scandinavian Spice Recipe Book

Seafood

Scandinavian Sardine Pate

Yields 4 Servings. Serve as an appetizer.

- 8 oz. Cream Cheese
- 1/2 teaspoon Sea Salt
- 1 1/2 Tablespoons Lemon or lime juice
- 1/4 teaspoon Cracked Black Pepper
- 2 - 4 3/8 oz tin boneless skinless Sardines, drained
- 1 Tablespoon Chopped parsley
- 1/8 teaspoon Hot pepper sauce
- Capers
- Additional chopped parsley

Mix together first four ingredients. Mash sardines and beat into cheese mixture with parsley and hot sauce. Form into mound or desired shape. Garnish with capers and parsley. Serve with toast fingers, bread or crackers. Makes 2 cups.

Shrimp Scampi

Spicy shrimp scampi serves 2.

- 1 lb Large Shrimp, peeled and deveined
- 3 Tablespoons Butter
- 3 Tablespoons Olive oil
- 3 Tablespoons minced garlic
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon oregano
- juice of 1 lemon
- 1/2 cup Parmesan cheese
- 5 Tablespoons bread crumbs
- 1/4 cup parsley
- 1/4 cup Sherry

Melt butter with the olive oil in a saute' pan. When the mixture is hot, add the garlic, white pepper, red pepper flakes, oregano, and cayenne pepper making sure to stir well. When garlic looks cooked but not brown (about 3 minutes), add the Shrimp. Toss the Shrimp about in the pan, coating them with the spiced oil. Add the lemon juice and sherry and keep tossing over the heat. Quickly add the parsley, bread crumbs, and Parmesan. Toss to coat completely. The Shrimp should now be bright pink and cooked through. Place the pan under the broiler until cheese looks melted (1 - 2 minutes). Salt to taste and adjust seasoning if necessary.

Serve over fettucini or linguine, with additional Parmesan sprinkled over the top.

Sole stuffed with Crabmeat

Serves 4.

- 8 Sole fillets (about 1 1/4 Lbs. total)
- 1 cup Crab meat
- 1 Egg yolk
- 2 Tablespoons Chopped parsley
- 1 Tablespoon Bread crumbs
- 1/4 cup melted Butter
- 2 Tablespoons minced Shallots
- 1/2 cup Dry White Wine

Preheat the broiler. Place 4 skinned fillets, skinned side up, on a flat surface. Blend the crab, egg yolk, parsley and bread crumbs in a mixing bowl. Spoon equal portions of this mixture smoothly on to the centers of the 4 fillets leaving room at the edges. Place the remaining 4 fillets, skinned side down, over the filling. Press lightly around the sides. Rub the bottom of a heat treated dish with half the butter. Arrange the fillets in the dish in one layer. Scatter the shallots around the fish. Brush the fish with the remaining butter, and pour the wine around the fish. Place the dish on the stove and bring the wine to a boil and let simmer about 10 sec. Place the dish under the broiler, about 7-8 inches from the source of the heat. Cook about 6-8 minutes. Watch closely to prevent burning and occasionally turn the dish so that the fish cooks evenly.

Scandinavian Spice Recipe Book

Seafood

Trout Almondine

Serves 4.

- 4 trout fillets
- 1/2 cup All-purpose flour
- 1 teaspoon sea salt
- 1/2 teaspoon Pepper
- 6 Tablespoons melted Butter
- 2 Tablespoons Lemon juice
- 4 Tablespoons Slivered almonds
- 1 Lemon thinly sliced
- 1/4 cup Parsley flakes

Rinse fish thoroughly in cold water; pat dry, and set aside.

Combine flour, salt, and pepper in a small bowl; dredge fish in flour.

Fry fish in 4 tablespoons of melted butter in a large skillet 5 minutes on each side or until golden brown. Transfer to a warm serving dish and sprinkle with lemon juice.

Add remaining clarified butter and the almonds to the empty skillet and saute until golden brown. Spoon almonds over fish. Garnish with lemon and parsley.

Scandinavian Spice Recipe Book

Soup

Chicken Noodle Soup

Makes about 7 cups or 4 main-dish servings.

- 1 quart water
- 3-4 Tablespoons chicken soup base(to taste)
- 1/4 cup chopped celery
- 1/4 cup chopped carrots
- 1/4 cup onion, finely chopped
- 2 Tablespoons fresh parsley, chopped
- 2 cups chicken or turkey, cooked, diced
- 1 cup medium egg noodles

Into 3-quart saucepan, add a quart of water and mix in soup base.(start with 3 tablespoons and add fourth if you wish a stronger taste) Combine celery, carrot, onion, parsley. Over medium heat, heat to boiling, stirring occasionally. Reduce heat to low. Cover. Simmer 20 minutes or until vegetables are tender, stirring occasionally. Add chicken and noodles; heat through, stirring occasionally.

Clam Chowder

Serves 6. New England style Clam Chowder.

- 14 oz. minced clams, drained (2 7 oz. Cans)
- 1 cup clam stock(mix: 1 Tablespoon clam base to 1 cup water)
- 2 Tablespoons butter or margarine
- 1/2 cup finely diced celery
- 1/4 cup thinly sliced scallions
- 1/4 cup minced onion
- 1/4 cup finely chopped green pepper
- 3 Tablespoon flour
- 1 3/4 cups milk
- 1 can evaporated milk
- 1/2 cup finely diced potato
- 1/2 teaspoon sea salt
- 1/8 teaspoon thyme
- 3 drops Tabasco sauce
- 1/8 teaspoon white pepper
- 1/2 teaspoon Worcestershire sauce
- Finely chopped fresh parsley

Melt butter over low heat in a heavy 3-quart saucepan. Add celery, scallions, onion, and green pepper. Cook 6 to 8 minutes until partially tender. stirring occasionally. Blend flour into the vegetable-butter mixture and heat until bubbly. Gradually add milk and cream, stirring constantly. Add in potato, clam stock, and minced clams. Bring to a boil and reduce to a simmer and let cook 25 minutes, stirring frequently. Stir in salt, thyme, Worcestershire sauce and Tabasco sauce and continue to let simmer another 10 minutes. Garnish with parsley before serving.

Corn Chowder

Corn Chowder makes 10 cups

- 1/2 pound bacon
- 2 stalks chopped celery
- 2 small onions, diced
- 2 Tablespoons margarine
- coarse ground black pepper to taste
- 1 can cream-style corn
- 1 can whole kernel corn
- 4 cups water
- 4 oz. Chicken base
- 6 small potatoes, cubed
- 2 carrots, chopped
- 1 cup milk
- 1 cup steaming milk
- 4 oz. Cream soup mix

Fry bacon in pan until almost done. Add onions and celery, and saute until lightly browned. Transfer to a large cooking pot. Mix 4 oz. Chicken base with 4 cups water to make a broth. Add cream-style corn, kernel corn and butter to broth. Add carrots and potatoes. Cook for about 15 minutes. Mix 4 oz. white sauce mix with 2 cups milk(1 steaming). Stir into soup mixture and simmer for 30 minutes or until you are ready to eat. Add salt and pepper to taste.

Scandinavian Spice Recipe Book

Soup

Cream soup

All purpose cream soup and white sauce mix

- 8 ounces cream soup mix
- 2 cups milk
- 2 cups milk (steaming)

Blend the white sauce mix into 2 cups of milk, then add then blend to 2 cups of steaming milk and simmer until the mixture thickens, stirring frequently.

French Onion Soup

Yields 6 servings

- 5 large Yellow sweet onions
- 1 Tablespoon Margarine
- 1 Tablespoon Olive oil
- 1/4 teaspoon Coarsely ground pepper
- 1 Tablespoon Flour
- 4 Tablespoons Beef base concentrate
- 5 cups Water
- 6 slices French bread (toasted)
- 2 Tablespoons Parmesan cheese
- 1 cup Grated Mozzarella cheese

Peel, and thinly slice onions. Put margarine in 4 quart pan. Melt margarine mix with olive oil over medium high heat. Add onions, and saute stirring frequently with wooden spoon and cook until a light warm brown. Sprinkle onions with flour, mix to coat, stir until all traces of white flour completely disappear. Remove from heat. Gradually add water and Beef base concentrate, stirring while doing so. Return to moderately high heat and bring to boil. Reduce heat and cook uncovered, for 30 - 40 minutes. Taste soup and add salt paper to taste. Pour soup into 6 individual oven proof serving bowls. Place the bowls on a baking pan, top soup with a slice of toasted french bread. Sprinkle liberally with parmesan and grated cheese. Place bowls 6 inches from preheated broiler or oven preheated to 425F. Broil or bake just until cheese melts and turns a rich light golden brown. Remove; and serve immediately. Left over soup will refrigerate for up to 6 months.

Gazpacho

Serves 12. Serve chilled. Keeps up to 2 weeks in the refrigerator.

- 1 cup tomato, finely chopped
- 1/2 cup green pepper, finely chopped
- 1/2 cup sweet red pepper, finely chopped
- 1/2 cup celery, finely chopped
- 1/2 cup cucumber, finely chopped
- 1/4 cup onion, finely chopped
- 1/2 cup zucchini, finely chopped
- 1/2 cup summer squash, finely chopped
- 2 Tablespoons parsley flakes
- 2 Tablespoons minced garlic
- 3 Tablespoons white wine vinegar
- 2 Tablespoons olive oil
- 1 teaspoon sea salt
- 1/4 teaspoon pepper
- 1/2 teaspoon Worcestershire sauce
- 2 cups V-8 juice

Use a food processor or blender to chop the ingredients before mixing. Combine all ingredients in large bowl and mix well. Cover and chill at least 4 hours. Top with croutons before serving.

Scandinavian Spice Recipe Book

Soup

Lobster Bisque

Lobster Bisque

1 lb. cooked lobster meat
1 cup lobster stock
4 tbsp. Butter
1 tbsp. tomato paste
2 tblsp. minced onion
1 bay leaf
1 lg. minced carrot
1 tsp. Thyme leaves
1 tsp. chopped garlic
1/4 cup brandy
1 stalk minced celery
2 cups heavy cream
2 tbsp. Flour
1/4 tsp. Paprika
1/2 cup dry sherry
salt and pepper to taste

Sautee lobster meat (cut in 3/4 inch pieces) in 2 ounces of butter. Add all the minced vegetables and garlic and cook for 5 more minutes. Slowly sprinkle in the flour and cook for another 2-3 minutes. Transfer everything into a 2 quart saucepan and deglaze the saute pan with the sherry adding everything to the saucepan. Heat the mixture until hot then slowly add the lobster stock until the soup thickens. Add the tomato paste, thyme, bay leaf, and paprika. Reduce heat and let simmer for 3 minutes.

Mango Soup

Serves 8. Serve chilled at the beginning of a summer meal, for dessert, or between a fish and meat course.

4 very ripe medium mangos
2 cups water
1 cup sugar
4 whole cloves
4 star anise
1 Tablespoon small grain tapioca
1 cup unsweetened coconut milk
3 Tablespoons dark rum
1 cup chilled white wine
Mint Leaves for garnish

Peel and pit the mangos. Reserve the pulp of half a mango for garnish. Puree the remaining mango pulp in a food processor and set aside. Combine the water, sugar, cloves, star anise and tapioca in a medium saucepan. Bring to a boil, reduce heat to medium-low and simmer uncovered for about 15 minutes, until the liquid is thick and syrupy. Stir often. Add the pureed mango, coconut milk and rum to the syrup and stir together. Cook until the soup just returns to a boil. Then remove from the heat. Strain the soup through a fine sieve, pressing the mango pulp through the sieve, discard all the solids. Cook the remaining soup at a simmer for another 10 minutes. Then stir in the wine and refrigerate until chilled. Dice the reserved mango. Garnish with diced mango and mint leaves before serving.

Scandinavian Raspberry Soup

Yields 8 servings.

20 oz. (2 pk) Red Raspberries frozen in syrup
1/2 cup Orange Juice
1/4 cup Lemon Juice
1 Tablespoon Cornstarch
3/4 cup Chablis or other dry white wine
Fresh Orange Sections
8 teaspoons Mint leaves
Sour Cream

Puree 1 package raspberries in blender, strain to remove seeds. In medium saucepan, combine pureed raspberries, orange juice, lemon juice and cornstarch. Mix well. Cook over medium heat, stir until slightly thickened and clear. Let cool. Stir in remaining package of raspberries and white wine. Chill. To serve, place several orange sections in each bowl. Then add soup. Garnish with mint leaves. Serve with sour cream. Refrigerate leftovers.

Scandinavian Spice Recipe Book

Soup

Seafood Chowder

Serves 6. Try different variations of seafood items.

- 2 Tablespoons olive oil
- 1 cup sliced scallions
- 1 cup thinly sliced celery
- 1 cup small diced potatoes
- 1/4 Tablespoon pepper
- 1/4 Tablespoon nutmeg
- 1 cup chicken stock(mix: 1 Tablespoon of chicken base to 1 cup of water)
- 1 cup clam stock(mix: 1 Tablespoon of clam base to 1 cup of water)
- 1 cup lobster stock(mix: 1 Tablespoon of lobster base to 1 cup of water)
- 2 frozen lobster tails, thawed, and shell removed
- 3/4 pounds shrimp, pre-cooked
- 3/4 pounds scallops, pre-cooked
- 2 cups hot milk
- 1 can warmed condensed milk

Use a large heavy bottomed pot to heat oil. Add scallions and celery and saute over medium heat for about 4 minutes. Add potatoes, pepper, nutmeg, chicken stock, clam stock and lobster stock. Stir to blend. Bring to boil over medium heat. Cover, reduce heat to low and simmer for 20 minutes. Slice lobster meat and add to pot along with shrimp, scallops, and both milks. Stir, remove from heat and let stand for 5 minutes before serving.

Soup Stock

How to make a soup stock from our bases.

- 1 Tablespoon soup base concentrate
- 1 cup water

Using ingredients as a baseline, add base to taste, but simmering will increase the flavor so only add small amounts of base at a time. To increase yield mix 4 ounces of base to 1 gallon of water or 1 pound of base to 5 gallons of water.

Scandinavian Spice Recipe Book

Vegetables

Baba Ghanoush

Pita bread, black olives, tomato wedges, and cucumber slices are nice accompaniments for this plate. Baba ghanoush does not keep well, so plan to make it the day you want to serve it. Makes 4 Servings.

- 2 large globe eggplants (about 2 Lbs.)
- 1 Tablespoons Lemon juice
- 1 Tablespoon garlic, minced
- 2 Tablespoons Tahini
- 1 Tablespoon Extra Virgin Olive Oil, plus extra for serving
- 2 teaspoon parsley leaves, chopped
- Sea Salt (add to personal taste) and Black pepper, ground (add to personal taste).

When buying eggplants, select those with shiny, taut unbruised skins and an even shape (eggplant with a bulbous shape won't cook evenly). Pierce each eggplant uniformly over entire surface with fork to prevent it from bursting. Adjust oven rack to middle position and pre-heat oven to 500 degrees. Line rimmed baking sheet with foil, set eggplants on baking sheet and roast, turning every 15 minutes, until eggplants are uniformly soft when pressed with tongs (about 60 minutes for large globe eggplants). Cool eggplants on baking sheet for 5 minutes. Trim top and bottom off each eggplant. Cut eggplants in half lengthwise and use spoon to scoop hot pulp from skins. Place pulp in colander (you should have about 2 cups packed pulp); discard skins. Let pulp drain 3 minutes. Transfer pulp to work bowl of food processor fitted with steel blade. Add lemon juice, garlic, tahini, sea salt, and pepper to taste and process until mixture has a coarse texture (about eight 1-second pulses). Transfer to serving bowl, cover with plastic wrap flush with surface of dip, and refrigerate 45 to 60 minutes. To serve, use spoon to make trough in center of dip and spoon olive oil into it; sprinkle with chopped parsley and serve.

Baked Artichokes

Serves 6.

- 4 Eggs, beaten
- 1/2 Lb. Cheddar cheese, grated
- 12 oz. marinated artichokes, cut up
- 3 Green onions, chopped fine
- 6 Ritz crackers, crushed
- 2 Tablespoons Garlic, minced
- Sea Salt & pepper to taste
- dash of Tabasco

Preheat oven to 325 degrees. In a skillet, saute onions and garlic in artichoke oil, then drain. Mix all ingredients and spread in greased 8x8" pan. Bake at 325 for 30 min. Can be frozen and reheated.

Brushcetta

Yields 24 Slices. Made with Sun-Dried Tomatoes & Capers. Use as an Appetizer.

- 4 Sun-dried tomatoes (NOT packed in oil)
- 1 cup boiling water
- 3 ripe Tomatoes, peeled, seeded and finely chopped
- 3 Tablespoons minced red Onion
- 3 teaspoons Capers, rinsed
- 3 Tablespoons Minced Garlic
- 2 teaspoons Balsamic Vinegar
- 1 Tablespoon chopped Basil
- 1 Tablespoon chopped Oregano
- 1 teaspoon cracked Black Pepper
- 1/2 teaspoon Sea salt to taste
- 1 - 12" loaf italian bread, cut into 24 slices
- Grated Parmesan or Romano cheese (optional)

Preheat the oven to 350 degrees. Reconstitute the sun-dried tomatoes by placing them in a small bowl and pouring about 1 cup of boiling water over them. Let the tomatoes rest in the hot water until it cools. Drain the tomatoes and chop them finely. Combine all ingredients, except the bread slices and the cheese, in a bowl and set aside for 1 hour at room temperature. Toast the bread slices in the oven until lightly brown. Cool slightly. Top with the tomato mixture. Sprinkle with Romano or Parmesan cheese if desired. Serve warm or at room temperature.

Scandinavian Spice Recipe Book

Vegetables

Cauliflower Au Gratin

Baked Cauliflower Au Gratin

- 1 large white cauliflower
- 2 Tablespoons butter
- 4 green onions, finely chopped
- 2 Tablespoons Flour
- 1 cup milk
- 1/2 teaspoon sea salt
- 1/4 teaspoon white pepper
- 1 dash Tabasco sauce
- 1/4 cup seasoned bread crumbs
- 2 Tablespoons grated Parmesan

Cook cauliflower whole in salted boiling water about 20 minutes. Drain and place in baking dish. In a small skillet, melt butter and saute green onions over medium-low heat for 5 minutes. Blend in flour and cook for 3 another minutes over low heat. Slowly stir in the milk and simmer until the mixture is smooth and thick, stirring constantly. Add the salt, pepper, and Tabasco. Pour the sauce over the cauliflower. Sprinkle with the bread crumbs and cheese. Preheated oven to 375 degrees. Bake about 20 minutes or until slightly browned.

Honey-Glazed Carrots

Serves 4.

- 1 pound carrots, peeled and cut into 3 inch pieces, then quartered
- 1 Tablespoon honey
- 1 1/2 teaspoons Dijon mustard
- 1/2 cup water
- 1/2 Tablespoon chicken base

Mix the chicken base and water to make a stock. In a large frying pan, combine the carrots, chicken stock, honey and mustard. Cover and cook over medium heat for 10 minutes or until the carrots are tender. Remove the cover and cook over medium-high heat, stirring often, for 5 minutes or until the stock has been reduced to a glaze.

Huevos Rancheros

Huevos Rancheros (baked) makes 6 servings

- 1 cup Onion, chopped
- 1 cup green Bell pepper, chopped
- 2 Garlic cloves, minced
- 3 Tablespoons Olive oil
- 1 Tablespoon Flour
- 32 oz. Tomato, drained & chopped
- 1/2 teaspoon Oregano, dried
- 1/2 teaspoon Cumin, ground
- 1/2 teaspoon Chili powder
- 1/4 teaspoon Sea Salt
- 1/8 teaspoon Pepper
- 1/4 cup Wine, white
- 6 Eggs
- 1/2 cup sharp Cheddar, shredded
- 1/4 cup black Olives, sliced
- 1/4 cup Scallions, chopped

Saute onion, green pepper and garlic in oil. Stir in flour and cook 1 minute. Add the rest of the ingredients(except: cheese, olives and scallions) and cook over medium heat (5 minutes). Pour sauce into a baking dish. You can continue or refrigerate for later use. Remove from refrigerator and a hour before serving time. Make 6 indentations in sauce, and break an egg into each. Now sprinkle with cheese, black olives and scallions. Preheat oven to 350°F and bake for 15 minutes or until eggs are set. Serve immediately.

Scandinavian Spice Recipe Book

Vegetables

Pasta with Sun-Dried Tomatoes

Pasta with Sun-Dried Tomatoes

- 1/4 cup sun-dried tomatoes(cut into small pieces)
- 1 (7-ounce) package angel hair pasta
- 1/3 cup extra virgin olive oil
- 1/3 cup parsley flakes
- 1 Tablespoon tomato paste
- 2 Tablespoon minced garlic
- 1/2 teaspoon sea salt
- 1/4 teaspoon dried crushed red pepper
- 1/8 teaspoon pepper(pinch)
- grated parmesan cheese

Place tomato in a bowl; add hot water to cover. Let stand 15 minutes; drain and set aside. Cook pasta according to package directions and drain. Place pasta in a deep casserole dish. Add tomato, oil, and the rest of the ingredients except cheese. Cook over medium-low heat until heated throughout. Stir occasionally. Put on a serving platter and sprinkle with cheese.

Pine Nut Wild Rice

Serves 4.

- 1/2 cup Wild Rice, uncooked
- 2 Tablespoons Green Onion Tops, Sliced
- 1 teaspoon Margarine or Butter
- 1 - 1/2 cup Chicken Broth (mix 1 - 1/2 Tablespoons Chicken base to 1 - 1/2 cups water)
- 1/2 cup Pine Nuts, toasted
- 1/2 cup dried Cranberries, chopped
- 1/2 cup Currants

Cook and stir wild rice and onions in margarine in a 2-quart heavy saucepan over medium heat until onions are tender, about 3 minutes. Stir in broth. Heat to boiling, stirring occasionally, reduce heat and cover. Simmer until wild rice is tender, 40 to 50 minutes. Stir in pine nuts, cranberries and currants.

Potato Latkes

Serves 8.

- 3 Tablespoons olive oil
- 4 large potatoes
- 2 eggs
- 1 teaspoon sea salt
- 1 Tablespoon flour
- 2 Tablespoons grated onion
- 1/2 teaspoon baking powder
- 1 teaspoon lemon juice

Cut potatoes in small pieces. Put all ingredients in food processor or blender and blend. Let sit 15 minutes. Spoon liquid off top.

Heat oil in large skillet on medium. Drop mixture by teaspoonfuls into skillet. Brown well on both sides. Serve immediately with applesauce or sour cream. Or, freeze between sheets of foil. Reheat in 450 degree oven about 5 minutes.

Ratatouille

Serves 6. Use as a side dish or an appetizer.

- 1 lb. eggplant, pared and chopped
- 1 large zucchini, quartered lengthwise and thinly sliced
- 2 cups peeled, crushed tomatoes, fresh or canned
- 1 cup chopped onion
- 3 Tablespoons granulated garlic
- 2 cups water
- 2 Tablespoons vegetable base
- 6 oz. can tomato paste
- 2 Tablespoons parsley flakes
- 1/4 Tablespoon basil leaves
- 1/4 Tablespoon Oregano Leaves
- 1/4 teaspoon pepper

Mix vegetable base with water. Then combine all ingredients in a heavy sauce pot and cover tightly. Simmer over low heat, stirring occasionally, for two hours or more until sauce thickens. This dish may be used as a side dish or an appetizer with pita bread for dipping. Can also be frozen.

Scandinavian Spice Recipe Book

Vegetables

Red Cabbage

Sweet/sour accompaniment to beef dishes. Serves 8 people.

- 1/2 head diced cabbage
- 1/2 stick oleo or equivalent of bacon grease
- 1/4 cup vinegar
- 1/4 cup sugar
- 1/2 onion, chopped
- 6 whole cloves
- 1 red apple, chopped
- 1/4 cup white wine

Place the onions in a skillet. Cover with cabbage and apple. Add sugar, vinegar, and salt. Add white wine and stir into cabbage. Stick the cloves into the mixture. Mix and simmer for 45 minutes.

Roasted Potatoes

Serves 4.

- 5 Tablespoons Dijon mustard
- 5 Tablespoons olive oil
- 1 Tablespoon minced garlic
- 1 teaspoon Italian seasoning
- 3 Tablespoons white Wine
- 6 medium red potatoes, cut into 1 inch cubes

Mix all ingredients except potatoes. Place potatoes in a lightly buttered baking pan. Coat with mustard mixture to cover. Bake at 425 degrees for 45 minutes or until potatoes are fork-tender, stirring occasionally.

Roasted Vegetables

Roasted seasoned vegetables with potatoes.

- 3 Tablespoons lemon pepper seasoning
- 3 Tablespoons brown sugar
- 2 Tablespoons paprika
- 1 Tablespoon chili powder
- 2 teaspoons garlic powder
- 1 1/2 teaspoons cayenne pepper
- 1 1/2 teaspoons basil
- 1/2 cup olive oil

Combine all ingredients in processor, except olive oil. Blend 15 seconds. Transfer to small jar; cover tightly. (Spice mixture can be prepared 2 weeks ahead. Store in refrigerator.) Makes 3/4 cup seasoning. Preheat broiler (medium-high heat). Cut assorted vegetables (such as potatoes, zucchini, bell peppers, red onions and large mushrooms) into 1/2-inch-thick slices. Brush with olive oil. Sprinkle generously with spice mixture. Roast until desired tenderness achieved, turning occasionally, about 25 minutes.

Saffron Rice

Serves 4 with any fish or poultry.

- 1 cup rice
- 1 3/4 cup water
- 1 teaspoon chicken base
- 1/2 teaspoon saffron threads
- 2 teaspoons lemon juice
- 1 Tablespoon butter

Bring to a boil water, chicken base, saffron, lemon juice, and butter. Add rice and simmer for 35 minutes. Serves 4.

Scandinavian Spice Recipe Book

Vegetables

Sauteed Mushrooms

Makes 2 servings. These mushrooms go great with steak or roast beef.

- 1 1/2 cups mushrooms
- 2 Tablespoons Olive Oil
- 1/4 teaspoon pepper
- 1 teaspoon garlic salt
- 2 Tablespoons parsley flakes
- 1/2 cup red wine

If using fresh mushrooms wipe the dirt off the mushrooms with a damp paper towel. Slice them into about 1/8" slices. Heat a non stick frying pan until very hot then put in the olive oil. Let the oil get hot, but not smoking hot. This will take only a few seconds. Put the mushrooms into the oil and quickly put the pepper on them along with the garlic salt, and dried parsley. Let this saute moving the mushrooms around the pan frequently. When they are done to your satisfaction, which should take about 5 minutes, add the red wine and let it simmer in with the mushrooms. When the red wine reduces after a couple of minutes or so, remove from heat and serve. Try this with our London Broil recipe.

Spinach Mushroom Quiche

Goes well with dry white wine. Serves 8.

- 1 pie crust, unbaked for 9 inch pie pan
- 6 oz. Mushrooms, sliced
- 10 oz. Spinach, fresh (washed with stems removed)
- 4 Eggs
- 1/2 cup Parmesan cheese, grated
- 2 cups whipping cream
- 1/2 Tablespoon Tarragon leaves, dried
- 1/2 teaspoon pepper, black ground
- 1/4 teaspoon sea salt

Preheat oven to 425 degrees F. In a 3-quart saucepan cook the mushrooms and spinach until wilted, about 4 to 5 minutes. Drain mushrooms in a colander, and squeeze spinach to remove excess moisture. Chop spinach lightly, and set mushrooms and spinach aside. In a medium-sized bowl whisk the eggs with the cream. Then stir in the grated cheese, tarragon, pepper and salt. Add the mushrooms and spinach, and mix well. Pour the egg-vegetable mixture into the pie pan, reduce oven to 400 degrees F and bake for 20-25 minutes on the middle oven shelf. Let cool for 10 minutes before cutting. Cut into 8 wedges.

Stuffed Mushrooms

Vegetarian recipe for ten large stuffed mushrooms.

- 10 large mushrooms
- 1 teaspoon olive oil
- 1/4 cup minced onion
- 1/4 cup finely chopped garlic
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 Tablespoon chopped parsley
- 3/4 cup bread crumbs
- 1 Tablespoon soy sauce
- 1 Tablespoon sherry

Clean mushrooms and remove stems. Finely chop the mushroom stems. Heat the oil in a skillet. Add the onion and cook until golden. Add the garlic and cook 1 minute more. Add the chopped mushroom stems, basil, oregano, and parsley, and cook 5 minutes, stirring, occasionally. Add the bread crumbs, soy sauce, and sherry, and heat, stirring for 2 minutes. Add salt and pepper to taste. Place the mushroom caps, open side up, in a lightly oiled baking dish. Fill each cap with the bread crumb mixture, forming a mound with your fingers. Preheat oven to 350 F. Bake for 15 minutes and serve hot.

Scandinavian Spice Recipe Book

Vegetables

Zucchini Cheese Casserole

Serves 6.

- 3 lbs. zucchini, unpeeled, cut into 1" chunks
- 1 cup lowfat cottage cheese
- 1 cup shredded Monterey Jack cheese
- 2 egg whites and 1 egg, beaten
- 1 teaspoon dill seed
- 1/4 teaspoon sea salt
- 1/2 cup dried breadcrumbs
- 1 Tablespoon butter or margarine, cut up

Simmer the zucchini chunks in salted water to cover for 5 minutes. Drain the zucchini very well. In a large casserole dish, combine the zucchini with the cottage cheese, Monterey Jack, eggs, dill seed and salt. Bake the casserole, uncovered, in a preheated 350 F oven for 15 minutes. Sprinkle the bread crumbs on top of the zucchini mixture, and dot it with butter or margarine. Bake another 15 min.