

Recipe and several others :

Palt

Potato dumplings (4 people)

10 to 12 potatoes, 1 tbsp salt, 700 ml (3 cups) plain flour and 300 g pork or bacon (2/3 #).

Peel and grate the potatoes (drain off any liquid)

Add salt and flour and make a dough. dice the pork or bacon.

Fill a good sized saucepan with water and allow to boil, add salt (about 1 tablespoon per liter of water)

Take a spoonful of dough, about the size of a tennis ball, knead it with your hands well covered in flour.

Press two fingers into the ball to make room for a spoonful of pork. Insert the pork and roll the ball with your hands to reshape it. Carefully lower the "palts" into the water as you go along. Use a wooden spoon and stir them around carefully now and then.

When all the "palts" have been immersed in water, allow to boil for 45 minutes to 1 hour. Serve with butter and lingonberry jam.

Cardamom Cookies

These are fragrant, crisp little cookies that many may have loved with cold milk as a child.

1 cup all-purpose flour

1 large egg

1/4 teaspoon baking soda

3/4 cup granulated sugar

8 Tablespoons, 1 stick butter

1 teaspoon Cinnamon

1 teaspoon Cardamom

Preheat oven to 350 degrees.

Grease and prepare one or two baking sheets, tapping off excess flour. In a medium bowl stir together the flour, the baking soda, cinnamon and cardamom. In the large bowl, whisk the egg until frothy. Whisk in the sugar and butter. With a spoon, stir in the dry ingredients to make a batter.

Using one teaspoon of the batter for each cookie, spoon it on to the prepared baking sheet, about 2" apart. Bake about 12 minutes, or until lightly browned. With a spatula, transfer to a rack to cool. Use cooled lightly floured sheets to bake the rest. Makes 5-6 dozen.

Hilma's Fruit Cake

A recipe (from the end of 1800) from Hilma Lundqvist in Sweden to some of her sisters in Wisconsin.

1 lb raisens

2 cups boiled water

2 cups sugar

2 tablespoons butter

Boil 5 minutes and cool.

Add 1 teaspoon soda

3 cups flour

1 teaspoon cloves

1 teaspoon cloves

1 teaspoon cinnamon

1 teaspoon nutmeg

1 lb dates

1 cup nuts

Bake 2 hours in a slow oven.