

SWEDEN

STARTER

TOAST SKAGEN

SHRIMP TOAST

Named after a fishing port at the northern tip of Denmark, Toast Skagen is typically served as a starter at Swedish dinner parties. It is an elegant combination of prawns and other ingredients on a small piece of sautéed bread.

ENTREE

SVENSKA KOTBULLAR

CREAM SAUCE, BLUE CHEESE MASHED POTATOES, LINGONBERRY JELLY

Köttbullar are smaller and have a different flavor to Italian meatballs and are nearly always served with a cream sauce. The recipe first appeared in a book by the legendary Cajsa Warg, published in 1755. Meatballs began to be eaten in Sweden during the mid-1800s as the meat grinder and wood stove became more common in Swedish homes.

SIDE

SMÖRGÅSGURKA

PICKLED GHERKINS WITH DILL

Smörgåsgurka means, literally, sandwich cucumber, as the slices are used on open sandwiches, especially with meats and pates. With a very harsh climate, Swedes had to learn to preserve foods to see them through their long hard winters.

DESSERT

TOSCAKAKA

ALMOND CAKE WITH CREAM AND TOASTED ALMONDS

The origin of the name is uncertain with two rival theories: some believe it was named after Puccini's Tosca, but others think the recipe was originally based on almond cakes from Tuscany. Whatever the origin, there is no doubt that this remains one of the most popular cakes in Sweden. This cake is a gluten-free version of a Toscakka.