



-SUGGESTIONS FOR PREPARING-
INGEBRETSEN'S
SCANDINAVIAN SPECIALTIES



1601 EAST LAKE ST, MINNEAPOLIS, MN 55407
MEATS: 612-729-9331 GIFTS: 612-729-9333

SWEDISH MEATBALL MIX is ready to use. Don't add anything. Form into balls and pan fry or bake 15-20 minutes at 350°F. Also makes great meatloaf or burgers!

CREAM GRAVY FOR MEATBALLS – Melt 2 tbsp butter in sauce pan. Stir in 2 tbsp flour. Blend well over low heat. Stir in 1 cup milk or cream. Bring to boil stirring constantly. Simmer two minutes adding 2 tbsp sour cream plus salt and pepper to taste.

SWEDISH POTATO SAUSAGE – Cover with cool water, let come to simmer, then turn fire low to a slow simmer for 30 minutes. Sausage may be turned over when fire is lowered. Cook uncovered. Can be pricked with fork several times before cooking.

MEDISTER SAUSAGE – Same method as with Swede sausage (directions above) except simmer for 40-45 minutes. May be simmered for half of the time then bake at 350°F for the remaining time.

BLOOD SAUSAGE – Slice and fry in butter until crisp as desired, or heat in milk. May use syrup on it.

YELLOW PEA SOUP – Soak one bag whole peas overnight. Rinse and drain. Cover with cold water, add 1 diced onion, simmer until tender (2-2½ hours). Add ham bone, smoked hocks, or salt pork for final 1-1½ hours. Salt to taste.

INGEBRETSEN'S HOMEMADE PEA SOUP is ready to use - simply add ½ cup water for each pound of soup and heat to serve.

SWEDISH BROWN BEANS – Wash a 1lb. Bag of beans, soak in water overnight. Rinse with cold water and simmer until tender (about 3 hours), adding more hot water if needed. When done add 1 tsp salt, 1½ cups sugar, ¼ cup plus 1 tbsp vinegar. Serve hot.

INGEBRETSEN'S SWEDISH BROWN BEANS – are fully cooked and ready to use. Simply heat to serve.

FRESH LINGONBERRIES – Rinse well in cold water, Place 1 pint berries and ½ cup water in sauce pan, simmer slowly for 14 minutes. Add 1 cup sugar and bring to boil, stirring constantly. Cool and serve.

FRUIT SOUP – Using 1 bag of dried fruit, cook slowly for 45-60 minutes in 6 cups water, adding ½ cup of raisins, ½ cup sugar, 1 cinnamon stick (optional). Add 2 tbsp sago or tapioca and cook 10 more minutes until thickened.

OYSTER STEW – Add 1 part fresh oysters to 2 parts milk; heat, but DO NOT boil. It's done when edges on oysters curl. Season to taste.

PINNEKJOTT (Cured Mutton Ribs) – Place ribs in hot oven (450°F). After 15 minutes pour 1½ cups boiling water over the ribs. Baste every 10 minutes. If meat seems dry, cover with grease proof paper for last ½ hour. Roasting time 1½ to 2 hours.

HAM LOAF – TURKEY LOAF – LAMB LOAF – Thaw then bake at 325°F – large loaf bakes for 1½ hours. Bake small loaf for 1¼ hours.

JUL SKINKE (Christmas Ham) – Simmer in water for 4-5 hours. Remove and cover with Swedish mustard and crumb topping and bake at 450°F for ½ hour. Internal temperature should reach 170°F.

TORSK (Grey Cod) – Place in baking pan. Butter and salt each piece, cover pan with aluminum foil and seal tightly around pan. Bake at 400°F for 35-40 minutes, or until flaky. Serve with melted butter or cream sauce.

COOKED TORSK – For each quart of water use 2 tbsp salt. Bring to boil enough water to cover fish. (Optional: add 3 peppercorns and 1 bay leaf). Add fish to boiling water and simmer 9-10 minutes. It's done when fish will leave bone or when it separates in flakes. Serve with melted butter or cream sauce. Frozen Torsk will have to boil or bake a little longer.

LUTEFISK (LUDEFISK) – Old Fashioned Way – Do NOT use an aluminum kettle or pan. Use 3 level tbsp salt to each quart of water, bring to boil. Add serving sized pieces of fish and return to boil. Remove from heat, skim, and let steep for 5-10 minutes. Serve.

Baking in foil – Heat oven to 350° to 400°F. Place fish, skin side down, in baking dish and season with salt. Lay foil on fish and bake about 20-35 minutes depending on amount of fish (check occasionally). Drain off excess water. Serve at once.

HINT – for firmer fish: before cooking, soak in salted water a few hours, then soak 10 minutes in fresh cold water and rinse. Then cook.

Microwave – Place fish on uncovered microwave dish. Put in oven on high until flaky – approx. 3-5 minutes. CAUTION: Do not overcook or fish will turn mushy. When done, place on warm serving dish. Salt and pepper to taste, cover with melted butter or cream sauce.

SALT COD – With Cream Sauce – Soak 1 pound in cold water overnight. Drain and add fresh water. Bring to boil and cook 20 minutes. Make 1 cup white sauce, and add 1 cooked egg, diced. Put fish on plate and cover with sauce. Serve with bacon slices. Serves 3.

COD CAKES – Soak and cook as above. Drain and flake fish. Add 1 egg, 2 tbsp Onion, and ⅙ tsp pepper to 1½ cups washed potatoes. Add flaked fish to potato mixture and form into cakes. Fry in butter or bacon fat. Serve with bacon slices. Serves 4.

CREAM GRAVY – 2 tbsp drippings or margarine, 2 tbsp flour, ½ tsp salt, dash of pepper, 1¾ cups milk. Simmer 10 minutes.

** And please remember **

CASH OR CHECK ONLY IN THE DELI