

## RECIPES FOR NOVEMBER 9, 2013

### THREE CHEESE BALL

1 8-ounce package cream cheese, at room temperature  
5 ounces cheddar cheese spread, at room temperature  
10 ounces bleu cheese, at room temperature  
1 small onion, minced  
1 garlic clove, minced  
2 tablespoons brandy or medium dry sherry  
Chopped nuts (optional)

Beat cheeses until well mixed and fluffy. Add onion, garlic and liquor and mix well. Chill. Shape into ball, coating with nuts, if desired. Chill again briefly before serving.

Keeps several weeks under refrigeration.  
Serve with slices of unpeeled apples and/or crackers.

### GREEN SALAD with CUCUMBERS

Yield: 8 servings

#### Ingredients

3 medium heads romaine  
1/2 seedless cucumber  
2 celery ribs, thinly sliced  
3 tablespoons extra-virgin olive oil  
1 1/2 tablespoons fresh lemon juice  
1 teaspoon mild honey  
1 teaspoon Dijon mustard  
3 oz feta cheese

## Preparation

Tear romaine into bite-size pieces and put in a salad bowl. Halve cucumber lengthwise, then thinly slice diagonally and add to romaine along with celery.

Whisk together remaining ingredients with 1/2 teaspoon salt and 1/4 teaspoon pepper in a small bowl until emulsified. Add to salad and toss to coat. Place on individual plates and sprinkle feta cheese on top.

## SWEDISH BEER STEW

Yield: 8 servings

4 pounds boneless beef chuck, cut into 1 1/2- to 2-inch cubes  
4 tablespoons (1/2 stick) butter  
4 tablespoons oil  
4 tablespoons brandy  
6 large onions, thinly sliced  
2 tablespoons all purpose flour  
Salt and freshly ground pepper  
2 cups beer  
1 cup beef broth  
2 bay leafs  
1/2 teaspoon ground allspice  
4 tablespoons sour cream  
4 tablespoons freshly snipped dill or 2 teaspoons dried dill weed

Position rack in lower third of oven and preheat to 325°F. Pat meat dry with paper towels. Heat butter and oil in heavy-bottomed skillet. Add beef in batches and brown well on all sides. Return all meat to skillet. Add brandy, ignite *carefully* and let it flame briefly.

Transfer meat to 6- or 8-quart heat-proof casserole.

Add onion to skillet (adding more butter or oil if necessary) and sauté over

low heat until soft and transparent. Add to casserole. Sprinkle with flour and toss gently until evenly distributed, season to taste with salt and pepper. Add beer, broth, bay leaf and allspice and mix lightly. Bring to boil over direct heat. Cover and transfer to oven.

Sauce should barely simmer during baking. Cook until meat is quite tender when tested with tip of sharp knife, about 1 ½ - 2 hours. Remove from oven and stir in sour cream and dill.

## PARSLEY POTATOES

Yield: makes 8 servings

### Ingredients

3 pounds small (1 1/2- to 2-inch) boiling potatoes  
6 tablespoons unsalted butter, cut into pieces  
4 tablespoons chopped fresh flat-leaf parsley  
1 teaspoon kosher salt

### Preparation

Peel potatoes and cover with salted cold water by 2 inches in a 8 – 10 quart heavy saucepan. Simmer, uncovered, until just tender, 15 to 20 minutes. Drain in a colander and toss in a bowl with butter, parsley, and kosher salt.

## PICKLED BEETS

Yield: About three cups

### Ingredients

1 cup cider vinegar  
½ cup water  
½ cup sugar  
1/8 teaspoon pickling spice  
¼ teaspoon mustard seeds

¼ onion, halved  
1 small bay leaf  
¾ teaspoon whole black peppercorns  
¼ bunch fresh dill  
3 beets (1 pound without tops)

### Preparation

Bring all ingredients except beets to a boil in a 2- to 3-quart saucepan, stirring until sugar is dissolved. Cover and simmer 30 minutes. Cool marinade, then chill, covered, 1 day to allow flavors to develop. Pour through a fine sieve into a bowl.

Chop off all but 1 inch of the stem and root of the beets. Cook beets in a saucepan of boiling salted water until tender, about 1 hour, depending on the size of the beets. Drain and cool. Slip off skins and cut into 1/2-inch pieces.

Stir together beets and marinade, then marinate, covered and chilled, 1 day.

## SWEDISH LIMPA BREAD

Yield: makes 2 loaves

### Ingredients

1 ¾ cups boiling water  
1/3 cup firmly packed brown sugar  
¼ cup quick-cooking oatmeal  
¼ cup (1/2 stick) butter  
¼ cup dark molasses  
1 tablespoon salt  
2 teaspoons caraway seeds  
1 teaspoon anise seeds  
1/4 cup warm water (105°F to 115°F)  
1 envelope dry yeast

3 cups unbleached all purpose flour  
3 cups rye flour  
1 egg white  
Caraway seeds (optional)

#### Preparation

Lightly grease large bowl and 2 9x5-inch loaf pans; set aside.

Combine first 8 ingredients in large bowl and let stand until lukewarm. Mix warm water and yeast thoroughly and add to bowl (proofing is not necessary). Add about 2½ cups all purpose flour and beat until smooth. Blend in rye flour and any additional all purpose flour needed to make a soft dough. Turn dough onto lightly floured board and cover with bowl. Let stand about 10 minutes.

Knead dough until smooth and elastic. Place in greased bowl, turning to coat entire surface. Cover with plastic wrap and hot, damp towel and let rise in warm place until doubled in volume. Punch down and let rise again for about 30 minutes.

Punch dough down, shape into loaves and place in pans. Cover with plastic wrap and let rise until doubled.

Preheat oven to 375°F. Beat egg white lightly and brush over loaves. If desired, sprinkle with caraway seeds. Bake until loaves are well browned and sound hollow when tapped, about 40 minutes. Remove from pans and cool on racks.

## GLAZED PINEAPPLE CARROT CAKE

Yield: makes 24 to 48 squares or bars

#### Ingredients:

2 cups unsifted all purpose flour  
1 ½ cups sugar  
2 teaspoons cinnamon

1 teaspoon baking soda  
½ teaspoon salt

3 eggs  
¾ cup buttermilk  
½ cup oil  
2 teaspoons vanilla  
2 cups finely grated raw carrot  
1 cup coarsely chopped walnuts, lightly toasted  
1 cup flaked coconut  
1 8-ounce can crushed pineapple, well drained  
Buttermilk Glaze (see below)

#### Preparation:

Preheat oven to 350°F. Generously grease and flour 9x13-inch baking pan. Combine first 5 ingredients in medium bowl and mix well.

In separate mixing bowl, beat together eggs, buttermilk, oil and vanilla. Add flour mixture and blend until smooth. Fold in carrot, nuts, coconut and pineapple. Pour into pan and bake 45 minutes, until center springs back when lightly touched and cake has pulled slightly away from sides of pan. Remove from oven and immediately poke holes every 2 inches over top with two-pronged meat fork. Slowly pour half of hot glaze over top. When absorbed, add remaining glaze. Cool in pan. Cut into bars or squares.

#### Buttermilk Glaze

##### Ingredients

2/3 cup sugar  
1/3 cup buttermilk  
1/3 cup butter  
2 tablespoons light corn syrup  
¼ teaspoon baking soda  
1 teaspoon vanilla

##### Preparation

Combine all ingredients except vanilla in small saucepan and bring to boil over medium heat, stirring constantly. Reduce heat and simmer gently 5 minutes. Remove from heat and stir in vanilla.