

# Treats

## A la Ann-Margret

One of Ann-Margret Lightle's earliest and fondest memories from Sweden is helping to prepare the food when the family had American visitors. She was seven or eight years old and her grandmother's two brothers had come from afar for a visit. Ann-Margret and her cousin made all the open-face sandwiches and also got to help with the serving.

Ann-Margret grew up in Helsingborg in the province of Skåne, renowned for its culinary traditions. Food was an important part of life, plain and simply because so many in the extended family were "mat-människor" (food people), and some of them were also very good cooks.

Ann-Margret cannot say that she learnt any special skills from all these people but they, and especially her grandmother, have been a great source of inspiration not only in her kitchen in her Mount Vernon, Washington home, but also in her job as a popular caterer at weddings and events.

Ann-Margret has also revived the Swedish culinary tradition at Seattle's Swedish Cultural Center with her "Friday Kafé" menus. People come from far to enjoy her seasonal cooking that features, for instance, chanterelles and stews in the fall, all the wonderful Christmas specialties in the winter, semlor in the spring and herring and shrimps in the summer.

Ann-Margret started off her adult life as a cartographer. For her 21st birthday her father gave her a return ticket to California. Ann-Margret did use her return ticket but only to pack up her stuff and come back to Los Angeles where she had fallen in love with Herb. She got a job at the *Taste of Scandinavia* restaurant in Woodland Hill, starting out as a server but eventually doing more and more in the kitchen.

As Herb is a builder the couple also spent a year on a project in Alaska before settling down in Mount Vernon with their daughter Sara. Here Ann-Margret has worked mostly as a realtor and still keeps her license, but since the real estate market slowed down in 2008 she has concentrated on her first love - Swedish home cooking.

There will be a Viking Feast at the Friday Kafé at the Swedish Cultural Center in October, where one of the items on the menu will be the Porter Roast that you can now try out at home.



Ann-Margret with a happy Ken Bakken at a Friday Kafé at Seattle's Swedish Center.

### 🍷 SMOKED SALMON ROLLS WITH HERB BUTTER

- 1/4 lb butter (*room temperature*)
- 1/2 cup chopped dill
- 1/4 cup chopped parsley
- 0.5 tsp lemon pepper
- 2 tbsp chopped red onion
- 1/2 clove of garlic (*minced*)
- 1 loaf white bread (*cut lengthwise*)
- 1/2 lb smoked salmon (*thin slices*)

Mix the first 5 ingredients. Cut away the hard edges on the bread. With a pastry roller, roll out the bread slices as thin as possible. Spread the herb butter on the bread slices and place the salmon evenly over the herb butter. Roll up the bread from the short side to make a short, thick roll. Wrap up tight in plastic wrap and place in the refrigerator until serving. For serving, cut up the rolls in slices and serve on a bed of greens.

These Salmon rolls can be prepared a day ahead and can also be frozen.

### 🍷 PORTER ROAST

- 2.5 to 3 lb eye of round beef
- 1 Bottle Porter Beer
- 4 oz black currant juice (*concentrated*)
- 4 oz Kikkoman Soya
- 1 tsp thyme                      5-6 juniper berries
- 5-6 black peppercorns    2-3 beef stock cubes
- 2 cloves of garlic            1 yellow onion

**Sauce:** 3 cups liquids from sauce pan  
5 tbsp flour    1 cup heavy cream

Chop up garlic and onion. Mix the porter, currant juice and soya sauce in a large saucepan and add stock cubes, garlic, onion, thyme, juniper berries and pepper. Bring to a boil. Add the meat and let it simmer for 45 minutes. Turn the roast and stick a meat thermometer in the thickest part of the meat.

Remove the saucepan from the heat when the thermometer reads 165 degrees. Let the meat rest in the juice for 20 minutes before cutting. Strain the juices, add the flour

mixed with the cream in the hot juices and let boil for 5 minutes. Serve with boiled potatoes and favorite vegetables.

### 🍷 ALMOND TORTE WITH ORANGE PARFAIT

- 11 oz almond paste
  - 3 eggs
  - 2 tbsp cocoa
  - 1 tbsp cognac
- Parfait:**
- 2 cups whipping cream
  - 1/2 cup concentrated orange juice
  - 2 tbsp *Cointreau* or orange flavored liqueur
  - 3 tbsp powder sugar
  - 1 egg yoke

Chocolate for garnish  
Preheat oven to 350 degrees. Grease and flour a cake pan. Shred the almond paste, add egg, cocoa and cognac, mix well. Fold in to the bake pan and bake for 20 minutes, let cool. Loosen the cake from the pan, wash and dry the pan and put the cake back in the pan.

Mix the cream with the juice, liqueur and powder sugar. Whip the mixture hard and at the end add the egg yoke. Spread the mixture on top of the almond cake, cover with plastic or foil and freeze for at least 3 hours.

Take the cake from freezer 15 min. before serving and garnish with chocolate.

Serve with some whipped cream.

If desired the parfait can be served with a fruit salad:

- 1 cup water
- 3/4 cup sugar            3 oranges
- 3 grapefruits            4 kiwi
- 3 small pears            Grapes

Boil the water with sugar and let it simmer for a few minutes. Cool in the refrigerator. Peel and slice the fruit, add to the cold sugar mix and let it rest for at least 1 hour before serving.