
SWEDISH COOKING FOR SWEDISH KITCHENS

A Publication of
Inspired Kitchen Design



SWEDISH KITCHENS NEED A SWEDISH CHEF

Many of you probably have or want IKEA kitchens. Scandinavian kitchens are designed with functionality in mind.

Just like Swedish design, traditional Swedish food puts pragmatism first and foremost. Swedish food keeps you warm in the long harsh winters and makes the most of the available resources along the vast Swedish coastlines and forests.



The limitation Swedish winters put on sourcing fresh ingredients from the bounty of ocean and forest is often a source of great ingenuity. Many traditional Swedish recipes focus on the preservation of food or on making the most out of preserved foods.

Simplicity and functionality; tasteful and beautiful when planned properly.



POTATO PANCAKES

WITH BACON AND TART CRANBERRY PRESERVE



In Swedish:

“Raggmunk med stekt fläsk och rårörda lingon.”

Swedes eat a lot of potatoes. In fact, the humble potato has been part of the Swedish diet since the 1700s. Spend a few days in Stockholm, the “Venice of the North” and you’ll probably be offered potatismos (mash) or klyftpotatis (oven roasted potato wedges) at least a couple of times.

This dish is traditionally made with potatoes, milk, eggs, flour and slab bacon (uncured), served with a generous scoop or two of wild lingonberry preserve. The Swedes are often found in their vast forests picking lingonberries, blueberries or wild mushrooms in the fall.

Lingon, as the locals call them, aren't naturally sweet but cooked with a little sugar, their tangy tartness is a delicious accompaniment to the dish. If you can't get lingon in North America, use cranberries. They are slightly smaller but have a similar texture and tartness.

We've made it as easy as possible for you to recreate the traditional Swedish dish with things you'll find in your local grocery store.



INGREDIENTS (4 SERVINGS)

- *Thickly sliced slab bacon (enough for 4 servings)*
- *1 egg*
- *1 ¾ lbs potatoes*
- *2 thirds cups flour*
- *Salt*
- *1 ¼ cups milk*
- *butter*
- *Uncooked cold-stirred cranberry preserve*



STEP 1

Uncooked cranberry preserve

The cranberry preserve is made with fresh cranberries. Crush them lightly with a potato masher, add some sugar (to your own taste) and stir with a spoon until a jam-like consistency is achieved. It is not meant to be sweet like a jam used for desserts. The tartness is what brings the dish together.



STEP 2

Potato pancakes

Whisk the eggs, milk and flour into a basic pancake batter. Peel and grate the potatoes coarsely. Mix the grated potatoes into the pancake batter before the potato starts browning. Salt according to taste.

Butter a cast iron skillet at medium heat (any frying pan will do if you don't have cast iron). Use a ladle to pour some well mixed batter into the pan. Spread the batter thinly and fry each side of the pancake until the edges are crispy brown and long enough to be sure that the potato is cooked.





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PYTTIPANNA

SWEDISH HASH WITH PICKLED BEETROOT
AND EGGS SUNNY SIDE UP.



In Swedish: **Pyttipanna**

This dish is great for emptying out your fridge because it's well suited for adding impromptu leftover meats and vegetables. You can also choose to make this dish with prime meat cuts and present it as a fancier dish, which gives the dish the different Swedish name "Biff Rydberg."

To underscore the impromptu way this dish is often made the ingredients will not be listed in exact amounts.



INGREDIENTS

Approximately equal amounts of:

- *Potatoes*
- *Meat*

Slightly less:

- *Onions*
- *Butter*
- *Salt*
- *Pepper*
- *Pickled beetroot*
- *Eggs*



STEP 1

Shouldn't this mention the potatoes?

~~Uncooked cranberry preserve~~

Peel and dice the potatoes uniformly.
Parboil them quickly in water
for about 1 minute.



STEP 2

Peel and chop the onions. Dice the meat to approximately the same sized cubes as you diced the potatoes.

Using two skillets, fry the potatoes to a golden crisp in one and the onion in the other. Pour the onions over the potatoes and fry the meat in the empty skillet. Pour the meat over the potato and onion mix.

Mix the ingredients and add salt and pepper to your taste.



STEP 3

Fry the eggs sunny side up. Serve the dish with the fried eggs covering the hash with pickled beetroots on the side. Swedes will often mix the yolk with the hash for an extra creamy flavor.





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SALMON PUDDING



In Swedish: “Laxpudding”

This is a Swedish culinary classic often served at Sunday dinners. Traditionally made with some form of cured salmon, but can be equally tasty with thinly sliced fresh salmon which is what we've done here.

INGREDIENTS (4 SERVINGS)

- *10 oz Thinly Sliced Salmon*
- *1 Yellow Onion*
- *1lb Potatoes*
- *½ cup finely chopped dill*
- *Butter*
- *White Pepper*
- *1 ¾ cups Milk*
- *2 Eggs*

STEP 1

Peel or scrub the potatoes before you boil them.

Let them cool off in cold water.

Once cold, cut them into thin slices.



STEP 2

Turn your oven on to 400 degrees.



STEP 3

Peel and slice the onion.
Parboil the slices for 1 minute.



STEP 4

Alternate layers of salmon, potatoes, and dill in a buttered oven pan. The top layer should consist of your best looking potato slices. Salt and pepper lightly between each layer.



STEP 5

Bring the milk to a boil, remove the pan from the stove, and whisk with the eggs. Pour the mixture into the oven pan until it covers the top potato layer



STEP 6

Bake in oven for about 45 minutes and serve with melted butter.





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Alternate layers of salmon potatoes and dill in a buttered oven pan. The top layer should consist of your best looking potato slices. Salt and pepper lightly between each layer.

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Bring the milk to a boil, remove the pan from the stove and whisk with the eggs. Pour the mixture into the oven pan until it covers the top potato layer

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Even if a dish is simple to prepare, you need a recipe, at least the first time you make it. Similarly, if you want a good looking kitchen you should consider getting a recipe for the design. IKD is here to help!

“... I really can't say enough about the master list of shopping items I got from IKD. It was so thorough. The IKEA staff had never seen anything like it and were so impressed.

The best part about the list is that when you get home and you're surrounded by boxes and parts, the list tells you exactly what goes with what. You don't have to guess. That alone was worth buying IKD's services, never mind the design expertise and my beautiful kitchen.”

[- Inspired Kitchen Design Customer Cyndi](#)

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