

# Danish Recipes

The old traditional Danish food, mainly consists of pork, fish and poultry. But also much beef is eaten.

We have, for many years, adapted food from many other countries. Today people try to eat less meat and more greens, but most people enjoy both. You will here find easy recipes on some traditional dishes:

# Danish Meatballs (Frikadeller)

## Danske Frikadeller

If you think it's just meatballs, think again! Frikadeller is served everywhere from a roadside restaurant as a hearty meal for truckers, to a tasty and well loved meal when friends get together. Danish meatballs may just be the common food that binds Denmark together as a country!

### Ingredients - Serves 4 people:

- 0,6 pound ground pork
- 0,6 pound ground veal
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 big onion
- 2 tablespoons flower
- 1 small egg

### Preparation:

- Chop the onion into fine pieces, and mix meat and onions together.
- Add egg and mix again.
- Add flower, and remaining ingredients.
- Form mix into 6-8 balls.
- Melt butter on frying pan.
- 10 min. on each side medium heat.



Frikadeller can be served with a cold potato salad, or perhaps boiled potatoes with a brown gravy.

# Burning Love - (Brændende Kærlighed)

This fulfilling traditional Danish meal was a very popular amongst poor Danish farmers for the simple reason that it is cheap, quick to make and very satisfying. For non-Danes, it provides a glimpse into a very traditional type of Danish meal. We recommend you try it. Serves 4

## Ingredients

- 1 pound potatoes
- 2 onions
- 2 teaspoons chives or parsley
- Salt
- Pepper
- 2 tablespoons Danish butter
- ½ pound Danish Bacon

## Preparation:

- Peel or scrub potatoes, and boil them for 20-25 minutes in unsalted water or until tender enough to mash
- Cut bacon in small cubes
- Fry bacon on frying pan, and place on platter with paper towel when done
- Chop onions, and fry them in the bacon grease
- Mash the potatoes and mix with butter and salt
- Serve the mashed potatoes with a mix of onions and bacon on top
- Sprinkle the dish with chives or parsley before serving



Tip: To make this Danish dish even better and more authentic, serve with pickled beets on the side



# Pickled herring (marineret sild)



A very typical fish to eat for lunch, especially at Christmas and Easter. But many people also eat it on a daily basis.

They come in different sauces and with garnish like onions and hard boiled eggs. Usually it is served on rye bread.

Some people make them from scratch, but mostly they are bought in supermarkets.

# Danish Apple Cake (Æblekage)

We grow a lot of apples in Denmark, therefore this cake is very popular. It comes in more varieties, this is just one...



## APPLE PUREE:

- 1 kg apples, peeled, core removed and cut into cubes.
- 2 dl water
- 1 tsp vanilla paste
- 50 g sugar

## CRUMBLE:

- 25 g butter
- 25 g sugar
- 50 g bread crumbs, or oatmeal

## OTHER STUFF:

- ¼ l whipping cream
- 6 danish macaroons
- Decorate with red currant gel or apple gel and crushed macaroons

See how to make it on next slide...

## INSTRUCTIONS

### FIRST MAKE THE APPLE PUREE:

1. Put apple cubes, water and vanilla in a saucepan and bring to the boil.
2. When the apples start to break down, add the sugar. Cook the puree over low heat until it has the consistency you want. I think there should be some apple pieces left. Depending on the apple variety and the size of your apple cubes, it takes about 15 minutes.
3. When you are satisfied with the consistency, you taste the puree to see if it needs more sugar. For danish apple cake, the apple puree should be a little acidic, as the rest of the elements in the dessert are sweet. It is therefore important that it does not become too sweet.
4. When you are satisfied with the taste and consistency, the porridge must cool down before it goes into the dessert.

### MAKE IN MEAN WHILE THE APPLE CAKE CRUMBLE:

1. Melt butter in a pan. Mix the bread crumbs and sugar together and add it to the melted butter. Fry the crumble until golden, and begin to lump together slightly. Then take it off and cool down on a baking sheet.

### SERVING THE DESSERT:

1. Now the desserts need to be assembled. First put a layer of apple puree in the bottom of the glasses, and sprinkle with 1-2 tbsp. apple cake crumble.
2. Crush the macaroons in your hands and spread them on top of the crumble.
3. Put another layer of apple puree on top.
4. Whip the cream to a soft whipped cream and spread it on top of the desserts. Garnish with red currant gel or apple gel, and sprinkle if necessary with slightly crushed macaroons on top. Now the dessert is ready to serve.