

Appetizers: Assorted Cheese & Cracker Tray

Serves 6

Ingredients:

- 1 Specialty Cheese (Smoked Gouda, Aged Cheddar, Gruyere)
- 1 Processed Cheese Spread (Cheeze Wiz, Kraft Old English Cheese Spread)
- 1 Alternative Lactose Free Cheese (Cashew Cheese, Macadamia Nut, Pistachio Sliceable Cheese)
- 1 Specialty Box of Premium Cheese Crackers (Carr's Whole Wheat Crackers, Nabisco Triscuit Whole Grain Crackers)
- 1 Box of Everyday Crackers (Keebler Club, Ritz, Saltine)
- 1 Alternative Wheat Free Crackers (Blue Diamond Almond, Crunchmaster Baked Rice Crackers)

Method:

- Choose 1 cheese from each of the above options in the parenthesis. Spread assorted cheeses out on tray with appropriate labels. Spread assorted crackers out on another tray with appropriate labels. (Pro Tip: If you'd like give each table different choices of cheese and crackers and encourage them to share with their table neighbors)

Main: Swedish Meatballs & Egg Noodles

Serves 8

Ingredients:

Real Meat Meatballs:

- 1/3 cup breadcrumbs
- 1/2 cup (125ml) milk
- 35 ml cream (OPTIONAL -- makes the meatballs more tender in the centre)
- 1 large egg
- 1 large clove garlic, grated or minced (OPTIONAL)
- 1/3 teaspoon salt
- 1/4 teaspoon EACH of black pepper and ground white pepper
- 1/4 teaspoon Grillkrydda OR all spice OR all purpose seasoning
- 1/2 of an onion, finely chopped
- 1 pound (500 g) ground beef (mince)
- 1/2 pound (250 g) ground pork (mince)
- 2 tablespoons fresh, finely chopped parsley
- 1 tablespoon butter
- 2 teaspoons olive oil

Gravy Sauce (OPTIONAL):

- 1/3 cup butter
- 1/4 cup plain / all purpose flour
- 250 ml (1 cup) vegetable broth (or stock)
- 250 ml (1 cup) beef broth (or stock)
- 1 cup thickened (or heavy) cream*
- 2 teaspoons regular soy sauce
- 1 teaspoon dijon mustard
- Salt and pepper, to season

Method

1. In a large bowl, mix the breadcrumbs together with the milk, cream (if using), egg, garlic, salt, peppers and spice. Allow the milk to soak into the breadcrumbs for at least 10 minutes.
2. Once the milk has absorbed some, add in the onion, meat(s) and parsley. Mix well with your hands to combine.
3. Roll meat into about 24 small balls, or 16 larger balls.
4. Heat 1 tablespoons of butter and 2 teaspoons of oil in a pan on medium-high heat. Fry meatballs in batches of two so they don't stew or simmer. Transfer to a warm plate and cover with foil.
5. Add the 1/3 cup butter to the juices in the pan to melt. Whisk in the flour until it dissolves and turns brown in colour. Pour in the broth (or stock),

cream, soy sauce and dijon. Bring to a simmer and season with salt and pepper to taste. Mix the sauce through well to combine all of the flavours together.

6. Continue to simmer until thickened

For Tofu Meatballs:

- 1 medium onion, diced
- 1 medium carrot, diced
- 1 small green pepper, diced
- 4 oz mushrooms, chopped
- 4 clove garlic, chopped
- 1/4 cup walnuts, chopped
- 2 Tbsp olive oil
- 1 pkg extra firm tofu, pressed
- 1 to 2 large eggs, beaten
- 1 1/2 tsp salt
- 1 tsp pepper
- 1 Tbsp basil, fresh
- 2 Tbsp parsley
- 1 Tbsp dijon mustard
- 1/2 Tbsp soy sauce
- 1 Tbsp olive oil
- 1/4 tsp fennel seeds (add only if you want the italian sausage flavor)
- 1 to 2 cups seasoned bread crumbs
- 1/2 cup opt...left over rice.

Method:

1. Saute the onion, carrot, pepper, garlic and mushrooms in oil until tender for about 10 minutes.
2. In a large bowl, lightly beat the eggs, then add, walnuts, parsley, basil, mustard, olive oil, soy sauce, salt, pepper.
3. Crumble the pressed tofu with your hands. Add it to the bowl with the sautéed vegetables. Mix well.
4. Add bread crumbs. Mix well.
5. Lightly oil your hands. Form into 2" balls and place on well-oiled cookie sheet.
6. Bake at 350 degrees for 25 to 30 minutes turning once so they aren't flat on one side.

Side: Creamy Mashed Potatoes

Serves 6 – 8 people

Ingredients

- 3 lb. potatoes (about 4 large, combo of russets and Yukon Golds)
- Kosher salt
- 1 stick butter, plus 2 tablespoons for garnish
- 1/2 cup milk
- 1/2 cup sour cream
- Freshly ground black pepper

Method:

1. In a large pot, cover potatoes with water and add a generous pinch of salt. Bring to a boil and cook until totally soft, 16 to 18 minutes. Drain and return potatoes to pot.
2. Use a potato masher to mash potatoes until smooth.
3. Meanwhile, in a small saucepan, melt butter and milk until warm.
4. Pour over warm milk-butter mixture and stir until completely combined and creamy. Add sour cream and stir until combined.
5. Season mashed potatoes generously with salt and pepper.
6. Transfer potatoes to a serving bowl and top with remaining two tablespoons butter. Season with more pepper before serving.

Dessert: Creamy Homemade Vanilla Yogurt with Berries

Serves 8 – 10

Ingredients for Yogurt with Vanilla Extract:

- 2 quarts whole milk, the fresher the better
- 1/4 cup heavy cream (optional)
- 3 to 4 tablespoons plain whole milk yogurt with live and active cultures
- 5 drops real vanilla extract (for batch 1)
- 5 drops artificial vanilla extract (for batch 2)

Method:

1. Rub an ice cube over the inside bottom of a heavy pot to prevent scorching (or rinse the inside of the pot with cold water). Add milk and cream, if using, and bring to a bare simmer, until bubbles form around the edges, 180 to 200 degrees. Stir the milk occasionally as it heats.
2. Remove pot from heat and let cool until it feels pleasantly warm when you stick your pinkie in the milk for 10 seconds, 110 to 120 degrees. (If you

think you'll need to use the pot for something else, transfer the milk to a glass or ceramic bowl, or else you can let it sit in the pot.) If you're in a hurry, you can fill your sink with ice water and let the pot of milk cool in the ice bath, stirring the milk frequently so it cools evenly.

3. Transfer 1/2 cup of warm milk to a small bowl and whisk in yogurt until smooth. Stir yogurt-milk mixture back into remaining pot of warm milk. Cover pot with a large lid. Keep pot warm by wrapping it in a large towel, or setting it on a heating pad, or moving to a warm place, such as your oven with the oven light turned on. Or just set it on top of your refrigerator, which tends to be both warm and out of the way.
4. Let yogurt sit for 6 to 12 hours, until the yogurt is thick and tangy; the longer it sits, the thicker and tangier it will become. (I usually let it sit for the full 12 hours.) Transfer the pot to the refrigerator and chill for at least another 4 hours; it will continue to thicken as it chills.
5. Add fresh berries of your choice to mix in.

(Pro Tip: If you really want to go full on with the Swedish theme, you could serve Lingonberry Jam with the yogurt.)