

starches throughout Africa and the Caribbean. *Telo*, fried cassava strips, is the Surinamese equivalent of French fries and is eaten with and without clipfish.

### ***Telo met Bakkeljauw* (Deep-fried cassava strips with stewed clipfish)**

1 pound dried and salted clipfish (dried, salted cod)  
 5 tablespoons sunflower oil  
 1 onion, chopped  
 5 tomatoes, chopped  
 ½ teaspoon black pepper  
 2 pounds cassava (frozen or precooked), cut into finger-thick pieces  
 8 cups sunflower oil (for deep-frying)

Desalting the clipfish:

Wash the clipfish under cold running water and pull off the skin of the fish. This can be done with the aid of a knife. Put the fish in a pan with about 2 quarts of cold water. Bring to a boil on high heat; simmer the fish for 10 minutes. Remove the fish from the water with a slotted spoon and rinse with cold water. Use a paper towel to clean the edges of the pan. Put approximately 8 cups of cold water into the pan and add the fish. Bring to a boil and simmer for 10 minutes. Remove the fish from the pan with a slotted spoon and allow to cool. Remove the bones and divide into small pieces with clean fingers.

Preparation of *bakkeljauw*:

Heat 5 tablespoons oil in a deep frying pan and add the onion. Braise 5 minutes, until soft. Stir occasionally. Add the tomatoes and add the small pieces of clipfish. Stew for 5 minutes, stirring occasionally, on medium heat. Reduce the heat to low.

Deep-frying cassava:

Heat the oil to 375°F in a wok or deep pan (about 10 inches).

Fry a few pieces (about 5) of cassava at a time, until golden brown. Remove with a slotted spoon and place on paper towels. Sprinkle with salt or serve with *bakkeljauw*.

### **Surinamese Sauerkraut with Salted Beef and Potato**

4 ounces salted beef  
 1 pound potato  
 3 ounces butter

1 large onion, chopped  
 2 tomatoes, finely chopped  
 2 tablespoons tomato paste  
 2 tablespoons sugar  
 1 pound sauerkraut  
 1 Madame Jeanette pepper

Rinse the salted meat under cold running water. Put 8 cups of cold water in a pan, bring to a boil over high heat, and add the salted meat. Simmer on low heat for 20 minutes and remove with a slotted spoon. Allow to cool, remove the fat and hard pieces, and cut the meat into thin slices. Peel the potatoes and cut into chunks. Heat the butter in a skillet and add the onion and meat pieces. Braise for about 5 minutes, until the onion is soft; stir occasionally. Add the chopped tomatoes and potatoes and cook about 5 minutes. Add the tomato paste, sugar, and 1¼ cups of water. Bring to a boil and simmer for about 10 minutes. Stir in the sauerkraut and put the Madame Jeanette pepper on the sauerkraut. Put a lid on the pan and simmer for about 20 minutes (until the potatoes are done). Remove the Madame Jeanette pepper after 5 to 10 minutes.

*Karen Vaneker*

(See "Suriname," Karin Vaneker, *EAFIT*, pp. 593-96.)



### **Sweden (Northern Europe), Swedish American Food**

Christmas is the season for extensive baking for Swedish American families. Home bakers turn out a variety of Christmas cookies, especially *pepparkakor*, ginger cookies; as well as the deep-fried *fattigmann*, spritz butter cookies made with a cookie press; *sandbakkels*, shortbread cookies pressed into small tart molds; and the delicate *krumkake*, made with a special iron and rolled into cylinders. Another traditional treat is *julkaka*, a sweet, rich Christmas bread flavored with cardamom and studded with fruits and raisins. *Julkaka* may be purchased in Scandinavian bakeries during the Christmas season, or it is easy to make at home.

### ***Julkaka* (Yule cakes)**

1 package dry yeast  
 ¼ cup warm water

- 1 cup milk
- ¼ cup butter
- ¼ cup sugar
- 1 teaspoon salt
- 1-1½ teaspoons ground cardamom, to taste
- 1 egg, beaten
- 3½-4 cups flour
- 1 cup raisins, or a mix of raisins and fruits (glacé fruit or small pieces of dried fruit)

Glaze:

- 1 egg, beaten
- Pearl sugar or granulated sugar for sprinkling on top

Preheat the oven to 375°F. Scald the milk and melt the butter in it. Let cool to lukewarm. In a mixing bowl, dissolve the yeast in the warm water and let stand a few minutes until bubbles appear. Add all ingredients except flour and raisins/fruit and mix well. Add flour a cup at a time, beating thoroughly after each addition, until the dough forms a soft ball. Turn dough out onto a floured board and knead for about 10 minutes. Knead in the raisins or fruits, form the dough into a ball, and let rise in a greased bowl covered with a clean kitchen towel until doubled in size. Punch down the dough, form it into a round loaf for baking, and let rise again on a greased baking sheet until doubled in size. Brush the beaten egg over the loaf to glaze, then sprinkle the loaf with sugar. Bake 30 minutes or until the loaf sounds hollow when tapped on the bottom.

Amy Dahlstrom

(See "Sweden," Amy Dahlstrom, *EAFT*, pp. 597-602.)



### Switzerland (Northern Europe), Swiss American Food

Swiss American food is frequently stereotyped as cheese-based, notably fondue, in which bread is dipped into melted cheese, although fondue in Switzerland is more varied. That has been adapted to melted chocolate. The food culture is more varied, of course. One traditional dish considered representative of heritage is *kuttile* (tripe) and is eaten in winter. Also, the season surrounding Lent includes food traditions that have been passed down through generations and frequently differ according to region. Immigrants from the

canton of Glarus have a pastry, *Fasnacht Kuekli*, which some cantons refer to as "Knee Caps" or "Big Nothings."

### Cheese Fondue

- 1 pound Swiss cheese, coarsely grated (about 4 cups)
- 3 tablespoons cornstarch
- ¼ teaspoon white pepper
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- 1 clove garlic
- 2 cups buttermilk

Toss cheese with cornstarch, salt, pepper, and nutmeg. Heat buttermilk with garlic over low heat. When hot, remove garlic. Add cheese mixture. Stir constantly until the cheese is melted. Serve from pan by having individuals dip cubes of bread or bagels or cut fruits such as apple.

### Chocolate Fondue

- 3 milk chocolate bars (3 ounces each, or 2 chocolate bars and 1 3-ounce bittersweet chocolate bar)
- ⅓ cup heavy cream
- 2 tablespoons brandy (kirsch or an orange-flavored brandy)

Melt slowly to a smooth consistency while stirring. Dip fruit or angel food cake cubes.

### *Fasnacht Kuekli* (Deep fried pancakes)

Pour 2 cups of hot milk over ½ pounds of butter and let cool. Beat 4 eggs until foamy, and add ½ teaspoon salt. Add to cooled milk mixture and then add about 8 cups of flour to make stiff dough. Roll very thin, dinner-plate-sized pieces (or stretch over the knee cap). Deep fry in fat. When cooked, sprinkle with sugar.

### *Kuttile* (Tripe)

Place 2 pounds of tripe into an enamel pan, cover half with water. Simmer for 1½ hours until soft and tender. Cool and drain. Then slice very thin.