

THE SMORGASBORD SWEDISH COOKING AT ITS VERY BEST (ШВЕДСЬКИЙ СМОРГАСБОРД)

Літвінова В.О., гр. ГРС-58

Науковий керівник – ст. викл. Ков'ях І.І.

Харківський державний університет харчування та торгівлі

У доповіді розповідається про особливості шведської кухні, про приготування м'яса, риби, овочів. Вишуканий смак страв шведської кухні вразить навіть найвибагливішого гурмана.

Here is the smorgasbord Swedish cooking at its very best. It has the longstanding tradition. In Sweden the smorgasbord is still only the introduction to the main meal, a delightful and always much appreciated accompaniment to the traditional glass of aquavit. It is in the foreign adaptation of this type of entertainment that we find the really extravagant proportions of the buffet. Whatever the number of dishes, however, we must remember that that the smorgasbord must be eaten in courses like any other meal, lest the succulence and savor be lost through careless mixtures of foods.

The first dishes are usually a variety of herring and anchovy dishes. The herring is without question the most important of all Swedish smorgasbord dishes. It has become part of the Swedish eating ritual. Salt herring are available in practically all fish markets. The anchovies used in these recipes were obtained in Scandinavian markets, as the smoked anchovies in oil do not lend themselves well to cooking.

Proceed through the fish combinations before the array of liver paste and cold cuts. In the boiling of the fish lies the secret of its flavor. Then come the little warm dishes, such as meat balls, kidneys, before the main meat course with its vegetable component.

The Swedish cooking has many kinds of dishes of the meat. Swedish housewives have learned to make use of the cheaper cuts of meats, which they marinate in spices and wines. The swedes also use pressure cookers and frozen foods. They, too, have become vitamin-conscious and nutritiously aware like the rest if us, and have their vegetarian clubs, fads and followers. And a Swede would hardly consider a meal worth the name without potatoes.

There comes dainty salad with the piece of cheese on hard tack.

Dessert should be delicate and the coffee strong.

These rules are very important in restaurant eating, where the number of dishes is staggering.

The Swedes can be proud of their culinary achievements.