



Sons of Norway  
**HERITAGE PROGRAMS**



**IdeaBank37**

## **HOW TO PLAN A HERITAGE DINNER**

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# How to Plan a Heritage Dinner

## Introduction

The Norse Valley lodge of Appleton, Wisconsin, has for several years, planned heritage dinners. The purpose is to foster closer relations among the members, while sampling good Norwegian food.

The dinners are limited to eight or 10 people, and guests are asked to bring one item each to the dinner. Menus are furnished by the lodge if the hosts so desire, or the hosts may choose their own menu. (It is assumed that the dinner will have a Norwegian/Scandinavian menu and theme.)

An announcement is made in the lodge newsletter when heritage dinners are scheduled, and lodge members sign up as guests or hosts.

In the attached pages you will see a sample sign-up form, a sample host information form, and a guest information sheet, as well as several menus.

## In Summary

- Step One:** Announce heritage dinner in newsletter. (See sample sign-up form.)
- Step Two:** Cultural director (or other designated person) sets up guests lists and sends out detailed menus to hosts (see Host Information sheet and Menus).
- Step Three:** Cultural director (or other designated person) sends out recipes and Guest Information sheet to guests (see sample form). The hosts may also be involved in step three, e.g., as to assignment of duties.
- Step Four:** An enjoyable dinner in good company!

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## Heritage Dinner Information

- Yes, I (we) would like to attend a Heritage Dinner on \_\_\_\_\_.  
(date)
- Yes, I will host a dinner for \_\_\_\_\_ (including myself).
- Please provide a Norwegian menu for me to follow.
- I will provide my own Norwegian menu.

# Sample Host Information Form

Sons of Norway Lodge Name & Number \_\_\_\_\_

**Heritage Dinner—**\_\_\_\_\_

(Date)

Thank you so much for offering to host a Heritage Dinner on \_\_\_\_\_ (date).  
Your guests will be:

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I am including enough recipes for your guests and also the envelopes for mailing to them. Enjoy your evening and let me know how things go and if you have any questions. You are certainly free to change the menu if you wish—just try to keep to Norwegian-type food.

Beste hilsen (greetings from)

\_\_\_\_\_  
Cultural Director

Enclosures

# Sample Guest Information Form

Sons of Norway Lodge Name & Number \_\_\_\_\_

**Heritage Dinner—**\_\_\_\_\_

(Date)

We are happy you will be sharing the Heritage Dinners with other members of  
\_\_\_\_\_ (lodge name & number)

Your host and hostess will be:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

The following menu has been selected because it is typically Norwegian and the recipes are fairly easy to prepare. You will have to adjust the ingredients for the number of guests attending the dinner.

Fish balls or meat balls  
Boiled and buttered potatoes  
Buttered carrots  
Apple cole slaw  
Red berry pudding with cream

It is suggested that everyone pool the costs of their contributions and divide accordingly. This will help keep the host's expenses equal to the others.

\_\_\_\_\_  
Cultural Director

Please bring \_\_\_\_\_ to the dinner (recipe attached).

We will eat at \_\_\_\_\_, \_\_\_\_\_  
(time) (date)

# Sample Menu 1

## Meatballs (Norma's kjøttboller)

### Meatballs:

2 quarts water  
1 medium onion, chopped  
few stalks celery, finely chopped  
1-1/2 lbs. ground round steak or meatball  
  mix of pork, beef and veal (preferably unseasoned)  
1 cup cream  
1 egg  
1 Tbsp. cornstarch  
salt and pepper (salt optional because of soups used in gravy)

### Gravy:

2 cans consomme  
1 can cream of mushroom soup  
3 Tbsp. flour

Heat water, onion and celery in deep kettle. Mix meatball ingredients well and form into balls. When water boils, drop meatballs into liquid and simmer until they hold their shapes. Remove from broth and put meatballs into a baking dish sprayed with vegetable spray. Cover meatballs with soups mixed with flour. Bake at 350°. covered for one hour. Uncover and bake half-hour more to brown.

\* \* \* \* \*

## Norwegian Meatballs (Kjøttboller)

1 lb. lean pork  
1 lb. lean beef  
2 large potatoes, boiled and mashed or 1 cup instant potatoes prepared with 1 cup boiling water  
2 eggs  
1 cup milk  
1 small onion, finely chopped

Grind meat finely. (I have my butcher put it through the grinder three times.) Mix all ingredients well. Shape into rolls the size of an egg. Dip balls in flour. Fry in butter or margarine. Put in a 13x9 pan. Rinse skillet with 1-1/2 cups water. Pour over meatballs. Bake at 325°. for 40 minutes. Turn down temperature to 300° for an additional 20 minutes.

This will serve six generously. These meatballs freeze well, so can be made ahead. I usually double the recipe. They are a good gift.

## Norwegian Meatballs (Norske kjøttkaker)

1-1/2 lb. lean pork steak (ground)	1/2 lb. round steak (ground)
1 cup mashed potatoes (with milk)	3 eggs, well-beaten
3/4 cup milk	1 Tbsp. salt
2 tsp. sugar	1/4 tsp. allspice

Make small balls, roll in flour and fry in butter until brown on both sides. Pour boiling water over them, just enough to cover the bottom of the pan, and place in oven at 350°. When the water has all disappeared, pour one cup cream over the meat and replace in oven until cream has disappeared. Takes about 1-1/2 hours to complete all baking. Makes about 30 meatballs.

\* \* \* \* \*

## Apple Coleslaw

Freshly-grated apple adds a pleasing fruitiness to this sour-cream coleslaw. If you like slaw on the sweet side, include the pineapple.

1 cup whipping cream	freshly ground pepper
1 cup sour cream	3 red apples (Winesap or Delicious)
1/3 cup white wine vinegar	8 cups finely shredded cabbage
1-1/2 Tbsp. sugar	1 can (13-1/2 oz.) pineapple tidbits, drained (optional)
1/2 tsp. salt	1-1/2 Tbsp. lemon juice

Mix together whipping cream, sour cream, vinegar, sugar, salt and pepper to taste. Finely shred two of the apples and add to the cabbage. If a sweet coleslaw is desired, add the pineapple tidbits. Combine with the dressing.

Place in a serving bowl, cover, and chill until serving time (up to 12 hours). Just before serving, slice the remaining apple, core it, and dip in lemon juice. Arrange apple slices in a pinwheel in the center of the salad. Makes 12 servings.

\* \* \* \* \*



## Red Berry Pudding with Cream (Rødgrøt med fløte)

1 10 oz. box frozen strawberries	whipped cream, cool whip or
1 10 oz. box frozen raspberries	half-and-half cream
as much water as berries and juice	5 Tbsp. cornstarch
	5 Tbsp. sugar

Place berries and water in a saucepan and cook for 5 minutes. Strain through a sieve. This should make about 4-1/2 cups juice. Mix the cornstarch and sugar and add water to make a thin paste. Bring the juice again to a boil. Take off the heat and stir in the cornstarch mixture. Bring it back to a boil quickly, and after 2 minutes take it off the stove. Cool it a little before you pour it carefully into a glass bowl or individual serving dishes. (Don't crack the dishes!) To prevent a skin from forming, sprinkle a little sugar on top of each dish.

*Rødgrøt* is better if made several hours ahead or the day before serving. At dessert time, top with whipped cream, Cool Whip or half-and-half cream. Serves 6.

*This is Norway's National Dessert. It can be made with fresh currants or blackberries, or canned wild blueberries or blackberries. Just be sure you have 4-1/2 cups juice after putting the berries through the sieve.*

\* \* \* \* \*

# Sample Menu 2

## Veiled Peasant Girls (Tilslørte bondepiker)

2 cups oven-dried bread crumbs                      applesauce (chunky very good here)  
2 Tbsp. butter    whipped cream

Brown crumbs in butter to a light golden brown. Add a tablespoon of sugar. Stir well and cool. Fill a bowl with alternate layers of crumbs and sweetened applesauce. Let stand in refrigerator overnight or for a few hours. Serve with whipped cream.

One may also fill a greased oven-proof dish with alternate layers of crumbs and applesauce, sprinkle with sugar, dot with butter, and bake in 325° oven for 30 minutes. Serve lukewarm with whipped cream.

*Nobody could tell us where this dish got its fancy name, but it appears just like this in 75-year-old cookbooks. When one sees it, though, in a sparkling cut-glass bowl adorned with whipped cream and ladled out with an elegant sterling-silver spoon, it really is “all dressed up.”*

\* \* \* \* \*

## Split Pea Soup (Ertesuppe)

1 cup split peas    2 medium-size carrots  
1 small ham hock    1/2 small onion  
2 quarts water

Wash the peas, soak them overnight in water to cover. In the morning, boil the ham hock in two quarts of water for half an hour. Then put the peas and soaking water into the ham hock kettle, cover and boil them slowly until the peas are mushy, about one hour. Lift out the ham hock. Scrape and slice the carrots, chop the onion fine, and add them to the ham and pea mixture. Add more salt if necessary. Cook for another 30 minutes. If there is meat on the ham hock, chop fine and return it to the soup. Serves 6.

\* \* \* \* \*

## **Carrots with Lemon (Gulerøtter med sitron)**

1 lb. carrots

2 Tbsp. butter

2 tsp. chopped parsley

juice of half a lemon

salt and pepper to taste

Wash and scrape carrots. Cut in slices. Boil in salted water to cover till tender. Drain and put back over fire to dry, shaking them the while.

Add butter, parsley, lemon juice, a little salt and pepper, and stir it all together. Serves 6.

\* \* \* \* \*

## **Poached Fish (Kokt fisk)**

**Cooked the last minute before serving.**

3 lbs. frozen fillet of cod or haddock (defrosted)

melted butter

chopped parsley or Hollandaise sauce

Cut each fillet into individual servings. Drop them into a kettle of boiling salted water. Bring again to a boil, and then SIMMER them for 10 to 12 minutes. (Boiling ruins the fine flavor.)

When done, lift out with a slotted spoon. Save the stock. Serve the fish on a warm platter. Decorate with tomato wedges.

In Norway, the traditional way is to serve poached fish with melted butter in which chopped parsley has been stirred. Serves 6.

\* \* \* \* \*

## **Mealy Boiled Potatoes (Kokte poteter)**

**No dinner is complete without them.**

Count 1 potato for each person.

Peel potatoes very thinly and place in boiling salted water. When they are done, pour water off (may be saved for soup or gravy).

Put the pan back on the stove over low heat and shake the pan to dry them, making them very mealy. Turn off the fire, leave potatoes in the pan, covered with a folded towel across the top. Put the lid back on and keep warm until serving time. This will absorb all the rest of the moisture. At meal time, sprinkle with chopped parsley.

Mealy boiled potatoes go with any meat or fish dish. (If you boil potatoes in their jackets, of course you will have to throw the water away.)

\* \* \* \* \*

# Sample Menu 3

## Heritage Dinner or Scandinavian Potluck

Our heritage dinner this month will be a potluck. Each couple should bring one dish on the menu to share. Beverages will be provided. Hosts should call their guests at least two weeks prior to the dinner to confirm the date and assign the dishes. The host is responsible for the main dish. If the guests are not able to meet on the assigned date, the host should arrange an alternate date for that dinner.

If you cannot attend, please arrange for a substitute and notify your host. Dress for the dinner is casual. *Vær så god!*

*NOTE: No potatoes on this menu. Some hosts provide them anyway! Norwegians almost always serve potatoes with the main meal.*

\* \* \* \* \*

### Swedish Meatballs (main dish)

1/2 cup onions, chopped	2 eggs
3 Tbsp. butter	1/2 cup milk
1 lb. ground beef	1/2 cup bread crumbs
1/4 lb. ground pork	2 Tbsp. butter
1-3/4 tsp. salt	3 Tbsp. flour
1/4 tsp. allspice	1-1/4 cup beef broth
1/8 tsp. nutmeg	1/2 to 1 cup light cream
1/8 tsp. pepper	

In a skillet, sauté onions in 3 tablespoons butter until translucent. In a large bowl, combine beef, pork, salt, allspice, nutmeg and pepper. Add onion to bowl, reserving the butter in skillet. Combine the eggs, milk and bread crumbs and add to meat. Refrigerate for one hour.

Form mixture into balls the size of golf balls, or smaller if desired, according to the number of desired servings. Brown lightly in reserved butter and remove with a slotted spoon. Reserve butter again. Place meatballs in a covered casserole and bake in a preheated (325°) oven for 30 minutes.

To make gravy, add 2 tablespoons butter and 3 tablespoons flour to the reserved butter and meat drippings in skillet. Stir in beef broth. Cook until thick, stirring constantly, 3 to 5 minutes. Just before serving, add half-cup light cream or more to obtain desired consistency. Heat to serve. Pour over baked meatballs. 6 to 8 servings.

## Herring Salad

From *The Minnesota Centennial Cookbook*, courtesy of Arleigh Hamel.

**This recipe has been doubled.**

1 pint herring, cut up, drain wine sauce	2 tsp. minced onion
2 cups regular diced canned beets, drained	2 dill pickles, chopped
2 cups apples, chopped	2 tsp. vinegar
	2 Tbsp. cooking oil
	2 cups sour cream
	pepper taste

Mix together and serve, either as a relish or on lettuce.

\* \* \* \* \*

## Creamy Whipped Rutabagas

4 lbs. rutabagas, pared and diced	1/2 cup whipping cream
1 tsp. salt	1/4 cup melted butter
1/2 tsp. each of allspice, nutmeg & ginger	

Put rutabaga cubes into sauce pan and add water to cover. Add salt. Bring to a boil and simmer until rutabagas are very tender, 20 to 30 minutes.

Drain, reserve liquid. With potato masher or electric mixer, mash the rutabagas, then whip, adding the allspice, nutmeg, ginger, whipping cream and butter. Add some of the liquid, if necessary, to lighten the texture of the mixture. Serve hot. 8 servings.

\* \* \* \* \*

## Rice Cream (Riskrem)

“*Riskrem* is the Norwegian Christmas dessert. So very delicious, it is worth waiting a year for.”  
(From *Ekte Norske Mat* [*Authentic Norwegian Cooking*].)

3/4 cup rice	1/2 tsp. almond extract
1 tsp. salt	1 pint heavy cream, whipped and sweetened to taste
4 cups milk	1/2 cup almonds, chopped
1/2 cup sugar	1 almond, whole

Cook rice and salt in milk, in double-boiler, until rice is soft and mixture is thick (about 1-1/2 hours). Add sugar and almond extract. Chill. Add chopped almonds and one whole almond.\* Stir in whipped cream. Serve with red fruit sauce (see recipe next page).

## Red Fruit Sauce

Served with *riskrem*.

1 10 oz. box frozen raspberries (unthawed)  
1-1/2 cup water  
1/2 cup sugar  
1/3 cup cold water  
1-1/2 tsp. cornstarch

Boil raspberries in 1-1/2 cups water for 10 minutes. Strain to remove seeds. To liquid, add sugar and bring to a boil. Mix the cornstarch in the 1/3 cup water. Stir into hot raspberry sauce and bring to a boil again for several minutes, stirring constantly. Cool. When serving, pass a pitcher of the fruit sauce to pour over the rice.

If you wish, you may use an instant pie glaze called “Salad, Danish Dessert” for the fruit sauce. It can be purchased in the pudding section of the supermarket. It comes in strawberry or raspberry.

*\* The person who gets the whole almond is given a mystery prize. Traditionally, whoever gets the whole almond does not divulge it until all the rice cream has been eaten.*

\* \* \* \* \*

Here is another recipe if you run short:

## Norwegian Sweet Soup (Søtsuppe)

1 cup prunes	3 cups water
1 cup seedless raisins	1 cup sugar
1/2 cup currants	1/2 cup minute tapioca
1 cup chopped apples	1 stick cinnamon
2 cups grape juice	1/4 tsp. salt

Some recipes say to soak the prunes for 2 hours to overnight. This is up to you. Combine all ingredients except grape juice and cook until fruit is tender. Then add grape juice and half lemon, sliced. May be served hot or cold.

\* \* \* \* \*

# Sample Menu 4

## Buttered Potato Soup (Salpsakkaa—Finland)

Make this creamy soup with last night's potatoes and serve it steaming hot in mugs.

2 cups mashed potatoes	dash ground allspice
4 cups milk	about 2 Tbsp. chopped fresh parsley
2 cups half-and-half	about 4 tsp. butter
salt and pepper to taste	

In a medium saucepan, beat potatoes and milk with a whisk until smooth. Stir in half-and-half. Stir over medium heat until soup barely comes to a boil. Add salt and pepper to taste. Sprinkle top with a dash of allspice. Ladle into individual bowls or mugs. Garnish each with parsley and 1/2 teaspoon butter. Serve immediately. Makes 8 servings.

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## Carrot Pudding (Kris Kringle Kage)

1/2 cup shortening	1/2 tsp. soda
1 cup brown sugar	1 cup chopped nuts
1 egg	1 Tbsp. water
1 cup grated raw carrots	1 tsp. baking powder
1/2 cup dates, cut in pieces	1/2 tsp. salt
1 cup seedless raisins	1/2 tsp. cinnamon
2 tsp. candied lemon peel, cut in thin pieces	1/2 tsp. nutmeg
1-1/4 cups flour	1/4 tsp. allspice

Cream shortening and sugar. Add beaten egg. Add soda dissolved in boiling water; add fruits and carrots. Sift dry ingredients together and combine with rest of mixture. Pour into greased tube mold and bake for 1 hour at 325°. Serve with vanilla or lemon sauce.

\*\*\*\*\*



**Cucumber Salad**  
**(Agurkesalat—Danish)**  
**(Agurksalat—Norwegian)**  
**(Inlagd gurka—Swedish)**

This easily prepared cucumber salad is usually a great favorite among foreign visitors to Scandinavia. It is the “salting” process which makes it different from most other cucumber salads. 1-2 tablespoons of oil may be added to the dressing, but this is not the rule.

1 cucumber	U.S. 1/2 cup white vinegar OR
Salt	juice of 1 lemon
U.S. 1/2 cup water	sugar to taste (about 3 Tbsp.)
1/2 tsp. salt	2 Tbsp. chopped parsley (OR dill)
pinch white pepper	

Wash the cucumber and slice it very finely, using a vegetable slicer, if available, so that the slices are almost transparent. Place in a deep bowl and sprinkle with salt. Cover with a plate and weigh down with a heavy object. Leave to stand for 1-2 hours. Drain thoroughly, rinse off the salt and squeeze out the remaining juice. Boil the water and add the salt and pepper, leave to cool and add the vinegar and sugar. When the dressing is cold, pour it over the cucumber and leave to chill for half an hour. Just before serving, sprinkle with chopped parsley or dill. Serve cucumber salad with roast chicken or any other roast meat. Serves 4-6.

\* \* \* \* \*

**Glazed Potatoes**  
**(Brunede kartofler—Danish)**  
**(Glaserte poteter—Norwegian)**  
**(Galserad potatis—Swedish)**

Serve these potatoes with pork or beef dishes, or with chicken, roast duck, goose or game. In Scandinavia, plain boiled potatoes are frequently served together with glazed potatoes, at the same meal. Choose fairly small, even-sized ones for this recipe. New potatoes are the best, but canned potatoes can also be used.

1-1/2 lb. potatoes	<b>For Glazing:</b>
water	3 Tbsp. sugar
salt	1-1/2 oz. butter

Boil the potatoes in salted water until just tender, peel and leave them to cool. When cold, place in a colander and rinse under cold water; leave to drain. Melt the sugar in a frying pan and stir with a palette knife, until the sugar is beginning to turn brown. Do not let it burn. Remove the frying pan from the heat and add the butter, stir until it melts, then add the drained, but still moist, potatoes. Toss until the potatoes are evenly glazed and golden brown. Place the frying pan over gentle heat and cook until heated through. Serve at once. Serves 4.

**Lamb and Cabbage**  
**(Får i kål—Danish)**  
**(Fårikål—Norwegian)**  
**(Får i kål—Swedish)**

2 to 2-1/2 lbs. shoulder or breast of lamb or mutton	10 black peppercorns
1 small cabbage	1 bay leaf
1 tsp. salt	1/2 to 3/4 pint (1-1/4 to 2 cups) water finely chopped parsley

Trim and cut the meat into large, even-sized cubes and then blanch in boiling water. Remove some of the outer, coarse leaves of the cabbage and cut the stalk away. Make layers of cabbage and meat in a heavy casserole. Sprinkle with salt and peppercorns between layers. Add the bay leaf and sufficient water to cover the ingredients. Bring to the boil and skim the surface well; turn down the heat and cover with a lid. Simmer on top of the cooker or bake in a moderate to fairly hot oven for about 1 to 1-1/2 hours until the meat is tender. Just before serving, sprinkle with parsley. Serve with hot French bread or dark Danish rye bread.

\* \* \* \* \*

# Sample Menu 5

## Meat Balls No. 3

1 lb. round steak	1 mashed potato
1/2 lb. pork steak	1/2 cup bread crumbs
salt, pepper, ginger, nutmeg	1 egg

Grind the meat very fine. Add other ingredients and enough milk to make it real soft. Form into balls. Fry until brown. Add water and simmer, covered, for one hour.

\* \* \* \* \*

## Red Cabbage I (Denmark)

1 large head red cabbage	1 tsp. salt
2 Tbsp. bacon fat or oil	dash of white pepper
1/2 cup red wine	pinch of powdered cloves
3 Tbsp. red current jelly	1 Tbsp. sugar

Wash, shred, and drain the red cabbage.

Heat the bacon fat or oil in a large pot. Add the cabbage and heat it for 5 minutes. Then add the red wine, currant jelly, salt, pepper, cloves and sugar. Mix very well and continue to stir for a few minutes until all flavors are absorbed. Cover and cook the cabbage over low heat for 25 minutes.

Serve the cabbage hot. Makes 6 to 8 servings.

\* \* \* \* \*

## Finnish Hasselback Potatoes (Hasselbackspotatis)

12 oval-shaped potatoes, peeled	3 Tbsp. margarine or butter
1 tsp. salt	4 Tbsp. grated Parmesan cheese
	2 Tbsp. bread crumbs

Cut potatoes into thin slices, but not quite through to the lower edge, so that the slices hold together. Place potatoes, with slices upward, into a well-buttered casserole. Sprinkle with salt and dot with bits of margarine (or butter). Bake in a very hot oven (450°) for 20 minutes, basting occasionally. Sprinkle with cheese and bread crumbs and bake for another 25 minutes without basting. Makes 4 servings.

## **Cheese Mousse (Ostefromage—Norway)**

Serve this as an appetizer spread for crackers and flatbreads.

1 (1/4 oz.) envelope unflavored gelatin	4 oz. Danish blue cheese, crumbled
1/2 cup cold water	3/4 cup whipping cream, whipped
2/3 cup half-and-half	radishes, watercress and black olives
3 egg yolks, slightly beaten	for garnish

Lightly oil a 2 to 2-1/2 cup decorative mold; set aside. In a small bowl, sprinkle gelatin over cold water; set aside to soften. In a heavy, medium saucepan, combine half-and-half and egg yolks. Stir with a whisk over low heat until mixture cooks and thickens. Stir in softened gelatin and blue cheese; whisk until mixture is smooth. Refrigerate until texture resembles unbeaten egg whites, 30 to 45 minutes. Fold in whipped cream. Pour into prepared mold. Cover and refrigerate until set, 3 to 4 hours. Invert onto a round, medium platter; garnish with radishes, watercress and olives. Makes about 2 cups, or about 12 servings.

\* \* \* \* \*

## **Caramel Pudding (Karamellpudding)**

1-1/2 cups sugar	1/8 tsp. salt
1 Tbsp. water	2 cups milk
4 eggs	2 cups cream
4 Tbsp. sugar	1/2 tsp. vanilla

Melt sugar to light brown in 1 tablespoon water, watching carefully so it does not become too brown, and stirring constantly over low heat. When it becomes a caramel syrup, coat baking dishes.

Heat milk and cream, but do not boil. Beat eggs slightly, add the 4 tablespoons sugar and the milk, cream, salt and vanilla. Pour custard into the caramel-coated baking dishes, set dishes in pan of hot water and bake in a moderate oven (350°) for 1 hour. When cold, turn onto a serving plate, allowing caramel to run over it. 6 or more servings.

\* \* \* \* \*