

European Dinner Parties

Denmark

Kirsten's Hede-Brierley's Danish menu

- Stjernes kud, a well-known smørrebrød
- No bake Danish Apple cake

Ingredients and cooking tips

Main course: Stjernes kud - for 4 people, double for 8

Ingredients:

8 pieces of skinless Tilapia or Flounder fillets (1 lbs)
1 stick of butter
1 beaten egg
Italian flavored breadcrumbs
1 head of Iceberg salad
4 thick slices toasted white bread
8 whole asparagus (from a jar or slightly boiled tender)
½ English cucumber, sliced
1 lemon, sliced
4 small tomatoes, in "boats"
2 hardboiled eggs, sliced
1 small glass of red or black Caviar
1 package / ¾ cups of peeled cold shrimp. (I prefer "Foley shrimp salad" - frozen)
1 small package of smoked sliced Salmon
Fresh Dill or Watercress
Thousand Island dressing

Prepare the fish:

Boil 4 of the fish fillets for about 4 minutes in lightly salted water, drain and set aside.
The 4 remaining fillets put in egg wash, then in breadcrumbs and fry in butter for added crispiness, about 3 minutes on each side.

Assemble the Stjernes kud:

Toast the 4 pieces of bread and spread a thin layer of butter.

Place two Iceberg lettuce leaves on each bread.

Then on top a fillet of fried fish and a boiled fillet next to each other.

Pour the Thousand Island dressing on top about 2-3 spoonfuls on each. Then add the shrimp and rolled up sliced smoked salmon,

Garnish with asparagus, boiled and sliced eggs, tomatoes, English cucumber and Caviar and finally a lemon slice.

For a green touch add a sprig of Dill or cut Watercress.

Serve immediately on nice individual plates.

Remember to eat this Stjernes kud with a fork and a knife.

Not only does it look amazing but it tastes heavenly, too!

A glass of white wine ("Kirsten's" preference) or a Danish beer and Snaps is fitting as well.

In Denmark they toast each other with a Skol!

No Bake Danish Apple Cake (4 persons)

Applesauce:

½ cup of water
1½ lbs peeled apples in small slices
1½ tablespoon butter
1 tablespoon sugar

Pan roasted breadcrumbs:

5 tablespoons butter
1 cup non flavored breadcrumbs
¾ cup sugar

Decoration:

1 small jar of whipping cream
½ small glass of raspberry jam

In a pot on a low boil cook the apple slices with water until tender, about 10 minutes. Stir in the butter and sugar and cool off completely in another dish in your refrigerator.

For the pan roasted breadcrumbs:

Melt butter in a pan on medium heat without turning brown. Add the breadcrumbs and sugar and stir the mix with a wooden spoon on medium heat until it turns golden in about 5 minutes. Set aside in another bowl.

Whip the cream until peaks form and either assemble it individually in big Martini glasses or in a nice glass bowl.

Assemble the layers in this order:

Breadcrumbs
Apple sauce
Breadcrumbs
Layer of whipped cream
Decorate with small teaspoon dots of red raspberry jam

Serve and enjoy perhaps with a glass of Danish “Peter Heering” Cherry liquor or tea / coffee.

Wine and Food pairing suggestions for this meal by Jack Korpi, wine specialist at Berman's Fine Wines.

For the Stjerneskud, the broad range of flavors makes it compatible with white wines and lighter reds:

- 2011 Lemelson Tikka's Run Pinot Gris, Willamette Valley, Oregon
Regular Price: \$24.99
Sale Price: \$19.99
- 2012 Domaine La Condamine Viognier, Cotes de Thongue, Southern France
Regular Price: \$15.99
Sale Price: \$12.99
- 2010 Albert Bichot Secret de Famille Pinot Noir, Burgundy
Regular Price: \$24.99
Sale Price: \$19.99
- 2011 Herve Azo Pinot Noir, Burgundy
Regular Price: \$15.99
Sale Price: \$12.99

For the No Bake Apple Cake, what could be better than an apple ice wine or cider?

- Still River Winery, Apfel Eis Apple Ice Wine, Harvard, MA
Regular Price: \$24.99
Sale Price: \$19.99
- Neige Sparkling Apple Ice Wine, Quebec
\$15.99
- Bantam Cider, Cambridge, MA
\$7.99 (650 ml)

Tips for your friends with dietary restrictions by Shari Solomon, certified nutritionist and owner of Cocoa Plum Nutrition in West Concord and Arlington.

While reading the list of ingredients and instructions for assembling the open face sandwich, Stjernes kud, it sounded so delicious, yet I could not imagine how you could fit all of this onto the bread. So I searched the web for pictures and what I found was many very pretty and enticing presentations of Stjernes kud. The way the food overflowed made it even more attractive. Each photograph had its own arrangement. So I thought - especially for people with dietary restrictions - it would be perfect to have the guests create their own arrangement. This way they could design their own plate according to what they can and can not eat. The hostess could put out extra vegetables and boiled fish, the two things everybody can eat so that those of us that need to leave an item or two out can still build an overflowing plate. And here's a fun idea: let this be a "little competitive" and see who can make the most interesting arrangement. Perhaps even take photos and send them to contact@EuropeanDinnerParties.com.

Here are recommended adjustments to the beautiful Stjernes kud.

If you are watching your salt intake, I suggest you do not have to omit all the fishes, just have a shrimp or two, a small slice of smoked salmon and a tiny dot of caviar. Going light on the dressing may not be such a bad idea either. The colors, textures and tastes will all still be there.

If you are watching your cholesterol or fat intake I recommend piling on the vegetables with an extra boiled filet instead of the fried, and just a wee amount of shrimp, caviar and eggs. Let them be more for decoration than any thing else.

I propose for those watching their weight to spread the 1000 Island dressing thin, skip the bread and shrimp but feel free to add extra vegetables.

Looking over the directions for the No Bake Apple Cake I said, "Hey, why not do the same thing here, since assembly is required. Put the apple sauce, breadcrumb, whipped cream, and raspberry jam out "buffet style" and let the guests assemble their own dessert."

A low sodium version of the delicious dessert would be everything but the breadcrumbs.

A low fat/cholesterol version would be to also leave out the breadcrumbs and consider just a small dot of whipped cream.

Of course for those watching their weight no need to deny yourself any. Your version might be just a tiny amount of everything.

No matter what your special diet may be these are two wonderful dishes are to be savored with each bite.