



In the month of May our
CULINARY TRIP AROUND THE WORLD
shall take us to
DENMARK

Friday the 27th, Saturday the 28th & Sunday the 29th of May, 2011
From 5:30 to 8:30 pm

I don't really know what triggered my mind with Denmark, maybe one of the many sexy e-mails one gets or just wandering down memory lane – anyway it was in 1963 that I travelled to Stockholm by train for a new assignment. In those days before the huge span bridge connecting Denmark and Sweden, the train went onto a ferry from Putgaaden to Trelleborg in the south of Sweden and during the crossing all passengers were treated to a most sumptuous buffet. It looked fantastic, beautifully laid out, well presented, the typical and famous Smörgåsbord, just like one sees in cookbooks. Lots of sausages, hams, herrings in all kinds and forms, beautiful breads, salads and on and on, all the things I loved, I carefully loaded my plates, (it pays off to be trained in service too, you can balance two loaded plates), I found myself a window seat, got a nice bottle of wine and proceeded to enjoy myself. ----- What on earth is this? Everything tastes sweet, the sausages, the bread, the herring salad, holy macaroni – are these cooks daft or what! And that was my live introduction to Scandinavian life for the next three years.

The Danish k lde b rd, the cold buffet - corresponds to its Swedish counterpart, the smorgasbord. It is usually served at lunch time. The cold table is usually a buffet arrangement prepared away from the dining table. As a first course or first visit to the buffet table one will in all likelihood eat pickled herring, **or another herring dish. The most common herring is marinated either in a clear sweet, peppery vinegar sauce, white herring, or in red seasoned vinegar - red herring. Herring is usually served with ice cold schnapps - Aquavit, which according to Danish tradition, helps the fish swim down to the stomach. Also the high alcohol content of schnapps helps dissolve the fat left in the oral cavity after eating the fish; this allows the lunch participant to more readily taste the different dishes. Very sensible, I found out!**

Since it shares its climate and agricultural practices with the other Scandinavian countries, and some of Central and Eastern Europe, Danish cuisine has much in common with them. Before the widespread industrialization of Denmark, small family-based agriculture formed the vast majority of Danish society. As in most agrarian societies, people lived practically self-sufficiently, and made do with the food they could produce themselves, or what could be purchased locally. This meant reliance on locally available food products, which form the basis of the traditional diet: cereal products, dairy products, pork, seafood, apples, plums, carrots, potatoes, onions, beer, and bread.

As in most pre-industrial societies, long winters and a lack of refrigeration meant that foods which could be stored for a long time came to predominate. This helps to explain the lack of fresh fruits and vegetables in many traditional recipes, and the emphasis placed on seasonally available foods. It also helps explain some of the traditional food preparation processes which favored smoking, salting, pickling, sweetening (hence my surprising experience on the ferry's buffet) and other food preservation techniques that prolong the storage life of products. Moreover, Denmark's geography, which comprises many islands, meant that before industrialization and associated advances in transportation it was difficult, time-consuming, and costly to travel great distances, or to ship products. These factors have thus helped mold the traditional eating habits of the Danish people. Good food is an important ingredient in the Danish concept of hygge, a word that can be best translated as a "warm, fuzzy, cozy, comfortable feeling of well-being". Although famously liberal with respect to social values, some older Danes are fairly conservative when it comes to food. They thus appreciate traditional cooking, and are hesitant to embrace new "different" types of food.

And here is a selection of typical Danish favourites for you to choose from and enjoy:

Delectably Danish

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From 5:30 to 8:30 pm

Your Menu

Smørrebrød

The world famous Danish Open Face Sandwich, a variety of three
\$9.00

Gravad Laks

Atlantic salmon, not smoked but cured, differently delicious
\$11.00

Rejer

Cold water North Atlantic shrimps with a zesty cocktail sauce to dip in
\$9.00

Marinerede Sild

Pickled Herring fillets with apples and onions
\$8.00

Frikadellar

Fried meatballs with kale and potato mash
\$15.00

Millionbøef

Literally a million of pan seared beef slivers in brown gravy over pasta
\$19.00

Spraengt Oksehød

Corned beef with cabbage and horseradish sauce
\$17.00

Rødspætte

Panfried Plaice or skate
\$21.00

Roast Duck

Oven roast, golden brown and crisp, with apples and prunes
\$23.00

Skæreøst

Cheese platter with Havarti, Tilsit, Danish Blue and rugbrød
\$10.00

For reservations call Grace at (905) 473 - 1469 ext. 303
(Items may change without prior notice)