

Podcast Episode Shares

Show #64 Recipes

Blended Families Sharing Food Traditions

Hanukkah, Christmas, Swedish



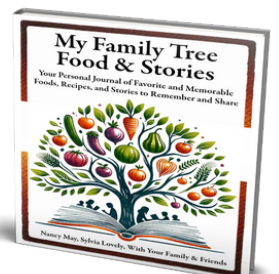
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Pepparkakora - Swedish Gingersnaps



This recipe is shared by Magdalena Jengroth-Dyberg:

Our guest on this episode (#64) of Family Tree Food & Stories
And an avid listener of the show.

Magdalena notes that there are many versions of gingersnaps in Sweden, but the holiday ones (like the recipe below) are different and special for the season. The following recipe measurements are provided in both metric and US imperial units. The link to purchase special Swedish golden syrup is in the ingredients section.

Ingredients:

- 5 ½ dl brun Farin (1 ¼ cup of Mix of brown and white sugar)
- 1 ½ dl sirap 2/3 of a cup (golden syrup will work unless you buy the real thing online)
- 1 ½ dl water (2/3 of a cup)
- 300 grams of butter (2 2/4 sticks of butter). This is what makes the dough difficult to work with if it isn't cold enough.
- 1 Tbsp of cinnamon
- 1 Tbsp of Ginger powder
- 1 Tbsp Bicarbonate soda (baking soda)
- 1117 ML and 1 Tbsp (5 cups) of all-purpose flour

Instructions:

1. Bring sugar, water, and syrup to a boil, and add the butter. Let this all melt, then cool to room temperature.
2. Add the spices, the baking soda, and most of the flour.
3. Leave the dough in your refrigerator overnight. NOTE: I let it cool a bit and roll it into three inch thick sausage-sized links, so I can cut off pieces and work with part of the dough, sometimes over days, while everyone nibbles on the dough. It is good!!
4. Work on a floured baking table, roll out the dough to 2 mm (0.08 inches), and use your favorite holiday cookie cutters (I do a lot of hearts, stars, dreidels, and gingerbread men and women).
5. Place them on a non-stick baking sheet and bake for 8-10 minutes in 175 °C (350°F)
6. Cool the sheet fast on a granite kitchen counter (Here in Florida, I put the sheet on the floor). Remove with a spatula to a plate, and keep going.
7. Store in a cool, dry jar. They will last a month and are hence the first cookies we bake for the holidays.
8. Nobody ever said these old recipes are easy, but they are so worth the effort!
9. Enjoy with a cup of tea or, like my employees, just when you pass by the jar, or even better, with cheese and red wine.

Gravlax “Magdalena’s Way”



This recipe is shared by Magdalena Jengroth-Dyberg:

Our guest on this episode (#64) of Family Tree Food & Stories
And an avid listener of the show.

Magdalena shared that you can buy this in the USA, and some restaurants may serve it, and it is ridiculously expensive, but very easy to make.

Ingredients:

- 2 Lb. of salmon with skin
- 1 dl of sugar (3.4 Fluid Oz)
- 3/4 dl Morton's salt (2.54 Fl Oz)
- 10 grounded white pepper corns (ca 8-10 turns on your grinder)
- Two BIG bunches of dill. It's hard to have too much
- 2 Tbsp of gin - I prefer Tanqueray for its rich flavor of juniper
- 1 tsp of lemon pepper (my version uses Lawry's Lemon Pepper)

Instructions:

1. Clean the salmon and divide it into two pieces.
2. Chop the dill finely, stalks and all.
3. In a bowl, mix salt, sugar, white pepper, and dill. It almost becomes like a paste.
4. In a big zip-lock bag, put one-third of the mix in the bottom, then a piece of salmon, one more third of the mix on top, then the next piece of salmon (Thin part over thick, unless you found two equally thick pieces), and the rest of the mix on top.
5. Close your bag, put it in the refrigerator in a dish. Turn the bag every 12 hours.
(I do this when I go to bed and again in the morning.)
6. After 2 $\frac{1}{2}$ to 3 days, your salmon will be cured and fantastic.
7. Clean of all mix or what you can with a knife.
8. Slice into very thin slices, decorate with small sprigs of fresh dill and lemon if you want.
I serve it with honey mustard, with a lot of finely chopped dill.
9. Or you can buy the Swedish Hhovmästarsås sauce on Amazon. This is a dill-mustard sauce often served with



Nancy May

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Enjoy!

We give a big hug and thank you to Magdalena Jengroth-Dyberg for sharing her family holiday traditions, recipes and stories with us, and you!