

Activity: European Cuisine Culture
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SWEDISH KROPPKAKOR

Kroppkakor are a kind of potato-based dumplings usually stuffed with pork.

This Swedish delicacy actually originates from the Baltic island of Öland. Since the 1700s potatoes have been a key ingredient in Swedish cuisine. At that time it was discovered that alcohol could be distilled from potatoes, so the cultivation of potatoes grew more and more.

There are two characteristic versions of this dish. In the most common one, the dumplings are boiled in water and then eaten covered with melted butter and lingonberry jam.



INGREDIENTS

12 medium potatoes, boiled and cold

1 egg

1 ¼ cups all-purpose flour

8 ounces bacon, the smoked and slightly salted one, cut into small pieces

1 onion, finely chopped

1 teaspoon whole allspice, coarsely crushed

DIRECTIONS

Mash the potatoes.

Stir in egg and flour making a smooth dough.

Fry onion and bacon in some butter.

Add allspice or white pepper to taste, set aside.

Shape the dough into a log with floured hands cut into 12 pieces.

Make a little pocket and fill with about 1 tablespoon of filling – bacon and onions.

Close and shape into a ball.

Put about 4-5 at a time in simmering salted water, big pot, and let simmer for 5 minutes.

Kakorna will sink and when they have floated to the top they are ready.

Serve with a thin béchamel sauce or melted butter.

A must is lingonberry-jam!

