

*Foods of the World*

*The Cooking  
of Scandinavia*

by

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TIME-LIFE BOOKS

photographed by Richard Meek

TIME-LIFE BOOKS, NEW YORK

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The Recipe Booklet that accompanies this volume has been designed for use in the kitchen. It contains all of the 93 recipes printed here plus 13 more. It also has a wipe-clean cover and a spiral binding so that it can either stand up or lie flat when open.



Easy to prepare, *äppel-fläsk* combines onions and apples with Canadian bacon.

To serve 4

2 to 4 tablespoons butter  
1 pound Canadian bacon  
2 large red, tart cooking apples,  
unpeeled, cored and cut in  
1/2-inch-thick rings  
2 large onions, thinly sliced  
Freshly ground black pepper

### *Äppel-Fläsk*

SMOKED BACON WITH ONIONS AND APPLE RINGS

Melt 2 tablespoons of butter in a heavy 10- to 12-inch skillet, and when the foam subsides, add the bacon. Fry 5 to 10 minutes, or until the bacon is lightly browned. Remove from the skillet with a slotted spatula and set aside on paper towels to drain.

Fry the onion slices for 6 to 8 minutes in the fat remaining in the skillet, adding more butter if necessary. When the onions are soft and transparent, add the apple rings and cover the pan. Simmer over low heat for 5 to 10 minutes, shaking the pan gently at intervals to prevent the apples from sticking.

When the apple rings are sufficiently cooked (they should offer little or no resistance when pierced with the tip of a sharp knife), return the drained bacon to the skillet. Cover the pan and simmer an additional 3 to 5 minutes, or until the bacon is heated through. Grind black pepper liberally over the top and serve the *äppel-fläsk* directly from the pan as a luncheon entrée or Sunday night supper.