



*Nicole O'Neil*

Swedish and Lebanese Cooking Class Recipes

## Swedish Glögg Recipe

Glögg - pronounced with the ö sounding more like an oo - as in the sound of the oo in foot - is the Swedish equivalent of mulled wine or a hot toddy. Served hot and full of flavour, it's a Swedish tradition to serve glögg on Christmas Eve to warm the body and spirit. As it bubbles away on the stove, you'll find your home filled with comforting Christmas scents - and if you're worried about it being too hot for an Aussie Christmas Day, don't worry! It can also be served over ice for a more seasonally appropriate treat.

1 small cheesecloth bag or piece of cheese cloth and kitchen twine  
750ml inexpensive red wine  
750ml inexpensive ruby port wine  
500ml brandy  
The peel of one orange  
1/2 cup brown sugar  
2 cinnamon sticks, broken in half  
10 whole cloves  
1 tsp cardamom seeds  
Flaked almonds and currants, to serve

Create a spice "tea bag" of sorts by taking a piece of cheesecloth (or a small cheesecloth bag - like a nut mylk bag), adding all of your spices and sealing up the bag with your kitchen twine.

Take out a large pot and add your wines, brandy, orange peel, brown sugar and your spice bag and heat your mixture over a low heat for at least 20 minutes, ensuring it doesn't come to a boil.

The longer you warm your mixture the better as it allows it to develop a rich flavour - however, make sure you don't boil it as this will burn off all of the alcohol.

To serve, carefully spoon your glögg into glasses, topping with a teaspoon of flakes almonds and currants. To enjoy cold, place your glögg into the fridge until chilled and serve over ice with a piece of orange peel or top with almonds and currants.



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## Swedish Meatballs

Whilst Swedish Meatballs are traditionally found on most Christmas tables, they're a year-round favourite that never seems to get old. Every family has their own version of the recipe - but I find the secret lies in the quality of the meat. The fresher, the better - and therefore, the recipe itself is actually quite simple. As rolling takes time, I always make a large batch so I can freeze meatballs in ziplock bags to defrost, cook and enjoy later on.

- 1 kg minced beef
- 1/2 kg minced pork
- 2 white onions, finely grated
- 2 tsp allspice
- Pinch of salt
- Pinch of black pepper
- Pinch of white pepper
- 4 tablespoons of butter, for frying

In a large mixing bowl, combine all of your ingredients, mixing gently with a wooden spoon or your hands until everything is combined.

With a bowl of cold water standing by and wet fingertips, take a tablespoon of your meat mix and roll into a meatball. Repeat until all of your mixture is used up - dipping your fingers into the water from time to time to keep the meat from sticking to your hands. Heat a large saute pan over a medium heat and add 1 tbsp of your butter. Once the butter has melted and the foam has subsided, add a layer of meatballs - making sure to not overcrowd the pan.

Shake the pan once in a while to keep the meatballs round. Brown all of the meatballs in batches, removing them and placing them onto a large oven safe dish when cooked. This can be done ahead of time if you're not ready to serve straight away as you can then freeze the meatballs for later or refrigerate them before heating and eating the next day.

When ready to serve, place your meatballs into a warm oven for about 20 minutes or until heated through, being careful not to overcook them.



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## Swedish Meatballs Sauce

You could enjoy the Swedish Meatballs on their own - but there's nothing better than enjoying them with their traditional sauce and lingonberry jam on the side. If you've made your meatballs in advance, all you have to do is make the sauce and add the meatballs to the pan to heat them through - then you're ready to enjoy!

2 tbsp butter  
2 tbsp all purpose flour  
3 cups chicken stock  
Salt and freshly ground black pepper  
1/2 cup heavy cream  
1/4 cup roughly chopped fresh parsley  
Lingonberry jam, for serving

To make the sauce, pour off most of the fat from the skillet that you used to cook the meatballs and return the pan to the heat.

Add your butter, swirling it around to coat the pan.

Sprinkle on the flour, stirring with a wooden spoon or whisk to dissolve the flour into the fat.

Gradually pour in your chicken stock, stirring to loosen the bits from the bottom of the pan.

Simmer your mixture until the liquid has reduced and it starts to thicken to a sauce consistency.

Season your sauce to taste, reduce the heat to low and stir in your cream.

Simmer over a low heat until your sauce reaches your desired consistency and add your meatballs to warm through.

Serve your meatballs with a sprinkle of chopped parsley and lingonberry jam on the side.



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# Swedish Rødbetsallad Apple and Beetroot Salad

This dish is a must on most Scandi Christmas Smorgasbord tables. Mostly in Sweden, where it is absolutely essential. No beetroot salad = no Christmas.

- 3x 300g jars of pickled baby beetroot, drained
- 3x small green apples
- 9 tbsp mayonnaise
- 9 tbsp creme fraiche or sour cream
- Squeeze of fresh lemon juice
- Salt and pepper, to taste
- 1 tbsp chopped chives, to garnish

Drain your beetroot and cut each beet into small cubes.  
Wash and peel your apple and then take the fruit off the core. Slice your apple into the same size cubes as your beetroot.  
Mix your cubed apples and beetroot in a medium mixing bowl, adding your mayonnaise, creme fraiche/sour cream and lemon juice, mixing until combined.  
Season your salad with salt and pepper to taste, ensuring everything is incorporated.  
If needed, add a little extra mayonnaise or creme fraiche for a creamier salad.  
Cover your salad with clingwrap or a lid and leave to chill in the fridge for a few hours or overnight (this intensifies the flavour).  
Just before serving, check that the seasoning is right (making any needed changes) and then spoon your salad into a serving bowl.  
Garnish your salad with chopped chives (if desired) and serve chilled.



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## Lebanese Fattoush Salad Recipe

This is the easiest salad to make as you literally just throw it together - but it's so full of flavour and texture that you'd never guess it was so easy to make!

- 2 small garlic cloves
- 1/2 tsp salt
- 4 tbsp extra virgin olive oil
- 1 small cos lettuce, washed, dried and torn into small pieces
- 3 vine ripened tomatoes, roughly chopped
- 2 lebanese cucumbers, halved and sliced
- 2 radishes and their leaves, washed and sliced
- 1/2 red onion, thinly sliced
- 1 small handful of flat-leaf parsley
- 1 small handful of mint, roughly chopped
- The juice of 1/2 a lemon
- 1/2 tsp sumac
- Lebanese spread, torn into pieces

Crush your garlic with a sprinkle of salt using a mortar and pestle.  
Add your crushed garlic to the bottom of a salad bowl and mix together with your oil and 1/2 tsp salt, stirring until the salt dissolves.  
Add in your lettuce, vegetables, herbs, lemon juice and sumac and toss to combine all of your ingredients.  
Bake or grill your Lebanese bread until crispy, tossing it through the salad or serving it on the side of the salad.  
Enjoy immediately.



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# Lebanese Shish Tawook Recipe

## (Garlic Chicken)

Growing up in Australia, chicken kebabs were always a barbecue staple - but nothing ever compared to my family's favourite Lebanese Shish Tawook Recipe! Full of flavour and easy to make, it's sure to become a favourite in your house too!

- 4 garlic cloves, crushed
- 1 tsp salt
- 4 tbsp olive oil
- The juice of one lemon
- 2 tbsp ketchup
- 2 tbsp white vinegar
- 1 cup greek yoghurt
- 1 tbsp dried oregano
- 1 kg chicken breast fillets, sliced into pieces for skewers or cut into thin fillets

In a large bowl, combine your garlic, salt, oil, lemon, ketchup, vinegar, greek yoghurt and oregano and mix until combined.

Add your chicken to the marinade mix and mix until all of your chicken is coated.

Cover your chicken and marinate in the fridge overnight.

Once your chicken has marinated, preheat your barbecue or grill pan on a medium heat and cook the chicken for 2-3 minutes a side, or until cooked through. To make skewers, simply thread your pieces of chicken onto skewers before cooking them.

Serve with the Gazal family's secret Garlic sauce recipe alongside salad and plenty of Lebanese bread.



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# The Gazal Family's Secret Tarator/Toum Lebanese Garlic Sauce Recipe

Commonly used as a sauce for barbecue meats or falafel, this recipe is a Gazal family favourite - with one special ingredient that adds texture and helps to make a thick and luscious sauce!

- 1/2 cup olive oil
- 1/2 cup rapeseed oil or other neutral tasting oil
- 12 garlic cloves
- 1/4 tsp salt
- The juice of one lemon
- 1 medium potato, peeled and cooked

Combine your oils in a jug and set aside.  
Puree your garlic and salt with a stick blender whilst slowly adding your oil mixture. Pause occasionally to scrape down the sides to ensure everything combines. As you continue mixing, the sauce should become creamier.  
Continue blending until all of the oil is used up and your sauce is creamy.  
If the sauce splits, add some lemon juice to thicken it. If it doesn't split, once all of your oil has been used up, drizzle in about 2 tbsp of lemon juice and blend.  
Add in your potato, blending until smooth.  
Season to taste, adding more lemon or salt as desired.



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## Lebanese Meghli Recipe

Meghli is a traditional lebanese dessert, which is a type of rice pudding spiced with anise, caraway and cinnamon and topped with nuts and shredded coconut. Traditionally, the dish was made to celebrate the birth of a male heir to the family, however, over time meghli became a celebration dish - one made to welcome all new babies into the family and often enjoyed at Christmas time.

- 1 cup rice flour
- 1 cup pure icing sugar
- 2 tbsp ground cinnamon
- 1 tbsp ground anise seeds
- 1 tbsp ground caraway
- 2 litres/8 cups water
- 1/2 cup shredded coconut or dessicated coconut
- 3/4 cup almonds (peeled and soaked in cold water overnight)
- 3/4 cup walnuts (peeled and soaked in cold water overnight)
- 1/4 cup pine nuts (peeled and soaked in cold water overnight)
- 1/4 cup ground pistachios + 1/4 cup chopped pistachios

Soak your nuts in cold water overnight before you're ready to make your pudding. In a large saucepan, add your rice flour, sugar, cinnamon, anise and caraway and stir until combined.

Slowly pour in your water and mix until combined.

Once your ingredients are combined, turn on the stove and heat over a low heat, stirring constantly.

Continue cooking for about 20 minutes or until thickened.

Remove your pot from the heat and pour your pudding mixture into small individual bowls or a large serving bowl and allow to cool.

Chill in the fridge before topping with your coconut, soaked nuts and ground and chopped pistachios.



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