



Please join us for

# “Julbord 2022”

Saturday, December 3<sup>rd</sup>, 2022

Monitor Lodge 218 at IOOF Hall  
1831 Howe Ave, Sacramento, CA 95825

5:30 pm - Social hour and Glögg sampling

6:30 pm - Julbord

**Attendance at the Julbord will be by pre-paid reservations only as we must limit attendance to 100 people.**

Monitor and Sierra Kronan **members** at \$25/person and **their guests** at \$30/person (children 12 and under will be \$10/person).

**Other attendees** at \$35/person may make reservations with payment after **Wednesday, November 23, 2022.**

Please make checks payable to: **Monitor Lodge #218**

All reservations must be received **no later than Monday, November 28<sup>th</sup>, 2022**  
Mail reservations with payment to:

**Monitor Lodge #218  
c/o Meribeth Bean  
3832 Brighton Ave  
Oakland CA 94602**

Call or text Meribeth Bean at cell (916) 995-4965 or home (510) 530-4965

Please contact Chuck Johnson at cell (916) 501-9256 if you have questions.

Email also OK ([chuckj50@surewest.net](mailto:chuckj50@surewest.net))

Legos will be available for the kids and the young at heart



## THE ART OF ENJOYING A SMÖRGÅSBORD



If you have never been to an authentic Swedish smörgåsbord, you might ask yourself how to approach this tremendous abundance of food. Here are a few basic rules.

A smörgåsbord is made up of several courses and you take a new plate for each course. A brief rule of thumb: fish before meat, cold before hot. Make sure you do not overdo it in the beginning, so you won't have room for all the courses, The Swedes have a sensible rule when enjoying a smörgåsbord. They say that an evenly disposed plate is a joy - an overloaded plate is an abomination!

Table 1 is the fish course with pickled herring, marinated salmon, baked salmon etc. There are also varieties of hard tack, homemade rye breads and Swedish cheese to cleanse the palate after each type of fish and to prepare the taste buds for the next one.

Table 2 is the cold table with the special home cured Christmas ham, roast beef, pate, jellied veal and various kinds of sausages as well as pickled cucumbers and beets and various salads.

Table 3 has the tasty hot dishes. The most unusual of all these is what is known as Janssons Frestelse or in English, Jansson's Temptation. Actually, it is a potato dish in which strips of potato are flavored with filets of Swedish anchovy, finely chopped onion and cream. This is an unusual dish in many ways, but the most remarkable thing about it is that it goes so well with meatballs and potato sausage.

Table 4 is the dessert table. Your body now has a craving for something sweet and you will find rice pudding with lingonberries and various baked goods on this table along with a cup of coffee.

ENJOY YOURSELF and SMAKLIG MÅLTID!