

Elfie Sundberg To Prepare Austrian Menu For International Dinner

By Audrey C. Lodato
Post Staff Writer

The Uptown YWCA sponsors an International Dinner on the last Fridays of the first four months of the year. February's dinner, to be held at 6 p.m. on the 22nd at the "Y" at 418 E. Trade St., will feature Austrian cuisine and entertainment. This week's "Who's Who," Elfie Sundberg, an Austrian native, is the chief cook and organizer for the event.

Sundberg grew up in a village about 30 miles from Graz, the country's second largest city. Graz is located in southern Austria, not far from the Czechoslovakian border. Sundberg describes the city as "a university town, with a very interesting old section closed to traffic and lots of baroque buildings." She remarked that the city also boasts a large selection of armor from the Middle Ages, adding, "It's amazing how small people were in those days!"

Sundberg pointed out that meals are somewhat different in Austria from what they are here. "Soup is important," she began. "You start every meal with soup in Austria." The soups she described are a lot heartier than a thin broth, full of meat and vegetables. "Most everyone has a garden," she continued, "so you use lots of vegetables and salads in summer. Meat isn't really that important; you have it maybe a couple times a week."

A typical Austrian meal, she related, might consist of soup, risotto (rice cooked with peas, onions, parsley, and sometimes carrots), a green salad—and, "since this is not very filling, you usually top it off with apple strudel." Her recipe for the apple strudel, which is a very thin pastry dough wrapped around apple slices and spices, follows.

Noting that "everyone has chickens" where she grew up, Sundberg reported that typical kitchen staples include lots of eggs, milk, butter and flour. Rather than exotic spices, "You use what you have in your area. Many people say Austrian food is rich because it uses a lot of butter and eggs and cream. This is what we have on our farms." Her mother, Sundberg asserted, "is a great soup cook and a great dessert cook." Not surprisingly, daughter learned from mother. She recalled making lunch when she was so little, she needed a stool to reach the sink.

Another difference between Austrian and American lifestyles is in the permanence of housing. Sundberg and her family moved into an older home two months ago, and she estimates it'll take about two years to refinish it the way she wants it. She is philosophical about the work ahead because "I intend to stay here a long time."

She explained, "In Austria, people don't move; they stay in one house and that's it. You select a place you want to live, and then you look for work." Living in one home builds up memories, she said, and she wants her children to have the same warm feelings for their home that she had for hers when she was growing up.



Sundberg pours freshly made, steaming "Gluehwein" into Austrian goblets for her visitors.

One memory she still vividly recalls involved going up into her grandmother's attic to play. Once she was startled by a wooden arm that had belonged to her grandfather. Her feelings for attics is so strong that she insisted upon a house that had an attic with regular stairs, not just a pull-down ladder.

Sundberg has been in this country since 1977 and in Charlotte over two years. She became involved with the "Y" when she attended an International Women's Christmas Party in 1982.

The menu for this month's Austrian dinner (which, incidentally, is reasonably priced at \$5.50 for adults and \$2.50 for children, with reservations required so they know how much to cook) consists of a soup, a chicken goulash, dumplings, escarole with potatoes, and Viennese apple cake. Sundberg is in charge of food preparation for the event, which serves as a fund-raiser for the World Mutual Service Committee of the YWCA. The Committee aids programs in Third World countries. Having a different "International Dinner" each month

helps build greater understanding of other cultures. "Learning about different countries," Sundberg reflected, "enriches us. There's always something to learn." Her hope is that learning about others will make this world a better place.

January's dinner featured China; March will be Iran.

If you miss Friday night's Austrian dinner, why not create a different dining experience in your own kitchen with one of Sundberg's recipes? Here are several to try out.

KAISERSCHMARRN

In Austria, southern Germany and Bohemia, a Kaiserschmarrn is a unique dessert dish made from pancakes torn into large pieces and tossed with sugar and raisins. Melted butter and cinnamon are sometimes added. Many legends surround this dessert's creation. One of them is that Emperor Franz Joseph, while hunting in the forest one day, lost his way. A farmer's wife took pity on him, offering him an unsuccessfully baked pancake, and thus kept him from starving.

5 eggs, separated
½ teaspoon salt
½ cup sugar
2 cups flour
½ cup milk
4 tablespoons butter, melted
grated peel of ½ lemon
shortening for frying
½ cup raisins, scalded and dried on absorbent paper
sugar

Beat egg yolks with salt and sugar until very thick; add flour alternately with milk, beating until smooth after each addition. Beat in melted butter and grated peel. Beat egg whites until stiff peaks are formed; fold into the batter.

Heat enough shortening to coat the bottom of skillet; pour on enough batter to cover bottom, tipping skillet back and forth to cover evenly. Bake over medium heat until pancake is lightly browned on both sides. Then tear into pieces with two forks. Sprinkle with some of the raisins and sugar, tossing gently while heating to golden brown.

Repeat process until all the batter is used. Serve pancakes immediately with apple sauce or fruit compote.

WIENER SCHNITZEL

Wiener Schnitzel is served all over the world as a representative of European cuisine. The word schnitzel is German for cutlet of meat, usually of veal. Wiener Schnitzel is simply a thin slice of veal, breaded and fried and sometimes topped with anchovies or capers.

4 veal cutlets
salt, flour, one egg lightly beaten
fine dry bread crumbs (preferably home made)
lemon slices
anchovies fillets
fat for frying, heated to 365-375 degrees (in Austria lard is used)

Pound meat on one side with a meat hammer. Turn and repeat process until cutlets are ¼ inch thick. Sprinkle with salt, then coat with flour. Dip cutlets in egg and coat with bread crumbs. Heat a generous amount of fat in a deep heavy skillet; brown cutlets in the fat for 3 to 4 minutes on each side or until golden. Arrange on a platter and garnish each cutlet with a slice of lemon and rolled anchovy fillet. Serve with a tossed green salad.



Austrian-born Elfie Sundberg comments on the finer points of strudel-making to YWCA's public relations director, Angela Philpott (c), and "Y" director for international programs, Donna Arrington (r). (Photo by Audrey C. Lodato)

VIENNESE APPLE STRUDEL

Apple Strudel is a showpiece of Austrian desserts. A traditional strudel (sometimes they are made using a yeast dough of puff pastry) consists of a simple dough that is stretched out so thinly that one can "read a love letter through it". The dough is spread with fruit or cheese, then rolled and baked.

2½ cups flour
½ teaspoon salt
3 tablespoons oil
1 teaspoon vinegar (preferably apple vinegar)
¾ cup lukewarm water
3½ lbs. tart apples
¾ cup fine dry bread crumbs
2/3 cup sugar
1 tablespoon vanilla-flavored sugar
1 to 1½ teaspoon cinnamon
½ cup raisins
½ cup chopped almonds (optional)
½ to ¾ cup butter, melted

Put flour combined with salt onto a board. Make a well in the center; add oil and vinegar and

just enough water to make a dough that can be kneaded until smooth and elastic. Knead dough, using as little flour on board as possible. Form into a ball and let rest 30 minutes. Pare, core and thinly slice apples. Combine apples, bread crumbs and a mixture of sugar, vanilla-sugar and cinnamon. Add raisins and almonds. Toss and mix well.

Roll dough on a lightly floured cloth. Continue rolling and stretching it by hand until the dough is very thin. Stretch the dough from all sides and cut off the thick end that cannot be stretched any more. Lightly brush surface of dough with melted butter; spoon on the filling. Drizzle with the rest of the melted butter. Roll up the dough with the help of the cloth and place on a greased baking sheet. Bake in a moderate oven (350 degrees) 50 to 60 minutes. During baking brush with melted butter. Before serving, sprinkle with confectioners sugar.

GLUEHWEIN

(Spiced Hot Wine)
1 c. water
¾ c. sugar
peel of 1 lemon (yellow only, as white part is bitter)
8 whole cloves
2 sticks cinnamon
2½-3 c. wine

Heat water with all other ingredients except wine and simmer about 10 minutes. Add wine and cook a while longer so that alcohol burns off. (Sundberg noted that this drink is often served after skiing. It can be made with any wine, but she served me some made with red, and it was absolutely delicious and had no alcohol taste to it.)

The Charlotte Post
will keep you
informed of
community news.
Call 376-0496



At Del Monte Corporation's Guidance Testing Unit, Annette Williams helps the food company learn what consumers like and dislike about a product in development. A North Carolina native, Williams joined Del Monte from its parent organization, R.J. Reynolds Industries. In 1981, she was named to develop the guidance testing unit. Today, with a staff of 16, she carries out evaluations for hundreds of products. When Del Monte was developing lasagna as part of its frozen food line now in test market, "We actually had 21 formulations from which consumers selected their favorite," Williams noted. The unit director can pull from a computer the taste preferences of 20,000 households nationwide. In the company's California office, no less than 100 consumers a day are paid to offer their opinions about products being developed. In the above photo, Williams supervises a consumer taste panel.

Beauty Talk

by Jean Ford

YOUR SENSITIVE SKIN CAN BE SMOOTH, RADIANT

A woman's complexion is like a painter's canvas: it needs to be clean, smooth, firm and even-toned before the color goes on in all its glory. That could be a tall task for those of us with dark sensitive skin. All sensitive skin is prone to faster aging due to recurring skin reactions caused by irritants and stress. But these reactions often leave us with long-lasting darkened skin areas. The higher content of melanin that gives our dark skin its dramatic coloring is the cause.



What we need to keep our sensitive skin even and youthful-looking is to prevent sensitive skin reactions. Regular use of Avon's Pure Care Survival System for Sensitive Skin has been proven to improve sensitive skin, helping to keep it healthier, younger-looking and beautiful longer. Pure Care offers a simple regimen of three products to cleanse, tone and moisturize. All are non-irritating, 100% fragrance-free and dermatologist tested. And most importantly, they are non-allergenic so they give more thorough protection from sensitive skin reactions than products labeled "hypo-allergenic."

Remember to select products for your skin type—normal to dry or oily. Then, your sensitive skin can look smoother, more even-toned, lovelier—ready to glow beneath your favorite makeup colors. Pure Care is available through Avon Representatives in the U.S. If you don't have one, call 1-800-858-8000. Ms. Ford is Manager of Black and Hispanic Markets for Avon Products, Inc.

SANKA... Decaffeinated coffee THE CALM CUP

You've gotta have good coffee—but sometimes caffeine can frazzle the coolest of us. Go for Sanka brand decaffeinated coffee, the good coffee that doesn't give you a caffeine overload. Sanka's the coffee that lets you make all your best moves.

Sanka