

Providential Food: Potatoes, Lingonberries, and More

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As **Acts 14:17** indicates, God's providential provision of food is a proof of His caring Creatorship. Food shows God's goodness. Food is itself proof of God's existence and that He is good to mankind.

POTATOES

Potatoes are a "native" of the Western hemisphere. However, as transplanted migrants, potatoes have so blessed the world, as a staple food, that the global potato production is now dominated by countries in the Eastern Hemisphere, with Russia at the top of the list.



Ironically, potatoes were not accepted quickly by Europeans, although they eventually saved multitudes in Europe from starvation. In Estonia, a land accustomed to hard times, potatoes (which were introduced during the AD1800s) have replaced barley as the primary staple. In Russia, the foremost potato producer in the world today, Russian Orthodox priests objected to growing potatoes because the word "potato" is not specifically mentioned in Scripture.¹ Also, in several other countries, potatoes were rejected for many years, being suspected as health hazards!

¹ Zuckerman, The Potato, page 82 (noting that Russia's empress Catherine the Great overruled the Russian Orthodox priests on this matter, and that a later czar, Nicholas I, further institutionalized the potato as a solid mainstay in and for Russia's agricultural economy).

Nutrition

As food, the **potato** is a nutritional blessing: no surprise to Biblical creationists! Next to rice, it is the world's leading food crop, with annual production approaching 300,000,000 tons of the humble spud --- a truly providential gift to this hungry planet! In many countries, potatoes have provided the main food staple to prevent starvation during bad crop years -- so much so that a couple years of bad potato crops (e.g., the Irish and Norwegian potato blights, during the 1800s) can produce a national food crisis.

Potatoes are famous for providing complex carbohydrates, i.e., starch. Ironically, potatoes contain no fat, yet the human digestion system routinely converts its complex carbohydrates into human fat. Potatoes contain water and fiber, and many other nutrients. Also, potato farming provides lots of serious exercise, for men, women, and children --- in many places around the world!



Many do not know that the potato also provides a serious amount of Vitamin C. In fact, for centuries Spanish sailors have been eating potatoes to prevent scurvy). However, beware, eaters of skinned potatoes: most of the potato's Vitamin C is located immediately under the potato skin, so skinning a spud is likely to result in loss of most of its value as a serious source of Vitamin C.

Potatoes, sometimes called "tatties" in Great Britain (and *pommes de terre*, i.e., "ground-apples" in France), also provide minor amounts of some minerals (including potassium, phosphorus, iron, sodium, calcium, and magnesium) and small amounts of various vitamins besides Vitamin C (including Vitamins B₁, B₂, B₃, and B₆). Potatoes provide helpful fiber and even some protein, but that protein is not enough to contribute to any real "protein diet"!

The huge variety of food dishes that include **potatoes** as a prominent ingredient include the following (among many others not listed here):

Breton Fish & Potato Chowder (using sardines and potatoes, with garlic, shallots, onion, butter, and spices, --- SMITH-TWIDDY, page 10)

Breton “Pot au Feu” Beef & Potato Stew (mixing stewing beef, potatoes, leeks, carrot, turnip, rutabaga, rice, nutmeg, pepper, and other spices, --- SMITH-TWIDDY, page 9)

Cornish Fish & Potato Gazy Pie (this pie features mackerel or herring, with potatoes, cream, and spices, --- SMITH-TWIDDY, page 31)

Cornish Lobster Vegetable Soup (including potatoes, celery, carrot, onion, fish stock, and cubed lobster meat, --- SMITH-TWIDDY, page 12)

Cornish Miner’s Pasty (this is a “pot pie” for tin and copper miners; besides potatoes, this “pasty” includes mutton, onion, carrot, parsley, and spices, --- SMITH-TWIDDY, page 53)

Cornish Seafood Chowder (featuring potatoes and bacon, with a generous amount of any kind of shellfish, --- SMITH-TWIDDY, page 11)

Cornish Watercress Potato Soup (SMITH-TWIDDY, page 13)

Czech Brámborová Polévka Potato Soup (includes potatoes with cut-up onion, egg, lots of butter, flour, milk, and salt, with chopped celery as an extra option for added seasoning, --- Dvoracek & Kral, pages 181)

Czech Brámborové Hůlky Potato Sticks (includes potatoes with flour, shortening, egg, caraway seed, and salt, -- Dvoracek & Kral, pages 189)

Czech Brámborové Lívance Potato Pancakes (includes potatoes with hot milk, eggs, crushed garlic cloves, flour, sweet marjoram, grated onions, caraway seed, pepper, and salt, plus oil for frying, -- Dvoracek & Kral, pages 191)

Czech Brámborovy Knedlíky Potato Dumplings (includes boiled potatoes with Cream of Wheat, eggs, flour, and salt, to produce a dumpling dough that is rolled and boiled, -- Dvoracek & Kral, pages 189)

Czech Potato Salad (using potatoes boiled in their skins, carrots, peas, sliced water chestnuts, and mayonnaise, --- Dvoracek & Kral, pages 185)

English Fish and Chips (traditionally deep-fried codfish and French fried potatoes, sometimes served with malt vinegar; due to the price of codfish, haddock and other whitefish are sometimes substituted for the cod)

Estonian Kartulisalat Potato Salad (using peeled potatoes, dill pickles, boiled eggs, scallions, and salt, served with a dressing made from mayonnaise, sour cream, mustard, and various seasonings, --- Kärner, page 145)

Finnish Rösti Potatoes (a simple preparation of grated, seasoned, and oil-sautéed potatoes, --- TANTTU, LARSEN, KIIVERI, & LUNDSTEN, page 29)

Finnish Rye Potatoes (cut-up potatoes deep-fired in rye flour, salt, and oil, --- TANTTU, LARSEN, KIIVERI, & LUNDSTEN, page 37)



Icelandic Potato Leek Soup (using potatoes, leeks, chopped chives, butter, chicken stock, and simple spices --- Berry, page 24)

Irish Apple & Potato Cake (using a mix of mashed cooked apples and cooked mashed potatoes, with eggs, milk, flour, and seasonings that include nutmeg, lemon, and cinnamon, --- SMITH-TWIDDY, page 125)

Irish Mutton Stew (featuring mutton and potatoes, -- SMITH-TWIDDY, page 58)

Irish Potatoes & Leeks Soup (SMITH-TWIDDY, page 17; this is similar to "Scotch Leek and Tattie Soup", noted below)

Irish Seafood Chowder (featuring potatoes, onion, and a variety of seafood, e.g., mussels, clams, cockles, and/or whitefish, --- SMITH-TWIDDY, page 18)



Norwegian Lefse (this potato-based flatbread, which somewhat resembles a flour tortilla, is a traditional favorite of all true Norwegians, --- as well as being the subject of many “Ole and Lena” jokes)

Manx Ham & Vegetables Broth (featuring ham with potatoes, onion, rutabaga, carrots, and pearl barley, --- SMITH-TWIDDY, page 16; notice how these vegetable ingredients are similar to those in Breton *Pot au Feu*)

Manx “Isle of Man Hot Pot” (this hot dish blends mutton, potatoes, leeks, carrots, onion, and spices, --- SMITH-TWIDDY, page 55))

Manx Layered Dinner (this is a multi-layered “pot pie” featuring bacon, potatoes, beef stock, and many kinds of vegetables, --- SMITH-TWIDDY, page 55)

Manx Priddhas & Herrings (this is a traditional favorite² of the Isle of Man, blending herring and potatoes, with onion, --- SMITH-TWIDDY, page 34)

Moravian Moravské Lívance Brámborové Potato Pancakes (using cream or half-and-half, chopped onion, flour, egg, salt and pepper, plus oil for frying, -- Dvoracek & Kral, pages 199)

² The traditional Manx rhyme (quoting Smith-Twiddy at page 34) brags on this simple food:

*I'm a native of Peel, and I think for a meal,
That there's nothin' like priddhas and herrin';
I was reared on the quay, and I followed the say
And it's mighty good fishin' I'm getting'.*

Scotch Leek & Tattie Soup (featuring chopped leeks and potatoes, with lots of butter, grated cheese, spices, and flour, --- SMITH-TWIDDY, page 22)

Swedish *Stuvad Potatis* “Creamed Potatoes” (using boiled potatoes with a white sauce made from lots of butter, with milk, flour, dill weed, salt, and pepper, --- Wright & Thompson, page 101; another recipe for *Jansson’s Temptation* appears at Ojakangas, page 121)

Swedish *Janssons Frestelse* “Jansson’s Temptation” (a quintessential holiday and smorgasbord dish in Sweden, featuring potatoes, with onion, Swedish anchovy fillets³, heavy whipping cream, butter, etc., --- Wright & Thompson, page 92)



³ Disagreeing with the conventional (Swedish) wisdom regarding **Jansson’s Temptation** (which insists than only Swedish anchovies be used), Dr. Margaret Mattson of Upsala College (a Swedish Lutheran college in New Jersey, closed in 1995) said: “Contrary to what is written, ordinary anchovies [such as Norwegian anchovies, but add a bit of “salty brine”] make very good Jansson’s [Temptation]. Just do not include the oil they are canned in.” (*Quoting from Wright & Thompson, page 92.*)

Swedish Potatiskorv Potato Sausage, a/k/a “Potato Baloney” (this unusual usage of potato involves filing a long baloney casing⁴ with a mix of potatoes, lean ground beef, lean ground pork, chopped onion, and seasonings, --- Wright & Thompson, page 130)

Ukrainian-style Borchst (this is a favorite among all Slavic peoples, so this Ukraine-style dish can be varied to local preferences, such as the Czech version indicated here --- featuring a mix of potatoes, tomatoes, butter, chopped onion, chopped garlic cloves, grated beets, chopped celery, fresh parsley, grated turnips, sugar, vinegar, beef stock, chopped cabbage, boiled beef, sour cream, and various seasonings, --- Dvoracek & Kral, page 180)



Welsh “Potes Mis Medi” Harvest Pot (including lamb, bacon, potatoes, carrots, onion, leeks, turnips (or rutabagas, a/k/a to the Welsh as “swedes”), butter, and spices, --- SMITH-TWIDDY, page 63)

⁴ Lorraine Anderson, the contributor of this Swedish recipe, notes: “Also needed is a funnel with an approximately 1/2 –inch opening to work the ground mixture into the casing. Some electric mixers now have an attachment for this, but my mother and grandmother used a piece from the horn of a cow for the funnel.” (*Quoting from Wright & Thompson, page 130.*)

CRANBERRIES

Cranberry is the common name for a wonderful vine-grown berry formerly known as “crane-berries”. Some say the name “crane-berries” is due to the curved stem that resemble the curved necks of crane birds. Others suggest that these tart berries⁵ were habitually found in the salt-marshlands and coastal bogs where settlers noticed crane birds frequenting.



Nutrition

As food, the **cranberry** is a nutritional blessing: no surprise to Biblical creationists!

Cranberries provide substantial amounts of Vitamins C, A, and K, as well as dietary fiber, manganese, and some fructose. Cranberries also provide small amounts of magnesium, phosphorus, potassium, and calcium. Many believe that cranberries are especially helpful to the human urinary tract.

⁵ The only use of the English word “berries”, in Scripture, is in James 3:12 (referring to olive berries) and in Isaiah 17:6 (where the Hebrew noun *gargar* [גַּרְגַּר], in the plural, referring grapes, each of which is a type of berry, botanically speaking. Besides olives and grapes, other specific berries are mentioned in Scripture (e.g., mulberries, in verses that refer to the “mulberry tree”: 2nd Samuel 5:23-24 & 1st Chronicles 14:14-15).

The huge variety of food dishes that include **cranberries** as a prominent ingredient⁶ include the following (among many others not listed here).

Estonian Kana Jõhvikakastmes Chicken with Cranberries (using chicken breasts, a generous amount of cranberries [fresh, if possible], diced onion, ketchup, brown sugar, and powdered mustard, --- Kärner, page 53)



Finnish Cranberry Sauce for Reindeer Medallions (TANTTU, LARSEN, KIIVERI, & LUNDSTEN, page 40)

Karelian Apple Cranberry Pudding (Ojakangas, page 129)

Scandinavian Christmas Rice Pudding with Cranberry Raspberry Sauce (this traditional *Jule*-tide dessert is known in the “big 4” Scandinavian countries [i.e., Denmark, Finland, Norway, & Sweden] respectively as *Risengrød*, *Riisipuuro*, *Risrynsgröt*, *Julgröt*; the main flavoring in the rice pudding is cardamom, supplemented by almond and cinnamon, along with sugar, cream, and butter; the fruit sauce is a blend of cranberry, raspberry, and lemon juice, --- Ojakangas, pages 162-163)

Scandinavian Cranberry Glögg (the non-alcoholic variety of this traditional winter drink uses a lot of cranberry juice, supplemented by grape juice, cinnamon sticks, cloves, ginger, which is heated before serving, --- Ojakangas, page 31)

⁶ Note: “If a recipe calls for lingonberries and they are unobtainable, cranberries are a good substitute.” (Quoting editorial note from Wright & Thompson, page 143.) It is only logical, therefore, that lingonberries can also substitute for cranberries too!

Swedish Cranberry Dessert (for a modification of the Swedish Lingonberry Dessert, below, substitute cranberries for the lingonberries)

LINGONBERRIES

Lingonberries are the distinctive wild berries of Scandinavia, although they grow wild elsewhere in the northern latitudes (especially in boreal forest and arctic tundra) of Eurasia and North America. Lingonberries thrive in shady locations, such as the canopy of a boreal forest (known as *taiga* in Siberia). Lingonberries suffer when temperatures get hot; they are designed for cool and cold weather. Lingonberries are known to survive (especially if insulated by a snow blanket) cold temperatures as low as -40° Fahrenheit!



Lingonberries often grow in the wild in northern Europe, and also in central and eastern Europe. In some countries (like Norway and Sweden) the public has a legal right to pick them, if growing wild, from either public or private lands. Of course, lingonberry products (such as lingonberry juice mix and lingonberry jam) can be purchased from the Swedish retail giant IKEA!

Countries that have substantial lingonberry production include all of the Scandinavian-Nordic countries (Norway, Sweden, Denmark, and Finland), as well as the Baltic countries (Estonia, Latvia, and Lithuania), Germany, Austria, Poland, Switzerland, lands formerly belonging to Czechoslovakia (e.g., Czech Republic, Slovakia), Switzerland, Romania, Russia, and some of the eastern European lands once part of the Soviet Union (e.g., Ukraine).

Lingonberries are known by many other names, including mountain cranberries, cowberries, bearberries, partridgeberry (in Newfoundland and Cape Breton), redberry (in Labrador), red whortleberry, csejka berry, lowbush cranberry, brusnika [*Russian spelling: брусника*], and other colloquial names.



Nutrition

As food, the **lingonberry** is a nutritional blessing: no surprise to Biblical creationists!

Lingonberries contain helpful amounts of several Vitamin B series vitamins (B1, B2, and B3), as well as Vitamin C and beta carotene (provitamin A). Also, lingonberries provide several minerals (including phosphorus, magnesium, potassium, and calcium). Lingonberry seeds contain omega-3 fatty acids believed to be helpful to human urinary tracts.

The huge variety of food dishes that include **lingonberries** as a prominent ingredient⁷ include the following (among many others not listed here):

Finnish Lingonberry Glaze for Herring (TANTTU, LARSEN, KIIVERI, & LUNDSTEN, page 36)

⁷ Note: “**If a recipe calls for lingonberries and they are unobtainable, cranberries are a good substitute.**” (Quoting editorial note from Wright & Thompson, page 143.)

Scandinavian Lingonberry Jam Cake (this cake is popular in the “big 4” Scandinavian countries [i.e., Denmark, Finland, Norway, & Sweden], respectively known as *Lingonkage*, *Puolukkakakku*, *Lingonkake*, *Lingonkaka*; this cake's featured flavor is lingonberry, supplemented by cardamom, cinnamon, ginger, and sour cream, --- Ojakangas, page 260)

Swedish Bärparfait Berry Parfait (this fruity dessert is best made with a blend of lingonberries and cloudberries, but other berries, such as cranberries and blueberries, can be substituted if necessary, --- Ojakangas, 171-172)

Swedish Fruktsoppa Fruit Soup (a fruit “soup” that mixes a variety of berries, with some versions of the recipe substituting red currants for lingonberries; this fruit soup often also including raisins, cherries, dried apricots, prunes, pears, apples, dates, orange and/or lemon, with tapioca, sugar, and cinnamon --- Wright & Thompson, pages 96-97)



Swedish Lingonkakor Lingonberry Cookies (using lingonberries or lingonberry jam, vanilla, sugar, and butter --- Wright & Thompson, page 150)

Swedish *Lingonsyit med Grädde* Lingonberry with Cream Dessert (using lingonberries or lingonberry jam, whipped cream, sugar, vanilla, and crushed graham crackers --- Wright & Thompson, page 143)

Swedish Pancakes with Lingonberries (this breakfast favorite is better known as "Norwegian Pancakes" by Norwegians and Norwegian-Americans; as with all lingonberry recipes, cranberries [which are more readily available in America] can be substituted for lingonberries, --- Ojakangas, page 53)



BEEF, VEAL, etc. (esp. MEATBALLS)

Beef is a term applied to the red meat of mature cattle (i.e., bovines), such as fully grown bulls and cows (as well as fully grown steer and heifers). The meat of immature bovines (i.e., calf meat) is called veal. Beef and veal are prepared in many forms, as food for humans.

One example of a popular form of bovine meat is **beef meatballs** (a beef dish given special attention, hereinbelow).

Bovines (what modern Americans call “cattle”, and what the Brits of old called “beeves”) are an animal family frequently mentioned in the Holy Scriptures.

Some of the English words used to translate such bovine-related words include these words: “beeves” (YOUNG’s @ 81); “bull” (YOUNG’s @ 127); “bullock” (YOUNG’s @ 127); “calf” (YOUNG’s @ 135); “cattle” (YOUNG’s @ 149 -- note that the Old English word “cattle” was not limited to bovine livestock, as it could include flocks of other domesticated animals that might be today called “livestock” or “herds”); “cow” (YOUNG’s @ 210); “heifer” (YOUNG’s @ 474); “herd” (YOUNG’s @ 476); “kine” (YOUNG’s @ 565); “ox” and “oxen” (YOUNG’s @ 728-729); etc.

1. The underlying **O.T. Hebrew words** for these English (O.T.) words are:

’abbîr [אַבִּיר], translated “bull” in Psalms 50:13; 68:30; Isaiah 34:7; Jeremiah 50:11; other instances suggest the idea of might, energy, power, strength.

baqar [בָּקָר — *lit.* “bovine herd”], translated “beeves” 7x; “herd” **44x**; “kine” 2x; “ox” or “oxen” **78x**; “cow” 1x; “bull” 1x. Sometimes this noun appears in the phrase *ben-baqar* [בֶּן־בָּקָר — *lit.* “son of the bovine herd”], translated “bull” in Jeremiah 52:20; translated “tender calf” in Genesis 18:7; etc.

behemah [בְּהֵמָה], translated “cattle” 52x; “beast” 136x; “behemoth” (1x, *plural*)

’êgel [עֵגֶל], translated “calf” **33x**; “bullock” 2x. Also this noun appears in the phrase *’êgel-ben-baqar* [עֵגֶל־בֶּן־בָּקָר — *lit.* “a calf, son of the bovine herd”], translated “young calf” in Leviticus 9:2.

Although this word is used of proper sacrifices under the Mosaic law (e.g., **Leviticus 9:3 & 9:8**, within the context of **Leviticus 9:1-14**), this word is often used for idolatrous calf-worship, such as the “golden calf” worship which the Israelis angered God with (see, e.g., **Exodus 32**), showing that what should be used in the proper worship of God can also be perverted into a false worship that merits God’s anger and punishment.

’eleph [אֵלֶף], translated “ox” or “oxen” 3x; “kine” 4x; “family” 1x; “thousand” frequently. The Aramaic equivalent of this noun, translated 3x as “thousand”, is

spelled the same but transliterated as **'alaph** (due to different vowel pronunciation). This noun's connotation includes the idea of "much might" and the idea of starting power to move forward.

par [פָּר], translated "bull" 2x; "bullock" **92x**; "calf" 1x; "ox" 2x.

shôr [שׁוֹר], translated "bull" in Job 21:10; translated "bullock" 11x; "cow" 2x; "ox" or "oxen" **61x**.

2. The underlying **N.T. Greek words** for these English (N.T.) words are:

bous [βους], translated as "ox" 8x (Luke 13:15 & 14:5 & 14:19; John 2:14-15; 1st Corinthians 9:9 [2x]; 1st Timothy 5:18).

moschos [μόσχος], translated "calf" 6x (Luke 15:23 & 15:27 & 15:30; Hebrews 9:12 & 9:19; Revelation 4:7).

tauros [ταυρος], translated "bull" in Hebrews 9:13 & 10:4; "ox" in Matthew 22:4; Acts 14:13.



Typologically, the "ox" (or "calf") is a type of Christ in His sacrificial role as the perfect Servant of servants, the One Who chose to serve by emptying Himself so that He could become a human sacrifice for all of Adam's fallen race, as **Philippians 2:1-11** describes. Of the four N.T. Gospels, this aspect of Christ's Messianic ministry is most emphasized by **Mark's Gospel**, which presents Jesus as One Who came to serve God (and our salvation need):

⁴⁵For even the Son of man came not to be ministered unto [i.e., **to be served**], but to minister [i.e., **to serve**], and to give his life a ransom for many. (**Mark 10:45**)

The symbol of service, and thus also the symbol of a servant (or slave), is the ox. Because the young ox (i.e., calf) was often sacrificed in the Mosaic system (see, e.g., **Leviticus 9:3 & 9:8**), the “calf” is a perfect symbol for the selfless sacrifice that characterized a true servant's service --- which self-sacrificing service the Lord Jesus Christ is the obvious and ultimate example of. For this reason the 2nd of the 4 Gospels, Mark, is symbolized by a **calf**, matching John's Revelation:

And the first beast was like a **lion**, and the second beast like a **calf**, and the third beast had a face as a **man**, and the fourth beast was like a flying **eagle**.
(**Revelation 4:7**)

In Revelations 4:7, quoted above, notice the four Messianic offices of Christ, as emphasized by the 4 Gospels of the New Testament:

- (1) **Matthew**, presenting Jesus the **King** of kings (symbol: **Lion**).

As the “Lion of the tribe of Judah”, Jesus is the proper Messianic King, to rule over all, as the anointed king of all (and thus Jesus served the purpose of an *anointed king*, to rightly rule).

- (2) **Mark**, presenting Jesus as **Servant** of servants (symbol: **Calf / Ox**).

As the perfect servant, Jesus sacrificed Himself willingly, to serve all, as the anointed sacrifice of all. (Simultaneously Jesus was the Servant of servants and Sacrifices of sacrifices, and by being the perfect *anointed* sacrifice, Jesus fulfilled the purpose of a **servant**, to obediently serve.)

- (3) **Luke**, presenting Jesus the **Priest** of priests (symbol: **Man**).

As the perfect human, Jesus perfectly represents mankind to God (because the purpose of a **priest** is to represent mankind to God), as the *anointed* Priest of all.

- (4) **John**, presenting Jesus the Prophet of prophets (symbol: **Eagle** in heaven).

As God Himself, Jesus perfectly represents God to mankind (because the purpose of a **prophet** is to represent God to mankind), as the *anointed* Prophet of all.

It is amazing that Christ became the ultimate Servant, to ransom our sinful souls!

Nutrition

As food, the “red” meat of the bovine, whether as **beef** or **veal**, is a nutritional blessing: no surprise to Biblical creationists!

However, it is a clear-cut teaching of the New Testament that some false teachers try to ban people from eating certain meats (**1st Timothy 4:1-4**). Well-known examples include the “sacred cow” traditions of India’s Hindus and Buddhists (as well as Jains), as well as the multiple-centuries-old traditions in many Roman Catholic countries, of banning “red meat” consumption on Fridays and various “holy” days,⁸ in contravention of **Colossians 2:16-17**. Historically, the idea of a “holiday”, in Europe, meant a day deemed by the dominant church leaders as a “holy day”, and this ecclesiastical practice was applied in ways that limited the daily menu.

Catholicism gave the Basques their great opportunity. **The medieval [Roman Catholic] church imposed fast days on which sexual intercourse and the eating of flesh [i.e., “red meat”] were forbidden, but eating “cold” foods was permitted.** Because fish came from water, it was deemed cold, as were waterfowl [*but not “landlubber” poultry*] and whale, but meat was considered hot food. The Basques were already selling whale meat to Catholics on “lean days”, which, since Friday was [deemed] the day of Christ’s crucifixion, included all Fridays, the forty days of Lent, and various other days [*e.g., “saint” days*] of note on the religious calendar. In total, meat was forbidden for almost half the days of the year, and those lean days eventually became [*for many in Europe*] salt cod days. Cod became almost a religious icon⁹

Beef (and veal) provides a complete protein source for humans (i.e., when digested it provides all of the amino acids needed by humans for building proteins), fat, some carbohydrates, minerals (especially zinc, iron, selenium, and phosphorus, as well as some potassium, calcium, manganese, and magnesium), and several vitamins (especially Vitamin B₁₂, plus substantial amounts of riboflavin [B₂], niacin [B₃], and Vitamin B₆).

The huge variety of food dishes that include **beef** as a prominent ingredient could fill many cookbooks. In fact, it is remarkable how many preparations there are just for meatballs --- a few of which are listed below.

⁸ See, *accord*, Mark Kurlansky, ***Cod, A Biography of the Fish that Changed the World*** (New York: Walker Publishing, 1997), pages 24 & 35.

⁹ Quoting Mark Kurlansky, ***Cod, A Biography of the Fish that Changed the World*** (New York: Walker Publishing, 1997), page 24, with emphasis added.

Belgian Ballekes Meatballs (called *bouletten*, i.e., “bullets” [meaning “little balls”], in Flemish Belgium, these are often a mix of ground beef and ground pork, with onion, breadcrumbs, and spices, --- Wikipedia, at “Meatball”)

Czech Meatballs (this is a Czech modification of “Swedish” meatballs, using ground beef, chopped onion, crushed garlic egg, crushed saltine crackers, mushroom soup, and various seasonings, --- Dvoracek & Kral, page 162)



Danish “Klarsuppe med Boller” Meatball & Dumpling Soup (this soup contains meatballs that can be made from ground beef, veal, pork, or turkey, --- Ojakangas, page 148-149)

Estonian Frikadellisupp Meatball Soup (using meatballs made from ground beef, with egg, sour cream, carrot, potato, beef broth [made with beef, onion, turnips, leek, parsley, and seasoning], salt, pepper, dill, parsley, rice, etc., --- Kärner, page 39)

Estonian Hakkliahapallid Meatballs (using a ground meat mixture of beef, veal, and pork, with egg, shredded Estonian dark bread, seltzer water, chopped onion, beef bouillon, salt, pepper, parsley, gravy flour, etc., --- Kärner, page 92)

Finnish Meatballs in Cream Sauce (this recipe calls for a blend of ground beef and ground pork, --- TANTTU, LARSEN, KIIVERI, & LUNDSTEN, page 44)

German Frikadelle Meatballs, a/k/a **Bulette** (German meatballs can be made from anchovies or salted herrings, i.e., fish-balls, in which case they are called *Königsberger Klopse*, --- Wikipedia, "Meatball")

Icelandic Savoury Meatballs (using beef sausage-meat, beef stock, and minced beef, plus onion, tomato purée, and simple spices --- Berry, pages 42-43)

Swedish Meatballs & Gravy (known to many Scandinavians as "Mother's Meatballs"; Scandinavian meatballs are best known as Swedish meatballs, although there is not much difference¹⁰ between Swedish *Köttbullar* ["meatballs", made from beef, but sometimes using veal or pork as an extra meat, or as a substitute for beef] meatballs and Norwegian *Kjøttkaker* ["meat-cakes", usually made from beef] meatballs, --- Ojakangas, page 157; in the "big 4" Scandinavian countries [i.e., Denmark, Finland, Norway, & Sweden], these meatballs are respectively known as *Svensk Frikadeller*, *Lihapyörykät*, *Kjøttkaker*, and *Köttbullar*; Ojakangas says: "What makes Scandinavian meatballs different from others is that the ground meat [usually ground beef with some ground pork] is beaten until it is light and fluffy.")



¹⁰ However, according to Wikipedia ("Meatball"), the Finns are known to sometimes use ground reindeer meat for their *lihapullat* (meatballs).

CHEESE

Cheese is an amazing milk product, produced by processing mammal milk (usually from cows, but also produced from the milk of other mammal mothers (such as goats, sheep, camels, or buffalo) in a manner that lead to a solid we call “cheese”.



“Cheese” is a word that appears thrice in Holy Scripture, in each place translating a different Hebrew term: Job 10:10 (**gebinah**), 1st Samuel 17:18 (**charits** linked to **chalab**), and 2nd Samuel 17:29 (**shaphah**).

gebinah [גִּבְנִיָּה], translated “cheese”, appears only in **Job 10:10**. The verse compares the curdling of cheese (described below) with Job's painful experience of suffering:

Hast thou not poured me out as milk, and curdled me like **cheese**? (**Job 10:10**)

The parallelism here possibly indicates that the milk metaphor refers to milk that is “poured out” because the discarded milk has soured, which is the early stage in the process we call milk “curdling” (which “curdling” process if controlled eventually produces “cheese”).

Thus, a review of how milk is “curdled”, to form cheese, provides a picturesque comparison to Job's pitiful sufferings, because milk curdling is a traumatic process of breaking down what was originally an integrated mix, into

two by-products that are not reassembled under ordinary circumstances. Job felt like his bodily health was disintegrating.

And, perhaps Job felt like the disintegration process he was experiencing, in his afflicted body, was like the slow-motion (yet not easily reversible) process that curdling can be, if it is accomplished by **Lactobacillus** bacteria slowly converting milk sugar (**lactose**) into **lactic acid**. As lactic acid accumulates, the increasing level of acidification prompts the milk's dissolution into separated curds and whey.

charitsê-hechalab [חרצי - החלב], translated “cheese” in **1st Samuel 17:18**,¹¹ has the literal meaning of “disassembled milk” (or “divided milk”), i.e., milk that has been processed in a way that breaks it down into its underlying ingredients. (The Hebrew noun *chalab* [חלב] is almost always translated “milk”).

And carry these ten **cheeses** unto the captain of their thousand, and look how thy brethren fare, and take their pledge. (**1st Samuel 17:18**)

Cheese, in essence, is **disassembled milk** – milk being a colloidal mix (i.e., a temporary mixture that is not truly “dissolved”) of curds (the solids) and **whey** (the liquid part).

An acid (such as **lactic acid** that forms naturally as a by-product of the breakdown of the milk sugar called **lactose**), sometimes mixed with rennet (an enzyme mix that digests milk proteins), is used to “curdle” (coagulate) the milk, resulting in the milk separating into “curds” (solids) and “whey” (liquid), with the solidified curds in time becoming “cheese”.

Adding lemon juice to milk is a primitive example of “curdling” the milk; if you pour milk into a glass that has a residue of orange juice, the milk soon “curdles”, with the curds becoming visible, and a more sophisticated agricultural/commercial process is what eventually produces the food products that we call “cheese”.

shaphah [שָׁפָה], translated “cheese” in **2nd Samuel 17:29** (in a context denoting cheese made from cow's milk),¹² also appears in **Job 33:21**, describing how human bones “stick out” when the once-covering flesh wastes away.

¹¹ In this verse David is prudently instructed (by his father, Jesse) to carry portions of cheese to the captain of the Jewish “thousand” (i.e., a military unit of about 1,000 soldiers).

¹² Notice that David received a mix of supplies, including cheese produced from cow's milk.

And honey, and butter, and sheep, and **cheese of kine**, for David, and for the people that were with him, to eat: for they said, The people is hungry, and weary, and thirsty, in the wilderness. (**2nd Samuel 17:29**)

Isaiah 13:2 refers to lifting up high a banner upon a “high” hilltop, a notion similar to the “sticking-out-above” concept illustrated in Job 33:21.

So what do those verses (i.e., Job 33:21 & Isaiah 13:2) have in common, conceptually, philologically, with the “cheese’ mentioned in 2nd Samuel 17:29 ?

As noted above, curdled milk is a separation of the milk solids (curds) from the milk liquid (whey). In effect, the curdling process prompts the solidified curds to “stand out” from (i.e., emerges above the surface of) the whey liquid, physically withdrawing those curds from out of what was once a semi-dissolved colloidal mix. Thus, the biochemical reality of the curds’ natural predisposition to be a solid (i.e., curds), that “stand outs” from its whey-water context, is comparable to the skeletal bones’ anatomical contrast with its fleshly covering (if and when that flesh covering is “wasting away” so that the bones “stick out”).



Likewise, a conspicuously high hilltop, that is contrasted with its lower-elevation surroundings, is comparable to how curds arise above the whey when curdling produces curds from soured milk.

Nutrition

As food, **cheese** is a nutritional blessing: no surprise to Biblical creationists!

Cheese provides nutritional value to humans in many ways: primarily cheese provides readily absorbable calcium (good for bone health), phosphorus, milk protein (which is a rich protein source), Vitamin A, and milk fat. Cheese also provides notable amounts of sodium and potassium.

The huge variety of food dishes that include **cheese** as a prominent ingredient include the following, among many others not listed here.

Breton Dark Chocolate-Cinnamon Cheese Cake (using cream cheese and eggs as a foundation; not for those on a diet! --- SMITH-TWIDDY, page 111)

Breton Cheese Soufflé (SMITH-TWIDDY, page 50)

Breton Onion, Nettle, & Cheese Bake (SMITH-TWIDDY, page 50)

Cornish Nettles, Onion, & Spinach Pie (SMITH-TWIDDY, 54)



Czech Liptovský Syr “Liptauer Cheese” Spread (a blend of cottage cheese, softened butter, chopped onion, chopped capers, caraway seed, dry mustard, chopped chives, sour cream [if used for a dip], and other seasonings, --- Dvoracek & Kral, page 105)

Danish Nökkelost Cheese (also called *Kuminost*, due to cumin being the primary flavor additive; this semi-firm cow's-milk cheese is made with cumin, caraway seed, and cloves, --- Ojakangas, page 265)

Danish Sagablu Cheese (“a rich blue-veined cheese produced in Denmark”, quoting Ojakangas, page 266)

Danish “Salat med Danablu” Blue Cheese Salad (Ojakangas, page 85)

Estonian “Heeringajuustu võileivad” Herring, Cream Cheese, & Egg Sandwich (combining herring fillets, hard-boiled egg, and cream cheese, on Estonian dark rye bread, --- Kärner, page 207)



Finnish Rahka Cheese (“fresh-milk cheese in Finland ... similar in texture and flavor to Italian ricotta”, quoting Ojakangas, page 266)

Icelandic Cheddar Cheese Straws (using finely grated cheddar cheese and butter, plus cayenne pepper, simple spices, and egg --- Berry, pages 94-95)

Icelandic Pork Chops in Cheese and Pineapple Sauce (using fried pork chops, with sauce made of pineapple, cheddar cheese, melted butter, and Dijon mustard, then sprinkling more cheddar cheese as a topping over everything prior to baking --- Berry, page 37)

Icelandic Scallop Cakes topped with a Cheddar Cheese Blanket (using sea scallops boiled in cider, sliced, mixed with melted butter and boiled milk, poured into mashed potato lined scallop shells, then covered with a blanket of cheddar cheese and bread crumbs, and then baked --- Berry, pages 30-32)

Icelandic Smoked Salmon Pâté with Cream Cheese (using cream cheese and smoked salmon [*and you can't beat Iceland's Lax River salmon!*], with lemon juice, melted butter, and freshly ground black pepper --- Berry, page 33)

Irish Cheese Cake (this recipe uses a soft cream cheese, e.g., Quark, which is a cheese well known in German cuisine¹³, --- SMITH-TWIDDY, page 127)

Irish Crab au Gratin with White Cheese (SMITH-TWIDDY, page 39)

Irish Scallops in Cheese Mushroom Sauce (SMITH-TWIDDY, page 38)



Manx Cheese and Vegetable Soup (SMITH-TWIDDY, page 15)

Manx Queenies [Scallops] in Cheese Onion Sauce (SMITH-TWIDDY, page 36)

Norwegian Brown Gjetost Cheese, a/k/a **Brunost** (this is a goat cheese, i.e., a gjetost [now spelled geitost in Norway], that is light brown in color, resembling a semi-hardened block of peanut butter, and having an almost nutty flavor; actually this “cheese” is made from the goat’s-milk whey (the liquid that separates out when goat’s milk is curdled) plus cream and caramelized milk sugar, so it is technically a “whey cheese” [i.e., not a true curd-based cheese]; brunost [meaning “brown cheese”] is also called **mussmør** (Norwegian), **mesost** (Swedish), **mysuostur** (Icelandic) or **myseost** (Danish), --- Wikipedia, “brunost”)

¹³ The **Quark Cheese** (made in America by the Vermont Butter & Cheese Company) is a “fresh cheese made by warming soured milk until the desired degree of denaturation of milk proteins and then straining” the curds without the use of rennet. It is white and soft, has no salt, and is described as an unaged cottage cheese-like soft cream cheese. (*Quoting and following* Gerri Gehman West, “Quark”, in *Schulhaus Reporter* (Newsletter of the *German-Texan Heritage Society*), 18(1):9 (January 2011).

Scottish Cheese-Creamed Haddie (combines grated cheese, such as cheddar cheese, with haddock, mushrooms, tomatoes, white sauce, seasonings, --- SMITH-TWIDDY, page 40)

Swedish Adelost Cheese (a blue cheese made from cow's milk, --- Ojakangas, page 261)

Swedish Bondost Cheese (a mild white soft cheese made from cow's milk, --- Ojakangas, page 261)

Swedish "Ortmarinerad Getost" Herb-Marinated Goat Cheese & Tomato Salad (this dish uses a white goat cheese, from northwestern Sweden, that sufficiently resembles Greek feta cheese such that either can be used; this marinated salad includes that cheese, tomatoes, lettuce, chives, basil, garlic, olive oil, vinegar, and seasonings, --- (Ojakangas, page 216)

Swedish Ostkaka Cheese Cakes (using cream, eggs, milk, vanilla and other flavorings, with rennet to produce cheese curds, then removing the whey, -- or substituting cottage cheese --- Wright & Thompson, pages 139-140; the *Småland* region's version of Ostkaka appears in Ojakangas, page 107)



Swedish Varm Ansjovissmörgås Hot Anchovy Canapés, a/k/a "Swedish Pizza" (featuring anchovies, ketchup, butter, bread, chopped onion, and generously sprinkled grated Parmesan cheese, baked --- Wright & Thompson, page 93)

EGGS

Eggs, whether fertilized or unfertilized, are the unborn or unhatched offspring of females, in kinds of creatures (human or animal) that reproduce sexually. In agricultural and cuisine contexts, however, the term “eggs” is presumed to mean chicken eggs --- unless and until some other kind of creature (such as duck eggs, goose eggs, turkey eggs, etc.) is otherwise indicated.



“Eggs” are an important item in the Holy Scriptures. The term “egg” is used to translate 2 O.T. Hebrew words and 1 N.T. Greek word, to be noted below.

challamûth (חלמות) listed in YOUNG's @ 288, & YOUNG's **O.T.** Index-Lexicon @ 10, 1st column) – appears only in Job 6:6.

Can that which is unsavory be eaten without salt? Or is there any taste in the white of an **egg**? (**Job 6:6**)

The parallelism of this verse denotes that the “white of an egg” [רִיר - חלמוֹת] is “unsavory” unless and until it is seasoned with salt. (Interestingly, the word translated “white” [רִיר] appears in one other place, 1st Samuel 21:13, where it is translated “spittle”, apparently due to its white color.) The importance of seasoning things with salt is mentioned in the New Testament, in a figurative sense, when Paul exhorts Christian believers to carefully prepare their verbal conversation so that it is presented with as much pleasantness as possible, under the circumstances of each conversation:

Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man. (**Colossians 4:6**)

In fact, literal seasoning of salt was required of all “meat offerings” to God, in the Old Testament levitical system, according to Moses.

And every oblation of thy meat offering shalt thou season with salt; neither shalt thou suffer the salt of the covenant of thy God to be lacking from thy meat offering: with all thine offerings thou shalt offer salt. (**Leviticus 2:13**)

(Obviously God is not concerned about getting high blood pressure.) Of course, when salt has lost its salt quality, it is functionally ruined (Mark 9:50; Luke 14:34).

bêtsim (בִּיצִים), listed in YOUNG's @ 288, & YOUNG's **O.T.** Index-Lexicon @ 8, column 4), appears 6 times in the Old Testament:

Deuteronomy 22:6 (prohibiting the Israelis, who would be crossing into the Promised Land of Canaan, from taking wild bird mothers¹⁴ along with the

¹⁴ It is interesting that the mother birds are to be left alone (according to Deuteronomy 22:6-7), rather than the father birds. Why? Perhaps it is relevant to recognize that the avian population's balance of gender (i.e., the ratio of males to females) in a bird population is solely dependent upon the mother birds, a situation opposite of how it works with humans.

In human sex chromosomes, the human father is XY, and the human mother is XX. Therefore, when human sexual reproduction occurs, the human mother contributes an X chromosome (because that is all she has to contribute), while the human father contributes either an X chromosome or a Y chromosome (because he has both available to contribute), so the father's contribution will determine the offspring's sex (if XY, a baby boy; if XX, a baby girl).

Whereas, in bird sex chromosomes, it's the opposite way around: the father bird is ZZ, and the mother bird is WZ. So, the father bird contributes a Z chromosome (because that is all he has to contribute), while the mother bird contributes either a W chromosome or a Z chromosome (because she has both available to contribute), so the mother bird's contribution will determine the offspring's sex (if ZZ, a “baby boy” bird; if WZ, a “baby girl” bird).

eggs¹⁵ or hatchlings, because bird mothers must be left alone, in order to encourage the reproductive success of the bird population, which in time (i.e., over multiple generations) benefits both the predator populations (i.e., of humans who eat wild birds) and the prey populations (i.e., the birds themselves).

If a bird's nest chance to be before thee in the way in any tree, or on the ground, whether they be young ones, or **eggs**, and the dam [i.e., mother] sitting upon the young, or upon the **eggs**, thou shalt not take the dam [i.e., mother] with the young. But thou shalt in any wise let the dam [i.e., mother] go, and take the young to thee; that it may be well with thee, and that thou mayest prolong days. **(Deuteronomy 22:6-7)**

Job 39:14 (referring to the ostrich who burying her eggs in the dirt)

Gavest thou . . . wings and feathers unto the ostrich? -- which leaveth her **eggs** in the earth, and warmeth them in dust, and forgetteth that the foot may crush them, or that the wild beast may break them; she is hardened against her young ones, as though they were not hers; her labour is in vain without fear; because God hath deprived her of wisdom, neither hath he imparted to her understanding. What time she lifteth up herself on high, she scorneth the horse and his rider. **(Job 39:13-18)**

Isaiah 10:14 (comparing God's action, of reaching riches that He chose to gather for His purposes, to the action of an ordinary human, reaching a hand into a bird's nest, in order to collect unhatched eggs)

For he saith, By the strength of my hand I have done it, and by my wisdom; for I am prudent: and I have removed the bounds of the people, and have robbed their treasures, and I have put down the inhabitants like a valiant man. And my hand hath found as a nest the riches of the people: and as one gathereth **eggs** that are left, have I gathered all the earth; and there was none that moved the wing, or opened the mouth, or peeped. **(Isaiah 10:13-14)**

Isaiah 59:5 (referring to the eggs¹⁶ of adders (a/k/a “cockatrices”) and spiders, and how it is dangerous to eat or break open such eggs!)

¹⁵ This word for “eggs” (*bêtsim*) appears twice in Deuteronomy 22:6.

¹⁶ This word for “eggs” (*bêtsim*) appears twice in Isaiah 59:5.

They hatch cockatrice's [i.e., adder's] eggs, and weave the spider's web: he that eateth of their eggs dieth, and that which is crushed breaketh out into a viper. (**Isaiah 59:5**)

ὄον (ὄον), listed in YOUNG's @ 288, & YOUNG's **N.T.** Index-Lexicon @ 81, 6th column), appears only in Luke 11:12, in a passage where the Lord was teaching His disciples to expect good gifts from our Heavenly Father.

If a son shall ask bread of any of you that is a father, will he give him a stone? or if he ask a fish, will he for a fish give him a serpent? Or if he shall ask an egg, will he offer him a scorpion? If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him? (**Luke 11:11-13**)

The obvious implication of these rhetorical questions, asked by the Lord, is that good foods include bread, fish, and eggs. Also, by contrast, the Lord was indicating that stones are not for eating, and that most children would not prefer to eat snakes and scorpions.

After all, what kind of parent would give their child a scorpion to eat?



Of course, the providential programming and power of God is displayed in the development of every chicken egg. Consider just a couple of details involved in the “all-systems-must-work-or-it-fails” chicken egg's hatching:

Providential Programming, Displayed in Bird Reproduction

All birds reproduce, or their kinds would not be here. Yet reproduction itself depends on purposeful, preprogrammed timing. Consider the baby chick, hatching from an “ordinary” chicken egg:

By the nineteenth day, the chick is too big to get enough oxygen through the pores in the shell. It must do something or die. How does it know what to do next? By this time, a small tooth called the “egg-tooth” has grown onto its beak. It uses this little tooth to peck a hole into the air sack at the flat end of the egg....The air sack provides only six hours of air for the chick to breathe. Instead of relaxing and breathing deeply, with this new-found supply of air, the chick keeps pecking until it breaks a small hole through the shell to gain access to outside air in adequate amounts. On the twenty-first day, the chick breaks out of the shell. If one step in the development of the chick is missing or out of order, the chick dies. *Timing is absolutely crucial!*²

Quoting J. J. S. Johnson, “*Survival of the Fitted: God's Providential Programming*” (posted at www.icr.org/article/survival-fitted-Gods-providential-programming), in **ACTS & FACTS**, 39(10):17-18 (October 2010), *quoting from* Dr. Jobe Martin's ***The Evolution of a Creationist***, revised ed., 2004 (Rockwall, TX: Biblical Discipleship Publishers, 2004), page 210.

Another “small” (yet absolutely critical) detail, in the construction and successful operating of a chicken egg – or any other bird's egg, --- is the production of the eggshell itself. In order for the eggshell to be strong enough to protect the chicken baby growing inside, the eggshell must have sufficient structural integrity so that the danger of accidental cracking is minimized. One ingredient that helps to protect sufficient structural integrity is calcium, and the eggshell itself (in a chicken egg) is about 95% calcium carbonate.

However, in some birds called passerines (i.e., perching birds), the mother's supply of calcium can become depleted if the soil her food comes from is depleted in calcium. So, what happens when the mother bird's diet leaves her calcium-depleted? Is there any hope for the babies inside that

mother's calcium-deficient eggs? Or are those babies hopelessly at risk of breakage, due to their calcium-deficient eggshells?

According to recent research by oölogists (egg biologists),¹⁷ the passerine bird mother's eggshell production adjusts to decreased calcium availability by "switching" to an alternative "Plan B" mechanism, an automatic increase in eggshell pigmentation, which provides extra "solid state lubricant" (reducing brittleness, and thus eggshell fragility), and this extra pigmentation thereby compensates for the decreased calcium content in the eggshell. Amazing!

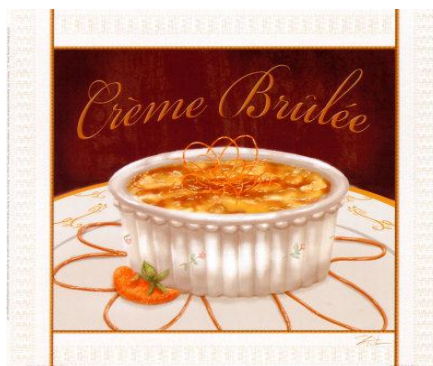
Nutrition

As food, the **egg** is a nutritional blessing: no surprise to Biblical creationists!

Chicken eggs provide a huge arsenal of nutrition needed by humans: lots of protein (all of the amino acids needed for human protein synthesis), healthy fat, water, minerals (including iron and phosphorus) and vitamins (including Vitamin A, Vitamin D, and the B series vitamins).

There are a huge variety of food dishes which include **eggs** as a prominent ingredient, only a few of which are listed hereinafter:

Breton Crème Brûlée (a classic cream-and-sugar dessert using eggs yolks, often accented with colorful fruit, --- SMITH-TWIDDY, page 90)



¹⁷ See Andrew Gosler, James P. Higham, & S. James Reynolds, "Why Are Birds' Eggs Speckled?", in *Ecology Letters*, 8(10):1105-1113 (2005). See also S. E. Solomon, "Egg Shell Pigmentation", in *Egg Quality: Current Problems and Recent Advances*, edited by R. G. Wells & C. G. Belyarin (London: Butterworths, 1987), pages 147-157.

Breton Lemon-Butter Sauce and **Breton Mayonnaise** (SMITH-TWIDDY, page 150)

Cornish Gingerbread Cake (featuring currants, ginger, molasses, lots of butter, and a mixture of other spices, --- SMITH-TWIDDY, page 118)

Czech Vajíčka Rajčaty Scrambled Eggs & Tomatoes Omelet (using eggs, tomatoes, butter, sliced onion, salt and pepper, --- Dvoracek & Kral, page 201)

Estonian Van Sõbra Salat “Old Friend’s Salad” (using eggs, smoked whitefish fillets, apple, cucumber, mayonnaise, horseradish, dill, and salt, to be served with Estonian dark bread, --- Kärner, page 154)

Irish Mushroom Omelet (this omelet features wild mushrooms, plus lots of butter and chopped herbs, such as parsley or chives, --- Connery, page 25)



Irish Smoked Salmon with Scrambled Eggs (this dish is similar to a salmon omelet, except the eggs are scrambled first, then they are combined with the salmon, cream, chives, then all of it is piled onto buttered wheat bread --- Connery, pages 34-35)

Manx Currant Pudding (Manx traditional pudding, --- SMITH-TWIDDY, page 96)

Manx Tynwald Cake (this Isle of Man classic features typical cake ingredients, including lots of eggs and butter, as well as ginger, vanilla, chopped pistachio nuts, shredded coconut, rice flour, chocolate icing, and a cherry filling, --- SMITH-TWIDDY, page 121)

Scandinavian Stuffed Eggs, a/k/a “Filled Half-Eggs”, which should never be called “deviled eggs” (these are the Nordic countries’ gourmet version of what many Americans called “deviled eggs”¹⁸; in the “big 4” Scandinavian countries [i.e., Denmark, Finland, Norway, & Sweden] these are respectively known as *Fylde halve æg*, *Täytetyt munapuolikkaat*, *Fylte egg*, *Fylde Aggshälvor*; there are 3 dominant Scandinavian traditions for filling the half-eggs, after the eggs are boiled and cut “half in two”: **herb filling** (with green olive garnish)¹⁹, **mustard filling** (with salmon or shrimp garnish)²⁰, and **caviar filling**²¹, --- Ojakangas, pages 100-101)



Scotch Eggs (this Scottish classic should not just for breakfast; hard-boiled eggs are covered in breadcrumbs, then added to cut-up sausage meat, with spices, for deep-frying, --- SMITH-TWIDDY, page 61)

Scottish Fried Sprats (this dish is made from sprats “baptized” in beaten egg, then covered in breadcrumbs, after which the fish is deep-fried in oil, --- SMITH-TWIDDY, page 41)

¹⁸ The Estonian “deviled eggs” equivalent is *täidetud munod*. (See Kärner, page 15.)

¹⁹ Herb fillings can include egg yolks blended with sour cream, tarragon, minced chives, garnished with pimento-stuffed green olives (following Ojakangas, page 100).

²⁰ Mustard filling can include egg yolks blended with sour cream, Dijon-style mustard, and dill, garnished with *gravlax* (marinated salmon) or smoked salmon slices. Or, if preferred, substitute cooked shelled shrimp for the salmon garnish.

²¹ Caviar filling can include egg yolks blended with sour cream, lemon juice, and red or black caviar. This blend can be garnished by red onion slice, lemon slice, or extra caviar.

Scottish Kedgerees (this is a Scottish combination of hard-boiled eggs and fish, using smoked haddock, or salmon, or some other fish, mixed with cooked rice, covered with cream, and served with parsley, --- SMITH-TWIDDY, page 42)



Swedish Ägg i Majonnäs med Räkor “Egg and Mayonnaise Shrimp Salad” (using eggs, shrimp, mayonnaise, heavy cream, chopped chives, and/or dill sprigs, etc.; for color, tomato can be added, also, -- Wright & Thompson, page 100)

Swedish Äggkaka “Egg Cake” (using eggs, butter, milk, lemon juice, 2 kinds of sugar, etc. -- Wright & Thompson, page 135; a Danish variation of this, adding bacon, appears as **Aeggkage med Bacon**, in Ojakangas, at page 186)

Swedish Cookies routinely use eggs, such as *Lingonkakor* (Lingonberry Cookies – Wright & Thompson, page 150); *Ett-Två-Tre Kakor* (“One-Two-Three Cookies” – Wright & Thompson, page 150); *Pepparkakor* (“Ginger-Spice Cookies” – Wright & Thompson, page 151); *Smörringar* (“Butter Rings” – Wright & Thompson, page 151); *Sockerringar* (“Sugar Wreaths” – Wright & Thompson, page 152); *Lekssandsbrudhjärtan* (“Brides’ Hearts” – Wright & Thompson, page 152); *Spritsar* (“Spritz Cookies” – Wright & Thompson, page 154); *Hjorthornssalt Drömmar* (Ammonium Carbonate “Dream Cookies” – Wright & Thompson, pages 153 & 155); *Klenäter* (“Poor Man’s Cookies” – Wright & Thompson, pages 154-155)



Swedish Hummeromelett “Lobster Omelet” (this dill-accented seafood omelet can be modified, if cooked lobster is not readily available, by substituting lots of cooked peeled shrimp or crabmeat, --- Ojakangas, pages 36-37)



Swedish Lutfiskpudding “Lutefisk Pudding” (is this the most creative and controversial usage of eggs in all the world of “high cuisine”? -- this baked “pudding” dish is made from a generous amount of cooked-then-cooled *lutefisk*, cooked rice, melted butter, cream, eggs, and seasoning! --- page 125)

Swedish Rökt Lax med Spenatsstuvning och Förlorade Ägg “Smoked Salmon with Creamed Spinach and Poached Egg” (this is somewhat like blending Eggs Montreal²² with Eggs Florentine²³! --- smoke salmon is combined with creamed spinach, plus lots of butter, some vinegar, and dill sprigs on the poached egg, – Wright & Thompson, page 124)

Food testifies that God is good! ><> JJSJ

²² **Eggs Florentine** == Eggs Benedict with spinach substituting for slice of ham; sometime Mornay sauce also substitutes for Hollandaise sauce on the poached egg.

²³ **Eggs Montreal** -- Eggs Benedict with salmon substituting for the slice of ham. Besides Montreal, this dish is often appreciated by Aussies and Kiwis. (A similar modification of Eggs Benedict is the “Eggs Neptune”, which replaces the ham with crabmeat. Another variant is Eggs Sardou, which adds anchovy fillets and sliced mushroom to the poached egg and Hollandaise.)

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