

Treats

A la Kerstin Mayberry

When she was president of SWEA International 1990-93, Kerstin Mayberry was one of the most visible Swedish women on this continent. Nowadays she, and her husband Jim, are very visible, and audible, when the Swedish Choir is performing, or when they break out in a Swedish folkdance somewhere in or around Toronto.

During the last few weeks, the Swedish Choir has been working on a CD, that got ready just in time for Christmas, and that has meant a lot of long and slow commuting to rehearsals from idyllic St. Catharines to busy Toronto.

"Everything takes much longer for retirees," says Kerstin.

In St. Catharines the Mayberrys also have their daughter Elna Alexandra and her children and that keeps them "young and busy." Their son John and daughter Kristina live further away.

Kerstin grew up in Malmö where she graduated from high school when she was barely 18. She went on to study home management at a "hushållsskola" and taught Swedish before she left the country on the Gripsholm for a year as "Mädchen für alles" with a family in Princeton, New Jersey. This was long before there were "au pairs", but there were quite a few Swedish girls in New Jersey and many of them joined a folkdance group. And that is where Kerstin met Jim, who didn't have any Scandinavian folkdancing roots but had figured out that this is where the beautiful girls were.

Canadian Jim Mayberry was studying for a BA in mathematics at Princeton University. Jim and Kerstin decided to get married almost right away. But then Kerstin's employer gave her an early wedding gift of \$200 so that she could visit her parents before she took the plunge. Kerstin took the ten-year-old girl, she was in charge of, on the two-month trip to Sweden, and came back with her parents' blessing to get married. It did not take long before she was pregnant and John was born on Kerstin and Jim's first wedding anniversary.

So instead of becoming a guide at the United Nations that she had planned to do, Kerstin became a wife and mother, first in New Jersey, then in Pennsylvania, then for three years in Japan and after that for a prolonged period in Virginia. Jim's career be-



gan in the US Airforce and culminated at the Pentagon after which the family settled down in St. Catharines, where Brock University offered Jim a professorship.

Throughout these years Kerstin has kept up the interests she inherited from her parents for theatre and volunteering in organizations. For many years she was active in Legal Women Voters and other such endeavours. Not being specially involved with Swedes, she nevertheless became president of SWEA Toronto early on and eventually led the Swedish Women's Educational Association during three of its most expansive years.

Here are some of the Mayberry family's favourite recipes, a reflection of their multicultural interests and experiences.

☞ *SOY SAUCE CHICKEN YAKITORI*

2-3 pieces of chicken thighs per person (thighs have more flavor than breast)

Marinade: 1/4 cup vegetable oil
1/4 cup Japanese sake (dry white wine in a pinch!) 1/3 cup soy sauce (Kikkoman)
Some slivered garlic cloves
A few slices of fresh ginger
2 tbsp brown sugar or honey

Marinate chicken for several hours or overnight in refrigerator, turning pieces a few times. Bake at 350 degrees, turning once, until brown. Serve with rice. *Serves 4.*

☞ *MRS MAITLAND'S CHUTNEY*

- *An old Anglo Indian recipe*

3/4 lbs Sultana raisins
2 lbs green tomatoes
3 lbs green apples

Kerstin and Jim Mayberry after a choir and folkdancing session on Sweden's National Day at the Agricola Church in Toronto

2 1/4 lbs yellow onions
1 1/8 lbs brown sugar
3/4 lbs crystallized ginger
1/2 tsp salt

Put all ingredients through a food chopper or processor.

Put in a spice bag: 1 tsp ground ginger
1/2 tbsp ground allspice
1/2 tbsp ground black pepper
1/2 tbsp hot pepper flakes

Using large enameled or stainless steel pot, mix all ingredients with:

6 cups of cider vinegar

Simmer mixture slowly for about 6 hours, stirring occasionally. *Put chutney in sealing glass jars, label with ingredients, use and give to friends. Improves with age and can be kept in a cool cupboard for several years.*

☞ *MAJA'S APPLE CAKE*

- *A favorite of my mother Astrid Bengtsson*

Turn the oven at 325 F -175 C. Mix thoroughly: 180 g butter or margarine
210 g sugar 270 g flour 1 egg
A few drops of almond essence

Press dough into spring form or cast iron frying pan. Bake for 10 mins.

Peel and slice 4 tart and juicy apples, arrange as you like on the dough. Sprinkle with white or brown sugar, amount depending on the apples and your taste. Bake about 45 mins until edges are golden brown and apples are soft. *The recipe can be doubled, and plums can be used instead of apples.*