

Treats

A la Bistro Dansk

Each year in January, when most people are suffering from a Christmas hangover, the *Winnipeg Free Press* publishes a list of inexpensive restaurants. A stalwart on this list and one of the best bargains of the past ten years has been Bistro Dansk in the Osborne Village part of Winnipeg.

The "best bistro in Winnipeg", according to the *Globe & Mail*, is a small and charming oasis that takes you back, geographically, to Europe and time-wise to the 70s. The cozy room, that seats 40, is paneled in blond wood and is furnished with cheerful red chairs with bistro curtains finishing the look. There are pictures of the Danish royal couple and the Little Mermaid.

All the food is prepared fresh in the kitchen and as soon as you taste the Bistro's superb baguette you know that you are in for a treat.

On the menu you will find lots of Danish specialties like the mushroom-topped liver paté, *frikadeller* veal and pork patties and ground beef *hakkebof* topped with fried onions and egg. A word of caution however, share starters like the *Silde Herring Plate* - fillets of herring in tomato sauce, sour cream sauce and unique cream curry sauce served with Danish rye bread - if you want to finish a main course such as the *Danish Schnitzel* (\$13.95) because the portions are enormous. Where else are you served two pork tenderloin schnitzels and such good diced Potato O'Brien that you absolutely have to eat it all up. This is moreover a place famous for its unique desserts like the *Hazelnut Pie Torte*, so take your time. Bistro Dansk is such a delightful bargain that you will be back even if you don't live in Winnipeg.

The restaurant was started 28 years ago by the couples Birgit and Norman Gladstone and Lise and Mogens Christiansen, but they barely ran it for two years. Eventually the bistro was taken over by Joseph Vocadlo who owned the popular Bistro Bohemia. Now it is his son Paul who cooks and runs Bistro Dansk with his wife Pam. Paul Vocadlo left Czechoslovakia and reunited with his parents in Canada when he was 12. His parents had fled the communist country seven years earlier.

Even though Paul has introduced many Czech specialties at Dansk Bistro, he has never made any compromises with the



Danish. Here are two favourite recipes.

Paul and Pam Vocadlo make the most of Danish food in Winnipeg

☞ WALNUT APRICOT-STUFFED CORNISH HENS

1/4 cup (50 ml) butter
 1 cup (250 ml) chopped celery
 1 cup (250 ml) chopped onions
 1 tsp dried basil 3/4 tsp paprika
 1 cup (250 ml) slivered dried apricots
 2 tbsp water
 4 cups (1 liter) fine fresh breadcrumbs
 1 cup (250 ml) coarsely chopped walnuts, toasted
 Salt, pepper 2 eggs beaten
 4 Cornish hens (each 1 - 1/4 lb, 625 g)

In large skillet, melt half of butter over medium heat, cook celery and onions for 5 mins. Stir in 1/2 tsp of the basil, 1/2 tsp paprika, apricots and water. Cover and cook for 5 mins or until apricots are plump. Transfer to large bowl, mix in breadcrumbs, walnuts, 1/2 tsp each salt and pepper and eggs. Remove wing tips from hens. Cut through backbones and breast bones to divide hens in half. Trim off any excess fat and excess skin. Evenly place 8 mounds of stuffing, about 3/4 cup each on greased baking sheet. Cover with hen halves cut side down. Melt remaining butter and

brush over hens. Combine remaining basil and paprika and sprinkle together with salt and pepper over hens. Bake in 375F (190C) oven for 40 to 45 mins or until golden brown. Serves 8.

☞ HAZELNUT PIE TORTE

Pastry shell: 250 g cold margarine
 370 g flour 100 g icing sugar
 2 eggs
Filling: 125 g margarine
 125 g butter 300 g sugar
 225 g flaked filberts (sliced hazelnuts)
 2 eggs

In a bowl mix by hand margarine, flour, icing sugar and eggs. Roll out and place dough into a 10-inch pie plate. Cut off excess. Make a few holes in the dough with a knife. Bake shell at 275 for 10 mins or until shell is golden in colour. Do not over cook. Remove from oven and let cool. In a mixer, mix margarine, butter, sugar and eggs for 10 mins. Add hazelnuts and mix for 10 more seconds. Fill the shells with filling and sprinkle with hazelnuts. Bake at 325F for 35 mins. Serve with fresh whipping cream.