

Don Gislason's Sæt Súpa (Icelandic Sweet Soup)

This family recipe originally came from Akureyri, Iceland to Minneota MN, then to Wynyard SK, later to Vancouver BC and finally to Toronto. It has undergone minor changes over time and place. In the past, Sæt Súpa was best known in coastal settlements in Iceland as the ingredients were imported from Denmark. Akureyri, on the north coast of the country, was a former Danish colonial trading centre. Local styles and food preferences were influenced by continental trade links. Our families emigrating to North America brought their old-world recipes with them to remember and celebrate their cultural roots. We thank Don for sharing his recipe and making it part of our shared celebration today in 2020 and for years to come.

INGREDIENTS:

- 8 ½ cups water
- 1 cup of pitted prunes, quartered
- 1 cup of seedless raisins
- ¾ cup quartered dried apricots
- 1 cup of sliced dried fruit such as apple rings & pear (optional)
- 3 to 4 Cinnamon sticks
- 2 slices fresh lemon quartered
- ½ cup sugar (more or less according to sweetness desired)
- 1 can of concentrated frozen grape juice
- a pinch of salt
- ¾ cup sago (or small seed tapioca; not minute tapioca)**



METHOD:

1. Bring water in pot to boil, add seed tapioca or sago. Reduce heat and continue cooking, stirring until sago or tapioca becomes partially clear.
2. Add raisins, prunes, apricots and optional dried fruit.
3. Reduce heat and simmer (stew) for about ½ hour – stirring occasionally to keep the mixture from sticking.
4. If necessary, add water from time to time to keep mixture to consistency of stewed fruit.
5. During the cooking process add cinnamon sticks and sugar.

6. Add cut lemon slices a bit later and continue simmering at low heat. Add water if you prefer soup on the watery side.
7. Add concentrated grape juice (this is an adaptation) and continue process, stirring when needed.
8. Add pinch of salt, which binds the flavours. If a portion of the mixture is stored overnight, remove half of the cinnamon sticks to avoid bitterness.
9. This yields a full pot of fruit soup that serves 15 or more. It is best served hot and is usually made at Christmas time, Thorraþlót or for special dinners, and served as a dessert. Some like it cold as well, while other prefer to add a little table cream to their serving.