



Authentic
**NORWEGIAN
COOKING**

Astrid Karlsen Scott

MORE THAN 300 TRADITIONAL RECIPES!



Authentic

NORWEGIAN COOKING

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*Traditional Scandinavian Cooking
Made Easy*

Astrid Karlsen Scott



Skyhorse Publishing

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Ekte Norsk Jul, Vol. III Traditional Norwegian Christmas Songs, Stories and Poetry (out of print)

Norway's Fest Days (out of print)

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Defiant Courage: Norway's Longest WWII Escape (With Dr. Tor Haug)

Little House on the Fjord

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Silent Patriot

Yes, We Love This Land

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Dedicated to all those who generously contributed to this work to preserve the traditional Norwegian Cuisine.

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Acknowledgments

There are many people who contribute, often unaware over a period of time, to the writing of a book. For instance, from childhood I grew up around women who were good cooks, who served nutritious and lovingly prepared food. They did not know then, nor did I, that they created memories for future generations.

Likewise, on my visits to Norway, opportunities to sample the best in traditional Norwegian food created a curiosity in me that also contributed to this book. I wish to thank all the excellent Norwegian cooks who, surely unwittingly, inspired me to keep Norwegian food traditions alive in America.

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Astrid Karlsen Scott

Introduction

Norway is a winterland where snow covers most of the country for more than half of the year. It also is a land of mountains where only 3 percent of the land can be cultivated.

Norway has a long rugged coast with many fjords, and half of the country lies north of the Arctic Circle. However the weather is milder than one would expect because of the Gulf Stream that crosses the Atlantic from America. People in the past subsisted on minuscule land because the sea provided an abundance of fish.

Nature and climatic conditions caused the Norwegians to adapt to the circumstances where they lived. Diverse food traditions developed through the centuries in north and south Norway, as well as in the east and the west.

Notwithstanding, mingled with these food traditions, a deep friendliness and sincere hospitality unfolded toward strangers. In the ancient Edda poems, *Håvamål*, it is written: “... the man who has traveled in the mountains needs food and drink.”

It is self-evident that people took advantage of the summers because of the long difficult winters. They needed time to till the ground, to plant, and to harvest crops, yet in many places the climate was such that the grain did not ripen. The people received their main nourishment from grain, meat, fish, and milk. The fish farmers along the coast always kept a cow and a few sheep. Inland they sowed barley and oats on the minuscule land available. They would say, “Grain is borrowed from God” or often, “Grain is life.”

The life-sustaining potato was not grown in Norway until the late 1700s. The so-called potato-priests from their pulpits encouraged people to cultivate potatoes. Today many Norwegians clearly remember the war years, 1940–1945. In many homes hunger would have been unbearable had we not been able to grow potatoes.

The Norwegian people learned early from experience to preserve food. They learned various conservation methods. Cattle and goats gave little milk during the winter months, but the summer milk was churned to butter and made into cheese. Many Norwegian cheeses have a long history, and even today we think that *gammalosten*—a pungent sour milk cheese—and goat cheese are among the best. Many new cheeses have a milder taste like the *gudbrandsdalosten*, something many enjoy.

The old farmers attempted to be self-sufficient. However, no matter how remote some farms were, salt was necessary for all. Most meat was salted down. Fresh meat was provided only for certain days, like church holidays and other important celebrations. From the middle ages the grain was ground in water gristmills. Up to the 1800s grains were mostly used for flatbread and porridge. Porridge, a food for all, was often eaten with sour milk, a piece of cured meat, or a few pieces of flatbread. Porridge was *vassgraut* (gruel usually made with barley) and *rømmegraut*, sour cream porridge. *Vassgraut* has saved many a life. Sour cream porridge (served with sugar, cinnamon, and currant juice) is enjoyed as a celebration food even today wherever people cherish Norwegian food traditions.

Fresh meat was available in the fall when the animals were slaughtered. Many claim that *fårikål*—lamb with cabbage—a typical dish served at that time is our national dish. One could discuss how many spices to use. It was not a problem for Norwegians who managed with whatever nature provided.

Lutefish and *rakørret* (cured trout) had a bad reputation in the old topographical writings but are today a much enjoyed (and expensive) food served in restaurants and homes.

Notwithstanding, there was a marked difference between *hverdagsmat*, everyday food, and foods served on feast days. Heavy physical labor required nourishment first. However, at weddings and funerals, and other important social events, neighbors helped each other with what was called *sendings*, a beautiful expression of unity by people who out of necessity toiled heavily. They cherished the security and enjoyment of these gatherings.

Since World War II many foreign food traditions have been introduced to Norway, but simultaneously, there is a deeper appreciation for the old food traditions. We cling to the simple food of two open-face pieces of bread, in place of lunch. On the 17th of May (Norway's Constitution Day), we are only too pleased to be invited for sour cream porridge and cured meat.^{1*}

With her thorough knowledge of cooking, and of Norwegian recipes and a background in tradition and popular food usage in Norway, Astrid Karlsen Scott has produced a book that rightly deserves the title of *Authentic Norwegian Cooking*.

The translated poems and her own youth and childhood memories from Norway add much to the charm and genuineness of her work, and also make it enjoyable reading apart from the recipes.

Dr. Olav Bø

Professor of Philosophy

* Professor Bø is one of Norway's foremost folklorists, and has lectured at universities in several foreign lands. He has authored many books and has coauthored many works. His book *Skiing throughout History* was one of the quality books included in the Cultural Program of the XVII Olympic Winter Games at Lillehammer in 1994.

Traditional Norwegian Table Prayer

This traditional Norwegian table prayer is known throughout Norway. It is used in the schools, at official gatherings, in the homes, and at the royal castle. Quite often it is sung, and most likely every Norwegian child knows it by heart.

Norwegian

English

Before the meal:

Before the meal:

I Jesu navn går vi til bords

We go to the table in Jesus' name

Å spise, drikke på ditt ord

To eat and drink by Your word

Deg Gud til ære, oss til gavn

To God the honor, ours the gain

Så får vi mat i Jesu navn.

We receive our food in Jesus' name.

Amen

Amen

After the meal

After the meal

I Jesu navn til bords we satt

We sat at the table in Jesus' name

Og fikk fra Herrens hånd vår mat

And received food from His hand

Til gavn for legem og for sjel

To nourish our body and our soul

Gud lat oss det bekomme vel.

God let it bless our lives we pray.

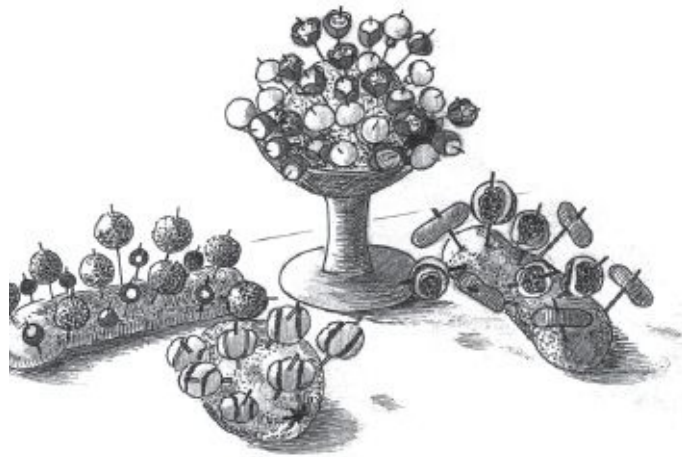
Amen

Amen

Appetizers

Appetizers, when shared with friends or family, bring relaxation and enjoyment. They afford people an opportunity to unwind before the main meal, and show a caring host or hostess. In lives crowded with responsibilities appetizers enhance the dinner hour and the time allocated for enjoyment. They do not require an immense effort of time, or means, only a little creativity.

There are numerous foods you can attach to toothpicks by themselves or in combinations and position into fruits or vegetables. You can use a combination of ingredients, for example Jarlsberg cheese and radishes, cocktail sausages broiled with a piece of bacon, or olives and cheese. Or thread separately, fresh small mushrooms, green or black olives, small pickles, berries, or bits of fruit on to the toothpick. Attach all of one kind into a fruit or intermingle them so as to form a colorful pattern.



Walnuts and Cheese (Valnøtter og ost)

Walnuts taste excellent with cheese. Normanna or Roquefort have a piquant taste, try mixing them with a little cream or butter. Or use cream cheese mixed with crushed, well-drained pineapple.

Ingredients:

Walnut halves

Butter or light cream

Normanna cheese (Norwegian Roquefort)

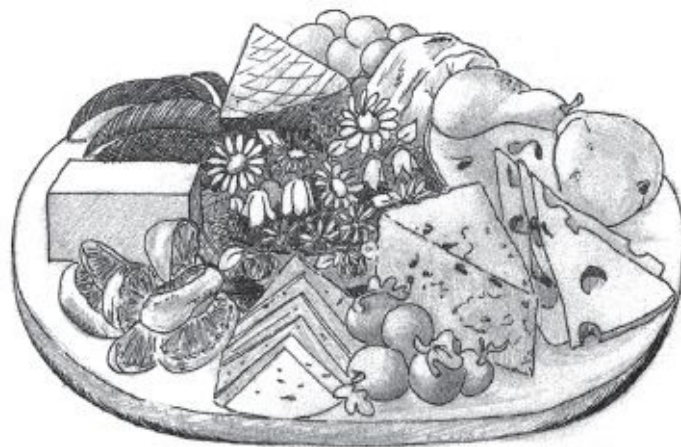
Green grapes

Rub cheese through a sieve, or mash with a fork, and blend with a little butter (room temperature) or cream. Place a small amount of cheese on whole walnut halves, press a grape into the cheese on one half, and top with the other half. Attach a toothpick into the center and place into desired fruit. To give added color, place fruit on a bed of curly endive.

Meatball Snacks (Kjøttkakepinnemat)

Make bite-size Norwegian meatballs. Attach to a toothpick. Add a small piece of marinated, well-drained cucumber or a small piece of Boston lettuce (for marinade see

Cucumber salad p. 30). Place into desired vegetable.



Cheese Trays (Ostebretter)

Make some great cheese platters with fruit for an evening snack, a light supper, or desserts after a light buffet or dinner.

Serve cheese with *kjeks*, a dry cookie-like cracker, hardtack, or any kind of bread that does not clash with the cheese flavors. Vegetables such as celery, radishes, tomatoes, or cucumbers taste delicious with cheese. Or add fruit such as sliced apples, oranges or tangerine wedges, kiwi fruit, pears, or grapes. If you use apple slices or bananas, use a little lemon juice to prevent the fruit from darkening.

You need a minimum of two to three different kinds of cheese for just two people or for several people you might want up to five or six different kinds of cheese (for example, Ridder, Brie, Jarlsberg, Norzola, and a typical dessert cheese like Ridder). And among Norwegian-Americans, no matter what the occasion, there will be someone on the lookout for brown, sweet goat cheese. Choose cheese with different flavors and textures, something for everyone to enjoy.

Some soft cheeses come in their own little containers and look best in these. Place them directly on the cheese tray. The hard cheese may be left in a whole piece or partly pre-sliced. Cut into logs and stack crisscross, or cube some of the cheeses and place in small clear glass bowls with toothpicks nearby.

When arranging a tray, take color and flavor into consideration. Strategically place the fruit or vegetables to be used in between the cheeses. Depending on the size of your platter you may add crackers, hardtack, or bread sticks directly to the platter. If you have several types place them on a separate platter or in a breadbasket with a colorful doily.



Marinated Edam Cheese (Marinért edamerost)

I shall always be appreciative to Anna-Karin Lindstad of Tine for sharing this recipe with me. It is a marvelous delicacy to give as a gift at Christmas, serve guests, or when you yearn for a little godbit for yourself. Serve with crackers or dark bread.

Ingredients:

11 oz. (300 g.) scant Edam cheese

1 tbsp. oregano

1 red paprika, cut in strips

1 tbsp. thyme

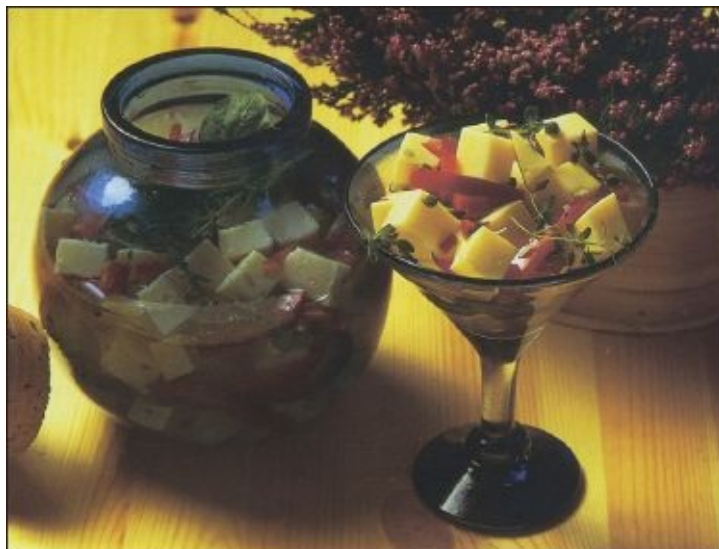
1¼ cups (3 dl) olive oil

2 garlic cloves

1 tbsp. green peppercorns

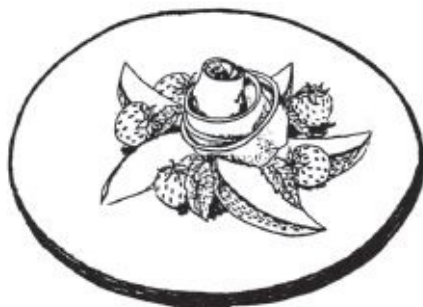
⅞ cup (2 dl) white vinegar

1 tbsp. red pepper, finely chopped



Dice cheese the size of sugar cubes. Prick with a fork to allow the marinade to be absorbed. Mix all ingredients for marinade in a heavy-bottomed casserole and bring to a boil. Cool. Layer cheese and paprika in a jar and pour marinade over all. Cover and chill. Keeps 2–3 weeks in the refrigerator. Let the cheese come to room temperature before serving, allowing it to come into full flavor.

Ridder Appetizer (Ridder appetittvekker)



A beautiful, tasty, nutritious, and simple appetizer made with Ridder ost, the distinctive dessert cheese.

Ingredients:

Ridder cheese

Lemon juice

Mint leaves

Honeydew melon, ripe

Strawberries

Cut a long strip of Ridder cheese with a cheese slicer while cheese is still chilled. Fold it up like a rose. Slice 5 small wedges of honeydew melon, about 1-inch (2 ½-cm) thick, and cut in half. Sprinkle with lemon juice and place like a pin wheel on a clear glass plate. Place your cheese flower in the center and garnish with mint leaves and strawberries.

Open-Face Sandwich Tidbits (Appetittbiter)

A tray of bite-size sandwiches will get any meal off to a good start. They should be made just before your guests arrive so they will be fresh, crisp, and tasty. Use firm bread and cut out desired shapes, rectangles, rounds, diamonds, and so on. Because they are small, use toothpicks to hold the toppings in place. Any of the sandwich fillings printed in this book can be used, but in bite-size portions. Decorate with cocktail onions, small olives, slices of cucumbers, cocktail tomato wedges, chopped green onions, chives, parsley, and dill sprigs. Whichever combination you choose, make it colorful. And always top bread with a small piece of crisp lettuce before adding sandwich ingredients. Display your appetizers on a serving platter covered with an attractive doily. Figure on 3 to 4 cocktail sandwiches per person. Here are a few samples:

Brie (*Brie*): Add a small pie-shaped piece with grapes or walnut half.

Cucumber (*Slangeagurk*): Slice thin, top with fresh small shrimp, a wedge of liver paté with a piece of tomato, or shellfish salad. Garnish.

Edam cheese (*Edamerost*): Add sliced olives or radishes.

Eggs (*Egg*): To hard boiled egg slices, add lox rolled in chopped chives and fastened with a toothpick, or use anchovies and some dill.

Eggs, scrambled (*Eggerøre*): Add ham and chives or bacon and tomato.

Roquefort cheese (*Roquefort*): Add small seedless grape clusters, or fresh cherries with the stem.

Salami (*Salamipølse*): Fold a slice of salami and hold together with two cocktail onions speared on a toothpick.

Sardines in tomato sauce: Need nothing additional but a piece of Boston lettuce tucked under one corner.

Sardine Spread (*Sardinpålegg*)

Horseradish and mustard blended with delicate sardines from Norway give this creamy spread its snappy flavor.

Ingredients:

2 3- $\frac{3}{4}$ oz. (106 g.) cans each Norway sardines

in oil, drained

4 oz. (115 g.) light cream cheese, softened

$\frac{1}{2}$ cup (60 g.) celery, chopped

$\frac{1}{4}$ cup (35 g.) red onion, chopped

3 tbsp. fresh dill, chopped, or 1 tbsp. dill weed, dry

3 tbsp. horseradish, prepared

2 tbsp. yellow mustard, prepared

Assorted crackers or bite-size firm bread

Combine all ingredients, except crackers or bread, with a fork, blending thoroughly. Serve mounded in a bowl or in red and/or green bell pepper halves. Surround with crackers. Can be prepared and refrigerated up to two days ahead.

Makes 2 cups (5 dl)

Open-Face Sandwiches (Smørbrød)



Few foods are as adaptable to one's various moods or time of day as open-face sandwiches. They are nourishing and inviting, and quickly and easily prepared for drop-in guests. They are just as suitable for a luncheon as for a light supper or an evening snack. The latter is traditionally enjoyed accompanied by a hot cup of coffee, cocoa, a cake, or cookies. You can serve bite-size sandwiches as appetizers, or fruit sandwiches as a special treat, or salad sandwiches and hot scrumptious sandwiches as a whole meal. *Smørbrød*, literally translated, means buttered bread. The bread must be of firm consistency and thinly sliced. *Smørbrød* are served in Norwegian restaurants in a staggering variety and even the most experienced *smørbrød* fan, at times, must take a moment to meditate before making a choice. Daily, families leave for school or work with their lunch boxes packed with their favorite *smørbrød*, or with a surprise creation.

Though, like in America, regrettably, more people are finding "fast foods" becoming a part of their daily routine. When Norwegians *drar på tur*, go on picnics to the woods or mountains, or *drar på stranda*, go to the beach, a tasty variety of *smørbrød*, carefully packed, is usually included.

Certain rules must be followed to insure success of this delicacy:

- ♥ **Organize. This will ensure the enjoyment of the entire project.**
- ♥ **Prepare a working area large enough to accommodate all necessary ingredients that have been assembled in advance.**
- ♥ **Use soft flavored or unflavored butter. Arrange the bread slices in a row on a work area and butter all bread at once, unless you are preparing a tremendous amount.**
- ♥ **Spread butter across the entire surface of each slice to the very edges.**
- ♥ **Keep in mind that the sandwich filling and the tidbits used for decoration should complement each other. Just as important as taste is the chosen color combination. Open-face sandwiches should tempt the eye as well as please the palate.**
- ♥ **When the *smørbrød* are completed, arrange them attractively on a large platter, making sure colors blend for maximum eye appeal. Cover immediately with plastic wrap to prevent them from drying out or flavor from escaping.**
- ♥ **There are numerous varieties of bread, and choosing the right one is important. Rye and pumpernickel are widely used as they are moist yet firm in texture.**

Another good choice is hardtack, available in light, dark, or rye. Keep in mind that the flavor of the bread should blend with the sandwich toppings. Bread should be thinly sliced about 1/8-inch (3-mm) thickness. Whichever type of bread is chosen, light or dark, it should be firm.

Sandwiches with Shellfish (Smørbrød med skalldyr)

Lobster or crab sandwiches may be prepared in the same manner.

A discriminating guest will be pleased when served lobster, crab, or shrimp sandwiches. These sandwiches are more expensive than other types but worth it! Mayonnaise can be blended with the shellfish or added decoratively from a tube after the fish has been arranged on the bread. The use of mayonnaise is optional. Just a dab of mayonnaise topped with a lemon slice or wedge will suffice.

Be generous with the filling. Use 3–4 ounces (85–115 grams) depending on the size of the bread slice. When prepared thoughtfully, these sandwiches will serve as a complete meal. Any firm bread will do, white or whole grain.

Shrimp Salad (Rekesalat)

Ingredients:

White firm bread

Butter

3–4 oz. (85–115 g.) shrimp, small

Cocktail tomato slices

Dill or parsley

Asst. lettuce, dark and light greens

Lemon slice and paprika

Place a crisp lettuce leaf on buttered bread. Heap the shrimp, blended with mayonnaise or not, on top of the lettuce. Mayonnaise may be added decoratively using a tube. Slit a thin lemon slice to the center, twist, and place on the sandwich. Place some fresh dill and tomato on the side. Sprinkle with paprika.

Italian Salad (Italiensk salat)



The origin and name of this salad is a mystery, since cabbage is a staple food and has been served continually for generations. Maybe it was a fancy name to add some excitement to dark, cold winter days. Nonetheless, it is as much a part of Norwegian food fare as sardines. It can be served on sandwiches or as a salad in a bowl.

Ingredients:

3 cups (7 ½ dl) cabbage, finely

shredded and well packed

½ apple, grated

½ tsp. lemon juice

2 slices of ham, diced

Tomato and parsley

¾ cup (1 ¾ dl) mayonnaise

Lemon slice

1 small sour pickle, chopped

1 small carrot, barely cooked

and grated

Pinch of white pepper

Blend all ingredients using two forks. Arrange a lettuce leaf on buttered pumpernickel bread. Place a generous amount of Italian salad on this. Decorate with a tomato wedge, a lemon slice, or a slice of cucumber slit to the center and twisted, plus a sprig of parsley.

Makes 3 ½–4 cups

Sardine Salad Sandwich (Sardinsalat smørbrød)

Ingredients:

6 slices dark bread

2 red-skinned apples, medium

Lemon juice

½ tsp. grated lemon peel

Parsley

1 ¾-oz. (106 g.) can Norwegian sardines, drained

6 Boston lettuce leaves

2 cups (5 dl) cottage cheese

Mustard and mayonnaise, optional

Red onion rings



Mix cottage cheese with lemon peel. Place a lettuce leaf on top of buttered bread, and spread $\frac{1}{3}$ cup of cheese on each slice. Slice apples, brush with lemon juice, and arrange in overlapping rows over cottage cheese. Top with onion rings and sardines. Serve with mustard and mayonnaise if desired.

Mustard Mayonnaise: Mix $\frac{2}{3}$ cup (1 $\frac{1}{2}$ dl) mayonnaise with 1 tsp. Dijon mustard and 1 tbsp. lemon juice.

Makes 6 sandwiches

Simple Sardine Sandwich (Enkelt sardinsmørbrød)

There surely is nothing more Norwegian than sardines. By having a few cans of sardines on hand, you always have ready fare when you want a special treat or for unexpected guests. Serve on firm dark or white bread, plain or buttered bread, or with a little mayonnaise, or make up your own creations.

Ingredients:

Sardines in tomato sauce or oil

Lemon slice

Lettuce

Paprika

Butter a firm slice of bread evenly. If only large slices are available, cut bread into rectangular shapes. Place a crisp lettuce leaf on top. Add two or three sardines, and decorate with a lemon slice cut to the center and twisted. Sprinkle with paprika.

Saturday Afternoon Sandwich (Lørdagens smørbrød)

Treat your taste buds to this perfect Saturday afternoon sandwich, using a medley of classic ingredients with delicious Norwegian Sardines.

Ingredients:

4 slices rye bread

2 dill pickles, small

13 $\frac{3}{4}$ -oz. (106 g.) can Norway sardines

in oil, drained

Fresh herb sprigs

4 lettuce leaves

8 tomato slices, thick

¼ cup (½ dl) cream cheese, softened

4 oz. (115 g.) Jarlsberg cheese, sliced

Spread each slice of bread with 1 tablespoon of the cream cheese, then top with a lettuce leaf, 2 tomato slices, several sardines, and rolled-up cheese slice. Slice pickle lengthwise and garnish, and add herbs.

Makes 4 sandwiches

Pickled Herring (Sursild)

Always has been and always will be a favorite among Norwegians.

Ingredients:

Firm dark rye bread

Boston lettuce

Pickled herring

Apple slice

Dab of sour cream

Fresh dill

Or try:

Boston lettuce

4 slices of boiled potato

Pickled herring

Red onion slices, if needed

Fresh dill

Butter coarse, dark, or pumpernickel bread lightly. Top with Boston lettuce leaf. Cover generously with herring and onion slices from the pickled herring. Add a dab of sour cream, an apple slice (sprinkled with lemon juice), and a sprig of dill or parsley.

Herring Salad Sandwich (Sildesalat)

Ingredients:

2 herring fillets, soaked

2 eggs, hard boiled

1 Granny Smith apple, small

½ cup (1 ¼ dl) scant sour cream

1 tbsp. mustard, sweet

1 tbsp. onion, finely chopped

1 gherkin, chopped

Heavily salted herring should be soaked a minimum of 12 hours. Soaking the herring in a mixture of milk and water assures a firm white flesh. Finely chop fillets, unpeeled apple, onion, and gherkin. Divide eggs, remove egg yolk, and save. Chop egg white finely and add to herring mixture. Mix mustard with sour cream and carefully blend with other ingredients. Refrigerate overnight to develop flavor. Scoop salad onto a lettuce leaf on top of a bread slice, and top with chopped egg yolks and dash of paprika.

Ham Sandwich (Skinkesmørbrød)

Adding a little mustard or horseradish to the butter gives a piquant flavor to this marvelous sandwich.

Ingredients:

Boston lettuce

2 cucumber slices

Boiled ham slice

Slices of hard-boiled egg

Jarlsberg cheese, cut in strips

Pickle and tomato wedge

Parsley

Butter bread, and place lettuce on top. Fold ham slice in two, followed by lots of cheese in a crisscross pattern, and decorate as desired.

Liver Paté (Leverpostei)

Use homemade paté or ready made liverwurst; but the liverwurst you buy will never have the flavor of homemade paté.

Ingredients:

Liver paté

Beets, pickled, or pickles of your choice

Bacon strips, fried crisp

Marinated mushrooms

Boston lettuce

Butter bread. Place a lettuce leaf on a slice of dark bread, top with liver paté. Add 1 or 2 slices of crisp, drained bacon and a few mushroom pieces. Or instead of bacon and mushrooms, add pickles or beets and a small sprig of parsley. Yummy!

Head Cheese (Sylte)

Breakfasts during the Christmas week never were complete without this delicacy. Make your own or buy at your import delicatessen, but your homemade sylte will be best.

Ingredients:

Head cheese

Pickles of choice, or beets, pickled

Butter dark bread. Cover with slices of head cheese and decorate to taste.

Egg Sandwiches (Eggesmørbrød)



Egg sandwiches with a variety of accompaniments are ever popular in Norway. Try some with sliced, hard boiled eggs. Or the many combinations used with scrambled eggs such as sardines in tomato sauce, kippers, ham, gravlaks, smoked eel, and many more.

Egg and tomato: Add lettuce, tomato, parsley, salt, and pepper.

Egg and Anchovies or Herring Tidbits (*Gaffelbiter*): Use Scandinavian anchovies, as those from southern Europe are too salty. Add lettuce, anchovies, or herring tidbits, a sprig of parsley, salt, and pepper.

Scrambled Eggs with Bacon (*Eggerøre med flesk*)

Ingredients:

Egg(s)

Salt and pepper

2 strips bacon

Chives

1 tbsp. milk

Tomato and Boston lettuce

Fry bacon until crisp and drain on a paper towel. Butter bread. Beat egg, add milk, salt, pepper, and chives. Remove all grease but 2 tablespoons. Pour egg mixture into hot pan, and over low heat, allow to congeal slightly. Then stir carefully making sure the eggs do not brown. But do not stir too much—the eggs should be firm and lumpy, but not dry. Place the eggs on bread and add the crisp bacon. Tuck a lettuce leaf under the eggs in one corner. Sprinkle with more chives if desired, and add tomato wedges.

Smoked Eel (*Røket ål*)

Smoked eel is another delicacy with such a distinct, pleasing flavor that it is best to keep the sandwiches simple. Leave plain with just a touch of real mayonnaise, a lemon slice, and paprika, or add a spoonful of scrambled eggs.

Scrambled Eggs with Lox (*Eggerøre med røkelaks*)

Ingredients:

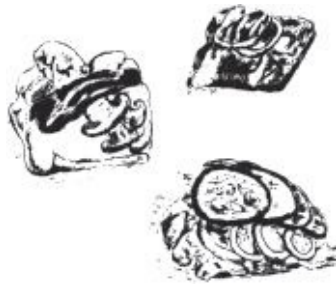
1 tbsp. margarine

1 slice lox

1 egg

Tomato wedge

1 tbsp. milk
Parsley or dill
½ tsp. chives, chopped



Whisk egg, milk, and chives together. Melt margarine in a frying pan and add eggs. Stir to scramble. Butter bread, heap egg in the center, and add lox. Add a tomato wedge and a tuft of dill or parsley.

Sumptuous Sandwich Cake (Luksuriøs smørbrødkake)

Smørbrødkake filled with shrimp, crab, lox, and cheese is reserved for the most memorable occasions like the 17th of May (Norway's Constitution Day) or other distinctive days when we desire to *fråsse*, revel in the occasion. It takes a little extra time to prepare, but there are occasions when we want the extraordinary.

Sandwich cake:

Prepare the cake the day before. It can be filled hours in advance of serving. Leave just the garnish till the last minute.

Ingredients:

1 pkg. yeast
2 cups (5 dl) water, lukewarm
4 ¾ cups (12 dl) flour, or more
1 tsp. salt
2 tsp. sugar
2 tsp. oil

Mix yeast with water. If dry yeast is used mix it with flour. Add all other ingredients and work into a pliant dough, about 6–8 minutes. Cover and let rise until double in bulk. Remove to a lightly floured board. Knead until smooth. Press it evenly into a large 12-inch (30-cm) greased and floured springform pan. Cover and set to rise approximately 30 minutes. Place in a preheated oven at 435°F (225°C) on the lowest rack for 25 minutes, or until done. Remove from the oven, place on a rack, and cover with a damp cloth. Cool.

Makes 1 round loaf cake

Filling 1:

3 ½ oz. (100 g.) cream cheese with a little finely
chopped crab or shrimp added
¼ cup (½ dl) sour cream,
2 tbsp. fresh dill, chopped

1 tbsp. lemon juice
3 tbsp. butter, room temperature

Filling 2:

1 6 ⅛-oz. (170 g.) can tuna, drained
½ cup (1 dl) scant sour cream, light
1 14-oz. (395 g.) can asparagus
2 tbsp. fresh dill, chopped
2 tbsp. butter, room temperature
Touch of white pepper
1 tbsp. mayonnaise, light

Filling 3:

5 ½ oz. (165 g.) mayonnaise, light
2 tbsp. dill
3 ½ oz. (100 g.) crab, minced

Garnish:

1 head red leaf lettuce
10 radishes, medium
5 slices lox, approx.
½ to 1 lemon
18 oz. (500 g.) small to medium shrimp
2 inches (5 cm) European cucumber, sliced thin
5 oz. (150 g.) Jarlsberg cheese, cut in strips
Fresh dill

Cut crust from bread and slice in three layers. (It is easier to cut if partially frozen.)

Filling 1: Mix all ingredients and spread across bottom layer.

Filling 2: Chop tuna and asparagus and mix with remaining ingredients. Add second layer on top of first and add the filling and spread to the edges. Place third layer on top.

Filling 3: Mix the ingredients and spread on top and around the cake. Cover and chill until ready to garnish.

Garnish: Prepare by cutting lox into strips large enough to roll into “roses.” Tear salad leaves apart, wash, and dry on paper towel. Peel the shrimp. Make flowers from radishes by making deep cuts down towards the stem. Place in cold water awhile and they will spread apart. Slice cucumber and lemon.

Gently press proper size salad leaves around the edge of the cake. Stick the cheese strips upright into the center. Place other ingredients in

To decorate: groups, and decorate in between with thin cucumber, lemon slices, and radish roses. If not served right away, cover carefully and refrigerate.

Hot Sandwiches (Varme smørbrød)

These sandwiches can be used as an appetizer with a light supper, first course, or a luncheon. The filling can be fried, baked, or broiled. Use firm bread, preferably day old, or hard rolls hollowed out (save the inside for crumbs) and fill with a favorite tasty filling.

Hard Rolls with Shellfish (Rundstykker med skalldyr)

Ingredients:

Hard rolls

Parsley

White sauce

Paprika

Lobster, shrimp, crab, or clams

Slice the hard rolls in two lengthwise. Scoop out and lightly butter the inside of the rolls. Make a thick white sauce. Leave out some of the milk substituting part of the clam juice if canned clams are being used. Exact portions of the shellfish is not important—add more or less of whichever fish happens to be your favorite. Add the chopped fish to the cream sauce.

Fill the hard roll shells with the creamed mixture and place in the oven until both bread and the filling is heated through. Decorate with parsley sprig and sprinkle with paprika.

Other fillings:

- ♥ **Fried ground round or chuck (well drained) decorated with fried onion and sprinkled with Jarlsberg or other Norwegian cheeses**
- ♥ **Creamed eggs with crumbled bacon and shredded cheese**
- ♥ **Fried sausage, crumbled, decorated with stewed apples**
- ♥ **Mushrooms, cooked, whole, and melted cheese**
- ♥ **Scrambled eggs and chives, with herring tidbits, *gaffelbiter***
- ♥ **Fish pudding, chopped and blended with white sauce, with a touch of curry**



Fish Pudding (Fiskepudding)

These sandwiches are always welcome and can be served hot or cold. You may use canned, fresh, or frozen fish pudding.

Ingredients:

Pumpernickel bread

Fish pudding

Butter

Onion, sliced

Boston lettuce

Parsley

Slice the pudding in even, medium-thick slices. Brown it in butter. Remove from the pan and keep warm. Sauté the onion until transparent. Butter pumpernickel bread and cover with slices of fish pudding topped with fried onion. Tuck a small lettuce leaf in on the side and sprinkle with parsley. Delicious served with sliced tomatoes and cucumber salad.

Pork with Sweet/Sour Cabbage (Svinestek med surkål)

The following two sandwiches may be served hot or cold. A dab of added lingonberries is a must.

Ingredients:

Boston lettuce

Red apple wedges, unpeeled

Lemon juice

Pork, cooked and sliced

Prunes and parsley

Sweet/sour cabbage

Butter dark bread, and add lettuce and slices of pork. Add a tablespoon or two of well-drained sweet-sour cabbage. Top with a couple of apple wedges, brushed with lemon juice, and parsley.

Pork with Stewed Apples (Svinestek med epler)

Ingredients:

Boston lettuce

Orange slice, thin

Pork, sliced

Lingonberries, optional

Stewed apples

Parsley

Butter dark bread. Place lettuce on top. Roll two large pork slices around in a spoonful or two of stewed apples. Place on top of a lettuce leaf. Slit orange slice to center, twist, and add to the sandwich with some fresh parsley.

Dinner Sandwich (Middagssmørbrød)

I do not know what the forest trolls eat besides porridge and the soups their hags stir with their 6-foot long noses. Notwithstanding, if they could get their hands on these sandwiches, no doubt they would be very pleased.

Ingredients:

4 slices oatmeal bread, toasted

1 apple, cored and sliced into 4 rings

1 lb. (450 g.) country sausage

1 3 ¼-oz. (115 g.) can Norwegian sardines, drained

1 onion, sliced

Shape sausage into four patties. Brown slowly in a skillet; remove and keep warm. Sauté the onion in 2 tablespoons of the drippings; add apple rings, cover, and cook for 6–8 minutes. Butter toast lightly. Place sausage patty on toast; spoon apple and onion rings over all and top with sardines.

Sausage Mushroom Sandwich (Pølse og soppsmørbrød)

Ingredients:

Bratwurst or small cocktail sausages

Mushrooms, canned and whole

Tomato

Butter

Parsley

Flour

Cream, light

Butter choice of bread. Whole grain homemade bread is fabulous. Slice bratwurst crosswise or lengthwise in desired size and fry in a little butter. Set aside. Prepare cream sauce from flour, butter, cream, and liquid from mushrooms. Simmer 5–7 minutes. Add mushrooms. Place sausages around outer edges of bread and spoon the creamed mushrooms in the center. Bake briefly in a medium hot oven. Decorate with tomato and parsley.

Ground Round Patties (Karbonadekaker)

Tender ground round meat patties fried to perfection and covered with golden fried onion—in Norway one can buy delicious, ready-made patties. But with food processors we can have our own homemade karbonadekaker ready in a short time.

Ingredients:

1 onion, large

Black pepper

¾ lb. (340 g.) ground round

¼ tsp. nutmeg

2 tsp. potato flour

3 tbsp. milk, cold

¾ tsp. salt

Pickled beets and parsley

Over medium heat brown the onion in a little butter until golden and glossy. Remove and keep warm. In a food processor quickly mix meat with flour, salt, pepper, nutmeg, and milk. Form four round patties, place in a hot frying pan, and flatten slightly with a fork. Brown a couple of minutes on each side. Do not fry too long as you will end up with dry, tasteless patties. They continue to cook with their internal heat after removed from the pan. Place lettuce on a slice of bread and top with meat patties. Decorate with fried onion, beets, and parsley.

Serves 4

Ground Pork Patties (Medisterkaker)

Serve on pumpernickel bread, with a spoonful of stirred lingonberries or lingonberry jam on the side.

Ingredients:

Pork patties, hot (see recipe in meat section, p. 65)

Horseradish sauce

Thin orange slices or pickles

Butter, soft

Boston lettuce

Stirred lingonberries

Butter bread and cut in half. Cover with a pork patty. Tuck a lettuce leaf under one corner of the patty. Top with a dollop of horseradish sauce, orange slices that have been slit to the center and twisted, or sliced pickles. Add stirred lingonberries on the side.

Fruit Sandwiches (Fruktsmørbrød)

Children like fruit and berry sandwiches anytime. They make an exciting lunch or a special treat at night. There are many types of fruit sandwiches, sometimes served as a finale to a *smørbrød* meal. You may use one type of fruit or a combination, but be sure that flavors and colors blend well. Fresh or canned fruit (drained well) may be used as well as fruit salad. Colorful jello with a little whipped cream makes an interesting creation. All fruit sandwiches must be made just prior to serving to be appetizingly good.

Strawberry and Rhubarb Jam (Jordbær og rabrabra syltetøy)

This delicious jam will bring you back to your grandmother's time; delicious on homemade bread, waffles, or in cake fillings.

Ingredients:

1 qt. (1 l.) strawberries

1 vanilla bean, optional

1 lb. 2 oz. (500 g.) rhubarb

2 cups (500 g.) sugar, scant



Wash and hull strawberries and cut in two. Cut the rhubarb in $\frac{3}{4}$ -inch slices. Divide the vanilla bean in two lengthwise. Layer strawberries, rhubarb, and sugar in a pot. Place the vanilla bean in between the layers. Let the pot stand for about one hour to let the rhubarb and berries become juicy. Bring to a boil, then turn the heat down and let the jam simmer until the berries and rhubarb become tender. Stir now and then so that the jam does not burn. Skim off any excess foam. Pour into clean and warm glasses. Seal right away.

Orange Marmalade (Appelsin marmelade)



Make your own delicious orange marmalade and pour it into a glass. It makes a kind and tasty gift, especially at Christmas.

Ingredients:

4 $\frac{1}{2}$ lbs. (750 g.) oranges

1 vanilla bean, divided in two

2 lemons

7 $\frac{7}{8}$ cups (1 $\frac{3}{4}$ kg.) sugar

4 cups water

If you wish you can substitute a cinnamon stick for the vanilla bean. Brush and wash the oranges and lemons very well. If you can buy bitter oranges they also make a nice marmalade. Cut the fruit in two lengthwise and then in two lengthwise again. Then cut the fruit in thin slices across. Take care of the seeds and tie them in gauze. Place everything into a heavy bottomed pan and pour the water over. Bring to a boil and let it simmer approximately one hour. Pour into clean glasses or jars. Keep refrigerated or in a cool and dark place.

Stirred Lingonberries (Nyrørte Tyttebær)



These stirred berries are a must with pork roast and also go perfectly with meatballs and roast beef.

Ingredients:

2 lbs. Lingonberries, fresh

$\frac{7}{8}$ cup sugar

The amount of sugar is a question of taste. Place berries and sugar in a bowl and stir with a wooden spoon until sugar is completely dissolved (patience!) and the berries sort of foam.

Raspberry Sandwich (Bringebærsmørbrød)



As a child, no sandwich tasted better to me than a sandwich of homemade bread with berries straight from the garden. Any kind of fresh berries may be used.

Ingredients:

Bread

Confectioners' sugar

Butter

Whipped cream, optional

Raspberries

Butter a slice of light, firm bread. Pile with raspberries and sprinkle with confectioners' sugar. For an extra taste-treat the berries may be put on a bed of whipped cream.

Banana Sandwich (Banansmørbrød)

Ingredients:

Bread

Milk chocolate, grated

Butter

Nuts, finely chopped

Bananas

Confectioners' sugar

Butter light, firm bread. Slice bananas crosswise and place in rows on the bread. Sprinkle with chocolate, nuts, and confectioners' sugar.

Fruit Salad Sandwich (Fruktsalat smørbrød)

Ingredients:

5 slices of firm white bread

Boston lettuce

$\frac{2}{3}$ cup (1 $\frac{1}{2}$ dl) green small grapes, seedless

$\frac{1}{2}$ cup (1 dl) whipping cream

$\frac{1}{2}$ tsp. confectioners' sugar

1 red apple, small

2 tbsp. walnuts, ground

1 celery stalk, sliced fine

Lemon pepper

$\frac{1}{4}$ cup ($\frac{1}{2}$ dl) walnuts, chopped

Lightly butter bread and slice rectangularly. Wash and dry grapes and place in a bowl. Wash an apple, dice small, and sprinkle with a little lemon juice. Slice celery leaf-thin, and coarsely chop walnuts. Add all to the grapes. In a separate, small bowl whip cream into soft peaks. Add confectioners' sugar, and mix with fruit, celery, and nuts. Place lettuce leaves on bread, scoop salad on top, and sprinkle with lemon pepper.

Makes 10 sandwich halves

Soups

Cauliflower Soup (Blomkålsuppe)

Today we buy cauliflower all year round. Yet this vegetable reminds me of summer. I can still feel the late summer breezes as they rustled mamma's pretty kitchen curtains while her delicious cauliflower soup simmered on the stove.



Ingredients:

1 cauliflower, large, or 2 small heads

1 qt. (1 l.) meat broth

1 egg yolk

Water and salt

½ cup (1 ¼ dl) cream

2 tbsp. butter

Nutmeg to taste

1 tbsp. onion, minced

White pepper

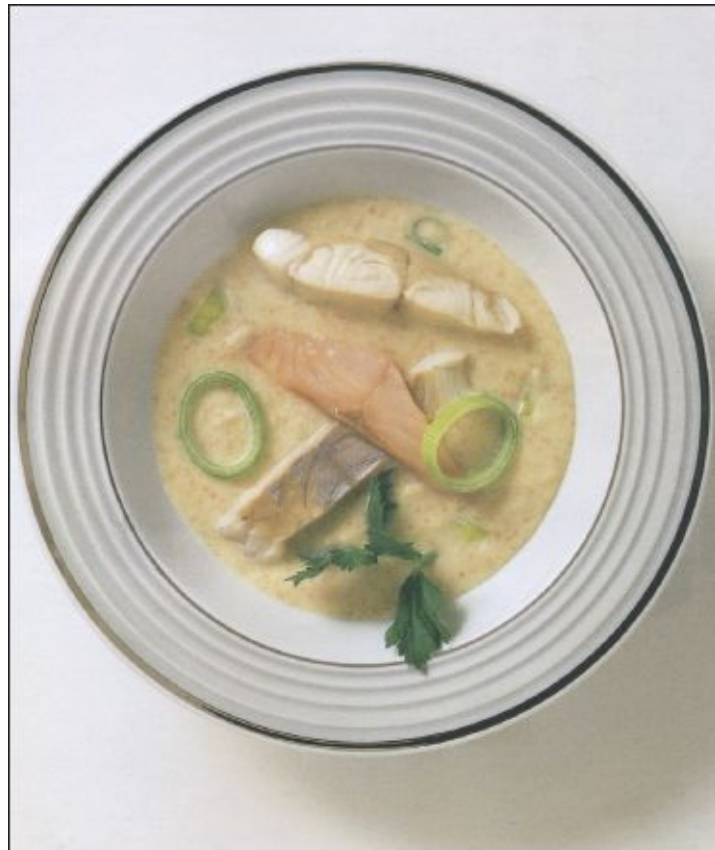
2 tbsp. flour

Remove green leaves from the cauliflower, wash, and place the cauliflower in cold water, with a little salt added, and simmer for a few minutes. Add the cauliflower to a soup pot. Add 1 teaspoon salt to each quart of water. When tender, about 10–15 minutes, remove one half and break into florets. Continue to cook the remaining cauliflower until mushy. Cool slightly, place in a food processor with some of the water, and run on high speed for 30 seconds or until it has turned to a smooth sauce. In a frying pan sauté the onion until glossy, being careful not to brown. Stir in flour, and add the broth and the “sauce” all at once. Stir continually while bringing the soup to a boil. Let simmer 10 minutes. Remove from heat. Beat the egg yolk with the cream, a touch of grated nutmeg, and white pepper, and add to the soup in a thin stream and under constant stirring. Add florets and place soup pot back on the burner. Heat through, but do not let it boil. Serve immediately.

Serves 6–8



Pollock Party Soup (Selskapssei i gryte)



Ingredients:

5 oz. bacon

1 $\frac{2}{3}$ cups (1 $\frac{3}{4}$ dl) leeks, sliced

1 celery root, small

1 lb. (450 g.) pollack

3 potatoes, medium

5 oz. (140 g.) lox

2 onions, small

Salt and white pepper

2 $\frac{3}{4}$ cups (6 $\frac{3}{4}$ dl) water

Parsley

$\frac{7}{8}$ cup (2 $\frac{1}{4}$ dl) whipping cream

Dice bacon, celery root, and potatoes. Peel and cut onions in wedges, and add all to a heavy bottomed saucepan. Add water. Bring to a boil, lower heat, and let simmer approximately 30 minutes. Pour off most of the water (save it) and place the remaining

mixture in the pan in a food processor or blender, and combine on high setting. Remove sauce to a casserole dish and add the saved water and cream. Bring to a boil. Add sliced leek (save some for decoration) and let simmer 3–4 minutes. Add pollack cut in chunks. Remove from heat and let fish steep 4–5 minutes. Thinly slice lox (save some for decoration), add to saucepan, and steep for another 2–3 minutes. Add salt and pepper to taste. If soup is too thick, add a little more water or cream. Pour into soup bowls, decorate with parsley, leek rings, and thin strips of lox. Serve with crisp bread.

Appetizing Fish Soup (Appetittvekkende fiskesuppe)

Making the broth from salmon and trout heads is what gives this soup its superb flavor. Save your leftover salmon or trout heads, bones, tails, etc. in the freezer until you have enough to make a broth. Your fishmonger may even have a few extra to give you.

Ingredients:

2 tbsp. butter

2 egg yolks

4 tsp. potato starch flour

Salt

2 ¼ cups (5 ½ dl) salmon/trout broth

Pepper

⅞ cup (2 dl) creme fraiche or sour cream

¼ cup (½ dl) chives, chopped

In a saucepan add enough cold water to cover bones, skin, tails, and fish heads. To get a clear broth remove the eyes from the heads before cooking. Simmer no more than 30 minutes, and strain. Add 1 tbsp. salt to each quart (liter) of broth.

Melt the butter in a heavy-bottomed pan. Cool slightly. Stir in the potato flour, and add the broth a little at a time. Bring to a boil. Thoroughly whisk the egg yolks into the creme fraiche. Remove the pan from the heat and fully stir in the egg mixture. Salt and pepper to taste. Pour into soup bowls and sprinkle with chopped chives. Hard rolls or french bread makes a good accompaniment.

Serves 4 as a first course or 2 for dinner

Oxtail Soup (Oksehalesuppe)

Ingredients:

3 lbs. oxtails

1 parsnip

1 ½ tbsp. margarine

Half a celery stalk

2 strips of bacon

Boiling water

1 ½ tsp. salt

1 carrot

1 tsp. peppercorns

2 tbsp. tomato purée (not paste)

1 ½ tsp. marjoram

2 tbsp. soy sauce

1 leek, chopped

Cayenne pepper

1 onion, chopped

Parsley, chopped

Ask your butcher to cut the tail apart in the joints. Wash. Brown the margarine and add the oxtails and bacon. Brown well. Transfer to a large soup pot. Add salt, peppercorns, marjoram, green tops of the leek, and onion. Dice half of the parsnip and celery root. Pour boiling water over ingredients to cover, approximately 2 quarts. Bring to a boil, then lower heat and simmer about 2 ½–3 hours. The longer the oxtail simmers, the richer the flavor.

Strain. Pour the broth back in the soup pot. Julienne the carrot, the other half of the parsnip and celery root, and the remainder of the leek. Let simmer 5–10 minutes. Remove the meat from the bones and add to broth. Flavor the soup with tomato purée, soy sauce, and cayenne pepper to taste. Pour into a soup tureen, sprinkle with chopped parsley, and enjoy the aroma. Serve with hot onion bread, some Jarlsberg or Gouda cheese, and a salad.



Beef Stew (Lapskaus)

Ingredients:

1 ½ lbs. (675 g.) meat*

1 leek, small

¾ lb. (340 g.) carrots

1 onion, small

1 celery root

3 cups (7 ½ dl) broth

¾ cup (2 dl) rutabagas

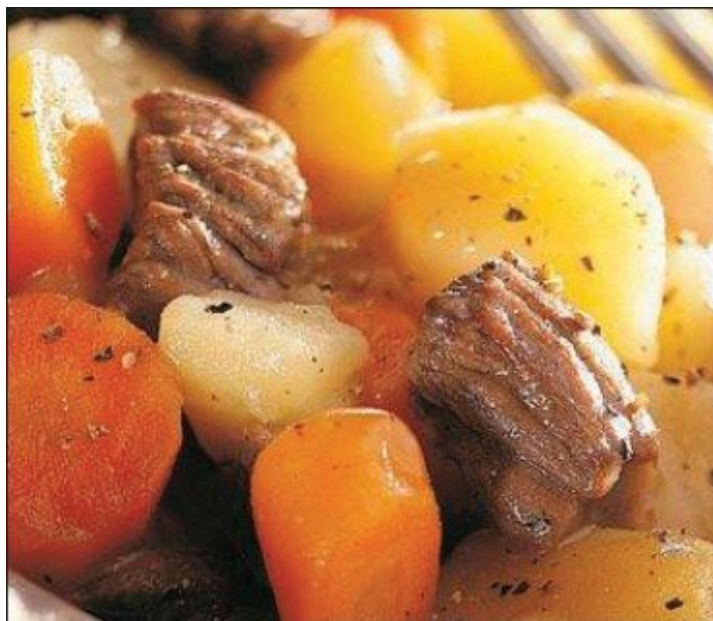
Salt and pepper

4 potatoes

Use leftover boiled or baked meat, fresh or salted, or a mixture. Cut meat into even, not too large, pieces and set aside. Wash and peel carrots, celery root, and rutabagas, and dice. In a soup pot bring broth to a boil and add vegetables. Cook 15 minutes. Peel and dice

potatoes. Cut leek lengthwise and wash thoroughly and slice, add with peeled, sliced onion and potatoes to the soup pot. Cook until almost tender. Add meat. Any leftover gravy may be added to the stew. Add salt and pepper to taste. Meat, vegetables, and potatoes should all be tender but not mushy. Stir as little as possible while cooking, but be careful that it does not burn.

*If fresh meat is used, cook separately. When nearly tender remove meat. Skim and add vegetables. Proceed as above.



Browned Beef Stew (Brun lapskaus)

Many like the vegetables and potatoes in a beef stew to be tender, not mushy. Others prefer the stew to be of a thick consistency. This recipe has the thick consistency.

Ingredients:

2 onions, thinly sliced

4–5 potatoes, medium to large

Butter

3 carrots, diced

2 lbs. (900 g.) beef stew meat

Salt

In a heated skillet fry onion in a little butter until glossy but not browned, and transfer to a large saucepan. Cut meat into ½–1-inch (1 ¼–2 ½-cm) cubes, and potatoes into 1-inch (2 ½-cm) cubes. Dice the carrots. Brown meat quickly in the butter the onions were fried in, add more butter if necessary, and get it nicely browned before adding meat. Add potatoes, carrots, and water to cover. Cook slowly until it thickens, about 2 hours, stirring once in awhile to prevent sticking. Add more water if necessary, but it should be of a rather thick consistency. This is another dish that tastes even better warmed the next day.

Serves 6–8

Spinach Soup (Spinatsuppe)

Not too many people are nostalgic about spinach soup. But it is a great way to get this nourishing food into growing bodies. Even guests will enjoy it. Float a half of a hard boiled egg in the center of the bowl, and sprinkle with paprika. You may also

serve this soup with a deviled egg half in the center.

Ingredients:

¾ lb. (340 g.) spinach, or use frozen spinach

¼ tsp. nutmeg, grated fresh

¼ tsp. pepper

1 qt. (liter) chicken or beef stock

Salt

2 tbsp. butter

¼ cup (½ dl) whipping cream

2 tbsp. flour

3 hard-boiled eggs

1 tbsp. chives, chopped

Wash the fresh spinach thoroughly under running water and drain well. Defrost and drain frozen spinach if using. Bring stock to a boil. Chop spinach and add to the boiling stock. Simmer, uncovered, for 6 minutes. Remove from heat, cool slightly, and place spinach and broth in a food processor and process on high speed about 30 seconds. Do not add more than maximum capacity to your machine at a time, or it could froth over. Set aside. Melt the butter in a frying pan, stir in the flour; when well mixed pour in the spinach broth all at once, and stir continually while bringing the soup to a boil. Allow to simmer 6–8 minutes. Add chives, spices, salt and pepper, and stir in whipping cream. Heat through. Place a half of a hard boiled egg in the center of each soup bowl, and sprinkle with paprika.

Serves 6

Yellow Pea Soup with Ham (Ertesuppe med flesk)

Whenever I think of ertesuppe med flesk nostalgia floods my mind. Our family spent many a Thursday evening around this hearty dish. It actually tastes even better the day after. It is an excellent cold-weather meal that can be prepared well in advance.

Ingredients:

2 cups (5 dl) yellow peas, dried

2 large leeks

1 smoked picnic, or 1 smoked butt plus ham bone

Small baking potatoes

Rutabagas

Salt

Soak peas in water at least 3 hours or overnight. Put picnic (or butt and ham bone) in large pot with enough water to cover. Add sliced leeks and the peas. Cover and cook slowly until peas are tender and meat is done, 2–2½ hours. If the ham being used is small, do not add until the last hour or so, or it will overcook. Salt to taste. The size of the ham and the amount of water used determine the strength of the soup. If too thin, cook uncovered until it becomes more concentrated.

Following the soup, serve the sliced ham with a mild-type mustard, boiled/steamed potatoes, and sliced, cooked rutabaga.

Vegetable and Barley Soup (Grynsodd)

This inexpensive, nourishing soup is a well established winter-time soup in Norway.

Ingredients:

3 tbsp. barley

2 cups (5 dl) cabbage

2 cups (5 dl) water

1 cup (2 ½ dl) carrots

½ leek

½ cup (1 ¼ dl) rutabagas

2 celery tops with leaves

3 potatoes

3 cups (7 ½ dl) beef stock or bouillon

Salt to taste

Fresh parsley, chopped

Rinse barley and soak overnight in the cold water. Place barley in the soup pot with the soaking water. Cut the leek in half, wash, and slice. Cut celery and add to the soup pot; simmer about 1 hour. Add beef stock, and slice cabbage and add; simmer 20 minutes. Slice carrots, dice rutabagas, and add, simmering for 10 minutes. Dice and add potatoes. Continue to simmer for 15 minutes more or until vegetables are done, but not mushy. Add salt. Serve piping hot sprinkled with fresh, chopped parsley. Serve with dark bread.

Serves 6

Leek Soup (Purresuppe)



Ingredients:

3 tbsp. butter

1 qt. (liter) beef broth

3 leeks, sliced

2 egg yolks, slightly beaten

5 potatoes, medium

1 tsp. salt

2 carrots, medium

¼ tsp. pepper

¼ cup (½ dl) flour

Fresh parsley, chopped

Melt the butter in a large heavy bottomed saucepan. Cut the leeks in half lengthwise and wash thoroughly. Slice. Dice the potatoes and carrots and add with the leeks to the saucepan. Cook 5 minutes while stirring occasionally to prevent vegetables from browning. Add flour, stirring constantly; remove from heat and add broth all at once, while continuing to stir. Reduce heat and let simmer until vegetables are tender. Beat egg yolks into a soup tureen. Pour soup over egg yolks, a little at the time, stirring constantly. Season with salt and pepper to taste. Sprinkle with fresh parsley. Serve at once.

Serves 6-8

Lamb and Vegetable Soup (Betasuppe)

A marvelous winter treat that should be served piping hot. A classic loved by most. Recipe varies somewhat from district to district.

Some cooks use lightly-salted mutton or ham, others use fresh beef or mutton. A combination of salt and fresh meat is my favorite. Remember to soak salted meat in cold water overnight.

Ingredients:

½ cup (1 ¼ dl) pearl barley

1 parsley root, diced

2 qts. (2 liters) water

Chunk of cabbage sliced,

1 lb. (450 g.) lamb flank

1 thick slice rutabaga, diced

4 carrots

1 cup (200 g.) potatoes

1 small celeriac, diced

1 cup (2 ½ dl) peas, frozen

¼ leek, sliced thin

2 slices lamb or ham, cured

Soak barley overnight. Simmer in the soaking water about 1 hour. In a separate saucepan cook the lamb until tender, about 30 minutes. Skim thoroughly. Set meat aside, strain the meat broth, and add to the barley. Add evenly diced vegetables, except peas and potatoes, and cook 15–30 minutes. Add potatoes and cook another 15 minutes. Add diced, fresh, and cured meat (preferably cured leg of lamb), and peas. Bring to a boil and let simmer until peas are tender.

Serves 8

Vegetable Soup with Tiny Lamb Balls (Sodd)

In the county of Trøndelag sodd has been served for generations and at all festive occasions, and especially at Christmas buffets. The tiny meatballs can be served in their broth with or without vegetable.

Ingredients:

1 ½ qts. (1 ½ liters) water

1 piece of ginger, small

1 lb. (450 g.) lamb, boneless

1 carrot

1 leek, sliced

1 parsnip

½ tsp. salt

Tiny lamb balls

½ tsp. pepper

Parsley

Cover the meat with water and bring to a boil. Remove from heat and skim well. Add leek, salt, pepper, and ginger and simmer 40 minutes. Add remainder of vegetables whole and cook until meat and vegetables are tender. Remove meat and vegetables and dice separately. Strain the broth and pour back into the soup pot. Add lamb, *soddboller* (recipe follows), and vegetables and bring to a quick boil. Pour into heated soup tureen and sprinkle with chopped parsley. Serve piping hot with boiled potatoes.

Serves 8–10

Tiny Lamb Balls (Soddboller)

Once when we sailed out of Trollfjord in the Lofoten Islands, on the express boat, we were served these tiny (and savory) lamb-balls in broth. They called it Trollbroth and they played Edvard Grieg's music, "In the Hall of the Mountain King," but in reality they were *soddboller*.

Fit for guests and often in times past they were served during the slaughtering season. You may serve them as an appetizer in the broth, or add to the vegetable soup in previous recipe. This recipe calls for 1 cup (2 ½ dl) cream and you want to use all of it, a tablespoon at a time. If the lamb balls are to be used for Vegetable Soup with Tiny Lamb Balls (p. 29), cook them in the soup and eliminate the broth.

Ingredients:

10 oz. (285 g.) ground lamb

1 cup (2 ½ dl) coffee cream

½ tbsp. potato starch flour

Nutmeg

½ tbsp. flour

1 qt. (liter) lamb or beef broth

½ tbsp. salt

The old recipes called for meat to be ground with the spices and flour 10–12 times! In other words grind it well. Add coffee cream a spoonful or two at a time, and beat well after

each addition. Add nutmeg to taste. Bring the broth to a boil. With a teaspoon make $\frac{1}{2}$ – $\frac{3}{4}$ -inch (1 $\frac{1}{4}$ –1 $\frac{3}{4}$ cm) lamb balls and drop into the boiling broth. Reduce heat and simmer until done. Serve piping hot with flatbread, or homemade bread.

Serves 6

Salads

Cucumber Salad (Agurksalat)



English or European cucumbers are quite expensive, but there is no comparison in taste. Slice them thin for salads—a Norwegian cheese knife works well. This salad tastes good with either baked or fried foods.

Ingredients:

- 1 European cucumber
- ¼ tsp. salt
- ⅔ cup (1 ½ dl) vinegar, white
- Dash of white pepper
- ⅔ cup (1 ½ dl) water
- Fresh parsley
- 3 ½ tbsp. sugar

Thinly slice a European cucumber. Mix dressing well and pour over cucumber slices in a serving bowl. Make salad ready early enough to let dressing penetrate without making cucumbers soft (about one-half hour). Sprinkle with fine chopped fresh parsley.

Pickled Beets (Syltede rødbeter)

Beets, with their deep red color, enhance many foods from vegetable plates to open-face sandwiches. They are also delicious as a side dish.

Ingredients:

- 8–10 medium beets
- 8–10 cloves, whole
- ¼ cup (½ dl) vinegar, white
- Few drops of red food coloring
- ¼ cup (½ dl) sugar
- 1 ¼ tbsp. cornstarch
- ¾ tsp. caraway seeds
- ⅓ cup (¾ dl) water
- ¾ tsp. salt

Drop well scrubbed beets into boiling water and simmer until barely tender. Drain and reserve liquid. Cool the beets quickly by placing under cold running water. Peel and slice thin. Boil 2 cups (5 dl) reserved liquid (add water if needed to equal 2 cups (5 dl)), the

vinegar, sugar, salt, caraway seeds, cloves, and food coloring. Combine $\frac{1}{3}$ cup (1 $\frac{3}{4}$ dl) water with cornstarch to form a smooth paste and add. Cook 3 minutes. Pour over beets. Serve hot or cold.

Mango, Apple, and Blue Cheese Salad (Mango, eple og blåsalat)

Ingredients:

4 apples, juicy

2 mangoes

Juice of 1 lime

2 tbsp. olive oil

6 oz. (170 g.) yogurt, plain

1 tsp. balsamic vinegar

7 oz. (200 g.) blue cheese, crumbled

1 head butter lettuce, torn

2 tbsp. liquid honey

2 tbsp. walnuts, coarsely chopped

Peel and cut apples in wedges; place in a bowl. Pour the lime juice over the apples. Blend the yogurt and half the crumbled cheese; add honey to taste. Add a few drops of water and mix well. Divide the mango in two, remove the pit, and cut the mangoes in bite-size pieces; mix with the apples. Divide the lettuce, mango, and apples on four plates. With a spoon add the yogurt mixture over the salad and add the crumbled blue cheese and walnuts over all. Mix oil and vinegar and mist.



Lobster Salad (Hummersalat)

Ingredients:

2 small lobsters

1 head Boston lettuce

1 14–16 oz. can asparagus

1 lemon, thinly sliced

1 jar artichokes, small

$\frac{3}{8}$ cup ($\frac{3}{4}$ dl) mayonnaise

2 eggs, hard boiled
½ cup (1 ¼ dl) whipping cream
2 tomatoes

Remove meat from prepared lobsters and cut into bite-size pieces. Drain liquid from vegetables. Cut tomato and eggs into wedges. Whip cream and blend with mayonnaise. Line a salad bowl or platter with lettuce and arrange all salad ingredients, reserving eggs, tomatoes, and lobster claws for decoration. Pour dressing over all and decorate.

Herring and Ham Salad (Sild og skinkesalat)

For herring lovers! Serve with dark bread as an appetizer, late evening snack, or meal.

Ingredients:

3 salted herring fillets, soaked

3 potatoes, boiled and peeled

1 apple

Lemon

1 onion, small

1 pickle, sweet

3 slices of ham, boiled

6 slices pickled beets

Dressing:

6 tbsp. mayonnaise

2 tbsp. whipping cream

2 tbsp. chili sauce

Garnish:

Boston lettuce

1 or 2 eggs, hard boiled

Parsley

Drain beets well. Dice all ingredients. Sprinkle lemon juice over apple to prevent darkening. Mix dressing and blend with all diced ingredients. Line a salad bowl or platter with lettuce leaves and spoon mixture on top. Garnish with chopped egg and sprinkle with parsley.

Nordic Sardine Salad (Nordisk sardin salat)

Leek, carrots, and red cabbage the traditional winter vegetables in Norway, are perfect partners in this salad topped with Norway sardines and a warm dill dressing.

Ingredients:

Florets from 1 bunch broccoli

2 3 ¼-oz. (106 g.) cans each, Norway sardines in oil, drained

2 carrots, large, thickly sliced on the diagonal

Warm Dill Dressing (recipe follows)

2 leeks, medium

Fresh dill sprigs

3 cups (7 ½ dl) shredded cabbage

Wash and peel vegetables as needed. Separately steam broccoli, carrots, and leeks until crisp-tender; drain immediately. Cut leeks into quarters lengthwise, then cut into 2-inch (5-cm) lengths. Line platter with cabbage. Arrange broccoli, carrots, leeks, and sardines on cabbage. Pour Warm Dill Dressing over salad. Garnish with dill sprigs. Serve immediately.

Warm Dill Dressing: In a saucepan combine ¼ cup (½ dl) each of olive oil and water, 2 ½ tablespoons distilled vinegar, 1 large clove garlic, finely chopped, and ¼ teaspoon pepper. Whisk over low heat just to boiling. Remove from heat. Stir in 2–3 tablespoons chopped fresh dill or 2–3 teaspoons dried dill weed, and salt to taste.

Serves 4

Warm Sardine Salad (Varm sardin salat)

Hearty flavors of potatoes, mushrooms, ham, and avocado combine with Norway sardines to make this delicious salad.

Ingredients:

2 tbsp. vegetable oil

Salt and pepper to taste

1 lb. (450 g.) potatoes, cubed

1 qt. (liter) spinach leaves

½ cup (70 g.) red onion, chopped

1 3 ¾-oz. (106 g.) can Norway sardines in oil, drained

1 cup (225 g.) ham, diced

8 mushrooms, sliced

½ cup (85 g.) cherry tomato halves

1 avocado, ripe and sliced

Fresh chives

Lemon juice

Dijon Vinaigrette Dressing (recipe follows)

Heat oil in a large, non-stick skillet. Add peeled and cubed potatoes; cook over medium heat until golden and tender, 15–20 minutes, stirring occasionally to brown all sides. Drain on towel and reserve. Add onion, ham and mushrooms to skillet; sauté until onions are soft. Peel and slice avocado and add a generous squeeze of lemon juice. Add with cooked potatoes to the skillet, salt and pepper. Toss gently to mix; remove from heat. Arrange spinach on serving plate; top with potato mixture, sardines, and cherry tomatoes. Garnish with chives. Spoon dressing over all. Serve warm.

Dijon Vinaigrette Dressing; Combine ⅓ cup (¾ dl) vegetable oil, 2 tablespoons red wine vinegar, 2 teaspoons Dijon-style mustard, and 1 teaspoon snipped fresh or ½ teaspoon dried chives. Whisk to blend. Season with salt and pepper.

Serves 4

Fisherman's Potato Salad (Fiskerens potetsalat)

Whether ocean-going or fly casting on a mountain stream, every fisherman will love this potato salad with its delicious combination of potatoes, crisp apples, and hearty Norway sardines.

Ingredients:

¼ cup (½ dl) olive oil

¾ lb. (340 g.) red potatoes, small cooked and sliced ¼-inch (6-mm) thick

1 ½ tbsp. lemon juice

1 tsp. Dijon-style mustard

1 tsp. mustard seeds

2 red apples, small, cored and thinly sliced

1 ½ tsp. fresh dill, chopped, or ½ tsp. dill weed, dried

2 3 ¼-oz. (106 g.) cans each Norway sardines in oil, drained

½ tsp. lemon peel, grated

2 green onions, sliced

Lettuce leaves

Pepper to taste

Fresh dill sprigs and lemon wedges

Whisk together oil, lemon juice, mustard, mustard seeds, dill, lemon peel, onions, and pepper. Pour over potato and apple slices, tossing to coat. Chill. To serve: Arrange potatoes, apples, and sardines on four lettuce-lined plates. Garnish with dill sprigs and lemon wedges.

Serves 4

Sauces

Nøkkelost Sauce (Nøkkelost saus)

Serve over fresh cooked vegetables sprinkled with cooked ham.

Ingredients:

3 tbsp. butter

½ tsp. Dijon mustard

3 tbsp. flour

3 cups (7 ½ dl) Nøkkelost, grated

1 ½ cups (3 dl) milk

Ham, chopped

½ tsp. salt

Melt butter in saucepan. Stir in flour. Pour milk in all at once and stir until smooth and thick. Simmer 5 minutes. Season with salt and mustard. Add cheese and chopped ham, stirring until melted.

Makes 2 ¾ cups

Game Sauce (Tradisjonell viltsaus)

Ingredients:

2 tbsp. butter

½ cup (1 ¼ dl) 100% goat cheese, diced

2 tbsp. flour

3 juniper berries

1 cup (2 ½ dl) bouillon

2 tsp. salt

1 cup (2 ½ dl) sour cream

1 tsp. pepper

Brown butter and flour in an iron frying pan. Add bouillon and sour cream all at once. Stir over medium heat until smooth and bubbly. Add diced cheese and spices. Let simmer 10 minutes. If a darker color is desired, add a little Maggi seasoning.

Makes 2 ¾ cups

Gravy for Chicken or Game (Gjetost saus til vilt)

Ingredients:

⅝ cup (1 ½ dl) goat cheese or Gudbrandsdalost, diced

1 cup (2 ½ dl) sour cream

½ tsp. pepper

1 ½ cups (3 ¼ dl) bouillon

6–8 juniper berries

Melt goat cheese in one third of the bouillon. Add remaining bouillon, bring to a boil. Lower heat, add sour cream under constant stirring, and let simmer 4–5 minutes until desired consistency. Add pepper and juniper berries to taste.

Makes 2 $\frac{3}{4}$ cups

Old Fashion Sauce (Gammaldags duppe)

Serve with klubb (large dumplings).

Ingredients:

$\frac{1}{2}$ cup (1 $\frac{1}{4}$ dl) 100% goat cheese, grated

$\frac{1}{4}$ cup ($\frac{1}{2}$ dl) sugar

2 $\frac{2}{3}$ cups (6 $\frac{1}{2}$ dl) water

$\frac{1}{3}$ cup ($\frac{3}{4}$ dl) sour cream

$\frac{1}{4}$ cup ($\frac{1}{2}$ dl) flour

Grate cheese and bring to a boil with 2 cups water. Stir flour into remaining water until smooth. Add to cheese with sugar, and stir until it begins to boil. Let simmer 10 minutes, stirring occasionally. Add sour cream.

Makes 3 $\frac{1}{2}$ cups

Sour Cream Gravy (Rømmesaus)

Tasty with chicken, veal or game.

Ingredients:

1 $\frac{1}{8}$ cups (2 $\frac{3}{4}$ dl) sour cream

$\frac{1}{8}$ cup ($\frac{3}{4}$ dl) chives or dill

3 $\frac{1}{2}$ tbsp. goat cheese, grated

Over moderate heat combine sour cream and cheese in saucepan and stir until melted. Stir in finely chopped chives. Heat thoroughly.

Makes 1 $\frac{1}{2}$ cups

Dill Sauce (Dillsaus)

Ingredients:

1 tbsp. French-type mustard

$\frac{1}{2}$ cup (1 $\frac{1}{4}$ dl) oil

1 tbsp. vinegar

$\frac{1}{4}$ cup ($\frac{1}{2}$ dl) finely chopped dill

Stir all ingredients into a thick smooth sauce.



Makes about $\frac{3}{4}$ cup

Chili Sauce (Chili saus)

Ingredients:

$\frac{1}{2}$ cup (1 $\frac{1}{4}$ dl) sour cream

1 tbsp. lemon juice

$\frac{1}{4}$ cup ($\frac{1}{2}$ dl) mayonnaise

$\frac{1}{2}$ tsp. mustard, dry

$\frac{1}{4}$ cup ($\frac{1}{2}$ dl) chili sauce

$\frac{1}{2}$ tsp. Worcestershire

Mix all ingredients well. Yogurt may be substituted for sour cream. Keep refrigerated. Great with crab.

Makes 1 cup

Mustard Sauce (Sennepssaus)

Ingredients:

3 shallots

$\frac{1}{2}$ cup (1 $\frac{3}{4}$ dl) fish stock or broth

2 tbsp. butter

$\frac{1}{2}$ cup (1 $\frac{1}{8}$ dl) cream

$\frac{1}{2}$ tsp. salt

1 $\frac{1}{2}$ tbsp. lemon juice

$\frac{2}{3}$ cup (1 $\frac{3}{4}$ dl) mustard, whole grain

$\frac{1}{3}$ cup ($\frac{3}{4}$ dl) fresh dill

Start the sauce by sautéing the shallots in butter; add the mustard, stock, and cream and simmer, reducing the sauce to half the original amount. Season with salt and pepper and add some drops of lemon to give the sauce a touch of sharpness. Add dill just before serving.

Chive-Parsley Sauce (Grønn saus)

Ingredients:

$\frac{1}{2}$ cup (1 $\frac{1}{4}$ dl) mayonnaise

1 tbsp. parsley, finely chopped

$\frac{1}{2}$ cup (1 $\frac{1}{4}$ dl) sour cream

1 tbsp. chives, chopped

1 tsp. mustard, Idun or Dijon-type

1 tsp. lemon juice

Mix all ingredients well. Yogurt may be substituted for sour cream. Keep refrigerated. Serve with crab.

Makes about 1 $\frac{1}{4}$ cups

Brown Gravy (Brun saus)

Ingredients:

4 tbsp. butter

Salt

5 tbsp. flour

Pepper

1 qt. (liter) broth or bouillon

1 tsp. soy sauce

1 tbsp. black currant juice, if desired

Melt and carefully brown butter. Stir in flour. Let simmer until nut-brown in color. Whisk fully while adding a little warm broth at a time, and bring to a boil after each addition. Cover and let simmer about 10 minutes. Season and add currant juice if desired.

Makes about 3 $\frac{3}{4}$ cups

White Sauce (Hvitsaus)

Ingredients:

1 $\frac{1}{2}$ tbsp. butter

Salt and white pepper

2 tbsp. flour

1 egg yolk

$\frac{1}{2}$ cup (1 dl) coffee cream

2 tbsp. cream

Fish stock or bouillon

2–3 tbsp. dill, chopped

Make a white sauce from the butter, flour, and coffee cream and add a touch of fish stock. Let it simmer 7 minutes. Mix the egg yolk and cream and beat it into the sauce. Add salt, pepper, and dill. Pour over the fish and serve immediately with potatoes, vegetables, and lefse. Decorate with dill.

Parsley Butter (Persille smør)

Excellent with steamed or baked fish.

Ingredients:

2 bunches parsley

1 $\frac{1}{4}$ cups (385 g.) butter

2 tbsp. fish broth

Mince parsley and bring to a boil in the fish broth. Add butter and stir until velvety smooth, this takes about 10 minutes. *Do not let it boil.*

Makes 1 $\frac{3}{8}$ cups

Dessert Sauces

Currant Sauce (Ripssaus)

Ingredients:

Pan drippings

Salt

1 $\frac{1}{3}$ cups (3 dl) whipping cream

Pepper

1 tbsp. soy sauce

$\frac{1}{2}$ cup (1 $\frac{1}{4}$ dl) currants

3 tbsp. currant jelly

Strain the pan drippings and add with the whipping cream to a heavy-bottomed sauce pan. Let simmer until it begins to thicken. Add jelly and soy sauce and stir until the jelly has melted. Add seasoning to taste. Carefully add cleaned currants and serve immediately.

Makes about 1 $\frac{1}{3}$ cups



Mint Sauce (Myntesaus)

Ingredients:

2 cups (5 dl) broth or pan drippings

Salt

3 tsp. caramel coloring

White pepper

3 tsp. cornstarch

2 tbsp. fresh mint or 1 tsp. dried

Pour pan dripping or broth into a saucepan. Add enough caramel coloring to make a nice color, and bring to a boil. Dissolve the cornstarch in a little water, and add to the broth in a thin stream, while stirring continually. Let simmer a couple of minutes and season to taste.

Makes 2 cups

Red Fruit Sauce (Rød fruktsaus)

Red fruit sauce is the crowning glory to mousse, puddings, and rice-cream. Make it from currant, cherry, strawberry, or raspberry juice—they are all delicious.

Ingredients:

2 cups (5 dl) juice of your choice

2 tbsp. potato flour

Sugar if needed

Cold water

Bring juice to a boil. Meanwhile dissolve potato flour with a little water. Remove juice from heat and slowly add the potato flour thickening, stirring constantly to assure its smoothness. Bring quickly to a boil and remove from heat. If cooking period is prolonged the sauce may become thin or even elastic. The sauce should be smooth and not too thick. Pour sauce into a pitcher or other suitable container and sprinkle a little sugar over the top to prevent film from forming. Chill.



Makes 2 cups

Quick Red Fruit Sauce (Hurtig rød fruktsaus)

If you do not keep fresh or canned juice on hand the supermarkets carry reasonable substitutes such as Junket, Danish Dessert, pudding, and pie fillings. Follow directions on the package except double the recommended amount of liquid.

Apricot Sauce (Aprikossaus)

It was a real treat for us children when our Sunday dessert was cream of wheat pudding topped with a red fruit sauce, or once in a great while this delectable apricot sauce.

Ingredients:

$\frac{3}{4}$ cup (1 $\frac{3}{4}$ dl) apricots, dried

$\frac{1}{4}$ cup ($\frac{1}{2}$ dl) sugar

2 cups (5 dl) water

1 tbsp. potato flour

Water

Rinse the apricots and let soak in the water for 3–4 hours. Let simmer in the same water until tender. Force through a sieve and let cool. Add sugar to taste and potato flour. Pour

back into the kettle and bring to a boil while constantly stirring. As soon as it begins to boil, remove from the heat and keep covered until cooled. Chill before serving.

Makes 2 cups

Goat Cheese Dessert Sauce (Gjetost dessertsaus)

Making this sauce with Ski-Queen Gjetost will give a rich luscious golden sauce with a rich aroma. Remarkably good on ice cream as well as over pears and nectarines.

Ingredients:

1 cup (2 ½ dl) Ski-Queen goat cheese

Touch of anise, cardamom, cinnamon, or ginger

½ cup (¾ dl) milk

1 tbsp. honey or syrup

Grate the cheese and melt over low heat with the milk and honey. Add your favorite seasoning.

Blueberry Sauce (Blåbærsaus)

Wash the amount of berries needed. Set aside ¼ cup (½ dl) berries, and gently mix with 1 tablespoon sugar. Mash the remainder of the berries with a fork and add with sugar to taste. Serve the sauce in a pitcher or arrange on individual dessert plates with the dessert. Decorate with the sugared whole berries.

Fruit Sauce from Frozen Berries (Saus av dyperfryste bær)

Fresh frozen berries make delicious fruit sauces for puddings or ice creams. Take out as many berries as needed and set to thaw in a sieve placed over a bowl. When defrosted press berries through sieve and add enough of the liquid to make consistency desired. Add vanilla and sugar to taste if needed and desired.

Rich Vanilla Sauce (Fin vaniljesaus)

Most homes used two types of vanilla sauce, fin (rich), which was reserved for birthdays, special holidays, and guests; and hverdags, everyday, vanilla sauce.

Ingredients:

½ vanilla bean, sliced lengthwise

3 egg yolks

1 cup (2 ½ dl) light cream

2–3 tbsp. sugar

1 ½ tsp. vanilla sugar or extract

½ cup (1 ¼ dl) whipping cream

Place the split vanilla bean in a heavy saucepan and pour in cream. Bring the cream to a boil over moderate heat. Remove from heat, cover, and let stand approximately 10–15 minutes so the sauce will absorb the flavor of the vanilla bean. Remove the bean. Using a

wire whisk, in a separate bowl, beat the egg yolks and sugar together and add to the cream. Put the sauce over low heat until it thickens, while stirring. Remove from heat and stir from time to time as it cools. Add additional sugar to taste. Whip the cream and add just before serving. Serve with baked apples, chocolate pudding, or fruit desserts or pies.



Everyday Vanilla Sauce (Vaniljesaus til hverdags)

Ingredients:

1 ½ cups (3 ½ dl) milk

½ tbsp. potato flour

1 ½ tbsp. sugar

1 ½ tsp. vanilla sugar

1 egg, large

In a heavy saucepan combine milk, sugar, egg, and potato flour. While stirring, bring to the boiling point over medium heat. It *must not* boil. Remove from heat. Stir the sauce from time to time as it cools. Serve chilled.

Makes 1 ¾ cups

Warm Chocolate Sauce (Varm sjokoladesaus)

Ingredients:

2 cups (5 dl) water

3 tbsp. vanilla sugar

5 tbsp. cocoa or chocolate syrup

Salt

¼ cup (½ dl) sugar

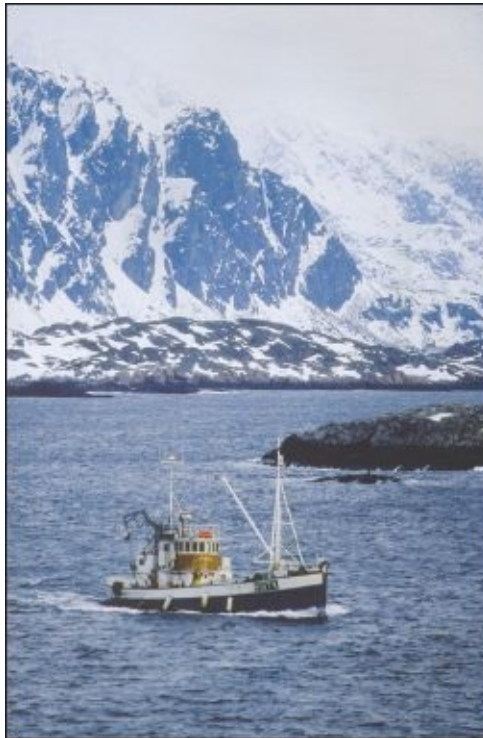
½ cup (¾ dl) whipping cream

Combine all ingredients, except vanilla sugar and whipping cream, in heavy saucepan and bring to a boil while stirring. Remove from heat, and add vanilla sugar and a pinch of salt. Whip cream and add to warm chocolate sauce. Serve with cold puddings and fruit desserts.

Makes 2 ¾ cups

Fish

Ever since Viking times, possibly long before, the sea has held a mysterious lure for the Norwegians. It has often brought sorrow to a family waiting for a loved one. But the sea is also generous; it has been the life source for many Norwegians for generations.



The beloved Norwegian poet Bjørnstjerne Bjørnson, in his poem *Den norske sjøman er*, tells a story of the courage, determination, and faith of the men who bravely struggled with the treacherous sea, whether they sailed the seven seas or were fishing the coastal waters of Norway.

Most of us do not quite comprehend the dedication of the fishermen. We know only the enjoyment of the savory delicacies they bring to us—from herring to cod, from mackerel to haddock, from pollack to flounder and salmon, the shining king of the sea. Add to this the myriads of shellfish and you have culinary treats that continue to delight many of us.

Properly prepared fish is not only tasty but sound nutrition. It is comparatively low in calories and has not been fed hormones, tranquilizers, and antibiotics as have domestic animals. The Norwegian Seafood Export council explains:

There is no longer any doubt about direct links between diet and health. In this respect, food from the sea is extremely important. Fish is a magnificent source of protein. Such proteins are readily digested and have an ideal makeup. Amino acid compositions differ little from species to species. In latter years, fish fat has received much attention for its polyunsaturated, so-called Omega 3 fatty acids. Omega 3 fatty acids protect against cardiovascular diseases. They are vital to development of the brain and nervous system, and the retina of the eye. They are also necessary for fetal and infant development. New research indicates that Omega 3 fatty acids are also efficacious against chronic infections, diabetes and certain types of cancer.

The human body needs vitamins. These are generally divided into two groups, water

soluble and oil soluble. A lack of vitamins leads to reduced health and vitality, and even to serious deficiency diseases. Fish and seafood have a high content of a number of B vitamins (water soluble) and particularly vitamin B12. Fat fish are the only natural source of vitamin D in our food. Fish also provide soluble vitamins A and E.

Seafood gives a well balanced intake of a number of minerals. As a benefit to persons with high blood pressure, seafood is low in sodium while rich in potassium. A number of trace elements, including selenium, iodine, and fluorine, are required for proper health, and most of these are found in seafood. Fish supplies us with a natural form of selenium with no dosage risks.

With abundant choice of fish available, it is easy to vary our meals. The simplest way to prepare fish is to simmer it in salted water. For variety add a little onion, bay leaf, dill, or pepper. Fish baked in the oven, or in foil, retains much of its aroma, juice, and flavor, and the resulting broth is simply delicious. Grilled fish is truly tasty and can be prepared with a minimum of fat. Fish casseroles may be varied by the addition of potatoes, vegetables, various spices, sauces, and cheese. Fish soup can be made from the water in which the fish was cooked or from broth made by boiling fish skin and bones together. Fish broth should never be boiled more than 30 minutes.



My first recollection of truly fresh fish was when our family lived on the island of Kollen at the end of the Oslofjord, where it opens up into the Skagerak. We often caught our first fish in the morning as the sun's first rays illumined the sea's surface. In the fall and spring the wind would often whip the sea up around our row boat, making the fishing more exciting for us youngsters at least. Back on the island, the aroma of slowly simmering, fresh fish was to us, a great payment for our efforts. Fish for breakfast gave lots of energy to young bodies craving nutrients. The memories of those days are a far cry from what some markets today call "fresh fish."

Look for these signs of freshness: Clean fresh smell, clear bulging eyes, bright red gills, and shiny, smooth, and elastic yet firm flesh. Herring may have red eyes and mackerel may have dark gills, but this does not necessarily mean that either is old and unpalatable. Following your "catch," rush home and let the fish bask for a while in cold running water, or let it rest for about one hour in lightly salted water. This will help bring out maximum flavor.

Preparing fish: All fish after it has been cleaned, and unless freshly caught, should be soaked in water, to which has been added 3 tablespoons salt to 1 quart (liter) water about 20–30 minutes. This way any possible taste, intestine, and other matter are drawn into the water.

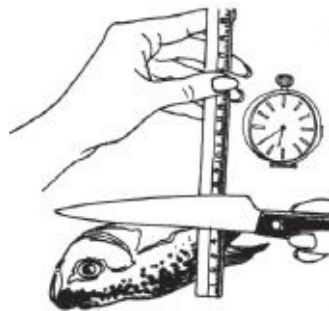
Boiled, sliced fish: Cod, salmon, mackerel, or pollack slices should be placed in boiling, well-salted water. The fish must *not* boil. Simmer from 5–10 minutes depending on thickness of slice and type of fish. Lean fish requires less cooking time than fat. If you are not planning to utilize the fish broth, add 4–4 ½ tablespoons salt to each quart (liter) of water and if desired, a teaspoon of vinegar, which results in a firmer and whiter flesh. If you intend to use the broth for sauce or gravy only, use one tablespoon salt to each quart of water.

Boiled whole fish: Lean fish such as ling, cod, pollack, or billet falls apart easily and should not be cooked whole. If you intend to prepare this type of fish whole, bake rather than boil. Fatty fish such as salmon, trout, fresh water herring, or mackerel may be boiled whole in a fish poacher or large kettle, or it may be baked. There should be a rack in the bottom of the utensil for easy removal of fish to platter. In an emergency a piece of foil may be substituted for the rack. If a large fish is placed whole in boiling water the skin will break and the outer parts of the fish will be overcooked and dry by the time the heat reaches the backbone. Therefore, large fish, from 2–4 ½ pounds (900 g–2 kg) should be placed in cold water; cooking time, from 30–50 minutes. Medium fish, from 1–2 pounds (450–900 g) are placed in lukewarm water; cooking time, 20–30 minutes. Small fish, less than 1 pound (450 g) are placed in boiling, salted water; cooking time, 10–20 minutes.

It is difficult to judge when a whole fish is thoroughly cooked. To make this determination carefully prick the fish close to the backbone, and if the meat leaves the bone and has become dull and non-transparent, it is done. Another way is to measure the thickness of the fish. Place fish on flat surface and measure thickness with a ruler next to the thickest part. Then follow the cooking time as suggested in the table:

The wrinkled skin, the grayish dark gills, and cloudy sunken eyes are enough to scare the hungriest cat away. If you start out with old fish, deep fry it until the grease is dripping, or broil it until desert dry, or smother it in a thick layer of bread crumbs until any resemblance of the original has vanished; you should not wonder why your family thinks they don't like fish.

Lean Fish (Cod, pollack, haddock, etc.)



2 inches (5 cm) thick

13 minutes

2 ¾ inches (7 cm) thick 25 minutes

4 inches (10 cm) thick 50 minutes

Fat Fish (Salmon, trout, etc.)

2 inches (5 cm) thick 18 minutes

2 ¾ inches (7 cm) thick 35 minutes

4 inches (10 cm) thick 70 minutes

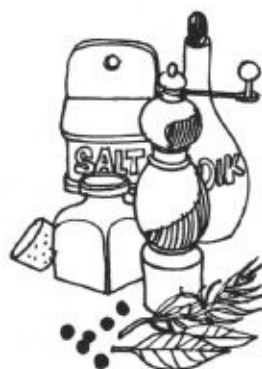
Flat Fish (Flounder, turbot, etc.) as well as mackerel and herring

1 ⅞ inches (2 ¾ cm) thick 13 minutes

1 ½ inches (3 ¾ cm) thick 23 minutes

2 inches (5 cm) thick 35 minutes

Cooking in foil on top of the stove: Either whole or sliced fish may be cooked in foil. Cleaned and washed, it is placed on a piece of foil and salted. If whole, salt the fish inside the abdomen as well as the entire outside. Use up to 1 tablespoon salt for each 2 pounds (900 g) of fish. A squeeze or two of lemon may be sprinkled over the fish. Spices such as dill, chives, parsley, basil, paprika, curry, and the like may be added. Wrap the foil tightly around the fish and place, with the folding side facing up, on top of potatoes which are being boiled in a small amount of water. Cooking time for fish slices or chunks is from 10–20 minutes. Fish cooked in this manner will retain its taste and aroma. The resulting broth, contained in the foil, maybe used for gravy.



Cooking in foil in the oven: Butter a piece of foil. Rub salt into a 1–2 pound (450–900 g) cleaned and washed fish. Parsley, dill or other spices sprinkled into the abdomen imparts added flavor. Place the whole fish on the foil, wrap tightly and lay in a small roasting pan with the folded side up. Pour a cup of water into the pan and bake at 375°F (190°C) in the oven. Cooking time varies according to the size of fish, but allow about 45 minutes for a 3 ½ pound (1 ½ kg) fish. Remaining broth in the foil can be used for gravy or mixed with some melted butter and served with the fish.

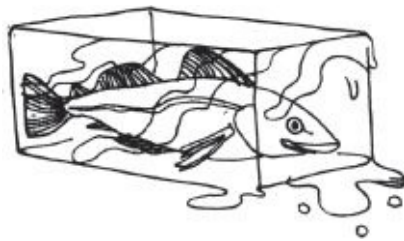
Grilled fish: Fat fish such as salmon, herring, and trout is especially suited to grilling. Flounder is also good, but lean fish such as cod falls apart easily. Fish may be grilled whole or sliced. Place in double grill rack which has been greased, and grill for 3–5 minutes on each side. Salt the fish after it is cooked. Or add spices to the fish, wrap in lightly buttered foil and grill directly on the coals.

Deep-fat fried fish: Fish fillets or small, whole fish may be deep fat fried in shortening and oil at a temperature of 350°F (175°C). If a thermometer is not available it is easy to determine proper cooking temperature by dropping a bread cube into the hot oil; if it turns golden brown within one minute it is ready to receive the fish. The fish to be fried must be completely dry. It may be fried plain or breaded, but breading results in a delicious crisp crust. Or it may be dipped in salted pancake batter. Do not reuse the oil. It is not good for your health, nor does it lend to the flavor of the fish.

Frozen fish: A great variety of fish is available in frozen form. Although frozen fish is not quite comparable to fresh fish, it is tasty and a great convenience to our busy lives today.

If you are lucky enough to have in your possession more fresh fish than can be eaten in one meal, utilize the freezer. Lean fish has better keeping qualities than fat fish. To prepare fish for freezing, clean and wash well, and slice or cut into fillets. Small fish should be frozen whole. Fat fish should be frozen in blocks of ice, or coated in ice, to maintain its quality.

Block freezing: Clean and wash the fish. Put in large container (square or rectangular fits best in freezer) and cover with water. Freeze. When frozen remove the block from the container and wrap in foil. Put dividers between the fish which has been sliced or fillet for easy removal.



Ice coating: Put cleaned and washed fish in plastic bag and allow to remain in the freezer for 24 hours. Remove and dip in cold water. Return to freezer until the water is frozen. Repeat two or three times until a layer of ice is formed around the fish. Wrap for freezing.

Vegetables to serve with fish: Fish has a rather neutral taste, therefore most vegetables are compatible with its flavor. Leek, green beans, broccoli, peas, carrots, and cucumber salad is excellent with any fish meal. Boiled rutabaga and cabbage is great with herring. Stewed vegetables are best with fried fish, and salads with boiled, baked, or fried fish.

Which sauce to serve: For years, melted or browned butter was the most widely used accompaniment for fish, but today most people prefer a less fattening sauce, merely fish broth or lemon juice. Use as little butter as possible when frying fish. A thin sauce can be made by using four tablespoons of flour to one quart broth or liquid, varying the taste by

adding leek, parsley, dill, celery, mushrooms, asparagus, horseradish, shellfish, tomato purée, curry, or basil.

Cod (Torsk)

During one of my visits to Norway a dear friend's face lit up in utter disbelief when, in answer to "What would you like for dinner?" my reply was, "Boiled cod." She protested, but memories were too vivid and delectable cod it was.



The Norwegians have always loved cod ever since Viking times when they were used as both food and in trading. To this day, most Norwegians enjoy at least one cod dinner a week. The mild taste of cod makes it easy to vary the menu, and most vegetables are a fitting accompaniment.

Cod or any fish for that matter has to be fresh—absolutely fresh—to make those taste buds come alive. The advice of Thorstein Diesen from the book *Norsk Mat* is well taken:

“When you go to purchase a cod, remember that most people can consume an unbelievable amount. A good cod head is one of the happiest acquaintances one can make. A cod, so fresh there is still a twinkle in his eyes, can spark an indescribable appetite.

As soon as the cod is in the house, prepare it. As with flowers, so with cod—you must talk to it and handle it gently to reap the maximum goodness.

Begin by letting the fish *enjoy* itself under running water. If this is impossible, let the fish rest awhile in lightly salted water. It will produce the same results.

Rule No. 1: A good basic rule when slicing fish into serving portions is never make the slices thicker than your finger.

Rule No. 2: Use plenty of salt. Double the amount normally called for in most fish recipes. The very best method (not practical in most areas) is to cook the cod in clear sea water, adding an extra portion of salt.

Rule No. 3: Never allow cod to boil. This is a cardinal sin! After the water has reached the boiling point, carefully lower the fish into the boiling water, reduce the heat and simmer gently until done. It is done when the flesh is no longer translucent and separates easily from the bones. Fish which has been overcooked and loses its shape, also loses its serving attractiveness. If you are preparing a large quantity of fish it is advisable to use more than one utensil, or just cook a portion at a time, even if it is necessary to keep your guests waiting. The cod must be served steaming hot.

Remove fish with a slotted spoon, if you are not lucky enough to own a steamer with perforated tray. Place carefully on a heated platter, and insert a small bunch of parsley in the cod's mouth. Garnish with lemon slices and sprinkle with chopped parsley. Nothing but melted *butter* (no substitutes) will do for such a dish, but please melt carefully so as not

to scorch it.

Rule No. 4: Serve the cod on heated dinner plates. In fact heat two plates per person in case of second servings. Since the cod in itself is quite colorless, it is of great importance to set an attractively, colorful table. A bright red tablecloth with contrasting blue dishes, and a centerpiece of fresh flowers will impress your guests as a dinner well remembered. The usual accompaniment to a cod dinner is tiny, boiled, steam-dried and buttered potatoes. A melon ball cutter is useful in shaping the potato balls. Serve in a heated bowl with butter and chopped parsley. Cheese and crackers, together with some fruit, make a grand finale to a delicious meal.”

Party Cod (Festtorsk)



Slice cod fillets into uniform, square serving pieces. Dip in slightly beaten egg white and salted zwieback crumbs. Lightly brown the fish in margarine. Lay half of the fish pieces in an oven-proof casserole dish. Mix a few chopped, pickled onions with a little butter and top each section of fish with a spoonful. Make a second layer of remaining fish. Sprinkle one tablespoon grated Jarlsberg, or other mild cheese, on each section and top with cooked spinach mixed with a little mayonnaise. Bake in a 450°F (230°C) oven for 5–8 minutes. Serve at once. Decorate with tomatoes and parsley.

Lutefish (Lutefisk)

Every country has its culinary specialties. Nostalgic memories tug at your heartstrings if, when separated by distance, these favorites are set before you. Norway's lutefish is such a specialty to many.



Lutefisk (dried cod treated with lye) must surely be the strangest culinary effort credited to the Norwegians but what a treat when prepared properly. Everyone of course is not a devotee of lutefisk, but there are those who defend it vehemently. Others go to the opposite extreme and claim it's a national disgrace. In years past the homemaker had to go through the complicated task of treating the dry fish with lye, but now, even in America, frozen lutefisk is readily available at selected fish markets and at Scandinavian delicatessens.

Cooking lutefisk the old-fashioned way: Do not cook in aluminum vessels as it will darken the kettle. Use 3 level tablespoons salt to each quart of water. Bring water to a boil, add salt, and return to a boil. Add fish which has been sliced into serving pieces and again return to boil, then remove from the heat. Skim, and let fish steep for 5–10 minutes depending on thickness. Serve at once.

Without added water: Put the serving pieces of lutefisk in a kettle, season each pound (450 g) of fish with $\frac{1}{2}$ tablespoon of salt and place over low heat. This allows the water to be “drawn” out. Bring to a boil and remove from heat. Let steep 5–10 minutes. Serve at once.

Baking in foil: Heat the oven to 400°F (205°C). Skin side down, arrange lutefisk on a sheet of double aluminum foil and season with salt. Wrap foil tightly about fish and place on rack in a large pan and bake 20 minutes. Cut corner from foil and drain out excess water. Serve at once.

Lutefisk with a firm texture can be obtained by first sprinkling with coarse salt and allowing to stand for several hours. Rinse well in cold running water, and soak in unsalted water. Then cook or bake as desired.

Lutefisk must be served hot on piping hot plates. Accompaniments vary from bacon or pork drippings, white sauce, mustard sauce, or melted butter which seems to remain a favorite. Boiled and steamed potatoes, and stewed whole, dry green peas are a must as a vegetable accompaniment. The only other necessary additions are freshly ground pepper, lefse or flatbread. In some parts of Northern Norway lutefisk is served with melted goat cheese.



Corned Salmon (Gravlaks)

Splendid May with budding trees, colorful flowers, longer days, and delectable salmon! From early May through the first part of summer salmon is sovereign in Norway. During this period every restaurant menu includes fresh or smoked salmon. You will also find gravlaks, marinated salmon, extolled by many as salmon at its best, and now popular anew.



Photo credit: Alf Bjøresen

At one time salmon was so abundant along the coast of Norway and served so frequently that servants required a special guarantee clause in their contract that limited the serving of salmon to two or three times a week. Today salmon is expensive and considered *festmat*, gourmet food. *Gravlaks* may be served as an appetizer or as a main course, usually served with dill sauce and creamed potatoes

Ingredients:

3 lbs. (1,350 g.) filleted salmon, center cut

¼ cup (½ dl) salt

¼ cup (½ dl) sugar

1 large bunch of dill

20 white peppercorns, or substitute with black

Ask your fishmonger to cut the salmon in half lengthwise and remove the backbone and all small bones. At home, rinse the fish well and dry in a towel. Wash the fresh dill and dry on paper towels. Place a thick layer of dill into a deep casserole or baking dish. (If the dill was grown in a greenhouse, it will not be as pungent, in this case, chop the herb to release its flavor and sprinkle it over the fish instead.)

In a separate bowl, combine salt, sugar, and crushed white pepper. Sprinkle some of the spices over dill. Rub the fillets with some of the spices, and place one fillet skin side down in the dill. Again sprinkle the salmon generously with the spices and dill. Add the second piece of fish, skin side up. Make sure the thicker part of one fillet is pressed against the thinner part of the other. Finally, add the remaining dill and spices. Cover with aluminum

foil or clear wrap. Place a wooden board slightly larger than the salmon on top and add a light weight to press it down, three to four food cans, distribute the weight evenly. Let the fish stand from 24–36 hours in the refrigerator. Turn the fish every 12 hours, but make sure the two fillets remain pressed closely together. Baste the salmon with the liquid marinade that accumulates, separating the halves a little to baste the salmon on the inside. Replace the wooden board and weights each time.

When the *gravlaks* is ready to be served, remove the salmon from its marinade, scrape away the dill and spices, and gently pat dry with paper towels. To slice, place the separated halves skin side down, and use a sharp knife to cut across the fish at a sharp angle, slicing thinly and detaching each slice from the skin. It should be served cold and maybe kept in the refrigerator for several days if necessary. Serve decorated with dill and twisted lemon slices. If used as a main course, serve with boiled/steamed potatoes, fresh peas, and dill sauce.

Baked Salmon (Ovnstekt laks)

A whole, baked salmon, though easy to prepare, is a feast for the eyes and palate. We have served it to many guests in our home over the years, and always, accolades are unending. Baked whole salmon is marvelous with a smorgasbord, or julebord.



Ingredients:

1 whole salmon (whatever size needed)

Lemons, juice and slices

Butter

Dill or parsley

Water, fish bouillon, milk, or cream

Tomatoes

English cucumbers

Have your fishmonger clean the fish. As soon as you bring it home wash it under running cold water. The blood and the dark membrane must be rinsed or brushed away. By

rubbing a little salt in first it will come off easier. Quickly dry the fish after rinsing. Rub in the salt and place on buttered heavy aluminum foil. Place a pat or two of butter in the cavity, and add a few tufts of dill or parsley. Cover tightly and follow baking direction for fat fish. The salmon is ready when the back fin comes off and when a toothpick inserted in the thickest part is easily penetrated.

Carefully remove salmon to a hot platter. Remove the skin off the top layer. Tuck some dill or parsley, tomato wedges, and cucumber slices around the salmon. Slit thin lemon slices, twist, and garnish the delicate fish; add some greens if needed and sprinkle with paprika. Strain the broth and serve as is, or use to make sauce of your choice, such as rémoulade. Or serve the traditional way, with hot melted butter to which chopped fresh chives have been added. Serve with boiled/steamed potatoes, vegetables, and traditional cucumber salad.

Salmon Platter (Laksekabarét)

A wonderful dish for a party, and a good way to make the salmon go further is to make this salmon platter. An added bonus is that most can be prepared a day in advance. Serve with hard rolls or fresh bread.

Ingredients:

4 lbs. (1,800 g.) salmon, cooked

1 English cucumber

6 eggs, hard boiled

Mayonnaise to taste

6–8 tomatoes, small

Light cream

2 lbs. (900 g.) shrimp

Lemon Juice

1 bunch radishes

Parsley

1 head Boston lettuce

The day before, clean and carefully steep the salmon. Remove skin and bones while still warm, and place them back in the fish broth. Cool salmon and place in covered container. Boil the eggs, cool, shell, and put in a covered container. Clean the shrimp and place in plastic bag. Wash and dry lettuce and place in plastic bag.

Just before the guests arrive arrange the lettuce with the salmon on top on a large platter. Add chopped eggs, quartered tomatoes, sliced cucumbers, and shrimp (save a few out). Stir mayonnaise with a little light cream, and a few drops of fresh lemon juice. Pour mayonnaise over all and decorate in diamond shapes with finely chopped parsley and shrimp.

Serves 12

Whole Baked Trout (Helstekt Ørret)



Ingredients:

3 lbs. trout, appr.

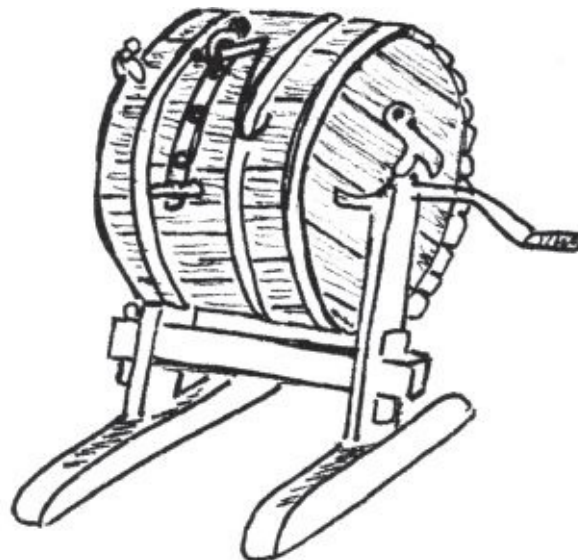
½ tsp. pepper

1 tsp. salt

1 bunch dill, fresh

Wash fish under cold running water and pat dry. Tie a heavy string around the head/neck of the trout. Pull the string to the tail and tie around the tale as well. That way you get a nice bend when the fish stands. Add salt and pepper to the cavity and also a little dill. Place the fish in a baking pan and cover it with aluminum foil. Bake at 390°F (200°C) for 30–40 minutes, or until the fish is finished. The fish is done when the back fin comes off easily; or you can place a knife along the backbone and when the fish meat loosens readily and the fish has changed color. Carefully remove the fish to a platter. Remove the skin. Outline the center back with a stripe of mayonnaise; add dill and lemon slices or wedges.

Baked Trout (Stekt Ørret)



Ingredients:

1 large or 4 small trout (total of 2 lbs.)

4 tbsp. butter, melted

1 tsp. salt

2 lemons

¼ tsp. pepper

5 parsley leaves
2–3 sprigs of dill
6 lemon wedges

If you are using frozen trout, defrost them completely before cooking. Wash fish under cold running water, and pat them dry with paper towels. Brush the whole fish with butter and lightly sprinkle the cavities with salt and pepper inside and out. Add the sprigs of dill and spread lemon slices. Wrap each fish securely in foil that has been buttered and place in a baking pan.

Bake at 300°F (149°C) for approximately 1 hour. Just before serving remove the foil and the skin. Place lemon slices and sprigs of dill on top of the fish. Sprinkle with paprika. Decorate with parsley and lemon slices. Serve with boiled/steamed potatoes and glazed carrots. Lefse is also a nice accompaniment to this dish.



Trout in Sour Cream (Ørret med rømme)

Ingredients:

2 trouts
Salt and pepper to taste
1 tbsp. salt
½ cup (1 ¼ dl) sour cream
Parsley, chopped
Lemon slices
2–3 tbsp. butter or margarine
Paprika
3 tbsp. flour

Clean fish under running water. Make a couple shallow diagonal cuts in the thickest part of the fish. Sprinkle inside lightly with salt and stuff with parsley. Carefully brown butter in skillet. Roll fish in mixture of flour, salt and pepper. Brown trout over medium heat, turning once. Add sour cream and continue to simmer over low heat until done. Baste the fish from time to time. When done, remove fish to platter, adding all the gravy from the pan. Add a little water to the pan, bring to a boil and stir well, add this to fish platter just before serving. Decorate with parsley and twisted lemon slices. Sprinkle with paprika.

Serves 2

Mackerel Fillets (Dillstekt makrellfilet)

One of the signs of spring in our home was simmering mackerel on the stove.



In the spring the mackerel is low in fat (approx. 3 percent). However in the autumn it can contain as much as 30 percent fat, which means an abundance of Omega 3 fatty acids. And don't forget mackerel is a rich source of vitamin D and B12.

Ingredients:

2 lbs. (900 g.) mackerel, approx.

1 bunch dill

2 tbsp. oil

2 tsp. salt

¼ cup (½ dl) water, scant

Pepper to taste

Juice of 1 lemon

Butter or margarine

Clean and fillet fish, or have your fishmonger do it. Make a marinade of oil, water, lemon juice, and finely chopped dill. Leave the fillets in marinade for 1 hour. Remove fillets and drain but allow the dill to remain on the fish. Fry in butter or margarine over moderate heat for approximately 3 minutes on each side. Serve with steamed/boiled potatoes, steamed carrots and cauliflower, and cucumber salad.

Serves 4

Pickled Mackerel (Syltet makrell)

Ingredients:

2 mackerel, small

1 ½ tbsp. salt

1 ½ quarts (liters) water

10 pepper corns, whole

¼ cup (½ dl) white wine

3 bay leaves

Clean and wash the fish. Combine remaining ingredients in a kettle and allow to boil for 15 minutes. Add the cleaned mackerel to the brine and steep approximately 20 minutes. Remove mackerel to a bowl and pour boiling brine over. Cool, cover and refrigerate until the next day. Delicious served with sour cream and a pinch of sugar. Serve with hot potatoes, salad, and flatbread.

Serves 2–3

Many think herring is the only fish Norwegians pickle, but pickled mackerel is a tasty treat for warm summer days.

Dishes of Salted Herring (Retter av spekesild)

Salted herring must be cleaned and fillet before it is soaked. By placing the herring to soak in a mixture of water and milk, one is assured of a firm, white, and delicate fish. Heavily salted herring should be soaked a minimum of 12 hours. Herring dishes improve in flavor as they stand.



Top back row: Spiced Herring, Herring in Mustard Sauce. Front row: Herring in Tomato Sauce, Pickled Herring.

Pickled Herring (Sursild)

Pickled herring was reserved for weekend breakfasts, and other special treats like a sildebord.

For this dish you will need salted herring, available at Scandinavian delicatessens. Friday was salted herring day in our home, as it was a very inexpensive food at the time. No freshly ironed tablecloth this day. Mamma would spread out a double sheet of wax paper for each, then she'd place the cooked potatoes and herring on each place setting. That was it! Pappa loved this meal; he would take one herring fillet at a time and meticulously cut them in even pieces and eat them with the potatoes.

Ingredients:

2–4 salted herring fillets

1 cup (2 ½ dl) water

2 onions, yellow or red

½ cup (1 ¼ dl) sugar

3 bay leaves

1 tbsp. black peppercorns, whole

⅔ cup (1 ½ dl) wine vinegar

Clean herring, cut off the tail and head, and rinse well in running cold water. Make a shallow cut in the skin along the backbone and peel off skin, pulling towards tail end. Fillet. Put in a mixture of milk and water, enough to cover, and allow to stand about 12 hours. Remove and drain. Cut fillets in 1 inch (2 ½ cm) pieces. Thinly slice onions. Layer

the herring and the onion slices alternately in a glass jar. Add bay leaves. Bring vinegar, water, sugar, and pepper to a boil, let cool. Pour over herring and refrigerate. Let stand at least overnight before serving. Standing improves flavor.

Makes about $\frac{3}{4}$ quart

Spiced Herring (Kryddersild)

Ingredients:

2 lbs. (900 g.) salted herring

4 whole cloves

Milk and water, to cover

4 whole allspice

1 tbsp. vinegar

1 bay leaf, large

8 black peppercorns

4 slices onion

Soaking: Clean herring, cut off the tail and head, and rinse in running water. Make a shallow cut in the skin along the backbone and peel off the skin, pulling toward the tail end. Fillet. Put in a mixture of milk and water enough to cover. Allow to stand 12 hours. Remove and drain. Bring all other ingredients to a boil. Cool, and pour over fillets. Let stand at least 24 hours before using.

Spiced Herring in Dill (Kryddersild i dill)



Ingredients:

Spiced Herring

Potatoes

Coffee cream

Dill

Mayonnaise, light

Fresh dill tufts

Use as many spiced herrings as needed. Mix a little cream with light mayonnaise and add plenty of chopped fresh dill. Pour the sauce on a deep platter. Roll up spiced herring fillets and place on their side in the sauce. Add a tuft of fresh dill to the center. Chill thoroughly and serve with piping hot potatoes and hardtack.

Herring in Tomato Sauce (Tomatsild)

Ingredients:

3 spiced herring

$\frac{2}{3}$ cup (1 $\frac{1}{2}$ dl) sugar

$\frac{1}{2}$ cup ($\frac{3}{4}$ dl) tomato purée (not paste)

$\frac{3}{4}$ tsp. whole pepper

$\frac{1}{4}$ cup ($\frac{1}{2}$ dl) white vinegar

1 onion, large

2 tbsp. water

3 bay leaves, large

2 tbsp. oil

Dill

Follow soaking directions for Spiced Herring (above). Cut into bite-size pieces. Mix all ingredients except onion, bay leaves, and dill. Slice onion very thin. In a glass bowl layer onion, herring, and bay leaves. Sprinkle with chopped dill. May be made up to 2 weeks in advance, but chill 24 hours before serving.

Herring in Mustard (Sennepssild)

Ingredients:

4–6 spiced herring fillets

3 tbsp. pickle juice

$\frac{2}{3}$ cup (1 $\frac{1}{2}$ dl) sour cream

$\frac{1}{2}$ cup (1 dl) scant fresh dill or, 2 tbsp. fresh chives,

chopped, or 1 tbsp. dry

2 tbsp. mustard, prepared

Follow soaking directions for Spiced Herring. Cut herring crosswise in bite-size pieces. Place in a serving dish. Add mustard and pickle juice to the sour cream to taste. Add dill. (Lots of fresh dill is delicious.) Pour over the herring, reserving a few herring pieces for decoration. Sprinkle with chives.

Scrumptious Herring Salad (Herlig sildesalat)

Rinse equal amounts of bite-size pieces of soaked herring (dried on a paper towel) and boiled, cold potatoes. Add finely chopped onion, as much as desired. Whip sour cream, add 1 tablespoon sugar to 1 cup (2 $\frac{1}{2}$ dl) sour cream, and plenty of capers. Add a couple of drops of green food coloring until the sauce is light green. Mix with the salad. Serve with pumpernickel bread.

Herring and Potatoes (Sild og Poteter)



I fondly remember my family's *Sild og Poteter* evenings. We ate the herring plain, but today for an extra taste treat you can buy the spiced herring at any delicatessen or make your own. I would not be surprised if the Vikings did not enjoy this dish as well. It is an easy and good summertime meal.

Ingredients:

2 lbs. (1 kg.) potatoes

Beets, pickled and sliced

2 tbsp. butter 1 red onion, sliced

1 lb. (½ kg.) herring fillets

2 dill twigs

1 cup sour cream or more

Place herring fillets on a platter and garnish with the sliced red onion and beets. Top with sour cream and dill sprigs. See how to boil and steam potatoes on [page 79](#). Generously add butter pads and sprinkle with dill.

Haddock (Hyse)

Freshness is all important, both for taste and success in making these dishes. Get acquainted with your fishmonger and his expected arrival of fish. Have him give you a ring when your particular delicacy arrives—then waste no time getting there. Hurry home just as quickly, and prepare your fish immediately. From experience I know you will have a most rewarding few hours.

For the following:

FISHBALLS (Fiskeboller)

FISHPUDDING (Fiskepudding)

FISHCAKES (Fiskekaker)

FISH GRATIN (Fiskegrateng)

FISH CHOWDER (Fiskesuppe)

you will need:

One 8–9 lbs. (3 ¼–4 kg.) haddock,

4 stalks celery, large

7 large eggs
½ cup (1 ¼ dl) salt pork
½ cup (1 ¼ dl) potato starch flour (not corn starch)
4 onions, medium
1 cup (2 ½ dl) coffee cream
1 qt. (liter) cold milk, very fresh
½ lb. (225 g.) shrimp
1 tbsp. nutmeg, grated
Salt to taste

Have the fish cleaned and filleted. Be sure to ask for the head, fin parts, and backbone. If your fishmonger is as nice as mine (he probably is) he no doubt will throw in an extra head or two for broth. Rinse fish well in cold, running water and dry on paper towels. Place the heads, fins, and backbones in a large kettle, cover completely with cold water, and add two generous tablespoons of salt. Cover and bring to boil. Boil gently for 30 minutes.

Now, back to the fillets. If using a meat grinder, grind the fish three times (or use a food processor, or place small amounts of fish and onion at a time in a blender and blend for 1 minute at high speed) and blend together with 2 peeled onions. Discard the slivers of fish that adhere to the grinder blades. In order to salvage all bits of fish in the grinder it is helpful to put through a cut-up, peeled raw potato. Put entire amount of pureed fish in a large bowl, add 1 tablespoon salt, 1 tablespoon grated nutmeg, and mix thoroughly. Add 3 eggs, one at a time, beating at least 5 minutes after each addition. Add ½ cup (1 ½ dl) of potato starch flour and beat again. Add 1 quart (liter) fresh, whole milk, 1 ounce (2 tbsp.) at a time, mixing well with each ounce. When all the milk has been added continue to beat for another 15 minutes.

Drain the kettle containing the fish parts and transfer fish broth to another large kettle. After the fish parts have cooled, remove all fish meat and place in a covered container and refrigerate. This will be used for gratin and chowder, which may be made at a later date-but within one week.

Divide the ground fillet mixture into thirds, refrigerating two thirds and reserving one third for immediate use.



The ingeniousness of the Norwegian homemaker to utilize every particle of food with which the earth and sea blesses her is manifested in the following five recipes made from one large haddock.

Fish Balls (Fiskeboller)

Dip a tablespoon in cold water and pick up an amount of dough the size of a large egg. Shape in the palm of your hand. Drop the egg into boiling fish broth and simmer gently for 25–30 minutes, never allowing the boiling to stop. The fish balls will float to the surface. When cooking period is completed they will slowly sink. You may remove the fish balls and store them in a container for later use, or make a white sauce with shrimp, or season with curry, and pour over the hot fish balls. May be frozen.

Serves 4

Fish Pudding (Fiskepudding)

From the sea leaps like a troll in a box the long fresco: Reddish gray granite a gray-green dawn. A sunburst amidst a cloud—of lead.

Reiis-Andersen



Photo credit: Alf Bjøresen

Ingredients:

1 lb. 12 oz. (800 g.) haddock fillet

2 tbsp. potato flour

1 tbsp. salt

¼ tsp. pepper

⅝ cup (1 ¼ dl) milk

¼ tsp. nutmeg

Butter or oil

Mince haddock fillet and salt in food processor. Gradually add milk. Add potato flour, nutmeg, and pepper and process until smooth. Pour into a greased quart pan. Place the pan in a bit larger pan and pour in hot water till it reaches half way up the sides of the quart pan. Bake at 350°F (288°C) for 35 minutes or until done.

Serves 4

Fish Cakes (Fiskekaker)



Using the remainder third of the dough, shape as for fish balls. Melt butter or margarine in a heavy fry pan. Flatten the balls to $\frac{3}{4}$ -inch (2-cm) depth and fry slowly to a medium brown. Transfer to another skillet until all are browned. Leave at least 3 tablespoons of the butter in the pan; brown well but do not burn. Remove from heat and add 3 tablespoons flour and blend. Add 1 $\frac{1}{2}$ cups (3 $\frac{1}{2}$ dl) fish broth all at once, and whisk until smooth. Return to heat and add more liquid if needed to make a smooth gravy. Pour gravy over the fish cakes and cook gently 25–30 minutes. A sliced onion may be browned and added to the gravy. It may be frozen.

Serves 4

Traditional Haddock Patties (Gammeldagse Fiskekaker)

Ingredients:

1 lb. 10 oz. (750 g.) haddock or Pollack fillets (should not have been frozen)

$\frac{1}{4}$ tsp. nutmeg

$\frac{1}{4}$ tsp. pepper

1 tbsp. salt

2 cups milk, app., cold

2 tbsp. potato flour

Grind the fish once and transfer to a food processor. Add salt, potato flour, nutmeg, and pepper and process a few seconds until smooth. Gradually add the milk and continue to process until smooth. Make medium sized round patties. Fry in brown butter about 2 minutes on each side.

Fish Gratin (Fiskegrateng)

Make a white sauce and add $\frac{1}{4}$ teaspoon grated nutmeg. Add 2 cups (5 dl) of fish (gleaned from fish parts) to sauce and mix well. Beat 4 egg whites until stiff; fold into white sauce mixture until thoroughly blended. Place in buttered casserole. Sprinkle with topping of

bread or zwieback crumbs. Dot with butter. Chopped chives added to the butter makes a delicious flavor. Bake at 350°F (175°C) for 50 minutes. Test for doneness with a toothpick. Must be eaten at once. Serve with baked or boiled potatoes and melted butter.

Serves 4–6

Fish au Gratin II (Fiskegrateng II)

Ingredients:

3 spring onions

Salt and pepper

1 cup macaroni

1 lb. 5 oz. (650 g.) wolf fish or haddock

4 tbsp. butter, unsalted

2 eggs

4 tbsp. flour

3 tbsp. bread crumbs

1 ¼ cups milk

Boiled potatoes

1–1 ½ tsp. nutmeg

Coarsely chop the spring onions. Cook the macaroni in the usual fashion. Melt butter in a saucepan, add flour, and stir milk in all at once. Bring to a boil and let simmer for 10 minutes. Add the spring onions for the last 2 minutes. Season with salt, pepper, and nutmeg. Cut the fish into bite-size cubes. Separate the eggs and add the yolks to the sauce while stirring. Whip the whites until frothy. Blend the fish, sauce, and macaroni and pour into a baking dish. Top with the whipped whites and sprinkle with bread crumbs. Bake in the oven at 350°F (150°C) for 40 minutes. Serve with melted butter and boiled potatoes.



Photo credit: Cato Lautitzen

Fish Chowder (Fiskesuppe)

Clean and dice 4 large stalks of celery. Cook in small amount of water until tender. Dice ½ cup (1 ¼ dl) of salt pork and fry gently but well. Dice 1 medium onion. Make cream sauce

with coffee cream. Dilute with fish broth, resulting in a rather thick sauce. Then add celery and water in which it was cooked, the fried salt pork, and diced onion. The final addition is 1-1 ½ cups (2 ½-3 ¾ dl) fish meat. Cook gently for 30 minutes. When serving, sprinkle individual bowls with fresh, chopped chives.

Serves 4-6

Cream sauce: Melt ¼ cup (½ dl) of butter, add 2 heaping tablespoons of white flour, and blend. Dilute gradually with 2 cups (5 dl) milk until desired thickness. Simmer 7-8 minutes. Season to taste.



Flounder (Flyndre)

When our family lived on the island of Kollen some 60 miles out from Oslo, one of my favorite things to do was to go out fishing with Pappa. Fish are such delicate creatures and sooner you get them home and start cooking them the better they taste. And Mamma stood ready with a hot frying pan and prepared them in an uncomplicated manner. Flounder is a great tasting fish. The flounder has a thick skin which is easy to strip off before it is baked or cooked.



Boiled Flounder (Kokt Flyndre)

Ingredients:

2 lbs. (1 kg.) flounder

1 slice yellow onion and a small piece of leek

Add 1 ½ tbsp. salt to each quart of water

Lemon

Parsley

Place the cleaned fish in cold heavily salted water for 15–20 minutes. Remove the fish and let the water run off. Lay the fish with the dark side up in a cooking utensil. Have just enough water to cover the fish. Add salt. Bring to a boil, remove the foam, and let the fish steep for 15–20 minutes, covered. Watch carefully because if it is in the water too long, it will lose its taste and look. Remove carefully from the water and place on a hot platter. Decorate with parsley and lemon. Serve with Boiled/Steamed Potatoes and melted butter.

Baked Fillets of Flounder (Stekt Flyndre fillets)

Ingredients:

4 fillets of flounder

White pepper

Salt

Place the cleaned fillets in salted water for 10 minutes (3 tbsp. salt to 1 qt. water). Remove and let the water run off. Sprinkle a little salt and white pepper over the fillets. Grease a baking pan large enough to spread the fillets out. Place dabs of butter over the fish. Cover with foil and bake 7–10 minutes at 395°F–425°F (200–225°C), or until done. The fish should not be brown. Serve with white sauce.

Shellfish (Skalldyr)

Shellfish such as lobster, shrimp, crab, and crayfish, although expensive, is by many considered a much-appreciated luxury food. Shellfish must be kept refrigerated and eaten as soon as possible after being cooked, as it does not keep well. Shrimp, lobster, and crayfish change color during the cooking process because the dye in the shell is destroyed when exposed to heat.

Shrimp Wok (Scamipwok)



Prepare this simple and tasty dish on a busy day. If you only have cooked shrimp, add them to the dish at the end. The raw shrimp needs a little longer cooking and should be added with the vegetables. And remember that some chilies are hot and others mild.

Ingredients:

- 1 lb. (500 g.) shrimp
- 2 green paprikas
- 2 onions, medium
- $\frac{2}{3}$ cup (150 g.) sweet peas
- 3 cloves garlic
- 2 tbsp. olive oil
- 2 red chilies
- 4 tbsp. soy sauce
- 4 red paprikas

Slice the onion, and dice the garlic and chili. Fry in a little oil until the onion is tender. Add chopped paprika and shrimp and cook until the shrimp turns pink. Add peas and soy sauce. If you use cooked shrimp, add now and let them heat through.

Boiled Lobster (Kokt hummer)

Place the live lobster in cold water and bring to a boil. Boil 5 minutes, reduce heat, and simmer 15 minutes more. (By this method the lobster becomes drugged at the lower temperatures.)

Or, to drug the lobster before boiling, place it in heavily salted water (1 ½ cups (3½ dl) salt to each quart (liter) of water) for a couple of minutes. Then plunge into boiling water. Use high heat so the water does not stop boiling when the lobsters are added.

Add ¼ cup (½ dl) salt for each quart of water and dill, if desired. Boil 5 minutes, reduce heat, and simmer 15 minutes. After the cooking period, plunge the lobster into cold water to stop the cooking action. When cooled, place the lobster on its back, and with a sharp knife cut it in half lengthwise from head to tail. Discard all organs. Remove the black vein that runs along the back and underside of the tail meat. Crack the claws with a nutcracker.

Broiled Lobster (Ristet hummer)

Plunge a live lobster head first into rapidly boiling, salted water, enough to cover. Cook for two minutes. Remove. Follow the preceding recipe regarding cleaning. Head may be removed at this time. Place the lobster under a broiler with shell side up, about 5 inches (12 ½ cm) from the flame, and broil 7 minutes. Turn and flatten the lobster open to expose the meat. Brush with melted butter and broil another 7–8 minutes. Serve with melted butter and lemon.

Oysters (Østers)

A few hundred years ago oysters were harvested in abundance on the west and south coast of Norway, but today this delicacy has become very scarce. Norway's high-quality live oysters are now harvested in isolated bays. The shell of young oysters is white, whereas the older oysters have a yellow or brownish color. The shells of live oysters are tightly closed. If it is partly open and does not close when handled, the oyster is dead and must not be eaten. Oysters must be kept refrigerated.

Wash and rinse oysters well in cold water. Place the oyster flat on a counter or table to open. Secure with the left hand and with the right hand force an oyster knife between the shell and the narrowest part (see illus. 2). Many prefer to hammer the edge of the shell first, which allows the knife to be inserted more easily (see illus. 1). Cut across the large constrictor muscle by sliding the knife close to the flat shell where the muscle is fastened (see illus. 3). Cut across the underside of the same muscle by cutting deep into the round part of the shell (see illus. 4) and leave the oyster lying loose in the shell. If oysters are to be served out of the shell, collect them in a bowl or pan until all the cleaning is completed. Then carefully check the oysters for any pieces of shell that may have been overlooked.



Fried Oysters (Stekte østers)

Ingredients:

Oysters

Crushed zwieback

1 egg, beaten

Lemon



Remove oysters from their shells and dry on a paper towel. Dip cleaned oysters in zwieback then in beaten egg and again in the crumbs. Melt butter in a heavy frying pan and fry oysters two to three minutes or until brown. Serve with lemon wedges and desired sauce.

Cauliflower with Shrimp Sauce (Blomkål med rekesaus)

In late summer when cauliflower is rather inexpensive, this dish is much enjoyed in Norway. Served with French bread and a green salad it makes a tasty supper anytime of the year.

Ingredients:

1 head of cauliflower, medium

¼ cup (½ dl) cream

2 tbsp. butter

Salt

2 tbsp. flour

Pepper

2 ½ cups (6 ¼ dl) whole milk or use part cauliflower broth

2 lbs. (900 g.) shrimp, cooked and shelled

Remove leaves and trim base from the cauliflower. Boil or steam cauliflower in, or over, salted water until just tender. Do not overcook. Keep hot. Melt butter in a saucepan, add flour, and stir in milk or broth, bringing it to a boil. Stir in cream. Simmer over low heat 5–8 minutes. Add seasoning and shrimp, and simmer long enough for shrimp to heat through. *Do not boil.* Lift head of cauliflower carefully to a large heated platter or shallow bowl, and pour sauce over. Sprinkle with paprika, and add a tuft of parsley.

Serves 4–6

Crabs (Krabber)

By whatever method you prepare the crabs, the buying and proper cooking of them is of utmost importance. They can be bought alive or boiled, but to be assured of their freshness it is advisable to buy live ones. Medium-sized crabs are the most sought after. Crabs should be well-filled, heavy, and firm, and should not gurgle when gently shaken. A gurgling sound indicates they are watery—do not buy!



Use a large utensil and fill it with water. Salt as you would for potatoes and add a sprig of dill for exciting flavor. Sea water can be used for cooking crabs, but even then additional salt should be added. Bring water to a rapid boil and add crabs, only a couple at a time, so the water does not stop boiling. Depending on their size, they should be done in 15–20 minutes. Allow to cool in the same water. When cool, remove both large and small claws carefully. A nutcracker is a helpful tool for this.

If the shell is hard use a hammer and tap carefully on the large claws to extricate the delicious meat in one piece. Pull off the top shell, remove the spongy parts such as the gills, stomach, and intestines; remove the semi-transparent membrane covering the body. Remove the small apron-shaped piece on bottom of crab and the projecting parts opposite. Break the body in two. Serve crab with melted butter, a little mayonnaise, or vinegar. Toasted French bread is excellent served with crab.



Crab Feast (Krabbelag)

Plan for one whole crab per person. Prepare and clean crab as in previous recipe. Give each person a nut cracker and a seafood fork. Set the table with lemon wedges, pepper, and mayonnaise, Serve with French bread and butter, or choose a delicious sauce, like Chili Sauce (p.34) or Chive-Parsley Sauce (p.34).

Sardines (Sardiner)

To my mind there are sardines and then there are Norway sardines. And there is no comparison. It is said that, “In Norway they catch the fish to fit the can. Elsewhere they *cut* the fish to fit the can.” You can tell a Norwegian sardine by its smoky, savory flavor. A sardine from Norway tastes different because of the smoking. Slow-burning oak fires—used to preserve the delicate flesh even before canning methods were perfected by Stavanger Hermetiske Fabrik in 1879—render a rich, mellow savoriness found in no other canned sardine. Laurels should be heaped on the two enterprising Norwegians, Martin

Gabrielsen and John Mejlænder, whose inquiring minds, discovered how to preserve the sea's bounty of small ocean fishes in the summer for enjoyment all year round.

“Caught and canned in a day.” First, a quick brine bath descales the sardines and makes them more receptive to the smoking. Then the fish are sorted to size automatically, threaded by machine onto thin steel rods where they are suspended individually by heads, and conveyed into the ovens to be lightly smoked for one hour over slow-burning selected oak wood that heightens the natural flavor and adds a special tang. After the smoking, mechanized knives cut off the heads.

Trained packers carefully hand-layer the smoked fish into cans. Each can is checked by inspectors to insure uniform filling.

Pure oil or sauce is added automatically by machine. (The olive oil, natural sardine oil, tomato, and mustard sauce must pass strict Norwegian and U.S. inspection.) Then the lids are put on and the can is hermetically sealed, washed, and placed in a steamer for one hour to cook and to thoroughly sterilize the contents.

How to tell a Norway winter-caught brisling (or sprat) from a Norway summer caught: Each can of sardines from Norway is required by Norwegian law to be labeled with a thorough description of contents, kind of oil, weight, packer, and so on.

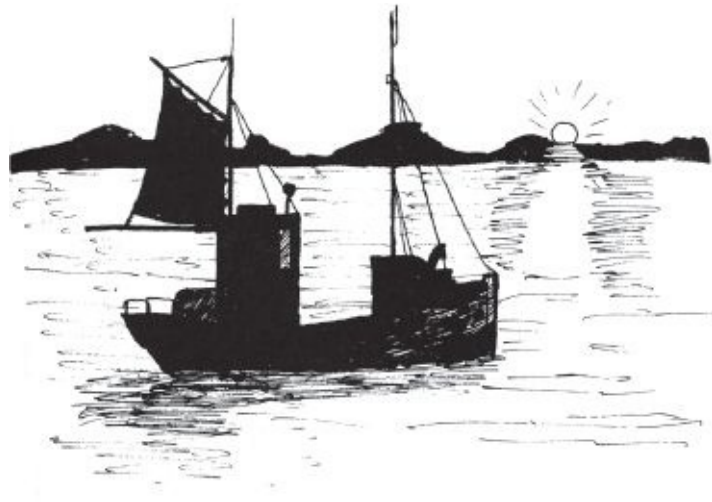
Summer-caught brisling: very tender flesh, often so juicy and plump it's hard to remove the fish whole from the can. Ranges in size from 3 ½–4 ¾ inches (8 ⅝–12 cm) long. Packed only in pure virgin olive oil.

Winter-caught brisling: firmer in flesh and texture, can be larger in size, ranging from 3 ¾–6 ¾ inches (7 ½–15 cm) long. Usually packed in light natural oil from the fish itself, highly refined, and specially developed by the test laboratories of the Norwegian Canning Industry.

Today, medical researchers are discovering what seafaring Norwegians have known for centuries: Seafood is good for you! Saltwater fish are also an excellent source of iodine. Tiny Norwegian sardines are excellent as a source of bone-building calcium and vitamin D.

Each 3-ounce (85 g.) serving contains 372 milligrams of calcium—more than an 8-ounce (2 ½ dl) glass of whole milk. Sardines also provide 10 percent of the U.S. RDA for energy important iron and riboflavin (vitamin B12).

Fish are rich in omega-3. But not all fish are created equal. Fattier fish living in icy, northern waters—such as Norway sardines—seem to yield especially high levels of omega-3 oil. A 3 ½ oz. serving of drained Norway sardines contain 5.1 g. of omega-3. As one of the cold-water fish with the highest omega-3 counts, sardines offer a convenient way to incorporate the nutritional benefits of fish oils in a diet. (For recipes see Index.)



Meat, Poultry, and Game

Lamb (Lam)

Lamb has a mild and yet singular flavor. The meat has fine fibrous structure and is tender and juicy.

Frozen lamb: Like all meat, it should be defrosted in the refrigerator or in a very cold room. Quick defrosting in a warm room causes the meat juices to seep out, leaving the meat less flavorful and juicy.

Cooking: Never boil meat hard but let it simmer. Use this procedure: Bring water to a boil, add meat, and return to a boil. Skim well, and add ingredients recipe calls for. Let the meat simmer until tender. The length of time depends on the thickness of the meat.

Frying: Dry the meat pieces well with a paper towel. Add butter to the frying pan, let it melt, foam-up, and turn a nut brown. Be careful not to burn. When foam subsides add the meat. Add one serving portion at a time into the pan. Add salt and spices after the meat is browned. Let pan cook a minute or two after meat is removed and before adding additional pieces. This will assure an even, hot surface in the pan. Pour the strained meat juice over the meat in a kettle and simmer until done.

Roasted: You will get the best result when it bakes at 265°F (130°C). Always use a meat thermometer. Insert into the thickest part of the lean meat, and do not let it touch fat or bone. The cooking period depends on weight and thickness of the meat and how you like it baked. Lamb ribs are baked at a higher temperature, 350°F (175°C), to secure golden brown and crisp ribs.

Ribs of Lamb with a Touch of Birch (Pinnekjøtt)

The western area has given Norwegian food culture a delicious dish that is reserved, in most cases, for Christmas. Some vestlendinger insist that the anticipation is even better than the taste, if that is possible.



Most Scandinavian delicatessens will be able to supply you with *pinnekjøtt*. Cooking directions are the same as for your home-cured ribs. Figure on 10–12 ounces (285–340 g.)

of *pinnekjøtt* per person. It is not by chance that Christmas and *pinnekjøtt* are so closely associated. They belong together! The sheep that have been getting fat from their summer-time grazing on the mountain farms are slaughtered in September and October, and it is from these animals the ribs are taken.

Ingredients:

4 ½ lbs. (2 kg.) cured lamb ribs-*pinnekjøtt*

Boiling water

Cooking: Soak ribs overnight in lots of water. Cooking the lamb rib to perfection is part of the preparation. Use a large kettle with very little water in the bottom. Position an interlaced “bridge” of small birch branches (with bark removed) just over the water in the kettle (or use a rack). A dexterous person will have no problem building a firm “bridge” so the meat will not receive an involuntary dunking!

Distribute the meat evenly on this structure, cover tightly, and put a weight on top. Place over moderate heat and cook for approximately 2 hours. More water may be added as necessary. Do not remove the meat until tender or until it is ready to be served.

Boiled/steamed potatoes are usually served with *pinnekjøtt*, and mashed rutabagas with the addition of a generous amount of butter and some cream makes this a royal feast. Let each guest season with pepper to taste. A large serving platter is ideal for both the rutabagas and *pinnekjøtt*. Mound the mashed rutabagas in the center of the platter. Arrange the ribs so that the cutlet end borders the platter and the ribs point upwards, encircling the heaped rutabagas. What a magnificent sight! A choice lamb rib is fat enough that no additional sauce is needed, but if so desired, the cooking broth may be served on the side. And yes, using both hands to eat *pinnekjøtt* is quite acceptable.

Dry-salting: Rub the lamb ribs well with salt to which has been added a large pinch of saltpeter, giving the meat a red, more delicate appearance. (Saltpeter is optional.) Put a generous layer of salt, mixed with a little saltpeter, in the bottom of the salt tub. Lay the ribs on top with the bone side up and cover with another blanket of salt. The salt will draw the blood out from the meat and create brine that is used for basting the meat from time to time. Some Norwegian cookbooks recommend the mutton remain in this salt for 2 days, but 36 hours is sufficient. Dry the mutton rib well and it is ready for hanging. Many maintain 3 to 4 days’ drying time is enough, but *pinnekjøtt* experts insist on a much longer time—from butchering season until Christmas, or not less than 2 ½ months. It is important that the drying process gets off to a good start, so the use of an electric fan for the first 3 or 4 days is recommended. Hang in the airiest, driest, and darkest place possible. When finished drying, remove the rib with the cutlet attached. It is necessary to soak the cutlet in water for a couple of hours after such a long hanging period.



A stabbur—storage house. One could tell the wealth of its owner by the amount of decorative carvings displayed on doorposts and gables.

Classic Leg of Lamb (Klassisk lammestek)

Ingredients:

- 5 lbs. (2 ½ kg.) leg of lamb, app.
- 3 garlic cloves
- 2 tsp. salt
- 1 onion, quartered
- 1 tsp. pepper
- 3 carrots, cut in two
- 4 stems rosemary, or 1 ½ tsp. dried
- 1 qt. (1 l.) app. Water

Rub the lamb well with salt and pepper. Slice the garlic and cut small pockets in the meat and stick the garlic pieces and rosemary tufts in the pockets. Peel the vegetables and place them in a greased ovenproof baking pan, add the leg of lamb. Insert a meat thermometer in the thickest part but be careful not to touch the bone. Pour one quart water in the pan. Roast at 225°F (125°C) for 2–3 hours. When the thermometer shows 160°F (70°C), the roast is rare; when it shows 165°F (76°C), it is done. Pack the roast in foil and let it rest at least 15 minutes before carving. In the meantime, make the gravy.



Gravy:

Ingredients:

- 3 ¾ cups (8 dl) pan juices or broth
- 1 tsp. soy sauce
- 4 tbsp. flour
- ½ tsp. pepper

1 tbsp. black currant juice or red wine

½ tsp. salt

Boil the pan juices. In a thin stream add the thickened flour, which has been stirred into a little water, while stirring continually. Let it simmer 10 minutes. Add soy sauce, black currant juice/red wine, salt, and pepper to taste. Serve with boiled potatoes, peas, carrots, and mushrooms.

Lamb and Cabbage (Fårikål)

Norway's national dish! Dr. Thor Heyerdahl, world-renowned Norwegian ethnologist, author, and explorer of Kon-Tiki and RA II fame, shared his favorite version of this recipe with us.

A welcome sign of fall in my youth was a pot of *fårikål* simmering on our black wood stove. The cherished sunlit summer evenings, replaced by the pitch black September nights, was a perfect setting for this dish. The whole pepper corns hidden in between cabbage leaves and under chunks of meat is part of the “tradition,” but if you want to avoid the “nuisance” enclose them. I usually double the peppercorns recipes call for.

Ingredients:

6 lbs. (2 ¾ kg.) lamb breast or shoulder

1 tbsp. salt

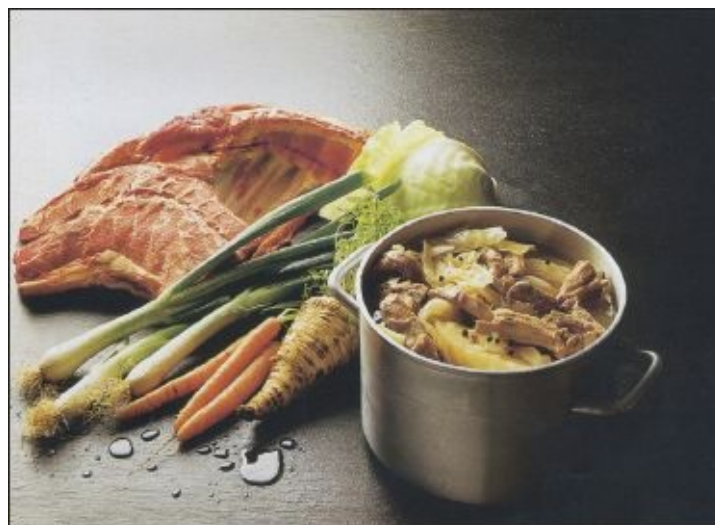
2 large heads cabbage

4 tbsp. flour

1 tbsp. black pepper corns

Wash the lamb in lukewarm water and cut into small pieces. Blot dry, dip in flour, and layer in the pot with a little more than half the cabbage that has been washed and coarsely cut. Add boiling water until it reaches half the level of the meat. Add salt and pepper. Simmer for 1 hour, then add reminder of the cabbage. Simmer well covered for about 1 hour longer, or until meat and cabbage are tender. Serve with steamed/boiled potatoes, carrots and flatbread.

Serves 10–12



Fricassee of Lamb (Lammefrikassé)

Ingredients:

2 lbs. (900 g.) of lamb w/bone neck, shoulder, ribs,
or shanks
1 parsnip
1 head cauliflower
1 leek
2 ½ cups (6 ¼ dl) water
1 ½ tsp. salt
2–3 carrots

Bring water to a boil and add the meat. Return to a boil and reduce heat and simmer about 45 minutes. Clean, peel, and slice vegetables. Add to the meat the last 10 minutes. Season. Serve with rice or steamed/boiled potatoes.

Serves 4

Lungemos from Telemark (Lungemos fra Telemark)

This recipe, using veal and lamb, is somewhat different from the original recipe, yet very tasty. Lungemos means finely chopped lungs or intestines cooked in stock.

After several years absence from Norway, I rather embarrassed my aunt Esther on my first return trip there. She had waited to do the final grocery shopping until I arrived, thinking I would enjoy choosing our meal. I was delighted and knew exactly what I wanted. The last few days before leaving for Norway, *lungemos* had come to mind, and that is what I desired. When I spotted it in the store, I excitedly exclaimed, “Lomos!” In my broken slang, that was like using “ain’t” for “am not.” “Ssh! It is called *lungemos*! Besides it is not fit to serve guests from America,” my aunt explained, obviously embarrassed.

Well, when we topped off our *lungemos* dinner with an elegant marzipan cake, she felt somewhat better. As for me I was very happy. And my aunt—she never let me forget that bizarre meal.

Ingredients:

1 lb. (450 g.) veal or lamb
½ tsp. pepper
1 cup (2 ½ dl) stock
½ tsp. ginger
1 onion, small
Salt
1 tbsp. butter

Grind or mince the meat. Add meat, stock, onion, and butter into a saucepan. Simmer about 30 minutes. Add spices and salt. If needed add a little barley flour to thicken to the consistency of porridge. Delicious served with flatbread, potatoes and lingonberries.

Serves 4

Potato Dumplings with Meat (Kumler med kjøtt)

Kumle recipes and traditions vary from place to place and home to home. This is Ingrid Espelid Hovig's Norwegian culinary expert and television chef's recipe as used in her home in Bergen.

Some cooks put meat or salt pork in the dumplings; others serve the meat on the side. Some serve potato dumplings with a sauce made from Norwegian goat cheese, *geitost*, while others pour melted butter over their dumplings.

Ingredients:

1 ½ lbs. (675 g.) salted and smoked mutton

1 lb. (450 g.) salt pork, approx.

3 quarts (3 liters) water

Soak the meat and salt pork overnight. Bring to a boil, uncovered, in fresh cold water. Skim. Simmer meat and salt pork, covered, until tender, about 1–2 hours. Remove from pan and keep warm in a little of the stock.

Potato Dumplings:



Ingredients:

1 lb. (450 g.) raw potatoes, peeled 2–3 tbsp. flour

¼ lb. (115 g.) boiled potatoes 1 rutabaga, small

1 tsp. salt Melted butter

¾–1 cup (1 ¾–2 ½ dl) barley flour Thyme

Grate the raw potatoes on the finest part of the grater or grind them in a food mill with the finest attachment. Mash or grind the boiled potatoes and mix the two. Add salt and flour at once to prevent potatoes from darkening. If the potatoes have a high water content you should pour off some of the water before the flour is added or you will have to add more flour and then the dumplings will be too firm. The amount of flour needed depends on the quality of the potatoes. Make a small dumpling to test this. The mixture should not be so

thin that the dumplings spread out into the stock, nor should they be so firm that they are heavy and tough.

Shape the dumplings with a tablespoon dipped in warm stock and drop them into the simmering stock. The meat stock should simmer at all times while the dumplings are cooking. The kettle should be so large that there is plenty of room for the dumplings or they may stick together. Simmer for about 30 minutes or until they are cooked through. To test cut a dumpling in two.

Peel the rutabaga and cut into bite-size pieces. Boil tender in a little of the meat stock or in lightly-salted water. If there is room in the kettle, the rutabagas may be cooked with the dumplings.

Cut the salt pork in slices and the meat in cubes. Place meat, pork, and rutabagas on a platter with the dumplings. Serve, using the melted fat skimmed from the stock, or a little margarine as a sauce. The next day season the stock with salt and thyme to taste, and serve as a soup with the dumplings or alone.

Makes 4–6 servings

Potato Dumplings with Bacon and Lingonberries (Kumler med flesk og tyttebær)



Ingredients:

1 ½ lbs. (600 g.) potatoes, raw and peeled

½ cup (100 g.) bacon, diced

½ lb. (200 g.) potatoes, boiled and peeled

1 tbsp. butter

Salt and pepper

Meat stock or water, warm

⅞ cup (2 dl) barley flour

1 cup (2 dl) lingonberries

1 onion, diced

2 tbsp. sugar

Grate the raw potatoes on the finest part of the grater. Mash and grind the boiled potatoes

and mix the two. Add salt and flour at once to prevent the potatoes from darkening. If the potatoes have a high water content pour off some of the water before the flour is added or you will have to add more flour and then the dumplings will be too firm. The amount of flour needed depends on the quality of the potatoes. Make a small dumpling to test this. The mixture should not be so thin that the dumplings spread out in the stock, nor should they be so firm that they are heavy and tough. Fry the bacon and onion and add salt and pepper. Drain. Shape the dumplings with a tablespoon dipped in warm stock and fill them with the bacon mixture and drop them into the simmering stock. The meat stock should simmer at all times while the dumplings are cooking. The kettle should be large enough so that there is plenty of room for the dumplings or they may stick together. Let the dumplings simmer for about 25 minutes. Serve with sugar and stirred lingonberries. Usual side dishes are *vossakorv*, salted lamb, and mashed rutabagas.

Cured Meat (Spekemat)

Salt-cured meat has been a traditional part of Norwegian gastronomy since Viking days. In olden times it was necessary to build stocks of dried food as insurance against the uncertainties of the future.

Before salt was used, meat was probably heat-smoked at home in the open-hearth living room and then hung in the larder for further drying and maturing.

The arrival of salt on the household scene meant a change in the method of curing, from salting to drying (maturing) and often smoking. And many were the handsome storehouses (*stabbur*) in rural districts, all well filled with years-old hams, legs of lamb, and sausages.

Today, the production of salt-cured food in Norway is a skilled process carried out in modern slaughterhouses under constant government supervision. And salt-cured food is more popular than ever: it provides renewed contact with the simple, romantic ways of the past and, of course, it tastes so good!

The roots of this tradition-rich food grows deep in Norwegian food culture. The taste is novel and exciting with innumerable possibilities for variation. Exciting entrees may be prepared in moments, and it tastes delicious all year round. It is also suitable around the clock, on a piece of bread in the morning, in a salad for lunch, in a picnic basket, or together with dill-stewed potatoes for dinner. For parties or evening snack, or on a buffet, cured meat is welcome. Always keep some type of cured meat on hand, as you can always count on somebody dropping in, right?

Cured Meat Buffet (Spekematbuffet)



The serving of Norwegian salt-cured meat abounds with attractive possibilities. The salt-cured buffet, with its numerous variations and combinations, is easy to prepare because most of the dishes can be placed ready on the table before the guests arrive. Suitable all year around this genuine Viking food invariably attracts a great deal of well-deserved attention.

Scrambled eggs and salt-cured meats go together naturally in the Norwegian diet. The scrambled eggs may, if desired, be served cold. Beat together 4 eggs, 3 tbsp. cream, $\frac{1}{4}$ teaspoon salt, and 1 tablespoon chopped chives. Pour into medium-hot frying pan containing 1 $\frac{1}{2}$ tablespoons melted butter. Gently heat the mixture until it begins to coagulate, stirring with a fork.

Sour cream and Norwegian flatbread make an excellent accompaniment to this type of food—as do fresh-fried chipped potatoes and mushrooms fried in butter.

Omelettes, either plain or vegetable filled—asparagus, cauliflower, celery, or leek—are particular favorites.

Baked tomatoes with butter and Norwegian flatbread add a novel touch.

Potato salad with sour cream is very easy to make. First prepare some boiled potatoes. Mix $\frac{3}{4}$ tablespoon of French-type mustard sauce and 1 cup (2 $\frac{1}{2}$ dl) sour cream. Pour this over the sliced potatoes and sprinkle liberally with chopped chives.

Slicing cured meat: Slice the meat on a chopping board using a sharp knife. Start slicing from the thickest muscle near the shank and then cut slices across the muscle fibers so that the meat will be tender. White bread or Norwegian flatbread and butter should accompany the dish. In Norway sour cream is a favorite accompaniment.

Preserving cured meat: Meat being hung to dry should be placed in a bag of porous material such as cheesecloth (not plastic), which should not come in contact with the meat. A stiff wire frame around the meat can prevent this. The top opening of casing should be tightly closed at all times. The cured meat may be cut into smaller portions and frozen.

Salt-Cured Ham (Spekeskinke)



The ideal weight for a good salt-cured ham is 8 $\frac{1}{2}$ –11 lbs. (4–5 kg.). In the preparation

of salt-cured ham the same method is used as for salt-cured leg of lamb, but because the ham is larger more salt and a longer curing period is required. The ham may be either brine-cured or dry-salted. Prepare brine, thoroughly clean a suitable container, and chill both. Rub the ham well with salt using approximately $\frac{1}{4}$ cup ($\frac{1}{2}$ dl) to each $2\frac{1}{4}$ lbs. (1 kg.) of meat (the addition of $\frac{1}{2}$ tablespoon sugar is optional). Place a generous layer of salt mixture beneath the meat as well as between the layers and carefully pour the brine into the container to completely cover.

Pour *carefully* to avoid washing away the rubbed-in salt. If a large quantity of meat is being cured and is therefore tightly packed, it leaves less room for the brine, so be sure to salt extra well. Place a weight on the meat so that it will be completely submerged at all times. Salted meat must be carefully observed. If a grey scum appears on the surface, remove and add more salt, bring to a boil, and skim well. It is not advisable to make fresh brine as this will remove additional meat juices and affect the flavor of the meat. Whether the dry-salt or brine-cured method is employed, the meat should cure for 6 to 10 weeks before being hung to dry. Remove ham from the brine, rinse well in cold water, and hang to dry in a well ventilated, comparatively dry and not too warm area. The ham may also be smoked. If so, first soak in cold water for 24 hours to remove excess salt. It should be thoroughly dried before being smoked. It takes from 4 to 5 months for the ham to be cured and ready to eat.



Winter Brine (Vinterlake)

Ingredients:

10 quarts (10 liters) water

3 lbs. (1 kg. 350 g.) salt (not iodized)

1 $\frac{1}{2}$ lbs. (675 g.) sugar

Summer Brine (Sommerlake)

Ingredients:

10 quarts (10 liters) water

4 $\frac{1}{2}$ lbs. (2 kg.) salt (not iodized)

1 $\frac{1}{2}$ –2 $\frac{1}{2}$ cups (3 $\frac{3}{4}$ –5 $\frac{3}{4}$ dl) sugar

A stronger brine is required if meat takes place during summer weather or in a warm, humid room. The brine can be made from either coarse or regular salt. Combine all ingredients and bring to a boil. Do not use aluminum pans. Stir occasionally as the brine

scorches easily. Skim well and boil from 5–10 minutes. Cool *completely* before pouring over the meat. Discard sediment but include any salt that may have settled on the bottom. Sugar has a tenderizing effect and gives added flavor.

Cured Leg of Lamb (Fenalår)

Fenalår is another Norwegian delicacy that emanates from a period when our people struggled to preserve enough food to last through the long winters. Surely our forefathers would be amazed that what to them was a necessity would in future generations become a favorite in Norwegian culinary culture.

In ages past most slaughtering took place in November. In the old Norwegian language the month of November was known as *gormanadr* (the month for butchering). It was an especially busy and taxing month as they needed to butcher a sufficient number of animals to meet their meat and bacon needs for the year. The meat was either dried, salted, or smoked, or a combination of all three. It was quite a status symbol to have your *stabbur* (storehouse built on pillars) filled with food, and not at all unusual to find a cured ham or leg of lamb, which had hung there for 5 or 6 years and often much longer. Experts agree, however, that for meat to be at its tastiest best it should not hang longer than 1 to 2 years.

The preparation of salted and cured meat, *spekemat*, requires dry air; the drier the air the better the meat. The size of the leg of lamb is also important. Small ones have a tendency to dry out while the larger ones remain juicy and flavorful. The fresher the meat the better the end result. Dry-salting is the best method for curing a leg of lamb, however; if more than one is being cured, use the brine method.

Dry-salting: Dry-salting extracts the juice from the meat and produces strong brine with which meat should be basted often and evenly. Vigorously rub the salt into the meat. In a wooden tub, crock, glass, or enamel container put a generous layer of salt to cover the bottom. Place the meat on top of the salt with the bone side up. Sprinkle the top with a blanket of salt. If sugar is used add ½ cup sugar (1 ¼ dl) to 2 lbs. (900 g.) of salt.

New Year's Eve Game (Viltgryte)

The first time I tasted this dish was in “Sami country” in Northern Norway. I thought maybe it tasted so good because I was in “Sami surroundings,” but I have never been disappointed with later servings.



This dish tastes good all year long, not only on New Year's Eve. It is the best known Sami dish in Norway. Accompaniments are boiled potatoes and stirred lingonberries. It calls for reindeer meat but any game will do.

Ingredients:

1 lb. (450 g.) half frozen reindeer
shoulder thinly sliced
½ cup (1 ¼ dl) milk, scant
¼ cup (½ dl) sour cream
Butter for browning
3 thin slices Norwegian goat cheese
½ cup (1 ¼ dl) mushrooms
5 juniper berries, crushed
1 cup (2 ½ dl) water, scant
Salt and pepper
1 ½ tbsp. flour

Shave thin pieces off the half defrosted meat. Brown quickly in butter in a hot pan. Clean and slice the mushrooms and fry in a separate pan, and add to meat. Stir in flour mixed with a little water. Bring to a boil, then reduce and let simmer 10 minutes. Stir milk into the sour cream and add to the kettle with goat cheese and juniper berries. Season with salt and pepper.

Serves 4

Marinated Meat (Gravet kjøtt)

An old tradition almost lost, and now revived. How lucky for us! You can use any tender meat of pork, beef, lamb, or game.

Ingredients:

1 ¼ lbs. (675 g.) meat (fillet)
½ to 1 tsp. black pepper, ground
2 tbsp. salt
½ tsp. fresh basil, crushed
2 tbsp. sugar

Carefully cut away any membranes and fat from the meat. Mix salt, sugar, and spices, and turn meat in it. Place on a platter and cover with foil and plastic wrap. Place in the refrigerator for 4 to 5 days. Turn a couple of times a day. Scrape off the spices and slice paper thin before serving. Serve with mustard sauce, pickles, pickled or sliced onion, and dark bread.

Serves 4

Meatballs (Kjøttkaker)

A favorite! The flavor is rather mild, however, and you might want to add a little more seasoning. Serve with boiled potatoes, peas, and lingonberry jam.



Ingredients:

- 1 lb. (450 g.) ground chuck or round
- 1 tsp. salt
- 1 can evaporated milk, small
- 2 eggs
- ¼ tsp. pepper
- 3 ½ tbsp. flour
- ¼ tsp. allspice
- 2 tbsp. butter

In a bowl, thoroughly blend ground chuck or round with evaporated milk. Add spices and eggs, mixing well. Fully stir in the flour. Add butter to frying pan. When melted, and pan is hot, form balls and add to the pan. Flatten slightly with back of a tablespoon. Remove to a platter and make the gravy.



Gravy:

- Butter
- 2 tbsp. flour
- 2 onions, diced
- Water
- 1 cube Knorr-Swiss bouillon

Dice onion and sauté in butter. Add meatballs, bouillon, and water; let simmer for a few minutes. Mix the flour with a little water and stir into mixture in saucepan. Let simmer for a few minutes. If darker gravy is desired use a little Gravymaster.

Stuffed Cabbage Leaves (Kålruletter)

Ingredients:

1 cup (2 ½ dl) milk
¾ lb. (340 g.) ground round
2 slices bread, French or Vienna, crust removed
2 tsp. salt
12 cabbage leaves, white
½ tsp. pepper
1 ½ qts. (liters) water
¼ tsp. ginger
3 tsp. salt
¼ tsp. nutmeg, freshly grated

Pour milk over bread and spices and mix until smooth. Grind the meat with the salt, three or four times. Fully mix meat and bread paste. Carefully loosen cabbage leaves and parboil in salted water until limp enough to handle, or parboil whole head, making it easier to separate leaves. Remove heaviest veins from cabbage leaves. Save cooking water. Place a spoonful of forcemeat on each cabbage leaf, wrap, and tie with cotton string. Boil for 15–20 minutes in water used for boiling cabbage. Remove from water, drain, and remove string. Serve with a basic white sauce, spiced with a little grated nutmeg. Some prefer these cabbage rolls browned in butter and served with the brown butter.

Serves 4

Meat and Vegetable Loaf (Kjøtt og grønnsakpudding)

This tasty loaf is quickly made with your food processor or mixer. Make a large portion, and freeze part of it for busy days. The addition of cabbage is not only flavorful and nourishing but enables you to cut down on the meat.

Ingredients:

½ lb. (¼ kg.) cabbage
1 ½ tsp. pepper
Water
1 tsp. nutmeg, freshly ground
Salt
2 tbsp. potato flour
1 ½ lbs. (675 g.) ground meat, lean
2 cups (5 dl) milk
2 tsp. salt

Wash and core cabbage and parboil in lightly salted water 10–12 minutes. Remove from water, drain, and cool. Thoroughly mix the salt into the ground meat. Stir in potato flour and nutmeg, and add milk a little at a time. Blend well after each addition until it reaches a thick, viscous consistency. Butter an oblong pan or loaf pan. Place the meat and cabbage in

layers, beginning and ending with meat, and having meat all around the sides of the pan. Preheat the oven to 300°F (150°C) and bake approximately 1 hour. Make the following sauce:

½ cup (1 ¼ dl) scant broth from meat loaf

¼ cup (½ dl) water, cold

1 tbsp. tomato purée

1 ¼ cups (3 dl) potato water

Touch of cayenne pepper

1 bouillon cube

1 tsp. sugar

1 ½ tbsp. flour

1–1 ½ tsp. salt

Bring meat broth and potato water to a boil. Add bouillon cube to dissolve. Make a thickening from flour and water and whisk into the broth until smooth. Let simmer 6–8 minutes. Add tomato purée, spice, sugar, and salt. Serve the meat loaf with rice or boiled potatoes, and sauce.

Serves 4

Sausages, Simple and Delicious (Pølser, så enkelt, så godt)

A few simple rules and your sausages will be delicious every time. And why not make your own? It is neither difficult nor time consuming.

Many meat grinders and kitchen machines have optional sausage attachments. It is satisfying to know one can enjoy sausage without so many preservatives, that one feels embalmed before the meal is through.

To Cook: Never boil sausages; they should only simmer. Bring the water to a boil and turn the heat down before you add sausages. With a cooking thermometer it is easy to control the temperature of the water. Around 180°F (82°C) is the right temperature for all sausages. Simmer thin Wieners, hot dogs, and other small sausages about 10 minutes. Knockwurst, bratwurst, and the like should simmer about 15 minutes, and large dinner sausages, pork sausages, and the like about 20 minutes. Use this time for raw, cooked, or smoked sausage. If you need to use the sausages direct from the freezer add another half time to it. If desired, for added flavor, simmer the sausages in bouillon, and add a few slices of onion or your favorite spices.

To fry: Fry over medium-high heat in very little fat, and remove sausages as soon as they are browned.

To grill: When grilling outside or in the oven, make two to three slits on each of the sausages or hot dogs, or punch small holes in them. It will keep them from splitting open. Remember to turn often; sausages soon scorch on a hot grill.

Pork Sausage or Patties (Medisterpølser/kaker)

Ingredients:

2 lbs. (900 g.) lean pork
½ tsp. sugar
¼ lb. (115 g.) bacon
½ tsp. cloves
½ lb. (225 g.) veal
½ tsp. ginger
3 tbsp. potato flour
½ tsp. nutmeg, freshly grated
1 ½ tbsp. salt
2 cups (5 dl) cold milk
1 ½ tsp. pepper
Sausage casings

Grind meat six times and add spices. Add milk a little at a time and mix well. Add the potato flour and work well. Stuff casings loosely. Tie. Cook a small ball to taste for correct seasoning. Simmer sausages 15–20 minutes. Keep in the refrigerator in the stock, on which a “lid” of fat will form. If this lid is not broken the sausage will keep quite some time. Before serving, cut into 3–4 inch (7 ½–10 cm) lengths and brown lightly over low heat in butter or margarine.

Note: In place of sausages, patties can be made from this mixture. Fry slowly over medium heat.

Voss Sausages (Voss pølser)

Beautiful Voss! (Birthplace of Knut Rockne, Notre Dame’s famous football coach.) I first tasted this type of sausage while overlooking the serene Voss lake, basking in the beauty surrounding it—mountains dotted with little farms. The memory will always remain.

Find a butcher who will smoke these sausages for you; their delectable flavor will linger on your taste buds.

Ingredients:

5 ½ lbs. (2 ½ kg.) mutton, from shoulder, neck, and flank
2 tbsp. sugar
½ tbsp. pepper
1 ½ lb. (450 g) fresh pork fat
¼ tsp. nutmeg
¼ cup (½ dl) salt
¼ tsp. ginger
⅞ cup (2 dl) potato starch
Sausage casings, 4 yds. (meters)
3½–4 cups (8–9 dl) stock or water

Debone the meat and cut into strips. Cut pork fat into strips. Crack the bones, cover with water, and bring to a boil. Skim and let simmer to make stock, approximately 1 hour. Strain and chill. Grind meat and fat once. Add the salt and refrigerate for 12 hours. Whisk

the potato starch, sugar, and seasonings into the cold stock. Gradually add to the meat mixture. Do not overwork the meat. Rinse the sausage casings well. (Read directions, they might have to be soaked in water for several hours.) Then stuff with mixture but not too tightly that might cause sausages to burst open. Tie securely at 16-inch (40-cm) intervals. Smoke 3–4 hours. Simmer in lightly-salted water about 20 minutes. Serve with boiled potatoes and mashed rutabagas, preferably along with *pinnekjøtt*. Cold Voss sausages are good as sandwich meats and add a delicious flavor to soups and stews.

Serves 20

Veal Patties (Kalvekarbonader)

Ingredients:

1 lb. (450 g.) veal

¼ tsp. white pepper

¼ lb. (115 g.) pork (do not remove fat)

1 egg

4 zwieback, finely crushed

½ cup (1 ¼ dl) light cream

½ tsp. ginger

½ cup (1 ¼ dl) soda water

½ tsp. nutmeg

1 egg

1½ tsp. salt

4 zwieback, finely crushed

Grind veal and pork together 3 to 4 times, or have your butcher do it. Add 4 crushed zweibacks, seasoning, and egg. Mix cream and soda water together and add. Mix well until smooth. Form into oval patties. Dip in beaten egg; roll in zwieback crumbs. Fry in butter to a light brown and serve with browned butter.

Serves 4–5

Reindeer Roast with Game Sauce (Dyrestek med viltsaus)

The Sami people are usually thought of as different groups according to the activities they carry out. The “Mountain Sami,” the nomad people of Northern Scandinavia and Russia, are the typical Sami. The precious reindeer means life to the Sami people; they use every part. Bones and horns are used for objects and ornaments, skin for clothes and boots, and the priceless meat sustains life.



Ingredients:

5 lbs. (2 ¼ kg.) leg of reindeer

Strips of suet, ¼-inch (5 mm) thick

½ cup (1 ¼ dl) butter

Salt and pepper

1 cup (2 ½ dl) whole milk, warm

1 cup (2 ½ dl) water

Sauce:

1 ½ tbsp. butter

2 tbsp. flour

2 cups sour cream

2 tsp. red currant jelly

1 slice brown goat cheese

Wash meat in cold water and dry well. Trim off fat and excess skin (not the membrane that keeps muscles together). Game meat tends to be rather dry and should be larded. With a thin, sharp knife, make deep holes or pockets in meat and stuff in strips of suet. Tie the roast, and rub with salt and pepper. Brown butter in a large, heavy pot on top of the stove. An iron pot is preferred. Grease thoroughly with butter or margarine before using. Place meat in a pot, meaty side down. Brown well on all sides, adding more butter as needed. Turn with two wooden spoons to avoid pricking meat. When brown, pour on the warm milk and water, and reduce heat. Cover, leaving lid slightly ajar to allow steam to escape. Cook slowly 2–2 ½ hours, basting meat occasionally. Add more milk and water as needed to keep meat covered about two thirds. When cooking is completed, remove meat and keep warm.

Sauce: Brown butter, stir in flour, and add drippings from roast a little at a time, stirring constantly to make a smooth, medium thin sauce (the sour cream will thicken it). Cook 5–8 minutes. Stir in sour cream, currant jelly, and goat cheese. Add salt, if necessary. Let simmer a while but do not boil. Slice and arrange meat on warm serving platter. Decorate with parsley and tomatoes. Serve sauce in a separate dish. Accompanied with parsleyed, steam-dried potatoes, or small browned potatoes, and any kind of green vegetable (Brussels sprouts or peas are very good). If available, rowanberry jelly with its sharp flavor is an excellent accompaniment to any game.

Veal Roast (Kalvestek)

May be treated in the same manner as reindeer roast without the larding, and tastes delicious served with the above sauce.

Beef (Oksekjøtt)

When defrosting, take from the freezer and leave in the refrigerator until defrosted. This prevents too much of the juice from seeping out and keeps the meat tender. Be sure a frying pan is well heated before adding butter or margarine. Use just a little butter/margarine, let it melt thoroughly, and let the foam subside before adding the meat. Fry beef of about the same thickness at the same time. And do not put too much meat in the pan at the same time; this cools the pan too much. Wait to add salt until meat is done. Salt draws the juices out and leaves the meat dry. Do not puncture the meat when turning; this too will cause juice to seep out.

Hash (Pytt i panne)

Ingredients:

1–1 ½ lbs. (450–675 g.) beef, lamb,

1 large onion

pork leftovers, or stew meat

Butter

4–6 potatoes, cooked and cooled

Salt and pepper

Dice meat and potatoes in ½-inch (1 ¼-cm) cubes. Coarsely chop onion and fry lightly in a large skillet. Add meat, potatoes, and seasoning (should be well seasoned). Fry slowly until nicely browned, adding butter as necessary and turning frequently. Serve with a fried egg on top of each portion if desired.

Serves 6–8

Swiss Steak (Bankekjøtt)

Ingredients:

1 ½ lbs. (675 g.) beef roast or 1-inch (2 ½-cm) thick

round steak

10 whole peppercorn

1 ½ tsp. salt

Margarine for frying

3 tbsp. flour

2 ½ cups (6 ¼ dl) water

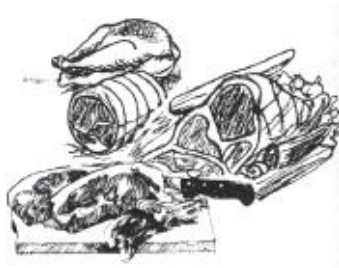
2 onions, med., sliced

1 bay leaf

Cut meat in thin slices and dry well with paper towels before browning in margarine. (If round steak is used, pound with meat mallet; it breaks up tough fibers.) Proceed as with roast.

Remove meat from pan to kettle. After each browning, add a little of the 2 ½ cups (6 ¼ dl) water and bring to a boil, pour over meat. Eventually add remaining water. Add bay leaf, salt, pepper, and simmer until meat is tender. Make a paste of flour and a little water and stir into meat juice to make gravy. Simmer 6–8 minutes. Add onion which has been browned in a little margarine. Taste for seasoning.

Serves 4–5



Boneless “Birds” (Benløse fugler)

Ingredients:

½ lb. (225 g.) marrow (buy marrow) bones) or 3–4 oz.

(85–115 g.) fat

1 tsp. salt

½ tsp. white pepper

2 lbs. (900 g.) round steak

½ tsp. cloves

1 lb. (450 g.) finely ground top round

½ tsp. ginger

Milk or water

Cook marrow bones in salted water (skim water as necessary) long enough to remove marrow in one piece. Continue cooking bones to make bouillon for sauce. Have meat cut into thin slices as for steak rolls. Pound meat lightly. Work ground meat and spices together with a small amount of milk or water. On each slice of meat (individual serving size) put one tablespoon ground meat and flatten. Top with a portion of marrow. Roll up and tie with string. Brown well in butter. Add strained bouillon from bones, to cover. Allow to simmer about an hour, or until meat is tender.

Brown sauce: Brown 2 tablespoons butter and stir in 1 ½ tablespoons flour until smooth. Gradually add stock from the “birds,” stirring constantly. Boil 6–8 minutes, salt to taste. Add a dash of Worcestershire sauce if desired. A small can of drained, sliced mushrooms may be added.

Serves 8

Roasted Pork Loin with Fruits (Svinestek med frukt)

Ingredients:

8 medium-sized prunes, pitted

5 lbs. (2 ¼ kg.) pork loin, cut and deboned

8 medium-sized apricots, dried
Salt and freshly ground pepper
1 Granny Smith apple, large
Butter and oil
Lemon juice

Cover prunes and apricots with cold water and bring to a boil. Remove from heat and let fruit rest in water for half an hour. Peel, core, and cut apple in 1-inch (2 ½-cm) pieces. Sprinkle with lemon juice to prevent discoloring. Push the handle of a wooden spoon in through the center of the meat; repeat on the other side. Remove fruit from water and pat dry with paper towels. Mix with apples and push fruit into the meat with the wooden spoon handle until all fruit is used, and fruit is within ½-inch (1 ¼-cm) of either side. Season roast well with salt and pepper. Tie string firmly around the roast and secure at ends. Preheat the oven to 350°F (175°C).

In a casserole large enough to hold pork loin, and melt a little butter and oil over moderate heat. Let foam subside then add pork loin, turning it from time to time with two wooden spoons. It will take about 20 minutes to brown the loin evenly on all sides. With a bulb baster remove all the fat from casserole. Pour in 2 cups water and bring to a simmer. Cover the pan tightly and place in a preheated oven for approximately 1 ½ hours, or until the meat shows no resistance when pierced with a sharp knife. Serve with boiled-steamed potatoes, green beans, cauliflower, and stirred lingonberries or jam.

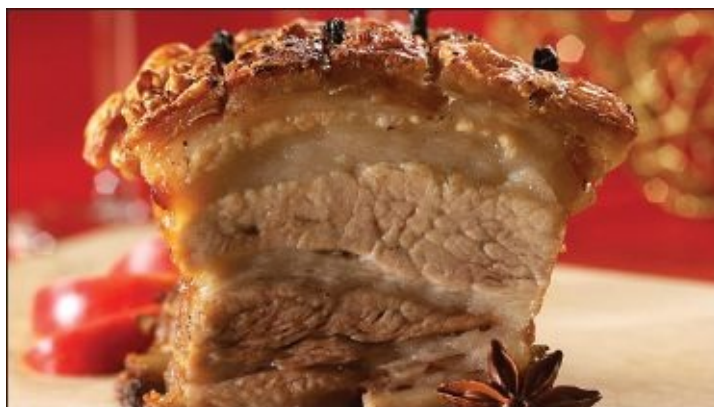
Serves 6–8

Christmas Spiced Ribs (Julekrydret ribbe)

Make a generous portion and it will be sure to disappear. Get your butcher to cut you ribs with the rind attached.

Ingredients:

2 lbs. (2 kg.) pork ribs with rind
2 tbsp. ginger, fresh and minced
3 tsp. salt
1 tsp. anise seeds
½ tsp. pepper
1 tbsp. cloves, whole



Be sure to have the butcher cut the bones all the way through. With a sharp, pointed knife, make cuts through the rind with the knife barely touching the fat. Cut the rinds in diamonds parallel with the bones; it will make it easier to slice nice rib pieces following baking. Peel and mince the ginger and grind the anise seeds in a mortar. Rub the prepared spices into the ribs 1 to 3 days before baking, cover tightly, and refrigerate. Rub salt and spices into the meat, and place the whole cloves around in the meat and the rind. Take care that the spice is rubbed well between the rind and the bones. Cover the ribs and place in the refrigerator to give the spices a chance to absorb into the meat. When meat is removed there will be a little liquid in the bottom of the pan. Rub this into the meat before baking. Place the ribs in a pan with the rind up. Place a small plate underneath the ribs in the center. This will cause the grease to run off. Having the ribs even on both sides while baking will give you a nice-looking rib. Pour $\frac{1}{4}$ cup (1 $\frac{3}{4}$ dl) water over the ribs and cover with foil. Place the ribs in the middle of a preheated oven at 450°F (230°C) and bake for 45 minutes. Remove foil and reduce temperature to 390°F (200°C). Continue baking for 2–2 $\frac{1}{2}$ hours depending on the thickness of the meat. Often the ribs will get a crisp rind while baking; if not, you can place the pan a little higher up in the oven and increase the temperature to 480°F (250°C). Watch carefully.

Pork Loin with Rib Section (Ribbe)

Ribbe is a must sometime during the Christmas holidays in Norway, always accompanied with sweet sour cabbage and stirred lingonberries, or lingonberry jam. Read the whole recipe before purchasing meat.

Ingredients:

4 lbs. (1 kg. 800 g.) pork loin

1 tsp. pepper

rib cage with rind

1 tsp. ginger

1 tsp. salt

If you purchase the center ribs have your butcher saw across the bones between the chops so that they will be easy to separate when serving. The ribs also need to be sawn slightly apart with 2 $\frac{1}{4}$ -inch (5 $\frac{1}{2}$ -cm) intervals. If you do it yourself use a hacksaw to be sure the bones are nearly cut through, otherwise it will be difficult to get nice serving pieces. Generously rub salt and pepper into the rind, place with the rind side down, cover, and refrigerate for 48 hours before baking.

Rub salt, pepper, and ginger liberally into the rind. To get a crisp crackling make diamond slits in the rind, being careful not to make the slits too deep into the rind. In a large roasting pan place the rib cage on a rack with the rind side facing down. Pour 1 cup (2 $\frac{1}{2}$ dl) boiling water into the pan. Cover the whole pan completely with aluminum foil, place on the lowest rack in an oven preheated to 450°F (230°C), and steam for 15 minutes; this helps to retain the juices. Remove from the oven. Reset oven to 350°F (175°).

Remove the rib cage and foil and build an even bed of foil on the rack to allow the ribs to be evenly baked; place the ribs with rind up on top of the foil and return to the baking

pan. Place uncovered pan in center of the oven. Baste with drippings from time to time and bake until done—2–2 ½ hours should do nicely. During the last half hour no basting is required. If the rib cage browns too quickly, place a piece of foil on top. If you desire an even crisper crackling, place the rib cage, rind-side up, under the broiler for a few minutes. Watch carefully to prevent burning. Pour off and strain the fat from the ribs and serve as sauce with the ribs.

Serves 6–8



Roasted Suckling Pig (Helstek gris)

Ingredients:

1 suckling pig

2 cups (5 dl) boiling water

3 tsp. salt

4 tbsp. butter

Vinegar and water

1 tsp pepper

Preheat the oven to 450°F (230°C). Clean and scrub the suckling well. Soak overnight in a solution of 2 cups (5 dl) salt and 2 ½ tablespoons vinegar to 5 quarts water. Remove and dry well. Rub inside and out with seasoning. Remove eyeballs and close lids. Insert an ovenproof object approximately 2 inches (5 cm.) in depth into the suckling's mouth. Pull the forelegs forward and bend the hind legs into a crouching position. Secure legs. Rub suckling with butter, transfer to a roasting pan, and pour in boiling water. Cover ears and tail with aluminum foil. Do not baste the pig with drippings but rather rub with butter or baste with oil every 15 minutes. Bake uncovered in preheated 450°F (230°C) oven for 15 minutes. Reduce heat to 325°F (165°C) and roast until tender (30 minutes to the pound). Remove suckling from the pan and keep warm.

Gravy: Pour off all but 3 tablespoons grease from the roaster. Add 2–3 tablespoons flour and stir until smooth. Add pan juice which has been degreased and supplemented with

enough milk to make 1 ½ cups (3 ½ dl). Pour into flour mixture all at once and stir constantly until smooth. Bring to a boil and simmer 10 minutes. Add seasoning to taste and a few drops caramel coloring if desired. Remove object from the suckling's mouth and replace with a shiny, red apple. Place on a large platter or board. Garnish with greens and pickled crab apples.

Roasted Fresh Ham with Crackling (Skinkestek)

In our home it would not be Christmas Eve without skinkestek. For others it is a must some time during the Christmas season. There is not a great demand for fresh ham with the rind on in America, but keep looking; you will find a butcher who knows what you are talking about.

Ingredients:

12–14 lbs. (5 ½–6 ¼ kg.) fresh ham

2 tbsp. flour

3 tsp. salt

½ tsp. mustard

1 tsp. pepper

1 ½ tsp. red wine or

2 tbsp. margarine

1 tsp. vinegar

Have your butcher remove the ham hock. Wash ham well. One of the bonuses of fresh ham is the crisp crackling. To achieve this crisp crackling the rind must be quite moist. Soak the ham in cold water overnight with the rind side completely submerged in the water. Or steam, rind side down, 10–15 minutes on a rack over boiling water in the roaster (reserve this water to be used later for basting). Steaming the ham makes it much easier to carve. Remove from the roaster and, with a very sharp knife, make diamond slits in the rind, being careful not to cut into the fat or meat. Rub salt and pepper thoroughly into the rind.

Return to roaster and bake in preheated 450°F (230°C) oven for 20 minutes. Reduce heat to 275°F (135°C) and bake until done, at 25 minutes per pound. Baste ham with the drippings every 20 minutes up to the last half hour. Allow the ham to remain in oven for balance of roasting period with the oven door slightly ajar. Remove all grease from drippings and add boiling water. Make brown gravy from margarine, flour, and drippings. Simmer 10 minutes. Add seasonings and red wine or vinegar to taste. Remove rind carefully and serve with the ham as an added delicacy. Serve with boiled potatoes, sweet-sour cabbage, and lingonberries.

Serves 10–12

Roast Duck (Stekt and)

Ducks are easy to prepare and are a true taste treat. Brussels sprouts, green peas, or onions are vegetables that combine well with either duck or goose. If frozen, allow it to defrost in refrigerator.

Ingredients:

1 4–5 lb. (1 ¾–2 ¼ kg.) duck

½ lemon

Salt

¼ cup (½ dl) consommé, boiling

White pepper

1 cup (2 ½ dl) beef bouillon

2 oranges

Cornstarch

Preheat the oven to 450°F (235°C). Wash duck under cold running water and dry with paper towels. Rub cavity with salt and pepper. Prick the surface of the *lower* part of the breast, around the thighs and back, with a small sharp knife to produce a crisper crust. Truss the bird securely. Place on rack in shallow roaster and bake until light brown. Remove fat from roasting pan with a bulb baster. Reduce heat to 350°F (175°C) and continue roasting. Baste with boiling bouillon from time to time. After 1 ½ hours' roasting time pour off juice into separate pan. Add to this consommé, juice of 2 oranges, and ½ a lemon, and thicken with a little cornstarch. Salt to taste. Bring to boiling point but do not boil. Pour gravy evenly over duck and return to 450°F (235°C) oven until a golden film is formed on the bird. Remove to a heated platter. Decorate with greens and orange slices. Let the bird rest 10 minutes for easier carving. Duck may be baked with or without stuffing using same dressing as for goose. To test for doneness, pierce the thigh with a small sharp knife. If the juice that runs out is clear yellow, the duck is done.

Serves 4–5

Roast Goose (Stekt gås)

Ingredients:

1 goose, 9 lbs. (4 kg.)

1 ½ lbs. (675 g.) apples

Lemon

½ lb. (225 g.) prunes

Salt

Preheat the oven to 450° (235°C). Wash the goose under cold, running water, and dry with paper towels. Rub salt and lemon in the cavity and outside of the bird. Pour 2 cups of boiling water over prunes and soak until limp. Drain and chop. Peel and dice apples. Combine with prunes and pack loosely into the cavity of the bird. Fasten neck skin to back of goose and truss bird. For crisper skin, prick the lower part of the breast. Place the bird on a rack in a large, shallow pan, and reduce heat to 350°F (175°), allowing 25 minutes per pound. Remove fat with a bulb baster. The goose is rather fatty, which makes basting unnecessary. Pierce the thigh with a small sharp knife to determine doneness. If the juice that runs out is clear yellow, the goose is done. For easier carving turn oven off and with oven door ajar, let goose rest in the oven for 15 minutes.

Serves 6

Roasted Ptarmigan Breasts (Stekt rypebryst)

Ingredients:

4 ptarmigans

1 tsp. salt

Pepper

Butter

Broth:

Water to cover meat

1 carrot, sliced

1 stalk celery, chopped

2 tbsp. onion, chopped

Juniper berries

White pepper, to taste

Thyme to taste

Gravy:

1 $\frac{3}{4}$ cups (4 $\frac{1}{4}$ dl) ptarmigan broth

$\frac{1}{2}$ cup (1 $\frac{1}{4}$ dl) whipping cream

3–4 tbsp. sour cream

Salt and pepper to taste

3 tbsp. cornstarch

Defrost the ptarmigans in the refrigerator; rinse in cold running water and dry with paper towels. Cut away breasts. Chop the remainder of meat and brown in butter. Add cold water to cover and remaining ingredients for broth. Bring to a boil, skim, and let simmer uncovered for about 1–1½ hours. Strain and let it simmer until it is condensed to 1½ cups (3 $\frac{3}{4}$ dl). Add cream, sour cream, and thicken with cornstarch. Season to taste with salt and pepper. In a warm pan brown the breasts in butter. Salt and pepper, and bake in a warm oven 435°F (225°C) for 7–8 minutes. The meat should be juicy and pinkish. Remove from the oven and let rest covered under aluminum foil for 10–15 minutes. You can serve the breasts whole or sliced. Serve with gravy and cooked small red potatoes. Carrots, baby peas, cauliflower, or broccoli are good vegetable accompaniment. So are lingonberries or a tart jelly. (Troll Cream (p.98) or Veiled Wilderness Girls (p. 104) make a perfect dessert.)

Serves 4

Hare or Rabbit (Stekt hare eller kanin)

It is impossible for me to think “rabbit” without remembering the year 1943 when we lived at Nesodden.



During WWII, Norway was occupied by the Germans who rounded up many construction

workers, including Pappa, and sent them on work projects far away. Mamma was left with four children to care for and began to raise rabbits. They multiplied quickly, and when some time later word came that the Germans were coming to check every farm, mamma killed, skinned, and canned every one of the ninety-three rabbits, and shared this great food with family and neighbors.

Ingredients:

1 rabbit or hare

Vinegar and water

5 tbsp. margarine

1 tsp. salt, scant

1 ½ cups (3 ¾ dl) milk

1 ½ cups (3 ¾ dl) water

Gravy:

2 ½ tbsp. margarine

4 tbsp. flour

1 ⅔–2 cups (2 ¾–5 dl) broth

1 cup (2 ½ dl) sour cream

Salt

Wash rabbit thoroughly. Place in vinegar solution (1 tablespoon vinegar to 1 quart (liter)) water overnight. Remove heavy membranes and sinews (they are not present in domestic rabbits). Be careful not to cut or tear the meat. Chop off thighs and forelegs. Divide back in two and then cut into appropriate-size serving pieces. Melt margarine in a cast-iron pan. When foam subsides, add the meat and brown well on both sides. Season. Remove from pan while making gravy of margarine, flour, and broth. Return meat to the gravy and let simmer over low heat for about 1 ½ hours. Domestic rabbit usually takes less cooking time than hare. Just before serving transfer to heated platter; keep warm. While stirring, add sour cream to gravy and bring to a quick boil. Pour over meat. Serve with whole lingonberry or cranberry sauce.

Serves 4–6

Sandwich Meats

Lamb Roll (Lammerull)

At Christmas time and other festive days, many Norwegians make their own sandwich meats. Why? Tradition! Once you taste them, you will want to make it a tradition as well.



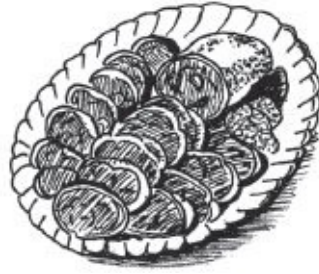
Ingredients:

- 2 lbs. (900 g.) lamb flank
- 1 ½ tbsp. salt
- ½ tsp. pepper
- 1 tsp. sugar
- ½ tsp. ginger
- 2 ½ tbsp. unflavored gelatin

Carefully remove the thin membrane without cutting into the meat. Trim the meat into a rectangular shape, about an 8-inch (20-cm) long slice. Distribute the excess trimmings evenly in the roll. Mix spices and gelatin and sprinkle over the meat. Roll tightly, beginning with the thickest end of the roll to get an even shape. Fasten with toothpicks and tie securely with cotton thread. Place in a plastic bag in the refrigerator for 24 hours to help the salt and spices become absorbed into the meat before cooking. Wrap in a cloth, cheesecloth, or cotton towel and tie again with cotton thread. Place in boiling unsalted water and let simmer approximately 1 ½ hours. (Timing depends on thickness of roll.)

When cooked, remove from the water and let rest 10–15 minutes before being placed in a press. Place between 2 small trays with a weight on top, approximately 12 pounds (5 ½ kg.). The roll will keep in the refrigerator in light brine for about 10 days. It may be frozen before being cooked.

Pork Sandwich Sausage (Fleskepølse)



A sausage with the consistency similar to liver paté. Served with dark bread, butter pickles, or pickled beets.

Ingredients:

1 lb. (450 g.) veal

1 ¼ tbsp. salt

¾ lb. (340 g.) pork, lean

½ tsp. nutmeg, freshly grated

¼ lb. (115 g.) pork fat

¾ tsp. ginger

½ cup (1 ¼ dl) onion

1 ¾ tsp. pepper

Grind meat, fat, and onion well together. Place in a mixing bowl and beat for 5 minutes. Add spices and salt, and beat another 2–3 minutes. Stuff sausage casings and tie off securely. Place in a kettle with near boiling water. Leave them in this water until they expand and look tight and the fat melts. Remove to another pan with boiling water. Keep the water close to the boiling point for 20 minutes. Remove from heat and place in cold water. Keep turning the sausage in the water so that the melted fat is distributed evenly and solidified in an even layer underneath the sausage casings. Refrigerate. Spread on sandwiches.

Pressed Headcheese (Persesylte)

Sylte may be served as a main course with boiled potatoes and pickled beets; most often, however, it is used as pålegg—sandwich meat.

As I reminisce, I can see Mamma working on a pig's head, preparing our Christmas *sylte*. As a child it was always a puzzle to me, why the placing of a heavy object on the headcheese could make it so delicious.



Ingredients:

½ pig's head

Boiling water

1–2 tbsp. salt

8–10 peppercorns

2 bay leaves, optional

2 lbs. (900 g.) veal shoulder

Filling:

1 tbsp. salt

½ tsp. peppercorns

¼ tsp. cloves

¼ tsp. allspice

2 tbsp. gelatin, optional

Clean the pig's head thoroughly and soak in cold water overnight. It can soak as long as 2 to 3 days, but in that case the water should be changed often. Place head in boiling water to cover, together with salt, peppercorns, and bay leaves. When it has boiled about 1 hour, lift from water and remove all the rind. Keep it warm. Continue cooking head until meat is tender, preferably with a little added rind. Simmer veal shoulder separately. Soften gelatin in a little water. Gelatin may be omitted if as much veal is used as called for in the recipe. Mix salt and spices. When the head is cooked remove meat and fat and keep separate. Remove all meat-colored spongy spots, *eitel*—small lumps in the meat. Dip a piece of strong cheesecloth in warm water, wring out, and place in a pan or bowl. Arrange a layer of rind in the bottom and sides. On top of this put strips of pork fat, making sure edges meet, but do not overlap. Sprinkle with spices. Layer fat, pork, and veal—beginning and ending with fat—and sprinkle spices between each layer. (If gelatin is used soften and spoon between layers.) Cover all with a layer of rind. Wrap cloth tightly around the head cheese and sew together with needle and thread. Return to the broth in which the head was cooked and heat thoroughly, about ½ hour. Remove from boiling water, drain, and return to the pan in which it was formed. Place a fairly heavy object on top but not so heavy that too much juice and fat is forced out. After an hour or so add enough extra weight that the head cheese will be squeezed into the desired shape, will be firm, and will hold together when sliced. Cool as quickly as possible and leave a weight on overnight. Soak in brine

about 2 to 4 days.

Brine: To 1 quart water add ½ cup salt. Add black pepper corns and a bay leaf if desired.

Pickled Pork Loaf (Sylte)

Ingredients:

3–4 lbs. (approx. 1,800 g.) pork shoulder when deboned

½ tsp. pepper

1 tsp. allspice

1 tsp. salt

1 tsp. cloves, or more

Do not remove rind or fat from pork. Fill a large heavy-bottomed pan with water, bring to a boil, and add salt, 1 tsp. per quart (liter) of water. Stir until dissolved. Add pork and let simmer 1 ½–2 hours or until tender. Rind may become cooked before meat. If the tip of a spoon penetrates the rind is done. Then carefully remove rind from the meat, and if necessary continue cooking meat until done. In the meantime combine spices and salt. Line a pan (square, round, or loaf) with a cloth which has been wrung out in warm water. Work with the pork as soon as it has been removed from the boiling water. Place a layer of rind on the bottom and sides of the pan, making sure the edges meet but do not overlap. Slice lean meat and fat separately and place in alternate layers beginning and ending with fat. Arrange any small pieces in the center of the *sylte*. Sprinkle mixed spices between each layer. Cover *sylte* with rind and fasten with toothpicks, or sew together with needle and heavy cotton thread. It should be about 5 inches (12 ½ cm) thick when sewn together. Wrap cloth tightly around and secure with string. Return to water in which the meat was boiled and let simmer about 30 minutes, or until heated through. Remove from boiling water, remove cloth, and drain. Stud with whole cloves 1 inch (2 ½ cm) apart. Return to pan in which it was formed and place a fairly heavy weight on top, but not so heavy that too much of the fat and juice is forced out. After an hour or so add enough extra weight that the *sylte* will be squeezed into desired shape, be firm, and hold together when thinly sliced. Cool as quickly as possible and leave weight on overnight. Loosen cloth and scrape off any fat or juice. Soak in brine for 2–4 days. If only part of *sylte* is used at this point, again secure in a cheesecloth and return to brine, but for no longer than 7 days. Keep refrigerated after removal from brine.



Brine: To 1 quart (liter) water add ½ cup (1 ¼ dl) salt.

Liver Paté (Leverpostei)



Ingredients:

- 1 lb. (450 g.) pork liver
- ¾ lb. (340 g.) fresh pork fat cut into ¼-inch (5-mm) thick strips
- 8 oz. (225 g.) pork fat
- 1 onion, small
- 1 ½ tsp. salt
- 4 anchovies (Scandinavian) and some liquid
- ⅛ tsp. pepper
- ½ tsp. allspice, optional
- 2 eggs
- ¼ tsp. ground cloves, optional
- 2 tbsp. flour
- ½ tsp. sugar, optional
- 1 cup (2 ½ dl) coffee cream

Wash and dry the liver and cut into chunks. Coarsely chop the pork fat, onion, and anchovies and combine with the liver and 2 tablespoons anchovy liquid. Grind 4 or 5 times. Or divide the mixture into fourths and purée each batch in an electric blender set on high speed, or run through a kitchen machine. Transfer each completed batch to a large bowl. Beat the eggs with flour, coffee cream, and spices and add to meat mixture a little at a time. Preheat the oven to 350°F (175°C). Line a 1-quart mold or loaf pan with the strips of pork fat, making sure they overlap slightly and fully cover the bottom and sides of the pan. Spoon the liver mixture into the mold and top with additional pork fat strips. Cover with heavy aluminum foil, sealing the edges tightly. Place in a large baking pan and add enough boiling water to the pan that it reaches at least halfway up the sides of the mold. Bake in the center of the oven from 1 ¼–1 ½ hours. Remove from the oven and lift off the foil. When it has cooled to room temperature remove from pan and wrap in aluminum foil. Refrigerate.

Makes 1 quart

Vegetables

Cucumber (Agurk)



European cucumbers, sometimes called English cucumbers, are about twice as long in length as the American variety. They are smaller in circumference, have less seeds, and are crisper. The Norwegians call them *slangeagurk*, or snake cucumber. They should have a fairly smooth surface and be as straight as possible. Use a Norwegian cheese slicer to get paper thin slices.

Onion (Løk)

It is difficult to imagine a delicious meal without onions in one form or another. In Norway the most widely used onions are *kepaløk* (yellow or red onions), *purre* (leek), and *gressløk* (chives). Onions keep well the year around and are a culinary additive with some rank, but too many use them only as such. Onions are versatile, add flavor to soups, sauces, casseroles, salads, meat, and fish, and are delicious served separately as a vegetable. Boiled, onions acquire a rather sweet taste and are easier digested than when fried. Onions should be kept in an airy and dry place.

Hasselback Onions (Hasselback-løk)

Plan about 1 medium onion per person. Peel and slice onion thinly, being careful not to slice all the way through. Place in a baking dish, cut side up. Brush with a little melted butter. Sprinkle with salt and paprika, and some shredded cheese. Bake at 390°F (200°C) about 30 minutes. Serve with meat or chicken and a green salad.

Baked Onions for Roast (Bakt løk)

No more tears if you add whole un-peeled onions to boiling water and simmer for 15 minutes. Drain, cool, and peel, and add to roast in the oven. They are delicious!

Tips on Frying Onions (Steketips for løk)

The warmer the fat is, the crisper the onions will be. If you mix a little oil with the butter, or use straight oil, you can use a higher temperature and your onions will be crisper. If you desire soft onions, add 1–2 tablespoons of water when the onions have reached the light golden state. Simmer covered a few more minutes, and soft onions are guaranteed.

French Fried Onion Rings (Frityrkokte løkringer)

Peel and slice onions thinly. Divide into rings and place in a bowl. Pour milk over to cover and let stand for 30 minutes. Beat an egg and dip the onion rings in the egg, then in flour, and fry until golden brown in hot shortening. Drain on paper towels. Serve immediately.

Onions with Cheese Sauce (Løk med ostesaus)

Ingredients:

6 onions, medium

1 tsp. salt

3 tbsp. butter

1 tsp. paprika

3 tbsp. flour

1 tsp. curry

1 ½ cups (2 ¾ dl) coffee cream

3 tbsp. bread crumbs

½ cup (1 ¼ dl) cheese, Jarlsberg or Gouda

Boil onions until tender. Place in a baking dish. Make white sauce using butter, flour, and cream. Add grated cheese, salt, paprika, and curry and pour over the onions. Sprinkle with bread crumbs and bake at 350°F (175°C) for 15 minutes.

Serves 4

The Glorious Leek (Den herlige purren)

The leek has been cultivated along the Mediterranean for five thousand years. In Norway it was cultivated as early as 1694. Norwegians use them in every conceivable way. It is a vegetable rich in iron and C vitamins. It adds a savory taste to numerous cooked dishes and soups, and great zest to salads. It keeps best in humid and dark places and freezes well. Cut in chunks and parboil or slice thin and freeze.

Boiled Leeks (Kokt purre)

Select large leeks. Cut off tops. Leave about 2 inches (5 cm) of the green part. (The green part may be frozen, cut up or whole, and used later as an excellent addition to vegetable or meat soups.) Slice the leek lengthwise and wash well. Tie together with cotton string. Place in a small amount of boiling, lightly-salted water and cook until tender, about 15–20 minutes. Serve with butter, margarine, or your favorite sauce.

Rutabagas (Kålrot)

This unpretentious, tasty vegetable supplies vitamin A (carotene), minerals, and 45 milligrams of vitamin C in 3.5 ounces (100 g.), about our minimum daily requirement. It tastes good raw, in salads, or with other vegetable snacks, cooked, or fried in slice, and keeps well. It has earned the name “orange of the North.”

The summer of my ninth year, my sister Eva and I weeded our neighbor farmer's

rutabagas fields. We joined nine other young people, all older than I, at Mellom-Granerud farm on Nesodden. We rode in a rickety hay wagon pulled by a large stocky horse. The vegetable fields seemed to stretch endlessly. We started to work at 9 a.m. and worked with great enthusiasm until the lunch bell rang. It was wartime in Norway and food was scarce. However, this lunch was a feast, with meat, boiled potatoes, gravy, and mashed rutabagas with nutmeg. I have loved rutabagas since that day. When I worked in the rutabagas fields I knew nothing of their value. Most of the rutabagas were cattle and horse feed. Lucky animals!



Many people shun this lowly vegetable, not knowing how to prepare it; however it can be prepared any number of ways to complement numerous recipes. Remember to wash the rutabagas thoroughly, slice in thickness desired, and peel.

Mashed Rutabagas (Kålrotstappe)

Mashed rutabagas are the traditional accompaniment to *pinnekjøtt*, (cured ribs of lamb). Use milk, cream, broth, or a combination in your rutabagas. Using milk or cream or adding potatoes or a carrot gives it a milder flavor.



Ingredients:

- 2–3 lbs. (900–1,350 g.) rutabagas
- Pinnekjøtt broth (optional)
- Water to cover
- Salt
- 2 potatoes, medium, cooked
- White pepper
- Table cream
- Nutmeg, freshly ground (optional)

Wash rutabagas thoroughly, slice in ½-inch (1 ¼-cm) thickness, and peel. Place in lightly-salted boiling water to cover and cook until tender, about 30 minutes. Drain and mash together with the warm potatoes. Add salt, pepper, and nutmeg if desired. Add a little cream and broth. Serve decorated with parsley.

For a delicious flavor, when you are cooking *pinnekjøtt*, place peeled and sliced rutabagas on top of the meat. When the meat is cooked the rutabagas are tender. Steaming rutabagas on top of the ribs give them an indescribable flavor. When cooked, proceed as above.

Cotter's Kettle (Husmannsgryte)

If you are concerned about preparing a nutritious meal and there is no time to cook, try this recipe. It is bursting with nutritious, colorful vegetables.

Ingredients:

1 beef bouillon cube

1 ½ cups (3 ½ dl) rutabagas, cubed

¾ cup (1 ¾ dl) boiling water

¾ lb. (340 g.) medisterpølse or bratwurst

2 large carrots, sliced

2 medium parsnips, diced

Dash of dry mustard

1 large leek, sliced, including the green

Salt and pepper to taste

Dissolve bouillon in boiling water. Add all the vegetables and let simmer 15–20 minutes or until vegetables are barely done. Remove skin from sausage, cut in thick slices, and add to vegetables. Add mustard, salt, and pepper, and let it simmer, covered, for a few more minutes. Do not overcook. Serve with mustard, potatoes, and dark bread.

Serves 4

Cauliflower (Blomkål)

Buy firm heads that are white and spotless. Sometimes they will be a pale yellow but the leaves should always have a fresh green color.

Use the whole head, even the leaves if desired. For salad grate the center stem, or dice it. It is best to steam the cauliflower. If it is cooked in water, do not overcook; 10–15 minutes will do for an average size head and 5–10 minutes for florets. When cooking a whole head it cooks quicker if you cut a crisscross deeply into the bottom of the stem. When cooked cauliflower is to be used in salads it will keep its delicate color if it is dipped in cold water immediately after cooking. Place leftover florets in the pickle jar and use as pickles.

Cauliflower may be added to soups, purées, salads, and soufflés. It will keep for several days in the refrigerator if kept in a plastic bag.

Celeriac (Sellerirot)

Celeriac, a white round tuber with firm flesh, adds a wonderful flavor to soups and stews. It is hard to find in America but the produce manager of your market can order them when in season.



Parsley Root (Persillerot)

Smooth leaved wild parsley originated in a small area around the Mediterranean. The first recording of curly parsley comes from the late sixteenth century. In Scandinavia the smooth-leaf, turnip-rooted parsley is popular for soups and casseroles; it has a large, white fleshy root. The produce department of your market can help you get it.

Creamed Green Peas (Grønn ertestuing)

It is amazing how inexpensive traditional food can be. I remember these creamed peas served with mamma's delectable meatballs (they taste good with any meat), or when we ate *lutefisk*. The dried peas cost only pennies a pound. If unavailable at your food market, check out your Scandinavian delicatessen or natural food stores.

Ingredients:

2 cups (5 dl) dried green peas

3 tbsp. flour

1 qt. (liter) water

2 tsp. salt or more

3 tbsp. butter

1 tsp. sugar

Rinse the peas well and pick out any foreign objects. Place in water to soak overnight in a cool place. Let them simmer in the water they were soaked in, approximately 1 ½–2 hours. Mix the flour with the butter and add to the peas and let simmer about 10 minutes longer. Add salt and sugar to taste. If you wish you may add a peeled or diced carrot to the peas during the last half hour of cooking. No sugar is needed if you add a carrot.

Sweet/Sour Cabbage (Surkål)

A traditional vegetable that tastes delicious with meatballs and all pork dishes. It can be made with green or red cabbage. Red cabbage makes it a more colorful dish.

Ingredients:

1 head red cabbage, about 1 ½ lbs. (¾ kg.)

1–2 tbsp. caraway seeds

½ cup (75 g.) pork fat or butter

1 cup (2 ½ dl) currant juice or vinegar

1 apple, chopped

2 tsp. salt

2 tbsp. sugar if vinegar is used

Remove the outer leaves of the cabbage and rinse the cabbage in cold water. Divide in fourths and remove core. Lay flat side down on cutting board and slice thinly. Add the fat to a heavy saucepan. Peel and chop the apple. Layer cabbage and apple in the saucepan. Pour currant juice over the cabbage, or add sugar to vinegar, if used, and pour it over the cabbage. Place saucepan on the burner. Cook over low heat until very tender. It is best to let it simmer, for about 1–1 ½ hours or until done. If you keep the heat on low there is no need to stir, but watch from time to time so it does not burn. If necessary add a small amount of water.

Serves 4–5

Let's Talk Potatoes (Potetsnakk)

Norway, in years past, was thought of as a fish, meat, potato, and porridge country. When planning dinner, the first thing a homemaker thought of was potatoes. Most often cooked until wonderfully mealy. (There is a special trick to that, see recipe that follows.)

However, Norwegians did not just cook potatoes enough for one meal but would cook enough to be used with breakfast or for *Pytt i Panne*, *lumper*, or *lefser*.



We know potatoes are one of our most nourishing foods and are not fattening. The culprits are what we put on them: gravy, butter, sour cream, melted cheese, and bacon bits, or the hot fat we fry them in.

Potatoes are one of the most inexpensive nutritional foods, nearly fat free (0.1 percent fat). They have starch that helps fill you up and gives energy, fiber to help with digestion, and minerals, particularly iron—so important for blood, and vitamins B and C to help strengthen the body.

In ages past, grain was the staple food in Norway, and the Norwegians, like many other Europeans, were reluctant to accept potatoes when introduced. South America had cultivated the potato for thousands of years before it came to Europe. In the 1700s food was scarce in Norway, but following hundreds of years of raising grain it was difficult to convince people of the benefit of the potato, until a minister, P. H. Hertzberg, took up the cause of the potato in his sermons. In fact, he wrote a book about the cultivation of the potatoes, a best seller and sold out of three printings. Before long the knowledge of the

benefit of potatoes, as they understood them in those days, spread across Norway, and today, it remains Norway's most important vegetable.

Boiled/Steamed Potatoes (Kokte melne poteter)

Bring water to a boil and add even-sized potatoes. Add just enough water to cover. If the potatoes are un-peeled you do not need salt in the water. (Obviously cooking the potatoes with the peel on saves nutrition.) Quickly bring thinly peeled potatoes to a boil and cook until easily penetrated by the tip of a sharp knife, about 20–30 minutes. Let simmer and do not overcook or they will become soggy and fall apart easily. Drain immediately. Return to low burner, shake pan gently to prevent sticking, and continue steaming until the pan is completely dry. This produces a dry, mealy potato. Cover with cloth, not a lid, until ready to serve. Note: The potatoes will not stay mealy if cooled and reheated.

Hasselback (Roasted) Potatoes (Hasselbackpoteter)



This easy way to prepare potatoes is becoming increasingly popular in Norway. And it is simply delicious. Once I watched a Norwegian chef place a peeled potato in the hollow of a large wooden spoon and begin to slice it in $\frac{1}{8}$ -inch ($\frac{1}{4}$ -cm) slices till about $\frac{1}{2}$ -inch ($1\frac{1}{4}$ -cm) from the end. (The spoon prevented the knife from slicing all the way through the potato.) So easy!

Ingredients:

4 oval baking potatoes, medium

Jarlsberg cheese, grated

1 tbsp. butter

Paprika

2 tbsp. butter melted

Preheat the oven to 425°F (215°C). As you peel the potatoes drop them into cold water to prevent discoloring. Slice as explained above. Butter an oven-proof dish. Drain the potatoes and pat them dry with a paper towel. Place the potatoes side-by-side, cut side up, in the dish brushed with butter. Brush the potatoes with melted butter and sprinkle with salt. If needed brush again with m butter after 30 minutes. About 5 minutes before they are baked, sprinkle with grated cheese and paprika. Total baking time is 50 minutes.

Serves 4

Raw Potato Dumplings (Klubb, kumle, kumpe)

This dish is well known all over Norway, and its name and recipes vary from district to district. The foundation of these dumplings is potatoes with variations achieved by adding different ingredients. In eastern Norway *klubben* is made from barley and pea flour and eaten with *myssmørdupp* (a sauce of soft cheese made from whey) On the southern coast these dumplings are called *kumpe*, and further north they are known as *ball*. *Ball* is often served with fish. Generally this type of dumpling is large—about the size of a medium size apple. These old, traditional dumplings have numerous stalwart fans.

Potato Dumplings from Agder (Kumpe fra Agder)

Grate potatoes, drain most of the liquid, and add enough barley flour or other flour until the dough is firm. Add a little salt. Form into round or oblong shapes with your hands, enclosing a piece of bacon or suet in the center of each dumpling. Simmer dumplings in lightly salted water $\frac{1}{2}$ – $\frac{3}{4}$ hours, depending on size. Cold dumplings may be sliced and fried in bacon drippings.

Potato Dumplings with Bacon, North Norway (Klubb og fett, Nord Norge)

Grate raw potatoes and blend with barley flour until a proper consistency. Some ground, boiled potatoes and a little salt may be added. Form round or oblong dumplings with your hand. Bring salted water to a boil, add dumplings, and simmer until done. Serve with boiled rutabagas and fried bacon. Some people enjoy these dumplings served with syrup.

Potato Dumplings from Ryfylke (Klimpor fra Ryfylke)

These dumplings are smaller and were used in meat soups at banquets and weddings. Follow directions for previously described dumplings but use white flour, boiled potatoes, a little salt, sugar, and cinnamon. The addition of an egg is optional. *Klimpor* may also be cooked in milk.

Norwegian Cheeses and Dairy Recipes



Our way of purchasing cheese at the supermarket differs greatly from the days when the Norwegian dairy maids labored on the mountain farms from before sun up until late evening. In Anders Sandvig's book *Seterliv og Seterstell*, he says that the dairy maid's workday could last from 12 to 16 hours.

The cattle would often get to lick a few grains of salt from the dairy maids hand before she began the milking which took place in a shed or *utsel*, a building on the mountain farm.

She used wooden pails, which were made from pine, or juniper. The height of the bucket could be about 8 inches (20 cm) and the breadth between 12–13 inches (30–30 ½ cm). Usually bands made from hazel held the wooden staves together, seldom did they use iron for this. The pails had no handles, but a protruded pole to hold onto. Following the milking, the milk was strained through a wood strainer. In the center it had a round, cross shaped hole. A knitted hair strainer was placed in the center of this utensil and the milk then poured through the outlet hole. In later years the strainer was made from tin metal netting. If the milk was to be poured into a separate container they used a funnel also made from wood. After the containers were filled they placed these *melkekoller*, low milk bowls, on top of each other in 4 to 6 rows where they were left standing until they skimmed the cream off. Many would place the *koller* on top of each other on a stone bench, in pyramid fashion.

In the olden days, it seems the milk was left standing a week before it was skimmed. By this time it would be quite sour, and thick, it would have consolidated and was viscous, and it could be skimmed off like a piece of skin. Then the cream stood another week before they began to churn the cream. In later years they began to churn the cream after 4–5 days. The left over sour milk was used in cooking or made into *gamalost* or other sour milk cheeses.

Gradually the cream was poured into the sour cream tubs. The sour milk was poured into *skjorkolken*, the sour milk container, where it would stand until they made cheese of it, or it was brought back into the valley on the pack horses.

Subsequently the dairy maid now had to clean the vessels used. First they all needed to

be rinsed in lots of cold water from the streams. Then they were scrubbed inside out in warm water. Following which juniper branches were placed in the vessels and boiling water poured over, this was left standing until it cooled. The water was then poured out and the vessels were overturned onto cloth, ready for use the following morning.

The dairy maid's work continued through the day making rennet and the many different cheeses, and painstakingly preparing the food for other dwellers on the mountain farm.

When I contemplate on the work of the dairymaids, I cannot help but think how fortunate we are to be able to pick up almost any cheese we desire in a grocery store or a Scandinavian delicatessen.

You may not live in an area where Norwegian cheeses are readily available, but many are now obtainable by mail in the United States. Knowing a little about them and their content will help you choose the proper cheese for the right occasion.

Norway is a cheese-loving nation. In Norway, cows thrive in sparsely populated areas. By crystal clear rivers and unspoiled mountain sides they produce first grade milk for raw material all important in cheese making.



Aged Cheese (Gamalost)

It has been said that the name *gamalost* (aged cheese) was the name given to the cheese because the old technique and method of making it had been handed down for generations. Other explanations are that since an abundance of newly made cheese was eaten in earlier times, and *gamalost* was the only cheese that was stored, it got its name because it was the oldest cheese on the farm.

Today *gamalost* is ready for sale within 5 weeks. It was, and is, an art to make good *gamalost*. In the past hand skimmed milk was used and special utensils and tools were needed. During the ripening process the cheese was kept in a chest or box that was only used for *gamalost*. Blessed the homemaker who had good *gamalost* mold in her coffer. This mold would be on the tools and in the chests for years. The storage temperature was important and who knows, maybe the stories of some having kept the cheese in their straw

mattresses were true.

Gamalost is not produced outside of Norway, yet the Norwegians have made *gamalost* for hundreds of years. It truly is a distinctive cheese and authentically Norwegian.

In days past nearly every farm and *seter* produced its own *gamalost*, but with the advancement of time, the imported cheeses made with rennet became more popular. The dairies took over the production of *gamalost* in the 1890s, the making of which is quite a sight.

The cultivated *gamalost* mold grows fast, and within a few days the cheese looks like huge, long-haired balls of yarn. The mold is then brushed back into the cheese, and it ripens from the outside in, which is the reason the cheese is lighter in color toward the center and darker on the outer edges. The cheese should have a light golden color, be firm and moist, and have a piquant appetizing flavor. If the cheese has an unpleasant odor it has become too ripe. The cheese should be kept cool and well wrapped or in a covered cheese dish.

Serving gamalost: It is best sliced thin, preferably served on rye or any dark bread, maybe with an extra dab of butter. Some use dark syrup with it; others spread a thin layer of honey on top or a little lingonberry jam.

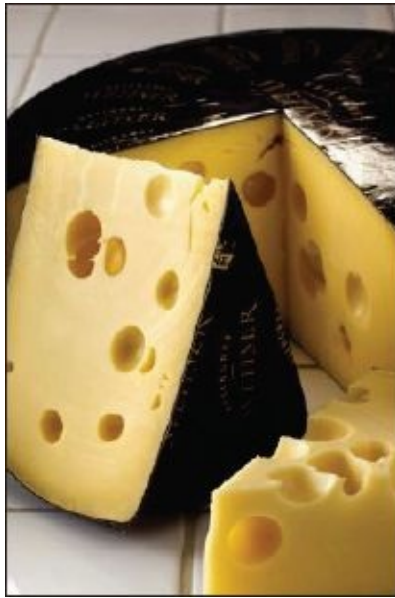
Lefser or flatbread makes a good accompaniment. Thin slices of *gamalost* with a little sour cream and good butter rolled up in a scroll is a delicacy.

Gamalost is more than food, it is a part of the Norwegian culture.

Sharp, Creamy Cheese (Pultost)

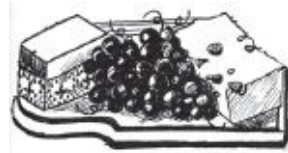
Pultost is also a very old cheese and extremely easy to make. It is made from soured skimmed milk or *kefir*, with the addition of caraway being the most popular. It is said that Norway has ten varieties of *pultost* with a thousand delicate distinctions. The cheese is known for being rich in protein and has a low fat content. Many feel it has not attained the acclaim it deserves. It is reasonable and goes along way. Served with butter on coarse bread it truly wakes up your appetite.

Norwegian Swiss Cheese (Norsk Sveitserost)



The Norwegian Swiss cheese is matured for at least five months. By then the sweet nut-like flavor characteristic to Swiss cheese is developed.

In 1856, more than 150 years ago, when the first Norwegian Dairy, Rausjødalen Dairy, was established in Tolga, they hired a Swiss to head it. Being aware of the Swiss people's knowledge of cheese-making, the Norwegians wanted to learn the very best method. The dairy's first year production consisted of 140 cheeses. Hundreds of Swiss came to Norway in the 1800s; they had a great influence on Norwegian cheese production in the beginning stages. It was only natural then that Swiss cheese would be among the first produced in Norway.



From that period until the 1950s the Norwegians made Swiss cheeses weighing 155 pounds (70 kilos). They were as big as a mill-wheel and extremely difficult to produce, as well as unwieldy. Finally the size was changed to the smaller Norwegian *sveitser* of today.

Of utmost importance in the production of Swiss cheese is the quality of the milk. The cheese should have a firm consistency with large holes. Many believe if there is a drop of salt water in the holes, the cheese is fully ripe.

The Norwegian Swiss cheese is above all intended for sandwiches and cheese trays but may also be used in cheese dishes. In fondue, for example, this Swiss cheese is top.

Jarlsberg (Jarlsberg)

Most of the Norwegian cheeses have forerunners in foreign lands. Jarlsberg is genuine Norwegian. This distinguished, world-renowned cheese is of a soft, pliable texture and has a mild nut-like flavor making it excellent for cooking and in salads.



This cheese was first produced in the early 1800s on the old Jarlsberg estate—its namesake—on the western shore of the Oslofjord. Difficult times and reasonable cheese imported from Holland abated the cheese production at Jarlsberg. Nonetheless, its reputation and unusual qualities was not forgotten over these years, and more than 100 years later the cheese specialists at Norway’s Agricultural School, under the direction of Professor Ola Martin Ystgaard, set out to reconstruct the Jarlsberg cheese. It took several years and hundreds of experiments before Professor Ystgaard would allow the cheese on the market in the early 1960s. Anyone who has tasted the exquisite Jarlsberg cheese knows Professor Ystgaard succeeded with his goal. The cheese is exported around the world as well as thoroughly enjoyed at home in Norway. Cheese experts worldwide have searched for the secret, but so far in vain.

Jarlsberg is made into 22.5 pounds (10 kilos) round wheels with rind and rind-free cheeses. Foremost it is a marvelous party and sandwich cheese but lends itself remarkably well to warm cheese dishes.



Edam Cheese (Edamerost)

The Norwegian Edam cheese has become the Christmas cheese and feast cheese for important celebrations in Norway. It has a mild, rich, and a refreshing piquant taste. It keeps well under controlled temperature.



Originally this cheese came from the town of Edam, Holland. It is round, it is said, because in days of old they used to roll the cheese in small wooden chutes onto the ships that transported them around the world.

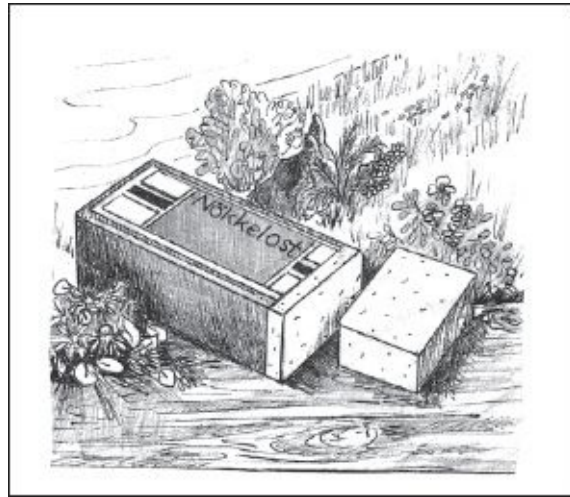
It takes four months to prepare Edam cheese. The homemakers in olden days began the preparations for their Christmas cheese in August, four months ahead. Today it still takes four months to produce Edam cheese but homemakers buy the cheese in the stores except for rare exceptions. Cut the Edam cheese in layers, in little triangles from the top down. It tastes best thickly sliced and is delicious with grapes.

Normanna (Normanna)

Norway's Normanna is somewhat similar to the French Roquefort cheese, both in flavor and looks. Originally one would allow mildew to grow on slices of *loff*, a white bread similar to French bread. The bread would then be dried, crushed, and added to the cheese containers. Today, the fungus needed is cultivated and added. The cheese is made from cow's milk. It has a sharp aromatic taste. A versatile cheese, it is appetizing both as a sandwich spread and as an addition to soups, sauces, lamb chops, and in salads. As a snack with red grapes, radishes, and celery it is excellent. On a buffet or in cheese trays it is a must.

Nøkkelost (Nøkkelost)

The Norwegians think of the nøkkelost as an everyday cheese, but with a flair!



In times past when *nøkkelost* was imported from Holland, the cheese factory in Leyden stamped the city emblem, two crossed keys, on it, hence the name *nøkkelost*, or “key cheese.” Today the *nøkkelost* made in Norway is typical Norwegian. The dairies began producing this as early as the middle of the last century. Since then there have been many renditions and variations.

Nøkkelost is delicious on an open-face sandwich, served on dark bread, and accompanied with fruit. The cheese is elegant when used in cooking. Its aromatic spices of cumin and cloves open the door wide for any creative cook. Try it in salads, sauces, soufflés, or cakes. Its unique flavor is loved by everyone. The Americans, in time, insisted on a softer and more pliant cheese. The Norwegians solved the problem by making a gouda-type cheese with the *nøkkelost* spices. This delicious cheese now has gained popularity in Norway as well. The *nøkkelost* matures for three months before it appears in the grocery stores.

Ridder Cheese (Ridder)

This is a true aristocrat. *Ridder* literally means knight. It is a cheese of our times created for those who relish a generous slice. It is produced from rich, high quality milk in a small dairy by one of the most beautiful fjord arms in Norway. It came on the market in the late '60s, is round, and measures approximately 8 inches (20 cm.) in diameter. It weighs about 3 lbs. (1 kg. 350 g.). It is surface ripened for 5–6 weeks and has a soft texture.



Ridder is a distinctive dessert cheese. When served, *Ridder* should be accompanied with the season's berries and fruits, such as strawberries, kiwi, and ripe grapes.

The cheese gets its full aroma at room-temperature, has an aromatic, piquant flavor, and should be cut with a sharp knife.

Tilsiter (Tilsiter)

The Belgian Limburger cheese is thought to be the forerunner to the *Tilsiter* cheese now produced in many countries. The original went to Holland, Germany, and Austria. Some Dutch emigrants brought the cheese with them to East Prussia; among the emigrants there was a lady who made a cheese she named after Tilsit, the town in which they settled.

The production of Norwegian *Tilsiter* began in the 1950s, when the opportunity presented itself to export cheese to Germany and the continent, including Holland. The production of *Tilsiter* was started because it was a cheese much loved in many countries. Before the European import restrictions started, Norway produced some two-thousand tons of *Tilsiter* yearly, half of which was exported.

The Norwegian *Tilsiter* differs from the *Norvegia* in that it is more pliant and of a very different texture. It is by covering the cheese with a special culture during the ripening process that gives it its unique flavor. It is a marvelous cheese for sandwiches and lends itself well to be served with milder cheeses on cheese trays. It has a strong aroma and is therefore not suitable in warm dishes.

Goat Cheese (Gjetost)

The Norwegian Dairy Association (Tine) says gjetost is as native to Norway as trolls and fjords. It all started, they say, more than 100 years ago on a small summer farm high up from the Gudbrandsdal valley, famous for its rich farming traditions.



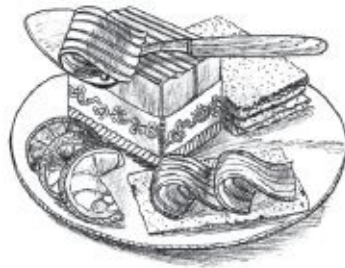
The milk maid had just made the curd cheese from cow's and goat's milk. The left over whey was boiling in a great iron kettle in the fireplace. Usually she would allow almost all the liquid to evaporate. The golden paste that was left at the bottom of the kettle was used for a sandwich spread. On one particular night she expected visitors and wanted to serve them something special. She added cream and some goat milk and poured the hot mixture into a mold. Unbeknownst to her, that night she probably served the very first golden *gjetost* ever made. This is how the sweet golden *gjetost* became the staple breakfast treat in every Norwegian home.

Today *gjetost* still is made the same way, but modern techniques and equipment have taken over. The Norwegians' appetite for goat cheese, however, is insatiable.

As children in Norway we were all fed school breakfasts. In memory, they never varied. A glass of milk, *skonrok*, a hard roll or hardtack, or a course of dark rye bread with *gjetost*, and an apple or orange. Every morning it tasted just as delicious, especially when in the freezing winter mornings we entered heated schoolrooms with our breakfasts ready for us on the *pult*, school desk.

The goat cheese is a 100 percent natural product—no sugar or color is added. The sweetness comes from the milk sugar caramelizing when cooked.

Remember to serve the cheese in wafer-thin slices. Here, nothing but a Norwegian cheese slicer will do (you need one anyway) available in any Scandinavian shop or fine department stores.



Take Care of the Cheese (Ta vare på osten)

Cheese keeps well but certain guidelines should be followed. A cheese that is vacuum-packed keeps for about two months. Never keep several kinds of cheese together in one package as they will take on the different flavors. Wrap tightly and with care. Air, moisture, and acid causes mold to appear.

Mold should be cut off if it appears and the cheese wrapped in new foil. White cheese should not be frozen—the texture is easily destroyed. Shredded cheese, however, lends itself to freezing. Wrap in small portions. Cream cheeses, *Gamalost*, and Normanna freeze well. All cheese tastes best when close to room temperature. Keep in mind that cheese is a superb food product to have in reserve.

Mountain Dairy Maid's Favorite (Seterjentas favoritt)

Use this spread on your favorite lefser, waffles, or hard rolls. Delicious!

Ingredients:

$\frac{7}{8}$ cup (200 g.) butter

$\frac{1}{4}$ cup ($\frac{1}{2}$ dl) confectioners' sugar, scant

$\frac{7}{8}$ cup (200 g.) 100% goat cheese

1 tsp. cardamom

Cream butter until soft, grate cheese, and add to butter. Add confectioners' sugar and cardamom.

Cooked Cheese (Kokaost)

A tasty side dish with homemade waffles and lefser. So simple to make and so nourishing.

Ingredients:

2 $\frac{1}{2}$ qts. (liters) whole milk

$\frac{2}{3}$ cup (1 $\frac{1}{2}$ dl) raisins

1 qt. (liter) kefir or cultured milk

Cinnamon and sugar

1 small egg, or a half one

In a heavy-bottomed pan bring the milk to the boiling point. Beat kefir and egg together and add in a thin stream to the milk, stirring continually. Let stand until whey separates from the cheese mass. Strain through a cheesecloth placed in a strainer. Press the cheese into a mold or spring-form pan, with layers of raisins in between. Sprinkle sugar and cinnamon on top.



Egg Cheese from West Agder (Egg ost fra West Agder)

A cheese served with sugar and cinnamon. It is simple to make and tasty.

Ingredients:

1 qt. (liter) milk

1 cup (2 ½ dl) sugar

6 eggs

1 cup (2 ½ dl) kefir or cultured milk

In a heavy pan bring the milk to a boil. Let it cool slightly. Beat eggs, sugar, and cultured milk together. While stirring vigorously pour the egg mixture, a little at a time, into the warm milk, and bring to a boil. (Strain off the whey, and use in your bread baking.) Serve with sugar and cinnamon.

Creamy Sharp Cheese (Pultost)

You choose the flavor. Caraway is what I remember best, but dill, chives, or leek is also delicious.

Ingredients:

1 qt. (liter) kefir or unflavored non-fat yogurt

½ tsp. salt

Caraway seed, dill, or chives

¼ cup (½ dl) sour cream

In a heavy saucepan over low heat, heat the milk or yogurt until it separates; it is very important to let it do so slowly. Do not stir. Strain the cheese mass through double cheese cloth placed in a sieve over a bowl. When most of the whey has drained off, pick up the four corners of the cheese cloth and squeeze out the remainder. Do not discard the whey but use in bread-baking or as a healthy drink. Place the cheese in a bowl and add sour

cream and seasoning of your choice. I use $\frac{1}{4}$ cup ($\frac{1}{2}$ dl) of caraway to a quart; you might want to use less. Let the cheese stand for 24 hours to develop flavor. It keeps in a covered container in the refrigerator for up to 2 weeks.

Nøkkelost Quiche (Nøkkelost quiche)



It is easier to make pie dough with a mixture of shortening and butter, but all-butter dough is superior. A quiche should always be served hot or luke warm.

Ingredients:

$\frac{5}{8}$ cup (150 g.) butter

4 eggs, slightly beaten

$\frac{7}{8}$ cup (200 g.) flour

1 cup (2 $\frac{1}{2}$ dl) half and half

2 tbsp. water

2 tbsp. chives

Filling:

$\frac{1}{2}$ tsp. salt

6 slices bacon

$\frac{1}{2}$ tsp. white pepper

9 oz. (250 g.) nøkkelost, grated

Cut butter into flour with pastry blender until the size of small peas. Add water and mix to soft dough. Work the dough as little as possible to prevent unnecessary shrinkage. Press into a 9 $\frac{1}{2}$ -inch (24-cm) quiche pan. Fry bacon until crisp. Drain on a paper towel and break into pieces. Grate cheese and sprinkle on the bottom of the pie crust. Whisk eggs, half and half, chives, and pepper together. Carefully pour the egg mixture over the cheese. Sprinkle with bacon on top. Bake until firm on the lowest rack in the oven at 350°F (175°C).

Serves 6–8

Nøkkelost Omelette (Nøkkelost omelett)

Ingredients:

3 tbsp. butter
2 ½ cups (565 g.) nøkkelost, grated
6 eggs
2 yellow peppers, chopped
⅔ cup (½ dl) water
1 ¼ cups (285 g.) ham, cooked and sliced
½ tsp. salt
Parsley, chopped

Melt butter in a skillet. In a bowl beat together eggs, water, and salt. Pour into the skillet. Sprinkle cheese evenly onto the omelette mixture. Sprinkle peppers on top. Cook, covered, over moderate heat until eggs are set and cheese is melted, about 8–10 minutes. Do not stir. Serve immediately, sprinkled with parsley, and accompanied with ham.

Serves 4–6



Bacon Pancake (Fleskepannekake)

Ingredients:

8 oz. (200 g.) bacon or side of pork
1 tsp. baking powder
4 eggs
½ tsp. salt
2 cups (5 dl) milk
8 oz. (225 g.) Jarlsberg cheese
1 ⅝ cups (3 dl) flour
3 tbsp. chives or parsley, chopped

Fry the bacon and chop into bite-size pieces. Pour most of the bacon grease off. Whisk the remaining ingredients well. Grease an ovenproof baking pan and lay the bacon in the pan. Sprinkle cheese and chives on top. Pour the egg mixture over and bake at 435°F (225°C) for 25–30 minutes, or until it is baked through and is golden brown. Good with fresh salad and homemade rolls.

Jarlsberg Cod (Jarlsberg torsk)

Ingredients:

2 lbs. (900 g.) cod fillet
1 small leek, thinly sliced
1 tbsp. butter
3 tomatoes, small
1 tsp. salt
1 $\frac{3}{4}$ cups (4 dl) Jarlsberg, grated
 $\frac{1}{2}$ tsp. white pepper
 $\frac{2}{3}$ cup (1 $\frac{1}{2}$ dl) half and half
1 clove garlic, minced

Clean and dry the fish. Cut into serving size portions and place in a greased shallow baking dish. Season with salt, pepper, and garlic. Arrange sliced leek and tomato slices over fish. Top with cheese and pour half and half over all. Bake in a 350°F (175°C) oven until done.

Serves 4–6

Jarlsberg Filled Peppers (Jarlsbergfylt paprika)

Ingredients:

4 large peppers, red or green
1 lemon, juice of
2 tsp. coarse salt
 $\frac{2}{3}$ cup (1 $\frac{1}{2}$ dl) French bread crumbs
1 lb. (450 g.) ground meat, low fat
1 $\frac{1}{4}$ cups (3 dl) Jarlsberg, diced
3 $\frac{1}{2}$ tbsp. butter
 $\frac{1}{2}$ tsp. Tabasco
Garlic salt
 $\frac{1}{2}$ tsp. garlic salt
 $\frac{1}{2}$ tsp. pepper, coarsely ground

Divide peppers in two, and remove stem and seeds. Sprinkle the coarse salt on a baking pan. Mix meat, Tabasco, garlic salt, pepper, lemon juice, crumbs, and half of Jarlsberg cheese. Divide evenly between the peppers. Top the peppers with the remainder of the cheese. Melt butter, add garlic salt, and brush over the peppers. Place on top of coarse salt on baking sheet, and bake in a 350°F (175°C) oven for about 35 minutes.

Serves 4–6

Norvegia Filled Potatoes (Norvegiafylte poteter)

Ingredients:

4 baking potatoes
2 tbsp. green pepper, diced
6–8 slices bacon
2 tbsp. red pepper, diced
1 cup (225 g.) Norvegia,

grated,
or other swiss cheese
Salt and pepper
Sour cream
2 small onions, diced
Chives
1 egg



Bake the potatoes till almost done. While potatoes are baking, fry bacon until crisp. Drain on paper towel, and break in pieces. Prepare vegetables. Cut potatoes in two and remove most of the inside. Mash potatoes and mix with bacon, cheese (save a little to sprinkle on top), onions, egg, peppers, salt, and pepper. Fill the shells and sprinkle cheese on top. Put potatoes back in the oven and let bake until warm throughout (about 15 minutes) and cheese is melted. Serve with sour cream and chives, and a nice green salad.

Serves 4

Norvegia Spinach Pie (Norvegia spinatpie)

Filling:

2 cups (5 dl) chopped spinach, frozen and thawed
7 slices bacon
1 ½ cups milk
3 eggs
1 tsp. salt
½ tsp. nutmeg, grated
¾ cup (1 ½ dl) Norvegia, grated,
or other swiss cheese

Pie dough:

7 tbsp. butter
¾ cup (1 ½ dl) flour
1 tbsp. water

Thaw and drain spinach of all water. Cut butter into flour with pastry blender until pieces are the size of small peas. Add water. Mix and form into a ball. Chill. Fry bacon until crisp, drain on a paper towel, and crumble. In a bowl, slightly beat the milk, eggs, salt, and nutmeg together. Set aside. Line a 9-inch (23-cm) pie plate with pastry. Trim ½-inch (1 ¼-cm) beyond rim and tuck under. Flute edges. Spoon spinach into pie shell, and add bacon and shredded cheese. Pour egg mixture over. Bake in moderate oven, 350°F (175°C), for 30–40 minutes or till knife inserted halfway between center and edge comes out clean.

Ascent to the Mountain Farm (Til seters)

However, dairy maids, whose day often lasted sixteen hours, may not have enjoyed the mountain top views as much as I, a mountain hiker. And yet, I still hope for the time when I will have the experience of a few weeks on a mountain farm. For a glimpse of what the *seter*, used to be, I have translated an excerpt from Hans Aanrud's book, *Sidsel Sidserk*:

“Across the valley a procession is working its way up the mountain path. Kjersti Hoel watches through the chamber window, following the procession with her eyes until they disappear over the grassy mountain side far into the interior of the mountain plateau. It is the livestock leaving for the *seter* today. *Budeia*, the dairy maid, leads, riding the *jegerhest*, Chasseur horse, dressed in her Sunday best. With a white kerchief, she rides high on the horse in a lady's saddle with a high frame resembling an arm chair. She is rosy, round, and self-asserting. Today she is in charge and is the one who feels important.

Following her are two fellows, each leading a horse positively straining under its heavy burden. The livestock follows as in a grand parade. First, the lead cow, then Brandros with her crooked horn, then Krokhorn and Morkhei, followed by others (except Farskall and Litage who remained at the farm in the valley to train the calves to follow). The large bull, as if to watch over all, comes last.

The goats followed the cattle closely and would love to pass by them. Then the sheep in a close clump, followed by four large hogs. At the end are the assistant (second) dairy maid and Sidsel Sidserk with her filled rucksack. This is the first time Sidsel Sidserk was allowed to come to the *seter* with the cattle. From our childhood we had remembered we anxiously wondered if she could manage her job this summer ...”

(At the *seter*) “Sidsel Sidserk stood atop the turf covered roof ridge of the cow stable and scanned the view. With her birch bark hat, shepherd rucksack, goat horn bugle tied to a string around her neck, and her stick in hand she was ready for work ...

When summer ended, the animals penned inside the enclosure rambled impatiently about and understood that *bufarsdag*, the day for leaving the *seter*, had arrived. Laced panniers with butter and cheese tubs stood in a row. Horses loaded with panniers and packed saddles stood by the *seter* walls. In front the Chasseur horse with the lady saddle should be stood.

Men who herded the animals stood by with a pipe in the mouth waiting for the dairy maid, busy making *bufars* cheese with the last milk milked this morning, which could not be left behind.

Visiting a Mountain Farm (En setertur)



The seter, mountain farm, has always held some sort of magic for me. Here the mountain peaks seem to touch the sky, crisp mountain air fill my lungs, while the wide expanse of the miniature world unfolds below.

It is impossible for me to think of Norway in the summer time without thinking *rømmegrøt*, sour cream porridge. Like the summer my cherished friend, Else Aas, had heard of a mountain farm not too far from her family cottage at Gullverket, where we could buy fresh sour cream for our porridge. Else, Bjarne Nordli, another treasured friend, my sister Gro, and I drove a short distance, parked the car, and then started our hike into the mountains to find the little *seter*.

Our hike was slowed by picking the wild raspberries, blueberries, and lingonberries that grew in profusion, as if beckoning us to partake. The climb to the *seter* was beautiful and invigorating. As we made our ascent, the view below increased in magnificence, filling us with joy and anticipation to reach the *seter*.

We took a few wrong paths, after which the little mountain farm came into view. Mr. Soløst, its friendly owner, a trump of a “homemaker,” welcomed us.

His simple cottage had a living room, kitchen, and bedroom. The sun shone brightly through spotless windows framed by checkered curtains. And on the floor we admired the polished wood stove by a stack of logs, the ends cut evenly and appearing to be part of the wall. There also were a few unpretentious pieces of furniture in the room.

His small kitchen was filled with gleaming pans neatly arranged on wall racks, equipment to make butter, cheese, and sour cream, a wood stove and small sink left just enough room for one or two people to turn around.

Mr. Soløst showed us around the *seter*, the chicken coop, and the barn for his sheep and twenty-six cows that was as clean as his cottage. After our tour he showed us how he made cheese, butter and his delicious sour cream. We bought two quarts of sour cream and began our descent.

Later, in the evening of the same day, we visited Bjarne’s quaint cottage at Hol Lake.

Bjarne is an expert rømmegrøt maker and a lover of Norwegian food traditions. We watched by the lake the bright rays of the setting sun, while relishing every mouthful of Bjarne’s steaming hot sour cream porridge, served with sugar, cinnamon, and black currant juice. And as we did, we sent grateful thoughts up to Mr. Soløst on his little summer mountain farm ...

Sour Cream Porridge (Rømmegrøt)

Rømmegrøt, sour cream porridge, has always held a *hedersplass*, high esteem, in Norwegian food culture. It was and in many places still, is used at celebrations to commemorate certain days, such as Midsummer, *Olsok*, weddings, births, and so on.



In the past, though the recipes were similar, the porridge was given different names like *slåttegraut*, usually served to celebrate the end of haying. It was customarily cooked with thick sour cream and served with flatbread and milk. Or if the porridge was served the day the cattle were moved to or from the summer mountain farm, it was called *bufarsgraut*. Some used *dravle*, simmered curds and whey. The dairy maid either cooked the porridge at the *seter* or on her return to the farm. The curds and whey, served as accompaniment, were always prepared at the summer farm. Even at weddings and at births the sour cream porridge was a welcome *sending*, contribution.

These offerings would arrive in intricately carved, or rose-painted wooden vessels made especially for the porridge, and delighted and nourished the happy recipients. The porridge itself, in some areas, was decorated with diamond shapes of sugar and cinnamon.

Rømmegrøt was a must for Midsummer festivities, June 24, and for *Olsok*, July 29, this holds true as well today. Today it is usually served with *spekemat*, salt-cured smoked meat, and flatbread as accompaniments.

Rømmegrøt is a heavy meal, but our forefathers, whose day began before sun up and continued long past sun down, were more concerned with nourishment than calories. The porridge is not recommended for everyday use but rather to be saved for celebrating special days.

Rømmegrøt cannot be made in a hurry—patience is the key to success. Ingredients used must be the very best quality.

Today much of the butter fat, a necessary ingredient for this porridge, has been removed from the cream. If sufficient butter does not ooze out while cooking, supplement with 2–3 tablespoons of unsalted butter.

Sour Cream Porridge I (*Rømmegrøt* I)

This *rømmegrøt* cannot be made with our commercial sour cream, which is processed to prevent butter separation and is so essential to the dish. If non-commercial sour cream is not available, make your own as described below.

Ingredients:

2 cups (5 dl) heavy cream, or non-commercial
sour cream
1 cup (2 ½ dl) flour
½ tsp. salt
2 tbsp. lemon juice
2 cups (5 dl) milk, hot

The milk is a minimum amount. You could need as much as 1 cup more to achieve proper consistency. Pour cream into a saucepan and stir in lemon juice. Let stand for 15 minutes. Bring cream to a boil and simmer gently for 5 minutes. Sprinkle with ½ cup (1 ¼ dl) of the flour and blend thoroughly. Continue cooking for 10 minutes or more, or until butter comes to the surface. Beat constantly. According to your taste the butter may stay in the porridge, or you may skim it off and keep hot in a separate pan. When no more butter oozes from the mixture, under constant stirring, sprinkle in the remaining flour. Add hot milk one tablespoon at a time, stirring constantly until porridge is thickened and smooth. Salt mildly to taste. Serve hot with butter, sugar, and cinnamon. Serve delicious fresh currant or raspberry juice as an accompanying beverage. Some people prefer milk with *rømmegrøt*, but I feel that a refreshing fruit drink is a must with such a rich, though delectable, porridge.

In certain places in northern Norway they serve their *rømmegrøt* with a little grated mild goat cheese.

Sour Cream Porridge from Tinn (Rømmegrøt fra Tinn)

Ingredients:

2 cups (5 dl) water
1 ⅔ cups (4 dl) flour or more, ¼ cup (½ dl) or more
should be barley flour mixed with white flour
⅝ cup (1 ½ dl) butter
1 qt. (liter) whipping cream
2 cups (5 dl) kefir
1 egg
2 tsp. salt

In a heavy-bottomed kettle bring water and butter to a boil. Whisk together cream, kefir, and egg. Pour into water in a thin stream while stirring continuously. Simmer for 15 minutes stirring frequently. Sift in flour while beating constantly. Let simmer for another 10 minutes. Beat constantly. After a few minutes butter will separate from porridge. Skim off butter and save in a small bowl, keeping it hot. Add salt to porridge. Serve the porridge with sugar and cinnamon. Pass melted butter for those who would not think of eating the porridge without it. Enjoy with red berry juice or milk.

Rice Porridge (Risgrynsgrøt)



Ingredients:

1 ¾ cups (3 ¾ dl) water

1 ½ tbsp. butter

1 cup (2 ½ dl) rice, long grain

Salt and sugar to taste

1 qt. (liter) milk, boiling

Cinnamon

In a heavy-bottom pan sprinkle rice into boiling water and stir until it returns to a boil. Reduce heat and cover; cook slowly until most of the water has been absorbed. Add boiling milk, stir, and continue to simmer until rice is tender and porridge has thickened. Total cooking time is about 1 ½ hours. Add butter and salt. Serve hot, with milk or currant juice, sugar, and cinnamon.

Serves 4

Party Rice Porridge (Festrisgrøt)

Use the previous recipe, omitting butter, and substituting 2 cups (5 dl) of sour cream for two cups of the milk. Add the sour cream when the porridge has thickened. Bring to a boil stirring continually. Add the salt. Serve hot, with milk or currant juice, sugar, and cinnamon.

Serves 4

The giant trolls of Norway roam through the mountains and valleys and have even been seen on Karl Johan, Oslo's main street. Many are huge, and some have several heads with but one eye between them. They are incredibly stupid, and are easily outwitted by the smart Norwegian children. Their troll hags are also giant, lazy, and not very creative in preparing meals. Porridge is a favorite among trolls.



Desserts

Pity those who have never had the opportunity to go berry picking in the wild. To gather baskets and pails and head for the large mysterious forest where we as children, even in the middle of the day, imagined that behind the trees and hillocks, *hulder* and trolls were surely lurking. The lush woods and meadows at Nessodden where I grew up totally satisfied our family's need for berries and our childhood imagination for play. Among my fondest memories of summer in Norway are our family's berry-picking excursions. They included parents, grandparents, uncles, aunts, and children. We brought open-face sandwiches and drank water from the pristine, rushing brooks. Our dessert was fresh berries. We younger ones did not wait for dessert time for as soon as we saw the plants, heavy laden with berries, we rushed to taste them (like the children in the *Blueberry Outing*). At the end of the day our telltale blue-black teeth and lips were proof that possibly as many berries were eaten as had found their way into the pails we were supposed to have filled.

Another highlight was when we returned home and mamma made *pannekaker* (crepés) and blueberry soup from the berries we had gathered. During the week it was more blueberry soup, blueberry compotes, and fresh blueberries with milk (cream was a luxury) and sugar. And not many things tasted as good as mamma's homemade bread with her homemade blueberry jam. Oops, guess we are talking about dessert.

Norwegians often enjoy fruit soups or compotes. Many revel in picking their own berries, (more so in days past than today), wild strawberries, raspberries, blueberries, blackberries, lingonberries, and cloudberry. Norwegian children, like their elders, were excited when wild blueberries were ready to be picked. Alf Prøysen, Norway's beloved folk songwriter, wrote this delightful song about berry picking in Norway; you can enjoy it in Norwegian or English.



Blueberry Outing

*It was a pretty summer day when Pelle said to Kari,
"Let's go to the woods, they are brimming with berries!
Let's bring Lillebror, and Kjelleman and Mari
there are plenty berries, mounds are everywhere.
But we must have a gathering cup, and it must be large!"
They all stormed into mother's kitchen.
And Pelle grabbed a milk pail, and Kari got a mug*

and Mari got a coffee cup and Kjell he got a cone.

*They ran towards the woods a glad and boisterous flock
and Lillebror came last to gather berries in a lid.*

*When they reached the woods they came to a plateau
with blue on blue as far as their eyes could see.*

*They sat down topsy turvy and ate until they were filled,
then each found a mound, and shouted, "This one is mine!"*

"Let's see whose cup will first be filled; all gave it a try!"

The plateau resounded with "Kling" and "Pling" and "Plang."

*First the milk pail sang, and then the mug clanged,
something danced in the cup, and jangled in the cone,*

*But from the smallest mound came a rush of "Plingelings"
because Lillebror sat and picked berries in a lid.*

Blåbærturen

Det var en deilig sommerdag at Pelle sa til Kari:

"Nå går vi ut i skauen for det er så mye bær!

*Så får vi med oss Lillebror og Kjelleman og Mari
for det er nok å ta av, det er mange tuer der.*

Men vi må ha en plukke kopp og den må være stor!"

Så stormet alle sammen inn i kjøkkenet til mor:

*Og Pelle fikk et melkespann og Kari fikk et krus
og Mari fikk en kaffekopp og Kjell et kremmerhus.*

*Så fløy de opp i skauen i en gla og vilter flokk
- og lillebror fløy sist og skulle plukke i et lokk.*

*Så kom de opp i skauen, og så kom de til ei slette,
der var det bare blått i blått så langt du kunne se.*

*Så satte de seg ende ned, så spiste de seg mette,
så fant de seg en tue hver og ropte: "Fritt for det!"*

"Nå ser vi hvem som først får fullt, nå setter vi igang!"

Og over hele sletta sa det: "Kling" og "Pling" og "Plang."

*Først sang det i et melkespann, så klang det i et krus,
det danset i en kopp og raslet i et kremmerhus,*

*men fra den minste tua sa det "Plingeling" i flokk,
for oppi den satt Lillebror og plukket i et lokk.*

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Fruit Soups and Compotes

Blueberry Soup (Blåbærsuppe)

Fruit soups are delicious desserts that satisfy the majority of appetites without being too sweet or heavy. Most of us have fruit on hand, fresh, frozen, or dried. Make the soup early in the day and chill. Fruit soups are delicious for a summer

supper served with crepés dusted with a little confectioners' sugar.

Ingredients:

3 cups (7 ½ dl) blueberries

1 ½ tbsp. potato starch flour

¾ cup (2 dl) sugar

Water

4 cups (10 dl) water, boiling

Rinse berries and remove any foreign objects. Layer with sugar in a cooking utensil. Pour the boiling water over. Cook until tender. Remove from heat. Make a thin paste of potato flour and a little water, and gently stir into the soup in a thin stream. Return to a boil while continuing to stir. Immediately remove from heat and keep covered while cooling. For best consistency, cool quickly. Also enjoyable used as a hot drink on chilly days.

Serves 4–6

Apple Soup (Eplesuppe)

Ingredients:

⅔ cup (1 ½ dl) sugar

1 stick cinnamon

1 qt. (liter) water

1 ½ tbsp. potato starch flour

4–5 tart apples, sliced

Lemon juice, fresh

Bring sugar and water to a boil. Wash, peel, and core apples. Slice apples and add to the sugar water with the cinnamon stick. Cook until tender. Do not overcook. Remove from heat and set aside ¼ of the apple slices, and remove the cinnamon stick. Place the remainder of the apples in the food processor and run a few seconds to reduce to sauce. Pour back into saucepan. Make a thin paste of potato flour and a little water and stir into the soup in a thin stream. Return to the heat and bring to a boil while stirring continually. Immediately remove from heat, and add the sliced apples and lemon juice. Cool with the lid on. Chill before serving. Serve with crisp cookies or rusk, and a dab of whipped cream if desired.

Serves 6

Rose Hip Soup (Nypesuppe)

The pretty wild roses that grow in Norway come in various shades of pink, usually a deep pink. They bloom profusely in the summer; and in the fall after the flowers have bloomed, myriads of oval scarlet seed pods appear, they are called rose hips.



My siblings and I spent many happy years at Nessodden where these roses grew abundantly along the roads and on the hillsides. We picked and ate the rose hips by the handfuls. Eating the flesh and discarding their woody little seeds, not knowing at the time that we were eating large quantities of vitamin C.

The rose hips are one of our best sources of vitamin C, containing as much as 1,200 to 1,800 milligrams of vitamin C per half cup. They make a delicious soup or compote and a rose hip herb tea. The dried rose hips can be bought in certain import stores, natural food stores, and in most Scandinavian delicatessens.

Ingredients:

2 cups (5 dl) rose hips

2 tbsp. potato starch flour

1 ¼ qts. (liters) water

½ cup (1 ¼ dl) whipping cream

¾ cup (2 dl) sugar

½ cup (1 ¼ dl) almonds, slivered

Wash rose hips, removing stems and blossom ends and discarding the seeds. In a saucepan combine rose hips, water, and sugar and cook until tender. Purée in a blender or food mill. Return to the pan. Make a thin paste of potato flour and water; add to soup while stirring constantly. Return to heat and continue to stir until it comes to a boil. Remove from heat. Cool. Whip cream and add it to the soup a little at a time. Sprinkle almonds on top.

Serves 6

Rhubarb Soup (Rabarbrasuppe)

Ingredients:

1 lb. (450 g.) rhubarb

Water

1 ¼ qts. (liters) cold water

1 tsp. vanilla extract, pure

¾ cup (2 dl) sugar

Red food coloring, optional

3 tbsp. potato starch flour

Wash and trim rhubarb and slice into ¾-inch (1 ¾-cm) lengths. Combine rhubarb, water, and sugar and cook until tender. Remove from heat. Add enough water to the potato starch flour to form a thin paste and add slowly to the soup, stirring constantly. Return to the heat and continue stirring until it boils and thickens. Remove instantly. Add red food coloring if desired. This soup can be served hot or ice cold, plain or with a dab of whipped cream, sprinkled with slivered almonds.

Serves 6–8

Savory Plum Compote (Herlig plommekompott)

Serve fruit compotes with a dab of whipped cream, vanilla sauce, or milk. Many feel, however, that the only way to eat compote is with a little sugar and a pitcher with ice-cold half and half.

Ingredients:

1 ½ lbs. (675 g.) plums

2 tbsp. potato starch flour

2 ½ cups (6 dl) water

Water

¾ cups (2 dl) raisins

Lemon juice

¾ cup (2 dl) sugar

Wash plums. Remove stems and leaves. Cut in half and pit. Place in a saucepan with water, raisins, and sugar. When they come to a boil, turn heat down and let simmer until plums are tender. Remove from heat. Mix potato flour with a bit of cold water. Add the mixture to the plums in a thin stream while stirring gently but constantly. Place the saucepan back on the stove and return to a boil while continuing to stir. As soon as it comes to a boil remove immediately. Add a little lemon juice. Pour into an appropriate dessert bowl or individual ones. Sprinkle with a little sugar to prevent film from forming on the surface.

Serves 6–8

Apricot Compote (Aprikoskompott)

A luscious dessert that is always welcome. It takes but minutes to prepare.

Ingredients:

4 oz. (115 g.) apricots, dried

¼ cup (½ dl) sugar, or more

2 cups (5 dl) water

1 ½ tbsp. potato starch flour

Place apricots, water, and sugar in a saucepan, bring to a boil, and simmer approximately 10 minutes, or until apricots are tender. Remove from heat. Dissolve potato starch flour in a little cold water and add to the soup in a thin stream while stirring constantly. Place back on the burner, and continue to stir while it simmers until thickened. Cool slightly, pour into a dessert bowl, and sprinkle with a little sugar to prevent a skin from forming. Serve with a dab of whipped cream or a pitcher of half and half.

Serves 3–4

Strawberry Compote (Jordbærkompott)

Heavenly! You may substitute 1 cup chopped rhubarb for 1 cup of the strawberries.

Ingredients:

1 quart (liter) fresh strawberries

2 tbsp. potato starch flour

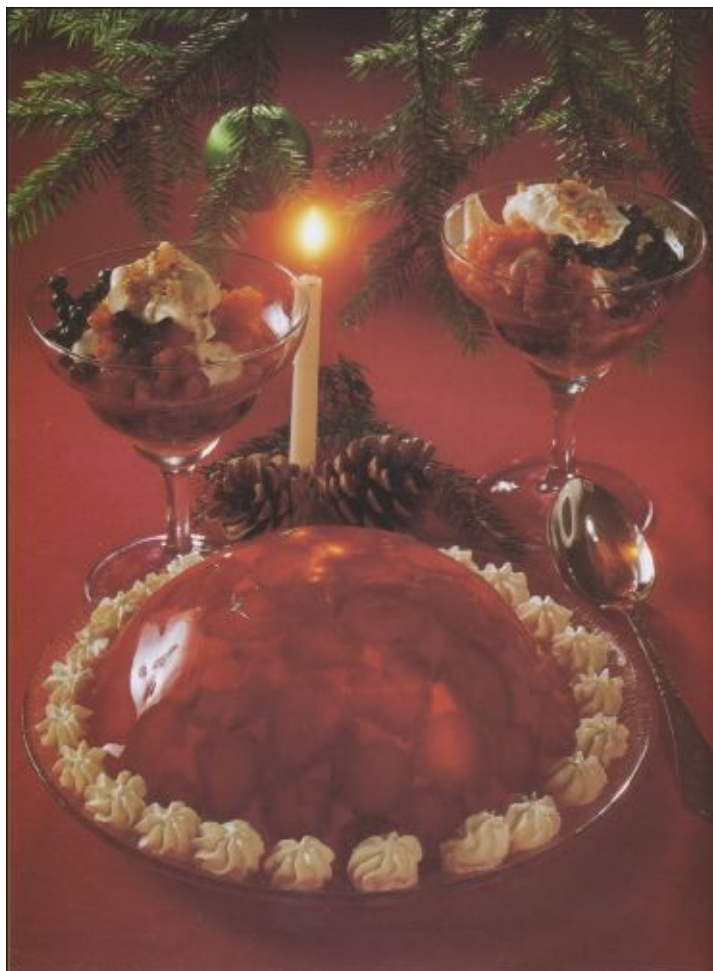
⅔ cup (1 ½ dl) sugar

Water

3 cups water, boiling

Layer washed and hulled strawberries and sugar. Add water. Return to a boil and let simmer until berries are cooked but not falling apart. Remove from heat. Blend potato flour in a little water to dissolve. Carefully stir into the compote, return to the heat, and bring to a boil while continuing to stir. Remove from the heat. Let cool slightly; pour into an appropriate serving dish or individual dessert bowls. Sprinkle with sugar to prevent skin from forming. Serve chilled with a pitcher of coffee cream.

Serves 5–6



Front: Red Secret. Back: Veiled Wilderness Girls.

Red Secret (Rød hemmelighet)

There is indeed a secret hidden within this red Christmas dessert. It does take a little time, but it is not difficult. Your guests will long remember the mousse hidden inside and the effort you made in their behalf. The dessert should be started a day in advance and finished the morning of your party. You will need two bowls, a 7-cup and a 4-cup size in the same shape that fit inside each other.

Ingredients:

1 6 oz. (2 dl) strawberry Jell-O

2 tsp. vanilla sugar or extract

2 $\frac{6}{8}$ cups (6 $\frac{3}{4}$ dl) water

$\frac{3}{4}$ cup (1 $\frac{3}{4}$ dl) whipping cream

1 cup (2 ¼ dl) strawberries, fresh or frozen

Vanilla sauce, double recipe

1 pkg. Knox gelatin

Make Jell-O following directions on the package, but use only 3 cups of water total. Pour the Jell-O into a 7-cup capacity round bowl. Place a second round 4-cup capacity bowl in the Jell-O and fill the cup with enough ice-cold water to make the Jell-O rise to the ridge of the large bowl. The Jell-O will form a layer between the two bowls. Chill until firmly set, overnight is best. Soften the Knox gelatin in a little water. Whip the cream with the vanilla sugar. Mix the cream and the vanilla sauce thoroughly. Place the softened gelatin in ¼ cup boiling water; cool slightly. Carefully stir in the cream/vanilla sauce mixture. Pour the water out of the small bowl. Rinse the bowl carefully with a little warm water to help loosen it from the Jell-O. Cover the hollowed-out Jell-O with sliced strawberries. Fill the center of the Jell-O with the mousse and let stand till set, at least three hours. Just before serving dip the bowl in a little warm water, being careful not to have water too hot so as to melt the Jell-O. Use a knife to loosen the edge and allowing air to flow into the bowl. Invert the Jell-O melts on a pretty dessert platter. Decorate with whipped cream stars. See picture.

Veiled Wilderness Girls with Vanilla Sauce (Tilslørte villmarksjenter med vaniljesaus)

Christmas is the time to show off the luscious berries you picked last summer. Some of them out of necessity you may have bought at a Scandinavian delicatessen, but nevertheless this is a luscious, colorful, and easy dessert to fix. “Stirred” berries means you use a wooden spoon to stir the berries and sugar together until the sugar melts. Whenever we were asked to do such a task as children our mother provided us with a good book. Most of us will not have access to stirred berries but frozen, sweetened ones, served half defrosted will do nicely.

Ingredients:

1 cup (2 ¼ dl) cloudberry, stirred or frozen

½ cup (1 ⅓ dl) hazelnuts, coarsely chopped

1 cup (2 ¼ dl) lingonberries, stirred or frozen

½ cup (1 ⅓ dl) sweet oat crackers, crushed

1 cup (2 dl) blueberries

¾ cup (1 ¾ dl) sour cream

Stir chopped nuts and oat crackers constantly over low heat until nicely browned. Since it does not call for any butter, be careful not to burn. Cool. In tall stemmed glasses, arrange berries and sour cream in layers ending with a dab of sour cream. Top with the nut/cracker mixture.

Serves 4–6

Vanilla Sauce:

This sauce is used with the Red Dessert. However, Norwegians use Vanilla Sauce with many desserts, such as baked apples, chocolate pudding, and fruit compote.

Ingredients:

⅝ cup (1 ½ dl) coffee cream

3 egg yolks

½ vanilla bean, sliced lengthwise

2–3 tbsp. sugar

1 ½ tsp. vanilla sugar or extract

⅜ cup (¾ dl) whipping cream

Place the split vanilla bean in a saucepan and pour in the cream. Bring the cream to a boil over moderate heat, being careful not to scorch. Remove from heat and allow to stand for 15 minutes so the cream can absorb the flavor of the vanilla bean. Remove the vanilla bean and scrape the seeds into the cream. In a separate bowl, beat the egg yolks and sugar together using a wire whisk. Add to the cream. Place the sauce over low heat, stirring continually until it thickens. Stir from time to time as the sauce cools. Add additional sugar if desired. Whip the cream and add to the sauce just before serving.



Front: Exotic Christmas Basket. Back: A Sorbet Dream.

Exotic Christmas Basket (Eksotisk julejurv)

Julekurv is a traditional Christmas paper basket we make for our Christmas tree every year. This year, with a little work, you may serve your family an eatable, exotic basket. See picture.

Ingredients:

1 pkg. Knox gelatin

2 egg yolks

2 passion fruits

2 tbsp. sugar

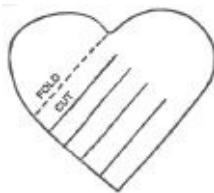
⅜ cup (1 ½ dl) passion fruit juice

2 cups (4 ½ dl) whipping cream

½ cup (½ dl) generous measure of sugar

2 egg whites

3 kiwis, peeled



Decoration:

12 oz. (340 g.) marzipan

Red and green food coloring

Soften gelatin in a little cold water. Bring the passion fruit, juice, and sugar to a boil. Run through a sieve to remove the seed from the sauce. Parboil the peeled kiwis in the sauce. Process the fruit in a food blender or through a sieve. Whip the egg yolks and sugar until light and fluffy. Blend with the fruit sauce. Melt the gelatin in ½ cup boiling water. Cool slightly and stir into egg mixture. Whip the cream and fold into the mixture. Whip the egg whites until they form peaks, and stir carefully into the other ingredients. Pour into heart-shaped form and place in the freezer until frozen. Add food coloring to the marzipan, half red, half green. Do not use too bright of colors, which will make the marzipan look unappetizing. Make a paper pattern to fit the heart-shaped pan. See illustration. Roll out marzipan large enough to cover the top of the cake, and with a warm, sharp knife, cut out one red and one green heart. Weave the two colors together to form a “basket.” Remove the ice cream from the freezer and dip the pan in a little warm water and invert onto a serving platter. Carefully place the marzipan on top. Cut the edges even. Cut letters out of the marzipan that say “God Jul” and place on top.

A Sorbet Dream (En drømmesorbet)

The Norwegians take advantage of the delectable tropical foods now available. You may use banana yogurt adding a little fresh mango.

Ingredients:

¾ cup (1 ¾ dl) water

6 oz. (1 ¾ dl) fruit yogurt

½ cup (½ dl) sugar

1 small mango

1 ¼ cups (¾ dl) mango juice

Berries

Bring water and sugar to a boil. Cool. Stir into mango juice and yogurt. Place in the freezer until it is half frozen. Run through a food processor or stir well with a wooden spoon. Return to the freezer until ready to be served. Place in individual tall stem glasses. Decorate with a couple of slices of mangos, raspberries, and mint.

Serves 4

Prune Compote (Sviskekompott)

A truly traditional dessert—tasty and satisfying. In Norway this dessert was once a much sought after wedding dessert.

Ingredients:

1 lb. (450 g.) prunes, pitted

3 tbsp. potato starch

3 $\frac{3}{4}$ cups (9 $\frac{1}{2}$ dl) water (part currant or apple juice)

Water

$\frac{1}{2}$ tsp. each pure vanilla and almond extract

$\frac{1}{2}$ cup (1 $\frac{1}{4}$ dl) sugar

Soak prunes overnight. Bring water (juice), prunes, and most of the sugar to a boil and simmer until tender, about 15 minutes. Add additional sugar if needed. Follow recipe for Strawberry compote. Add flavorings.

Serves 6

Troll Cream I (Trollkrem I)

Troll cream was a magical part of our New Year's Eve celebration. To us youngsters it was truly wizardry because the volume expanded as we stirred. And we did not mind sitting and stirring as long as we had a good book in our hands.

Today, of course, we use electric mixers to make the magical troll cream. You may substitute cranberries for the lingonberries, but be sure they are *very* ripe and adjust sugar accordingly.

Ingredients:

2 cups (5 dl) lingonberries, or $\frac{1}{2}$ cup (1 $\frac{1}{4}$ dl) lingonberry jam

$\frac{2}{3}$ cup (1 $\frac{1}{2}$ dl) sugar

2 egg whites, from large eggs

Wash berries and remove all unripe berries and foreign objects. Combine all ingredients in a mixing bowl and beat until the volumes quadruples, about 15 minutes. If you are using lingonberry jam omit the sugar. Serve in a crystal dessert bowl sprinkled with a few lingonberries. If available, add a few mint leaves. Cookies are a great accompaniment or serve in Crisp Wafer Cups (*Krumkakeskåler*).



Serves 8

Troll Cream II (Trollkrem II)

A different kind of troll cream, combining the lingonberries with currants and

strawberries and topping it off with vanilla sauce.

Ingredients:

1 ½ cups (3–4 dl) lingonberries or 1 cup (2 ½ dl)

red currants plus ½ cup (1 ¼ dl) strawberries or raspberries

1 cup (2 ½ dl) sugar

2 egg whites

Follow directions in the preceding recipe. Serve with vanilla sauce.

Serves 6–8

Cloudberry Cream (Moltekrem)

One fall while hiking in the famed Rondane Mountains we unexpectedly came across a large patch of cloudbberries, and we spent some time enjoying our unanticipated afternoon delicacy.



Plump, orange-yellow cloudbberries resemble raspberries in appearance; they do belong to the same family but their flavor is unique, resembling that of the magnificent mountain marshlands where they flourish. Abundant in vitamin C, cloudbberries are mainly used for jam and desserts. Cloudberry cream can be prepared with fresh or frozen berries that have been pressed through a sieve to remove the seeds, then combined with whipped cream and sugar to taste, or you may use cloudberry fruit spreads or jam. This is no everyday dessert, and the berries are rather expensive. But if you want to please a Norwegian, you will make a hit with this dessert.

Ingredients:

1 ⅔ cups (4 dl) whipping cream

1 tsp. vanilla extract, pure

4 tbsp. sugar

1 ¼ cup (3 dl) cloudbberries

Whip the cream and sugar, and add the vanilla extract. Carefully fold in the cloudbberries, saving a few for decorations. Pour into a pretty bowl and decorate with saved cloudbberries. *Krumkaker* are an excellent accompaniment, or serve in *krumkakeskåler*. Almond flavored cookies also taste good with cloudberry cream.

Serves 4

If you are unable to obtain cloudbberries, use the following recipe:



1 ½ cups (3 ¾ dl) whipping cream

½ cup (1 ¼ dl) cloudberry jam

Lightly whip the cream. Gently fold in the jam. Serve in pretty dessert bowls with crisp cookies.

Serves 4–6

Rice Cream (Riskrem)

Today the Norwegian homemaker can buy ready-made frozen rice cream in the grocery store! Though it is good, nothing tops the homemade stuff. It is mainly a Christmas dessert in most Norwegian homes, and I say so very delicious it is worth waiting a year for! Do not mistake rice-cream for rice pudding. A whole almond is added to one of the bowls just before serving on Christmas Eve. The lucky finder receives a marzipan pig with a bright red bow, and in some homes the finder passes out the Christmas gifts that spill from underneath the tree.

One Christmas, our five-year-old grandson, Paul, felt lucky and was sure he would find the almond in the rice cream that night. Well—when he did find it, with his mouth full of rice cream and his eyes bigger than his bulging cheeks, he tried desperately to rescue the almond before he swallowed it. Of course, no one noticed his father helping him clean up the spill. Paul ate the rest of the rice cream with a bright smile on his face, humming to himself while we watched him. Oh the joys of tradition!

Ingredients:

¾ cup (1 ¾ dl) white rice, not Minute Rice

2 cups (5 dl) heavy cream, whipped and sweetened

to taste

1 tsp. salt

1 tsp. almond extract

1 qt. (liter) milk

½ cup (1 ¼ dl) almonds, chopped

½ cup (1 ¼ dl) sugar

1 almond, whole

1 tsp. almond extract

Cook rice, salt, and milk in double boiler until rice is soft and mixture is thick, about 1 ½ hours. Add sugar and almond extract. Chill. Add chopped almonds and one whole almond. Stir in whipped cream. Serve with red fruit sauce. It is difficult to tell you how many this recipe serves as some people cannot get enough of it. However, you should be able to easily serve 8.

Rum Pudding (Rompudding)

Ingredients:

2 eggs, separated

1 tbsp. gelatin, unflavored

½ cup (¾ dl) sugar

½ cup water, boiling

1 cup (2 ½ dl) whipping cream

Whipped cream

1 tsp. rum extract

Red fruit sauce

Beat egg yolks with sugar. Beat egg whites separately. Whip cream. Mix all together carefully and add rum extract. Soften gelatin in a little water for 1 minute. Add enough boiling water to make ½ cup, and stir until gelatin is completely dissolved, about 5 minutes. Cool but do not allow to set. Add to rum mixture and stir. Turn into four dessert dishes or a dessert bowl; chill until firm. Garnish with whipped cream. Serve with red fruit sauce.

Serves 4

Caramel Pudding (Karamelpudding)

A delicate and much loved traditional dessert in Norway. Somehow, we Norwegians never tire of it. It is best when prepared a day in advance, as thorough chilling is a must.



There are many variations of caramel pudding. It is made from eggs and cream or milk, either of which should result in a smooth, delectable pudding. It can be made in an oven-proof mold or in an oblong or round cake pan of a size in proportion to the pudding recipe. The container can be filled completely as caramel pudding, properly prepared and

baked, will not rise. Use caution when working with caramel as it is extremely hot and if it comes in contact with any part of the body, a deep burn will result.

If vanilla sugar or extract is used, add to the egg/milk mixture last. If only cream is used, carefully bring it to a boil before adding the vanilla bean. If the eggs are small, use more. If all, or mostly, cream is used, more eggs are required than with milk only.

Ingredients:

2 ½ cups (6 ¼ dl) milk, or coffee cream

¼ cup (½ dl) sugar

½ vanilla bean, cut lengthwise

3–4 eggs

Caramel:

¾ cup (1 ¾ dl) sugar

In a heavy-bottomed pan, simmer milk or coffee cream together with sugar and vanilla bean for 10 minutes. Cool to lukewarm and remove the vanilla bean. Thoroughly blend eggs, but do not beat excessively as this causes the pudding to become porous. Combine milk and eggs and strain through a sieve to remove stringy parts of the egg yolks. Cool. Both the caramel and the egg mixture should be at room temperature. If the mixture is too hot it will melt some of the caramel, which will mix with the pudding and cause it to turn brown.

Sprinkle the sugar over the bottom of a small, heavy skillet, and let it melt over low heat. Do not stir before sugar has completely melted or lumps may form that are difficult to reduce. Watch carefully so the sugar on the bottom does not brown before that on top has melted. When completely melted, increase the heat and stir constantly to achieve an even color. The heat should be high enough to maintain the caramel in a fluid state and yet allow for a gradual browning; but not so hot that the caramel boils and foams. Test by dropping some on a plate—it should be a golden chestnut color and easy flowing. This may take up to 10 minutes. As soon as the syrup reaches the proper color and consistency pour into a pre-heated mold, grip a pot holder in each hand, and tip and swirl the mold until the bottom and sides are evenly coated. The caramel stiffens quickly, so work fast. Set the mold aside until the caramel has hardened. Then pour the egg mixture in the mold.

Set mold in pan with boiling water to reach halfway up the sides of the mold, and place in a preheated 300°F (150°C) oven. The water should not boil or the pudding will rise and have air pockets. A small amount of pudding requires about 1 hour to bake, and larger amounts from 2 to 3 hours. To test for doneness, use a toothpick—if it comes out clean the pudding is done. Remove from the oven and chill.

To remove the pudding, run a sharp knife around the edge and dip the mold briefly in hot water. Place a platter on top and invert. The caramel has now melted to a sauce. A successful caramel pudding should be light, golden, and velvet like. Use a decorator tube to glamorize it with “flowers” of whipped cream.

Serves 4–6

Victoria Pudding (Victoriapudding)

This is an elegant and practical dessert that can be made in advance for a large dinner party. Use fresh berries or canned fruits in addition to, or in place of, the red fruit sauce.

Ingredients:

5 ½ oz. (150 g.) scant rusks, sweet, or zwiebacks, crushed

8 eggs, separated

2 tsp. vanilla sugar

⅝ cup (150 g.) almonds, scalded

½ cup plus 1 tbsp. (115 g.) potato starch flour

⅝ cup (150 g.) butter

¾ qt. (liter) half and half, good measure

1 tsp. baking powder

Crush the rusks or zwieback. Chop almonds. Add the rusks, butter, cream, and finely chopped almonds into a heavy-bottomed pan. Bring to a boil over low heat while stirring. Set to cool. Separate eggs. Add egg yolks, vanilla sugar, potato, starch flour, and baking powder to the cream mixture. Whisk gently until mixed. Beat the egg whites until a stiff foam forms, and carefully fold into the cream mixture. Pour into 1 ½ qt. loaf pan, buttered and sprinkled lightly with crushed zwiebacks. Bake in pan of hot water on the lowest rack in a 250°F (125°C) preheated oven for about 2 hours. From time to time check and see if the hot water around the loaf pan has evaporated. Add more water as needed. Remove from the oven and the water bath when done and place on a rack to cool. Let cool awhile before turning out on platter. Serve with warm or chilled red fruit sauce.

Serves 8

Baked Apples (Stekte Epler)

Ingredients:

10 apples

8 oz. (200 g.) marzipan

2 tbsp. butter



Preheat the oven to 390°F (200°C). Wash and dry the apples. Remove the cores. Make ten small sausages from the marzipan and place one sausage in each apple. Grease a large baking pan well, and add the apples. Place the dish in the middle of the oven and let them bake 25 minutes or until they are soft. The time the apples need to bake is dependent on the size of the apples or how hard they are. Let them cool slightly. Serve with vanilla ice cream or vanilla sauce.

Chocolate Pudding (Sjokoladepudding)

No, no, not from a package! It has to be velvety smooth, achieved only by preparing it yourself. Yesteryear Sundays were peaceful, filled with family enjoyment and church going. All ages looked forward to the special Sunday dessert, and chocolate pudding was a favorite.



Ingredients:

¼ cup (½ dl) cocoa, unsweetened

3 cups (7 ½ dl) milk, whole

1 ½ tsp. vanilla extract, pure

6 tbsp. sugar

5 tbsp. cornstarch, leveled

Mix cocoa, sugar, and cornstarch in a saucepan. If the cocoa is lumpy, sift it before use. Add the milk, a little at a time to begin with, and stir after each addition. Place the saucepan over medium heat and bring to a boil, stirring. Stir constantly while the pudding simmers a couple of minutes. Add vanilla to taste. If the pudding is to be unmolded, pour it into a mold that is first rinsed in cold water. Cover the pudding while it cools, so a skin doesn't form on top. You need only use 4 tablespoons of cornstarch if pudding is not to be unmolded. Serve with Vanilla Sauce (p.36).

Serves 4

Chocolate Pineapple Mousse (Sjokolade-ananasfromasj)

A superior dessert! Hidden beneath the delectable chocolate shell is a fruit and nut mousse. Your guests will swoon and you will be remembered as a chef, *ekstraordinær*, extraordinary.

Chocolate shell:

1 pkg. Freia cooking chocolate or 4 oz. semi-sweet
chocolate

2 pkg. Knox gelatin

1 ½ cups (3 ¼ dl) milk



Soften the gelatin in a little of the milk. In a double boiler melt the chocolate in the remaining milk. Add the gelatin to the warm chocolate mixture. It must not boil! Pour the chocolate mixture into a 5-cup mold and set to cool. When the chocolate begins to set, tip and swirl the mold until the bottom and sides are evenly coated.

Mousse:

- 1 pkg. Knox gelatin
- $\frac{5}{8}$ cup (1 $\frac{1}{3}$ dl) walnuts, chopped
- 1 $\frac{1}{2}$ cups (3 $\frac{1}{3}$ dl) whipping cream
- $\frac{1}{4}$ cup ($\frac{1}{2}$ dl) sugar
- $\frac{3}{8}$ cup ($\frac{3}{4}$ dl) raisins
- 2 small cans pineapple tidbits
- $\frac{1}{2}$ cup ($\frac{3}{4}$ dl) boiling water

Soften gelatin in a little cold water. Whip 1 cup cream with the sugar. Add well-drained and diced pineapple, nuts, and raisins. Melt the gelatin in boiling water. Blend carefully with the whipping cream. Pour into the chocolate glaze mold and chill at least 3–4 hours. Overturn on a dessert platter, whip the remaining cream and decorate with whipping cream stars.

Serves 4–6

Crêpes (Pannekaker)

Norwegians love crêpes. In the summer they are served warm, sprinkled with sugar, and accompanied with fruit soups.

Ingredients:

- 4 eggs, well beaten
- $\frac{3}{4}$ cup (1 $\frac{3}{4}$ dl) flour
- 1 cup (2 $\frac{1}{2}$ dl) whole milk
- or thin cream
- 1 tsp. sugar



Beat eggs and add to milk. Sift together dry ingredients and add to liquid gradually, stirring well. This makes a thin batter. If the batter should become lumpy strain it through a coarse sieve. Add eggs and mix thoroughly. Heat a frying pan and add a small amount of butter. When foam subsides pour in about $\frac{1}{4}$ cup ($\frac{1}{2}$ dl) of batter, enough to make a thin layer when the pan is tilted from side to side. Bake quickly over high heat on both sides.

Makes 8 crêpes

Prince Harald's Crêpes (Prins Harald's pannekaker)

Make the batter early in the morning for the night it is to be served; this will cause the flour to swell.

Ingredients:

- 3 eggs, well beaten
- 2 cups (5 dl) coffee cream
- 2 tbsp. flour
- 1 tsp. sugar
- 2 tbsp. butter, melted
- $\frac{1}{8}$ tsp. salt

Filling:

Vanilla Egg Custard

Decoration:

- Strawberry jam
- Confectioners' sugar

Beat eggs. Add cream, flour, and sugar to the egg mixture and blend thoroughly. Add cooled, melted butter and salt. Pour into a pitcher and leave several hours. Proceed as for crêpes. Make vanilla custard and fill crepés. Decorate with jam and sprinkle with confectioners' sugar.

Yogurt Mousse (Surmelkfromasj)

This delightful, mild flavored mousse recipe has stood the test of time. It should be accompanied by red fruit or apricot sauce.

Ingredients:

20 almonds, scalded
¼ cup (½ dl) sugar
1 ½ tbsp. gelatin
1 tsp. vanilla extract, pure
¼ cup (½ dl) water
3 tbsp. raisins
2 ½ cups (5 ¾ dl) yogurt
1 cup (2 ½ dl) whipping cream

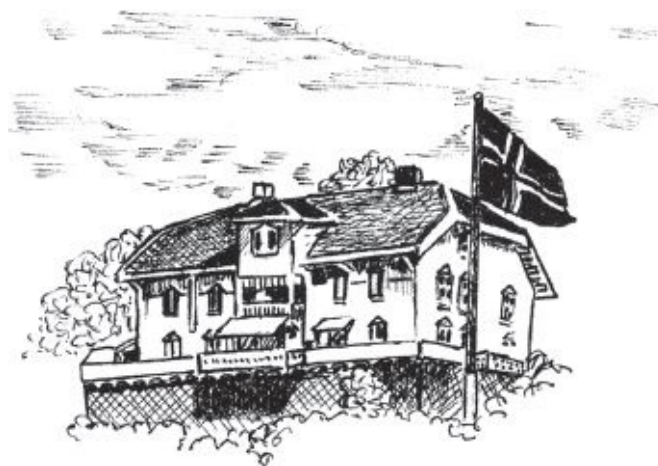


Finely chop the almonds and set aside. Sprinkle gelatin over the cold water and let stand for 3 minutes. Beat the yogurt, sugar, and vanilla together well. Add almonds and raisins. Whip the cream until stiff and fold into the yogurt mixture. Dissolve the gelatin over boiling water. Cool slightly and pour the gelatin in a thin stream into the yogurt as you beat the mixture. Stir now and then as it thickens to prevent the raisins and almonds from settling on the bottom. Rinse a proper size mold in cold water and pour mixture into it. Tap the mold against a towel on the counter top to break any air bubbles in the mixture. Refrigerate the mousse for 4–5 hours to set. Before serving, dip the mold in hot water for a moment. Place a platter over the mold and invert. If difficult to unmold you may lay a towel wrung out in hot water over the mold or dip quickly once more in hot water.

Serves 4

Traditional 17th of May Dessert (Eggedosis)

Aulestad, home of the beloved Norwegian poet Bjørnstjerne Bjørnson in Gaustad, Norway. Bjørnson is the author of the Norwegian anthem, and this is his home. Picture above.



There is no good translation for *eggedosis*. Eggs and sugar are whipped until fluffy and velvety smooth. There are many recipes for *eggedosis*; I believe this recipe, using just the

egg yolks, is the best in the world! Save the egg whites to use in other recipes.

Ingredients:

12 egg yolks

1 tbsp. cold water

¾ cup (1 ¾ dl) confectioners' sugar

Place all ingredients in a medium-size bowl and whip until thick and velvety smooth. The friend who shared this recipe said the *eggedosis* should be so thick one could write one's name in it. Place in your best crystal dessert bowl. Berlin wreaths and sand tarts are the proper accompaniment.

Serves 6

Try serving the eggedosis on top of sweetened currants. The tangy berries and eggedosis is a delightful taste combination.

A Heavenly Mouthful (En himmelsriks munnfull)

Ingredients:

3 eggs

½ cup (1 ¼ dl) orange juice

½ cup, scant (1 dl) sugar

3 tbsp. hazelnuts, chopped

1 ½ cups (3 dl) whipping cream

3 tbsp. maraschino cherries, chopped

1 pkg. Knox gelatin, unflavored

3 tbsp. chocolate, grated

Beat egg and sugar until of *eggedosis* consistency, light and fluffy. Whip cream and add. Sprinkle gelatin over ¼ cup cold water; let stand for 3 minutes. Heat in a double boiler until completely dissolved. In a thin stream, while stirring continuously, pour into the egg/cream mixture. Add orange juice, nuts, and cherries, saving out a few for decoration. Pour into a pretty dessert bowl and decorate.

Serves 8

Veiled Peasant Girls (Tilslørte bondepiker)

A true classic! So simple and simply delicious.



Ingredients:

1½ lb. (675 g.) apples

¾ cup (1 dl) sugar

½ cup (1 ¼ dl) water

1 ½–2 cups (4 ¾–5 dl) heavy cream

¾ cup (1 dl) approx. sugar

½ tsp. pure vanilla extract

2 ½ tbsp. butter

2 cups (5 dl) white bread, dried and ground

Peel and core apples, and cut in wedges. Cook in the water until tender. Be careful not to scorch. Add sugar to taste. Stir to the consistency of applesauce but leave a few whole bits of apples. Cool. Melt the butter or margarine in a frying pan. Add the bread crumbs and sugar. Mix and brown over medium heat. Turn constantly with a spatula as they brown. The bread crumbs can easily be burned if they are not stirred all the time. The crumbs should be a light caramel color. When done spread on platter to cool. Whip cream until firm and glossy, adding a little vanilla if desired. Layer bread crumbs, applesauce, and whipped cream in a beautiful glass bowl. Place a layer of cream on top. Sprinkle a few crumbs on top for garnish.

Serves 4

Cream of Wheat Pudding (Semulepudding)

Traditionally served with apricot or red fruit sauce. In our home, as in many others, it was a Sunday treat.



Ingredients:

Cream of Wheat, uncooked, enough for 4 servings

1 egg, slightly beaten

¾ tsp. almond extract

1 tbsp. sugar

½ cup (1 ¼ dl) raisins

Cook Cream of Wheat following directions on the package, using milk, not water. When cooked, add sugar. Remove from heat and stir in raisins; add egg and mix well. Return to heat, stirring constantly until it approaches the boiling point. Remove and add flavoring. Rinse an appropriate size bowl with cold water before pouring in the pudding. Sprinkle sugar on surface to prevent film from forming. Chill. To loosen the pudding slip a thin knife down around the sides to let air in around the edges. Invert on a platter and decorate as desired. See [p.35](#) for Apricot or Red Fruit Sauce recipes.

Serves 4

Cloudberry Ice Cream Parfait (Molteisparfait)

Ingredients:

½ cup plus 1 tbsp. (100 g.) sugar

5 egg yolks

¼ cup (½ dl) scant water

1 ⅔ cups (4 dl) whipping cream

1 vanilla bean or

1 cup (2 ½ dl) stirred cloudberry

½ tbsp. vanilla sugar

Extra whip cream and berries for decoration

Bring sugar, water, and vanilla bean to a boil. (Split vanilla bean in half lengthwise and scrape out the seeds and add.) Let simmer for 5 minutes. Slightly beat egg yolks. Add the warm vanilla liquid (with the vanilla bean removed) into the eggs in a thin stream, while beating the eggs until light and fluffy, *eggedosis* consistency, about 10 minutes. Whip the cream until stiff but not dry, and blend lightly with the egg mixture. Fold in the cloudberry, and freeze in a nice, appropriate size container, at least until the next day. Invert onto a deep platter and encircle with cloudberry. Decorate the top with whipped cream and a few cloudberry.

Almond Brittle Ice Cream (Krokans)

Ice cream was reserved for special occasions only; it was truly party time when this was served. You do not need an ice cream maker to make this ice cream.



Ingredients:

1 ¾ cups (4 ½ dl) almonds

1 cup (2 ½ dl) sugar

1 tbsp. water

3 cups (7 ½ dl) whipping cream

Chill bowl, beaters, and cream at least two hours before whipping. This way the milk fat will stay firm during the whipping process rather than becoming oily from the friction. Scald and chop the almonds. Add water and sprinkle the sugar over the bottom of a small, heavy skillet, and let it melt over low heat. Do not stir until the sugar is completely melted

or lumps may form that are difficult to reduce. Watch carefully so the sugar on the bottom does not brown before that on top has melted. When completely melted stir constantly with a long-handled wooden spoon until the sugar has turned light brown. Add the chopped almonds and pour onto a greased cookie sheet. Cool and crush.

Whip cream at medium high speed until it begins to thicken, then lower the speed and continue beating until cream is firm and glossy, but not dry. Carefully blend in the crushed almond mixture. Pour into a mold and freeze.

Whipped Berry Pudding (Ruseddessert)

Too often we think tasty food has to be expensive and time-consuming to make. In days past it took the Norwegian homemaker a good hour to whip this pudding, but not so today. With our modern equipment, like magic it will triple in volume in no time.

It may be served with milk, cream, or vanilla sauce. Currant juice is a favorite, but you can use other tart juice like lingonberry or cranberry. If you use raspberry, strawberry, or other non-tart juices, add a tablespoon of lemon juice.

Ingredients:

3 cups (7 ½ dl) currant juice

½ cup (1 ¼ dl) Cream-of-Wheat, non-instant, uncooked

6 tbsp. sugar

In a heavy bottomed pan bring the currant juice to a boil over moderate heat. Sprinkle in the sugar, a little at a time, while stirring. Add Cream-of-Wheat in a thin stream, stirring briskly. Turn heat to low, and simmer for about 8 minutes, stirring occasionally to prevent it sticking to the pan. It should be the consistency of thick purée. Pour the pudding into a large mixing bowl, beat with your electric mixer on high speed for about 15 minutes or until the pudding has tripled in volume and is a light pink color. Pour into a large dessert bowl. Decorate with fresh currants if available. Serve at room temperature within a few hours.

Serves 6–8

Banana Cream (Banankrem)

Ingredients:

1 cup (2 ½ dl) whipping cream

3 tbsp. sugar

¾ tsp. banana extract

2 bananas

1 tsp. vanilla sugar

Lemon juice

3 egg yolks

Strawberries for decoration

Whip the cream until firm and glossy. Add banana extract and vanilla sugar. Beat the egg yolks with sugar until light and fluffy. Mash bananas with a fork. Add a few drops of

lemon juice to prevent darkening. Add to the egg mixture together with the whipped cream. Pour into dessert glasses. Just before serving decorate with fresh strawberries and possibly banana slices.

Serves 8

Note: This recipe may also be used for filling cakes.

Whip Cream Halo (Fløterand)

This looks nice in a round jello mold, where you can place fruit or flowers in the center, but any kind of pan or bowl may be used. Surround the mold with fruit.

Ingredients:

1 $\frac{3}{4}$ cups (4 dl) whipping cream

1 $\frac{1}{2}$ pkg. Knox gelatin

2 tbsp. sugar

$\frac{1}{4}$ cup ($\frac{1}{2}$ dl) water

Whip the cream till it just begins to set. Add sugar to taste. Add gelatin to the water until it softens. Carefully add the gelatin to the cream and stir well. Immediately pour it into the mold and let stand until set. When ready, dip the bowl in a little warm water, being careful not to have the water so hot it melts the cream ring. Turn out on a plate and decorate.



Sweet Fondue (Søt fondue)

Friendships grow closer and talk livelier around a fondue pot. This delightfully sweet, smooth sauce served with fresh fruits is great for dessert or an evening snack.

Ingredients:

3 cups (7 $\frac{1}{2}$ dl) Ski-Queen Gjetost, shredded

Touch of cardamom, ginger, cinnamon, or nutmeg

2 cups (5 dl) liquid, or more, milk, cream, apple cider,

or orange juice

Fresh fruit

Bread sticks

Over moderate heat, melt the cheese while stirring continually. If sauce is too thin let sauce cook until liquid is reduced, or add a little cornstarch which has been dissolved in a little water. Add your choice of spice (cardamom is a favorite in our home). Keep a low heat under the fondue pot. Arrange a tray of fruit and bread sticks for dipping. Be sure each person has a long fondue fork.

Serves 6–8

Poor Knights with Fresh Strawberries (Arme riddere med nyrørte jordbær)



A very traditional dessert that tastes terrific with freshly stirred strawberries. Simple and inexpensive.

Ingredients:

10 slices of white, French bread

1 tsp. cinnamon

3 eggs

2 tbsp. butter

1 cup (2 ½ dl) milk

1 cup (400 g.) strawberries

½ cup (1 dl) scant sugar

Soften the bread by placing it in a mixture of egg, milk, sugar, and cinnamon. Heat a frying pan until the middle is warm and add butter. Cook the bread until it browns on both sides. Serve immediately with freshly stirred strawberries, or jam and sugar.

Sveler (Sveler)



These have become very popular in Norway when friends drop in, or for dessert. They are simple and quick to make and one usually has all the ingredients on hand.

Ingredients:

2 eggs

1 tsp. baking soda

$\frac{7}{8}$ cup (1 dl) sugar

1 tsp. cardamom, optional

1 $\frac{1}{2}$ cups (3 dl) kefir

Salt

1 $\frac{3}{4}$ cups (4 dl) flour

Butter

Beat eggs and sugar well. Add milk and sift in the flour combined with baking soda and salt and beat until you have a smooth batter. Let the batter rest for 20 minutes. Pour a small amount into a frying pan and even the batter out with a spoon. Cook until golden brown on both sides. If svelene stick to the pan, melt a little butter and add to the batter. Serve with jam and sour cream or butter, and Norwegian goat cheese.

Thick Rice Pancakes (Rislapper)

When you make rice porridge plan to make enough so you have leftovers to make these rislapper. Mamma often managed to have leftover porridge to make them as a treat when we listened to Saturday barnetimen (Children's Hour) on the radio!

Once the batter is made, fry the pancakes immediately. Amounts will depend on how thick the porridge is. The batter will liquefy if it stands and the pancakes will lose their shapes. Fry a sample cake, and add more flour if needed.

Ingredients:

2 cups (5 dl) rice porridge

3 eggs

2-3 tbsp. sugar

$\frac{1}{4}$ tsp. salt (optional)

1 $\frac{1}{4}$ cups (3 dl) flour

Butter or margarine

$\frac{1}{4}$ tsp. cinnamon or cardamom

Mix the rice porridge with sugar, most of the flour, cinnamon or cardamom, and the lightly beaten eggs. Brown a little butter or margarine in a frying pan, and ladle enough

batter into the pan to make about a 3-inch size pancake and smooth the surface to make the pancakes equally large. Fry until golden brown on both sides. Serve rice pancakes right from the frying pan with sugar or spread with jam.

Serves 5–6

Telemark Gomme (Telemarkgomme)

Gomme has a long history in Norway. This unique gomme from Telemark requires a lot of stirring, but with our electric beaters it is well worth the effort. The finished gomme will have a delicious and unusually creamy consistency.

Ingredients:

6 qts. (6 liters) milk, whole

½ cup brown sugar

6 eggs

In a heavy bottomed pan bring the milk, over moderate heat, to the boiling point while stirring continually. Pour into a separate casserole with a heavy bottom and let it simmer uncovered for approximately 5 hours. Gently shake the pan periodically. Do not remove the coating, *snerken*, which will form on top of the milk. The *gomme* will now have the consistency of a thick sauce and have a light golden color. Beat eggs and sugar together in a bowl. Add the boiled milk, a few tablespoons at a time, while continually beating at high speed. When all the milk is added, continue to beat on low until the *gomme* is lukewarm. Enjoy with waffles and lefse. There is plenty here to share as well.

Summer Cold Dish (Summerkoldtskål)

Desserts made with milk, soured milk, or cream have been popular in Norway for ages. Some of the most popular are included here.

Ingredients:

⅔ cup (1 ½ dl) whipping cream

Lemon, sliced thin

1 qt. (liter) cultured milk or kefir

3 tbsp. almonds, coarsely chopped

Juice of ½ lemon

Strawberries, fresh

3 tbsp. sugar

Rusks

1 tsp. vanilla sugar

Whip cream. Carefully stir in cultured milk or kefir. Add lemon juice, sugar, and vanilla sugar. Pour into a large bowl. Cover and chill thoroughly—possibly in the freezer for awhile. When ready to be served, decorate with lemon slices and serve with almonds, strawberries, and rusks.

Serves 6

Crumbled Flatbread in Kefir Milk (Flatbrødsoll)

Cool and refreshing on a hot summer's day!

Ingredients:

Flatbread

Brown sugar

Kefir

Break up desired amount of crisp flatbread in a wide-mouthed dessert or soup bowl. Pour a generous amount of kefir milk over the flatbread, and sprinkle with brown sugar.

Kefir Milk Dessert (Melkeringer)

An old summertime treat still used by those who love its refreshing taste.

Ingredients:

1 qt. (liter) milk, whole

Cinnamon and sugar

½ cup (1 ¼ dl) kefir

Crushed zwieback

½ cup (1 ¼ dl) sour cream

Bring milk to the boiling point. Remove from heat and cool until lukewarm. Divide into four dessert bowls and add 2 tablespoons each of kefir and sour cream to each bowl. Let stand covered at room temperature until firm. Refrigerate until serving time. Serve with cinnamon, sugar, and crushed zwieback.

Serves 4

Candies

Coconut Balls I (Kokosboller I)

Goodies like these coconut balls were so indescribably delicious to the youth growing up after World War II. Possibly because they were a “once in awhile treat.” Yet, after these many years nostalgia sets in for most of us, when we bite into a coconut ball. Freia cooking chocolate may be substituted with semi-sweet chocolate or milk chocolate.

Ingredients:

¾ cup (1 ¾ dl) water

1 Freia cooking chocolate, 4 ¼ oz. (125 g.)

2 ½ cups (6 ½ dl) scant sugar

4 tbsp. cocoa fat

2 tbsp. Knox unflavored gelatin

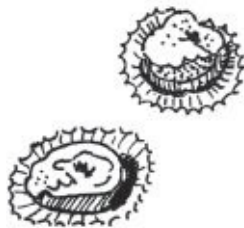
2 tbsp. canning wax

2 tsp. vanilla sugar

1 ¼ cup (3 dl) coconut, finely grated

½ cup (1 dl) scant water, boiling

Boil water and sugar for 14 minutes. Cool. Soften gelatin 2 minutes in as little water as possible, and add to the ½ cup of boiling water. Cool. Combine the two mixtures, add vanilla sugar, and beat until a firm mass forms. Spoon this cream onto lightly buttered wax paper or foil and let stand 30–40 minutes or until firm. Form into 24 balls. Melt chocolate, cocoa-fat, and wax in top of double boiler. Using two spoons, gently dip the 24 creams into the chocolate mixture and roll in coconut. Leave the coconut balls on paper to set.



Coconut Balls II (Kokosboller II)

A quick version of coconut balls without the creamy filling. They may be rolled in ground nuts or in coconut.

Ingredients:

4 ¼ oz. (125 g.) cooking chocolate, unsweetened

4 cups (10 dl) sweetened coconut, or more

Ground hazelnuts or almonds

1 large or 2 small eggs

Melt chocolate in double boiler. Cool slightly, and beat in egg(s). Add enough coconut until there is more coconut than chocolate. Shape into little balls, and roll in more coconut

or in ground nuts. Leave on wax paper to set.

Makes 32

Marzipan with Chocolate Truffle (Marsipan med sjokoladetrøffel)



Ingredients:

9 oz. (250 g.) marzipan

Truffle:

½ cup (1 dl) scant canned milk

1 tsp. rum extract

1 4 oz. (125 g.) bar Freia light,
cooking chocolate

⅔ cup (50 g.) cocoa

1 tbsp. confectioners' sugar

2 ½ tbsp. water

Use marzipan recipe in this book or buy almond paste. Roll into balls and press flat like a peppermint patty. Set aside.

Truffle: Bring the milk to a boil. Break up the chocolate and add. Stir until the chocolate is melted, then add water and rum extract. Cool quickly and stir thoroughly. When lukewarm add the cocoa. Beat until thick and smooth. Add confectioners' sugar to taste. Cool completely. Fill decorating tube with truffle and decorate the marzipan patties. Top with a small colored candy.



Chocolate Spheres (Sjokoladekuler)

Ingredients:

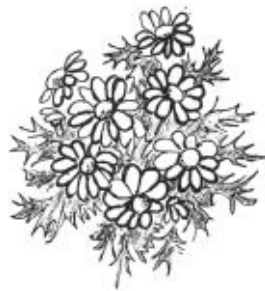
$\frac{3}{8}$ cup (150 g.) butter

$\frac{2}{3}$ cup (50 g.) cocoa

$\frac{1}{2}$ cup (1 dl) scant canned milk

$\frac{3}{4}$ cup (50 g.) coconut

3 $\frac{1}{3}$ cups (350 g.) confectioners' sugar



Add butter and canned milk to a heavy-bottomed saucepan. Sift in confectioners' sugar and cocoa. Over low heat stir thoroughly until a solid, smooth mass. Remove from heat, form 1 inch (2 $\frac{1}{2}$ cm) balls and roll in coconut. Wrap in cellophane paper or place into paper candy cups. Keep cool.

Cocoa-Balls (Kakaokuler)

An easy and traditional candy children like to make.

Ingredients:

$\frac{3}{4}$ cup (2 dl) sugar

2 tbsp. soft butter, scant

5 tbsp. cocoa

2 tbsp. Pero (coffee substitute)

2 $\frac{3}{4}$ cups (7 dl) barely cooked oats

Shredded coconut

4 tbsp. vanilla sugar

Mix sugar, cocoa, oatmeal, and vanilla sugar. Cut in butter and add Pero or coffee and mix well. Shape into balls the size of walnuts and roll in coconut. Place on a platter, then cover with foil and chill until set. Keep cool.

Breads, Flatbread, Lefse, and More

Our Daily Bread (Vårt daglige brød)

Surely one of the happiest memories of home is the tantalizing aroma of freshly baked bread. I have seen many persons butter a thick slice of homemade bread with such a gleam of anticipation in their eyes that it defies description.

In Norway, homemade bread, hot out of the oven, is a favorite treat anytime. Today we do not have to fire up the old wood stove, so set aside an afternoon, or an evening, to make some delicious breads, rolls, lefser, or flatbread to keep for those times when you wish for something nourishing and tasty. Breads, rolls, and lefser freeze well, and flatbread keeps well in airtight containers.

Many shy away from making bread because they think it is a difficult process, when actually it is rather easy. It does take a little time and muscle, unless you have a food processor with a kneading hook (I love my Braun). But one's efforts are richly rewarded as soon as the heavenly aroma begins to seep out of the oven. You can make your breads plain or do what is popular in Norway—try out a fancy design.

I realize there are several good bread-making machines on the market, which obviously are great time savers. But they do take away the joy of making the bread. But if a bread machine is the only way you have time to enjoy homemade bread, by all means use one.

No matter what type of bread you make, it is an undisputed fact that homemade bread benefits our families greatly, since we choose the ingredients and do not add chemical stabilizers or preservatives. Homemade bread is an excellent source of dietary fiber and provides protein and carbohydrates. And when we bake with whole grains, we ensure our families are supplied with one of the richest sources of vitamin B and iron.

Natural food stores usually carry a large selection of varied grains and flour, and they are often willing to take special orders. Once your grain or flour is purchased, maintain its food value by storing it in a cool, dry place. Freezing or plastic containers with tight-fitting lids are perfect for this.



Successful Bread Making (Vellykket brødbakst)

Use the best ingredients you can afford. It is of no avail to exert the effort of bread making only to see your endeavor fail or fall short of your expectation because you cheated on the ingredients.

All ingredients should be at room temperature. Assemble in advance all ingredients and

any needed equipment and utensils. Prepare the baking pans.

The proper flour is important. Bread flour is best for all types of bread, or use unbleached flour.

Handle the yeast with care for its complete cooperation. Dry yeast should be dissolved in a temperature of approximately 110–115°F (43–46°C), whereas 85°F (30°C) is just right for compressed yeast. To hasten this action you may add a little sugar, but no more than specified in the recipe. Fresh yeast will activate within a few minutes.

The dough must be workable, neither too stiff nor sticky. Allow it to rise in a warm, draft-free area, giving it enough time to double in bulk. If desired, the dough may be allowed to rise and fall a number of times during the dough-making process to improve texture, but do not allow it to over-expand.

Do not cheat on your kneading. Gluten develops through prolonged kneading and results in smoother, more elastic dough. A food processor with a dough hook is ideal (see Special Help chapter).

Oven temperature must be accurate. Be sure the bread is thoroughly baked. Do invest in a **Commercial-Grade Instant-Read Test Thermometer**; it takes the guessing out of bread baking. The internal temperature of perfectly baked bread is 190–205°F (88–96°C). The Instant-Read Test Thermometer can tell you the internal temperature in seconds. If you do not have one, tap the bottom of the bread; when it sounds hollow, it is done.

Causes of Failure in Bread Making:

Porous bread: usually stems from insufficient kneading, thus not giving the gluten a chance to develop. This in turn causes bubbles of gas to be distributed unevenly throughout the loaf. It is of utmost importance to knead thoroughly. Allowing the dough to over-expand may also result in porous bread. Do not allow dough to exceed double in bulk before punching down.

Sour or yeast flavored bread: caused by too much yeast, allowing the dough to over-expand, or not keeping the dough warm enough during the rising process. By placing dough in a closed draft-free area, such as an oven, this problem will be eliminated.

Water-streaked, soggy, or heavy bread: may be caused by poor quality flour, inferior quality yeast and slow rising, lack of thorough baking, or rough handling of the freshly baked bread before it was completely cooled.

Broken or separated crust: could be caused by poor quality flour or adding too much flour, or not allowing dough to rise properly. To give each loaf a shiny surface, brush with water, milk, or butter before you bake. However, loaves will get a rougher surface and a more homemade look—which many prefer—if you do not brush the dough. Whatever you do, find the time to make homemade bread. *Lykke til*, Good luck!



On Baking Breads and Cookies (Slik baker vi brød og småkaker)

Keep in mind, as a general rule, that the longer the item needs to bake, the lower it should be in the oven.

- ♥ **Breads, pound cakes, loaf cakes—on the lowest rack.**
- ♥ **Hard rolls, dinner rolls, sponge cakes—on the middle rack.**
- ♥ **Crackers, cookie—on the middle rack, or slightly above.**

Herb Bread (Urteloff)

Excellent with hot soups or salads.

Ingredients:

1 pkg. active dry yeast

4 cups (500 g.) bread flour

1 ¼ cups (3 dl) water, warm

¼ cup (50 g.) butter, softened

½ tsp. salt

¾ cup (1 ¾ dl) mixed fresh herbs, such as chives, dill, parsley, and basil

½ tsp. sugar

¼ cup (50 g.) scant butter

Egg

Dissolve yeast in warm water and add to a large bowl. Add salt and sugar. Work ¼ cup butter into 3 cups flour as for pie crust and add to yeast mixture. Knead 7 minutes until the dough is pliable and smooth. Cover and let rise in the refrigerator overnight. Remove to a floured surface and work in as much of the remaining flour as needed to make smooth dough. Roll the dough out to 10 × 20 inches (25 × 50 cm). Spread softened butter across the dough. Sprinkle with finely chopped herbs. Beginning with the long edge, roll the bread up jelly roll fashion, and place seam down on a parchment-covered baking sheet. With a sharp knife make diagonal cuts, on top of the bread's surface, about 1 inch (2 ½ cm) apart. Cover and rise 20 minutes. Brush with egg and bake in preheated 435°F (225°C) oven for 20 minutes.

Else's Coarse Bread (Else's Grovbrød)

Else Rønnevig is the vivacious and talented Mistress of Snoringsmoen, the first Swiss Chalet build in 1867, in Lillesand. Else has a deep love and concern for the Norwegian cultural history and food traditions. She has won many prizes for her delicious and fancy breads (see picture).



As Mistress of Snøringsmoen she favors her guests with meals spiced with cultural history. To visit Snøringsmoen is “a journey for the senses.” It is to enjoy the tastes, sounds, aromas, and atmosphere of the past. Now you can make her delicious and beautifully decorated bread. Make the dough in the evening and set in refrigerator overnight.

Ingredients:

2 ½ cups (6 ¼ dl) water 115°F (45°C)

¾ cup (1 ¾ dl) dark rye flour

2 pkgs. active dry yeast

1½–2 cups (4–5 dl) bread flour

1 tbsp. dark syrup

¼ cup (20 g.) wheat bran

2 tbsp. margarine, melted and cooled

¾ cup (80 g.) oat bran

2 ½ cups (5 dl) graham flour

1 tbsp. salt

In a large bowl, add warm water, yeast, and syrup. Let stand 5 minutes until the yeast dissolves. Melt margarine and cool. When yeast has dissolved, add all remaining ingredients. Mix with a wooden spoon until the dough leaves the sides of the bowl. Turn out onto a lightly floured surface and knead 5–8 minutes. Place in a lightly-greased bowl and turn once. Cover tightly with lightly-greased plastic wrap and set to cool overnight. Remove to a lightly-floured surface and knead 2–3 minutes and shape into a round loaf. Place on a parchment-covered baking sheet.

Dough for decorations:

½ cup (1 ¼ dl) water, warm

1 ¼ cups (150 g.) bread flour

½ tbsp. active dry yeast

Egg yolk

¾ cup (100 g.) light rye flour

Water

In a medium-sized bowl, add warm water and yeast. Let stand 5 minutes until yeast

dissolves. Stir in enough flour to make fairly firm dough. Do not begin to knead before as much water as possible has carefully been worked into the flour. If the dough is too firm a *little* additional water may be added. Cover tightly with lightly greased plastic wrap, and set to cool overnight. To make spike of grain, roll into two ropes pointed at one end. Cut along the edges to form a spike (see picture). Or, shape into desired decoration and fasten to the round loaf with water. Set bread to rise 30 minutes. Preheat the oven to 390°F (200°C). Just before baking, brush the decoration only, with a slightly beaten egg yolk to which has been added 1 tablespoon of water. Bake on lowest rack 30–40 minutes. Bread is done when internal temperature is 190–205°F (88–96°C). Or tap bread on the bottom—when it sounds hollow, it is done. Watch the decoration so it does not become too dark. Cover with aluminum foil if necessary.

Makes 1 large round loaf

Tips: If you would like to display your beautiful creation, leave the bread to dry for 48 hours, with oven doors ajar, and temperature between 140–210°F (60–100°C). The breads must be completely dry or they could explode. If desired spray with a non-glossy lacquer.

Else's White Bread (Else's hvetebrød)

Ingredients:

7 cups (1 kg.) bread flour

1 tbsp. salt

1 pkg. active dry yeast

1 ½ tbsp. margarine

1 tbsp. sugar

2 ¼ cups (5 ½ dl) water or milk

Follow the directions for Else's Coarse Bread. It is important to dissolve yeast at 104–122°F (40–50°C) water or milk.

Cracked Wheat Bread (Helkornbrød)

This recipe makes three delicious and healthy loaves.

Ingredients:

1 ⅛ cups (250 g.) cracked wheat

3 tsp salt

3 ¼ cups (7 dl) water

1 ⅔ cups (300 g.) rye flour

1 ⅔ cups (3 dl) cultured milk

⅝ cup (150 g.) wheat flour

2 pkg. yeast

1 ⅛ cups (250 g.) oatmeal, quick cooking

3 tbsp. flax seed oil

3 ⅛ cups (700 g.) flour

1 tbsp. dark syrup

Small oats for decoration

Soak the cracked wheat overnight. In the morning, add the cultured milk to 98.6°F (37°C) water. Add yeast and stir. Add oil, syrup, salt, fours, and oatmeal. Add extra flour if needed, and knead about 8 minutes until the dough is soft and elastic. Place the dough back in a bowl and cover with a lightly-greased plastic wrap. Let rise in a draft-free place for about 45 minutes or until double in bulk. Remove the dough to a lightly floured board and divide into three portions. Knead well with possibly more flour. Shape into loaves and place in three well-greased pans. Brush lightly with oil and cover with plastic wrap. Let rise another 30–40 minutes. Brush the loaves with water and sprinkle with small oats. Bake on the lowest rack at 390°F (200°C) for 50–60 minutes. Cook on wire rack.

Kneipp Bread (Kneippbrød)



The famous Kneipp bread is named after the German priest and doctor, Sebastian Kneipp (1821–1897). Baker Hansen in Oslo baked Norway's first kneipp bread in 1895. And since then, the Kneipp bread has been the most popular bread in Norway.

Ingredients:

3 ⅛ cups (7 dl) skim milk, warm

2 tsp. sugar

3 tbsp. flax seed oil

4 ½ cups (1 kg.) whole wheat flour

1 pkg. yeast

4 ½ cups (1 kg.) graham flour

In a large bowl, add warm milk (115°F/45°C), oil, and yeast and let stand for 5 minutes until the yeast dissolves. When the yeast has dissolved, add whole wheat flour, salt, and sugar, and mix with a wooden spoon. Add graham flour and mix. Turn out on a lightly floured surface and knead 5–8 minutes. Place in a bowl and cover with a lightly-greased plastic wrap and let the dough rise in a draft-free place for 30–40 minutes. Remove to a lightly-floured board. Divide in two and knead the dough well. Place in greased baking pans. Cover with plastic wrap and let rise for 30 minutes or until it starts to come up over the edge of the pan. Bake in a 390°F (200°C) oven for 50–60 minutes. Spray the breads with cold water 5 minutes before they are finished baking. Let them remain in the oven until the crust is dry. Cool on a wire rack.



Multi-Grain Bread (Kneipploff)

Triticale, the first man-made hybrid grain, combines the nutrition of wheat, the taste of rye, and a protein/gluten content right in between the two. It also has a better balance of amino acids than either rye or wheat alone.



A wonderfully satisfying bread made with either triticale or wheat kernels, easily attainable at natural food markets.

Ingredients:

1 cup (180 g.) triticale or wheat kernels

1 tbsp. molasses or honey

$\frac{3}{4}$ cup (1 $\frac{3}{4}$ dl) water, boiling

2 $\frac{1}{2}$ cups (300 g.) whole wheat flour

2 tbsp. active dry yeast

1 tsp. salt

2 cups (5 dl) kefir or soured skim milk

2 tbsp. sunflower seed oil

3 $\frac{1}{3}$ cups (450 g.) bread flour

In a small bowl, pour the boiling water over the triticale or wheat kernels and let stand for 1 hour. In a large bowl, add the yeast to a little of the kefir or sour skim milk, which has been slightly warmed. Add molasses or honey. When yeast is dissolved, add the remaining milk. Beat in the whole wheat flour, salt, and oil. Add the whole kernels and bread flour. Turn dough out on a floured board and knead the dough until glossy and elastic, about 10 minutes. Return to bowl which has been lightly greased, turn once, and cover. Set to rise in a draft-free, warm place until double in bulk. Remove onto a lightly floured board. Shape into a large round loaf and place in a 10-inch (25-cm) greased springform pan. Cover and

let rise approximately 20 minutes. Brush with water and bake in preheated oven, 355–390°F (180–200°C), about 1 hour. The loaf is done when internal temperature is 190–205°F (88–96°C), or when the bread sounds hollow when tapped on the bottom. Let cool slightly in the pan before removing to a rack. Cool completely.

Makes 1 large round loaf

Sweet Cardamom Bread (Hvetekake)

Traditionally this bread is formed into round loaves, so flavorful they are called hvetekake, wheat cake. Norwegians enjoy this bread with the heavenly cardamom aroma and flavor topped with the ever-popular sweet caramel-colored gjetost, goat cheese. It also tastes good with other mild cheeses or preserves.

Ingredients:

2 pkgs. active dry yeast

⅓ cup (65 g.) sugar

2 ½ cups (6 dl) milk, warmed

1 ½ tsp. salt

3 tbsp. margarine, melted

1 ½ tsp. cardamom, freshly ground

4 ¾ cups (11 ¾ dl) unbleached, all-purpose flour

Butter, melted

In a large bowl, add yeast, milk, and margarine and stir until yeast is dissolved. Sift in 3 ½–3 ¾ cups (8 ¾–9 ¼ dl) of the flour, sugar, salt, and cardamom. Beat batter until glossy. Add 1 cup more flour. The dough will be very soft. Cover and let rest 15 minutes. Turn dough out on a lightly floured surface and knead until elastic and glossy, 8–10 minutes, adding additional flour if needed. Lightly grease the bowl, and return dough to the bowl, turning once. Let rise in a draft free, warm place until double in bulk, about 1 hour. Punch down. Turn dough out on a lightly floured board, using as little flour as possible. Divide into 2 parts, and shape into round loaves. Place on baking sheets covered with parchment paper, or dust lightly with flour, but do not grease the sheets. Set to rise in a draft-free, warm place until almost double in bulk. Preheat the oven to 375°F (190°C). Brush with melted butter and bake until done and a golden color, about 40–45 minutes. Remove to racks and brush with butter once more. Breads are done when they sound hollow when tapped on the bottom.

Makes 2 round loaves

Mother Selland's Bread (Mor Selland's brød)



Place the following ingredients in a bowl:

3 cups (7 ½ dl) whole wheat flour

½ cup (1 ¼ dl) shortening

½ cup (1 ¼ dl) brown sugar

4 tsp. salt

½ cup (1 ¼ dl) molasses

Pour over 4 cups of hot water. Stir and cool till lukewarm. Add:

2 cups bread flour

Mix well and add:

2 pkgs. active dry yeast dissolved in

½ cup lukewarm water

Add 7–8 additional cups bread flour.



Mix well and knead for 10 minutes. Put in a greased, large bowl; turn over once. Let rise in a warm place until double in bulk, about 2 hours. Punch down and let rise a second time. Knead lightly, shape into 4 loaves, and when they have risen to almost double in bulk, bake in a 400°F (205°C) oven for 10 minutes; reduce to 350°F (175°C) and bake 30 minutes longer.

Makes 4 loaves

The Farmer's Everyday Bread (Bondens hverdagsbrød)



Ingredients:

Dough 1:

3 $\frac{5}{8}$ cups (8 dl) skim milk

1 $\frac{3}{5}$ cups (300 g.) rye flour, sifted

$\frac{7}{8}$ cup (200 g.) wheat germ

Dough 2:

$\frac{7}{8}$ cup (2 dl) skim milk, warm

3 $\frac{5}{8}$ cups (800 g.) flour

1 pkg. yeast

2 tsp. salt

3 tbsp. flax seed oil

Egg

Blend the first three ingredients. The dough will be sticky. Knead it well. Place in a bowl covered with a greased plastic wrap and let stand in a draft-free place for 30 minutes. Place the warm $\frac{7}{8}$ cup milk and yeast in a large bowl. Add the remaining ingredients and mix with Dough 1. Knead well. The dough will still be a little sticky. Cover with greased plastic wrap and let it stand in a draft-free place for about 45 minutes. Divide the dough in two. Form long loaves and place them in 2-quart-size bread pans. When they have finished rising, brush with beaten egg and carefully carve an incision with a sharp knife. Sprinkle with a little rye flour. Preheat the oven to 390°F (200°C) and bake on the lowest rack for 50–60 minutes.

Rye Bread (Rugbrød)

Ingredients:

1 $\frac{1}{2}$ pkg. active dry yeast

$\frac{3}{4}$ cup (1 $\frac{3}{4}$ dl) margarine

$\frac{1}{2}$ cup (1 $\frac{1}{4}$ dl) water, warm

2 tsp. salt

2 cups (5 dl) rye flour, sifted

2 cups (5 dl) water, boiling

$\frac{3}{4}$ cup (1 $\frac{3}{4}$ dl) molasses

6–6 $\frac{1}{2}$ cups (15–16 $\frac{1}{4}$ dl) bread flour

In a small bowl add water and yeast; let yeast dissolve. In a large bowl add rye flour, molasses, margarine, and salt. Pour the boiling water over this flour mixture and stir well.

Cool to lukewarm. Add yeast mixture. Gradually stir in enough bread flour to make soft dough. Mix thoroughly. Turn out on a well-floured surface. Cover dough and let rest 10 minutes. Knead until dough becomes satiny and pliant, approximately 10 minutes. Place in a lightly-greased bowl and turn it over once to grease surface. Cover and let rise until double in bulk. Punch down and let rise again until almost double. Punch down and divide into three parts. Then shape into rounds. Place on greased or parchment covered cookie sheet and let rise again until almost double in bulk, approximately 35–40 minutes. Bake in a 350°F (175°C) oven, 35–40 minutes. Cool on a rack, and brush with butter while still hot.

Makes 3 round loaves

Sigrid's Best Rusks (Sigrid's beste skonroker)

A rusk is kind of a large round biscuit, sliced in two, and toasted in the oven after baking. The people of Selbu, where Sigrid Juul Røset lives, use a lot of tettemelk, a Norwegian type yogurt, during the summer. Traditionally tettemelk is served with crushed rusks and brown sugar.

With a little variation in the recipe, you can serve these rusks with butter and cheese, particularly Norwegian goat cheese. That is how I remember enjoying the rusks as a child. Delicious!

Ingredients:

3 ½ tbsp. (50 g.) margarine

1 ½ cups (100 g.) wheat bran

7 tbsp. (100 g.) lard

½ cup (75 g.) sugar

3 ¼ cups (8 dl) water or milk

½ tsp. salt

2 pkg. yeast

1 ¼ tbsp. crushed anise

5 ⅓ cups (700 g.) flour, unbleached

1 tsp. salt of hartshorn

⅝ cup (200 g.) whole wheat flour

In a heavy pan melt the margarine and lard and add water or milk; heat to lukewarm. Use a small amount of the liquid to dissolve the yeast, let stand for 5 minutes, then return to the milk mixture. In a large bowl add remaining ingredients, but save out ⅓ of the unbleached flour. Pour in the milk and fat mixture. Add additional flour if needed. The dough should be very soft and pliable. Set to rise in a lightly greased bowl until it doubles in bulk. Turn dough out on lightly oiled working surface. Knead lightly. Divide the dough into thirty pieces and roll into balls. Place on greased baking sheet, and let rise until almost double in bulk. Preheat the oven to 480°F (250°C) and bake 10–12 minutes, or until they barely get color. Cool on rack. Divide the buns with a saw-toothed knife (it makes a smooth surface) and continue baking for 45–60 minutes at 175–210°F (80–100°C) with oven door ajar. Dry until crisp. These rusks are best used crushed for toppings. If you desire to use the rusks with butter and cheese use 3 ½ tbsp. (50 g.) lard and 7 tbsp. (100 g.) margarine, and use half milk (not 2%) and half water.

Makes 60 rusks

Liv's Hard Tack (Livs knekkebrød)



Ingredients:

- 2 ¼ cups (5 dl) flour
- 1 pkg. active dry yeast
- 1 ¾ cups (4 dl) graham flour
- 1 tsp. salt
- 1 ¾ cups (4 dl) whole wheat
- 2 ¼ cups (5 dl) water, warm

In a large bowl, add flour, yeast, and salt. Add the warm water and stir. Cover the bowl with lightly-greased plastic wrap and let rise until double in bulk. Divide the dough into twenty even pieces and roll out into round pieces. Use a small glass to punch a hole in the center. Let the tacks rise 15 minutes. Punch indentations with a fork or chop stick. Place on lightly-greased cookie sheet and bake in the oven at 435°F (225°C) for 7 minutes. Lower the oven temperature to 210°F (100°C) and let them dry until crisp. Cool on a rack. Keeps well in tin cans.

Hard Rolls (Korpsrundstykker)

Sigrd Juul Røset is a home economics teacher. She created this recipe for a junior music band rally held in South-Trøndelag. She gathered twenty-one of her friends in Selbu and made 5,000 of these hard rolls for the delighted musicians.

This recipe is rather large, but the rolls keep well in the freezer. So why not gather some friends and have a fun baking day together, or cut the recipe to fill your needs.

Ingredients:

- ½ cup (100 g.) scant margarine, melted
- 6 cups (250 g.) wheat bran
- 6 ¾ cups (17 dl) milk, skim
- 4 tsp. salt
- 2 pkgs. active dry yeast

4 tbsp. sugar

3 $\frac{7}{8}$ lbs. (1 $\frac{3}{4}$ kg.) flour

Egg

In a heavy saucepan combine margarine and milk, and heat just until margarine has melted. Cool to lukewarm. Dissolve the yeast in a little of the milk, stir until dissolved. In a large bowl mix the remaining ingredients, except egg, and leave out a little of the flour. Add the milk and yeast mixture. With a large wooden spoon stir until well mixed, adding enough flour to make fairly firm dough. Cover with a towel and let rise in a warm, draft-free place. Punch down. Remove to a lightly floured board and divide into equal portions. Shape into round or oval rolls, and place on greased baking sheet. Brush with lightly beaten egg. Bake in 480°F (250°C) degree oven. Bake about 12–15 minutes or until done. Cool on a rack.

Makes 48 large or 65 medium rolls

Bergen Pretzels (Bergenskringler)

A kringle is usually a pretzel-shaped pastry or coffee bread. These individually sized kringler are dry and crisp, and are also known as water-kringler. I first tasted these kringler while attending Fana Folklore in Bergen. They served them as an accompaniment to sour cream porridge and cured meats.

Ingredients:

$\frac{7}{8}$ cup (2 dl) skim milk, lukewarm

$\frac{1}{2}$ tsp. salt

1 pkg. active dry yeast

2 $\frac{1}{2}$ cups (6 dl) scant flour

3 tbsp. margarine, melted

In a medium bowl dissolve the yeast in lukewarm milk. Add melted margarine, salt, and enough flour to make firm dough. Remove to a board and knead the dough until smooth and elastic, about 10 minutes. Divide into 14–16 equal parts. Do not use flour while shaping into *kringler* but dip your fingers in lukewarm water. Roll into sausages about the size of your little finger and shape into pretzels. Be careful not to make the center part too thick. Cook in a large kettle with lots of boiling water; they will sink to the bottom soon after they are added to the water, and then rise to the surface when they have risen. Remove from water and place on greased cookie sheet and bake in a 350°F (175°C) oven until a light golden brown, about 30 minutes. Lower heat to 250°F (120°C) and continue to bake until crisp. Cool on rack.



Makes 14–16 large pretzels

Christmas Bread I (Julekake I)

A traditional bread with raisins, citron, and cardamom. Delicious eaten plain or with butter and brown sweet goat cheese, or with orange marmalade. However it is eaten, it is a must in every home during the Christmas holidays.

Ingredients:

¾ cup (1 ¾ dl) milk

2 eggs, beaten

½ cup (1 ¼ dl) sugar

5 cups (12 ½ dl) flour, sifted

¼ cup (½ dl) butter

1 tsp. cardamom seeds, pulverized

1 ½ tsp. salt

2 pkg. active dry yeast

1 ½ cups (3 ½ dl) raisins

½ cup (1 ¼ dl) water

½ cup (1 ¼ dl) citron

Egg or water

In a small, heavy-bottom pan, heat the milk until bubbles form around the edges of pan; remove from heat. Add sugar, butter, and salt. Stir until the butter is melted. Cool to lukewarm. Sprinkle yeast over water in large bowl, stir until dissolved. Stir in milk mixture. Add eggs, 2 cups flour and cardamom; beat with a wooden spoon until smooth. Add raisins and citron. Stir in enough of remaining flour (2 ½–3 cups) to make a soft dough. Cover with towel. Let rest for 10 minutes. Turn out dough into lightly floured surface; knead until smooth and elastic, about 8 minutes. Place in lightly-greased, large bowl. Turn once to bring up greased side. Cover with towel; let rise in warm place until double in bulk—about 1 ½–2 hours. Punch down, divide in half. Shape each half into a ball. Cover and let rest for 10 minutes. Pat each ball into a round loaf, place on greased baking sheet, and let rise until double in bulk—about 1 ½–2 hours. Preheat the oven to 350°F (175°C). Brush loaves with slightly beaten egg or water. Bake 20 minutes; cover with foil, and bake an additional 25 minutes, or until deep golden brown. Cool on wire racks.



Makes 2 rounds

Christmas Bread II (Julekake II)

This julekake, more like a cake, differs from Christmas Bread I in that baking powder is used in place of yeast. It can be made in a jiffy and is absolutely delicious.

Ingredients:

1 ½ cups (250 g.) butter

4 tsp. vanilla sugar

2 cups (425 g.) sugar

4 tsp. baking powder

3 eggs

2 cups (5 dl) coffee cream

4 cups (900 g.) flour

¾ cup (100 g.) citron, finely chopped

1 tsp. cardamom

1 ½ cups (250 g.) raisins

Cream butter and sugar until light and fluffy. Add the eggs, one at a time. Mix flour (save out a little to mix with fruit to prevent it from sinking to the bottom of pan), cardamom, baking powder, and vanilla sugar and add to the butter mixture alternately with cream. Add fruit and stir well. Preheat the oven to 350°F (175°C). Grease two loaf pans and line the bottoms with wax paper. Pour batter into pans and bake 1 hour. Cool on a rack.

Makes 2 loaves

Orange Loaf Cake (Appelsinformkake)

Quickly and easily made with a rich orange taste. Keeps well in an airtight container or in the freezer.

Ingredients:

2 eggs

½ cup, scant (1 dl) milk

⅔ cup (125 g.) sugar

¾ cup (100 g.) raisins

½ cup (100 g.) scant butter

2 cups (250 g.) scant flour

1 cup (2 ½ dl) orange marmalade

2 tsp. baking powder

Beat eggs and sugar until light and fluffy. Melt butter, cool slightly, and whip together with the egg mixture. Add marmalade, milk, and raisins. Mix well. Sift in flour and baking powder and mix thoroughly. Grease a large bread pan and pour the batter into the pan. Bake in a 350° (175°C) oven on the *lowest* rack for 55–60 minutes.

Makes 1 large loaf

Torunn's Cardamom Buns (Torruns Hveteboller)

There is nothing that makes a house smell more like a home than when these delicious buns are baked. You have to try them.



Ingredients:

1 ⅔ cups (3 dl) milk, warm

⅔ cup (75 g.) scant sugar

3 oz. (75 g.) butter

1 tsp. cardamom

1 pkg. active dry yeast

⅔ cup (2 dl) raisins

4 ½ cups (1 dl) flour

1 egg

Melt butter and add the milk. Stir in the yeast; let it stand for 5 minutes to soften. Add flour, sugar, and cardamom and knead well. If needed, add more flour. Cover with a greased plastic wrap and let stand in a draft-free place until double in bulk, about 30–40 minutes. Divide the dough into twelve to sixteen even portions. Add raisins and roll the dough out into round buns. Place them on a lightly-greased cookie sheet, cover, and let rise in a draft-free place for 20–30 minutes. Brush the buns with beaten egg and bake in the middle of the oven at 435°F (225°C) for 5–10 minutes. Cool on a rack.

Cardamom Buns (Kardemommeboller)

Ingredients:

2 cups (5 dl) milk

¾ cup (1 ¾ dl) sugar

¼ cup (55 g.) butter
1 tbsp. sugar
¼ cup (55 g.) margarine
½ tsp. salt
1 pkg. active dry yeast
6 whole cardamom seeds, crushed
¼ cup (½ dl) water, warm
7 cups flour

Scald milk. Add butter and margarine and let stand until melted and milk is slightly cooled. Soften yeast in warm water with 1 tablespoon of sugar added. In a large bowl add remaining sugar, salt, and cardamom. Pour in lukewarm milk mixture. Add yeast and enough flour to make a stiff dough. Work thoroughly. Place in a greased bowl. Cover and let rise until double in bulk. Punch down and shape into balls, the size of ping pong balls. Place 1 inch (2 ½ cm) apart on greased baking sheet. Cover with a tea towel and let rise until double in bulk. Bake in a 450°F (230°C) oven for 5 minutes. (Yes, 5 minutes is right.) Brush with butter while still hot.

Saffron Buns (Safranbrød)

These buns are traditionally made at Christmas time (see illustrations). In times past the different motifs had symbolic or magical meanings. Many believed that the cross had the power to protect.



Ingredients:

1 cup (2 ½ dl) milk
¼ cup (½ dl) water, warm
½ cup (1 dl) scant sugar
1 egg, small
1 tsp. salt
4 cups (10 dl) unbleached flour
½ cup (100 g.) scant butter
⅓ cup (¾ dl) raisins, optional
½ tsp. saffron threads, crushed
Egg and pearl sugar
1 pkg. active dry yeast

In a heavy saucepan combine milk, sugar, salt, butter, and saffron and bring to the boiling point. Stir. Remove from heat and let cool to lukewarm. Pour into food processor bowl equipped with a dough hook, or a large bowl. Dissolve yeast in lukewarm water. Add egg, and about half of the flour, and mix thoroughly. Add remaining flour, to avoid a heavy

bread use as little flour as possible. The dough will be sticky. Using the dough hook beat for 1 ½ minutes, or use your electric mixer for about 5 minutes. Place in a greased bowl, cover with lightly-greased plastic wrap, and set to cool in a warm place for 1 hour, or until double in bulk.

Shape into saffron buns pictured, or make into braided breads. Raisins used for decorations need to be added before the second rising. Set to rise in a warm place for 30 minutes, covered with greased plastic wrap. Brush with beaten egg, and sprinkle with pearl sugar. Bake at 425°F (220°C) until a golden brown, about 15–20 minutes. Cool slightly then remove to rack to cool completely.

Makes 10 large buns or 16 medium™

Classic School Buns (Klassiske skolebrød)

Ingredients:

1 ½ cups (3 ½ dl) milk

½ cup (1 dl) scant sugar

1 ½ pkg. (50 g.) yeast

½ tsp. cardamom

½ cup (100 g.) scant butter, melted

4 ½ cups (10 dl) flour app.

Egg cream:

1 vanilla bean or 1 tsp. vanilla extract

1 cup (2 dl) whipping cream

1 ⅞ cups (4 dl) milk

Confectioner's sugar

6 egg yolks

Rum flavoring

¼ cup (½ dl) sugar

Coconut

1 tbsp. cornstarch



Dissolve yeast in lukewarm (80–85°F) milk. Add melted, cooled butter. Add the sugar and cardamom and sift in the flour to make soft dough. Knead until smooth and elastic, up to 10 minutes. Place in a greased bowl, turn once, and let rise until nearly double in bulk.

When raised, cut into twelve to fourteen pieces and roll into balls and place on a parchment-covered cookie sheet. Make a deep indentation in the center of each ball and let them rise until light and smooth.

Egg cream: Divide the vanilla bean in two and scrape out the seeds, then add them to a pan with milk, egg yolks, sugar, and cornstarch. Over medium heat, stir the mixture until it begins to thicken. Do not let it boil. Cool the pan in cold water, stirring at the same time. Blend in the whipped cream. Generously fill the indentation with egg custard. Bake in a 475°F (250°C) oven for 10–12 minutes. Cool on a rack. Spread with confectioner's glaze to which a few drops of rum flavoring has been added and dip them in a plate of coconut.

Lefse

Lefse is gjestebudkost! That is to say, party fare. In the last century flatbread was everyday fare; lefse belonged to the banquets and special celebrations. Almost every district had, and still has, its own favorite recipe for lefse, although it goes by different names in the different Norwegian districts.

Most lefse recipes do not require yeast, though a few do, such as *krotakaker* from Hardanger. It used to be that some women would go from farm to farm and make enough lefse for the families to last a year. It does take a little time to make lefse; however, when it tastes that good it is worth the effort. So go to work to keep this long-enjoyed Norwegian tradition alive.

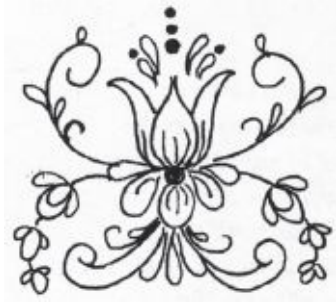
Most likely your first lefse will not be a paper-thin tasty creation, yet, if you keep at it, you will triumph. Today, we have so many tools to help us succeed, and if you are serious about learning how to make lefse, make a few investments to ensure success:

- ♥ **Potato ricer**
- ♥ **Grooved lefse rolling pin**
- ♥ **Cotton-polyester “sock”—I bless the day, years ago, when my sister Gro gave me my first one.**
- ♥ **Cotton-polyester pastry cloth—a must! The excellent Original All Purpose Pastry Board with pastry cloth is available from Jacobs of Wilmar. See Sources [p.178](#).**
- ♥ **Lefse stick with beveled tips (you can get fancy and *rosemal* the top part)**
- ♥ **Lefse grill**

Not all the above tools are a must, but they do save time and make the job more pleasant. However, a lefse grill is expensive and many have started out with just a skillet or electric frying pan. Your lefse will not be as large, but it will taste just as good, and then, when you have become more proficient you can make the investment in the grill. You can get by with a regular rolling pin, but I highly recommend you invest in a grooved rolling pin that helps with heat distribution, pulverizes any lumps, and, as experts agree, prevent tearing.

Quick Potato Lefse (Snøgg potet lefse)

I am not sure how the Norwegian homemaker of yesteryear would feel about using instant potatoes for lefse making. Maybe they would have welcomed it in lives filled mostly with toil.



This is a great recipe for beginners, or those stressed for time. A no-fail recipe. The water content of instant potatoes is always the same. You will feel good about your efforts from your very first try. I promise!

Ingredients:

2 cups (5 dl) water

3 tbsp. butter

2 cups (5 dl) instant potatoes (shake to settle)

2 tsp. salt

1 tbsp. sugar

3 tbsp. shortening

Bring water to a boil, remove from heat, and stir in instant potatoes, shortening, butter, salt, and sugar. Cool. For each measuring cup of this mixture add $\frac{1}{2}$ cup flour and divide in four portions. Keep the remainder of the potato mixture refrigerated until ready to use. Roll each portion to dinner-plate size, as thin as possible, using additional flour (as little as possible—too much flour makes a tough lefse), a pastry cloth, and a grooved rolling pin with sock will make this go easier. To prevent sticking, turn the dough with the stick as needed. When lefse is of desired thickness, flip one end of the lefse over the stick and roll up to center. Place lefse on a grill and unroll. When bubbles appear turn and bake the other side. If needed, turn over once more till the brown spots appear. Do not over-bake as it will make the lefse dry and it will lose its flavor. It is traditionally served with butter and sugar.

Potato Lefse I (Potet lefse I)

You can almost see through these delectable lefser. But it is the taste that will cause you to make them often.



Ingredients:

- 3 large baking potatoes
- ½ teaspoon sugar
- 2 tbsp. butter
- 1 tsp. salt
- ¼ cup (½ dl) heavy cream
- 1 cup (2 ½ dl) flour, or more

Boil the potatoes without peeling, peel and mash while still warm, and put through a ricer. To get the lumps out, you might have to put them through the ricer more than once. Add the remaining ingredients, mix well, cover, and chill for eight hours or overnight. Mix in ½ cup (1 ¼ dl) flour. Divide into 15–16 balls if you want dinner-plate size. Using a grooved rolling pin with sock (sock optional) and a pastry canvas, roll each ball out as thin as possible. Use flour as needed (but not too much) and keep the balance of dough in the refrigerator. Bake each lefse on a medium to hot griddle, turning until both sides are flecked with brown. Do not over-bake.

Potato Lefse II (Potet lefser II)

Ingredients:

- 4 cups (9 ½ dl) potatoes cooked
- ½ cup (1 ¼ dl) Crisco oil
- 1 tsp. salt
- 2 tbsp. sugar
- ½ cup (1 ¼ dl) whipping cream

1 ½ cups (3 ½ dl) flour

Boil and rice potatoes, then add salt, cream, and oil to *warm* potatoes. Completely cool the potatoes before adding flour. You can cut down a little on the cream and oil. Making them too rich will make them hard to handle. Mix sugar with flour and add to the mixture, kneading as you roll them out with a grooved rolling pin. Bake on *takke*, a round griddle.

Tender Nordland's Lefse (Mørlefse fra Nordland)

Ingredients:

1 ¾ cups (4 ½ dl) sour cream or ⅞ cup each

buttermilk and sour cream

2 tsp. hartshorn salt

Unbleached flour

¼ cup (½ dl) sugar

Barley flour, optional

¼ cup (½ dl) syrup, Lyle's golden

Whip together sour cream and sugar. Stir in syrup. Sift salt of hartshorn with flour and stir into the sour cream mixture until it forms fairly soft dough. Substituting some barley flour for the unbleached flour will make the lefse darker but very tender and delicious. Allow to rest for an hour for easier rolling. Handle the dough as little as possible. Divide dough into six or seven parts and roll out a little thicker than flatbread. Place on a greased cookie sheet. Prick the entire surface with a fork and bake until golden in a hot oven, 400–425°F (205–220°C)—the lefse will rise somewhat. Be sure it is thoroughly baked but tender and pliable. When baking is completed, stack on a clean cloth and keep covered. When cool, butter generously and sprinkle with sugar. Place together like a sandwich and cut in wedges.

Small Potato Cake (Lumpe - potetkake - hellekake)

Lumpe tastes delicious with cured meats. Many enjoy these potato cakes with Norwegian goat cheese, or butter and sugar.



The *lumpe* I remember best from my childhood in Oslo is when we ate *pølse med lumpe*. A thin sausage smothered in Idun mustard and wrapped in *lumpe*. In those days they were sold at *bua*—an enclosed market-cart where they also sold drinks and confectioneries. And it would be unthinkable in those days not to find *pølse med lumpe* at athletic events such as Holmenkoll dagen, or when at the beach, or even at children's parties.

During one of my first return visits to Norway, after several years' absence, nostalgia washed over me when, one sub zero day in February, my sister Eva and I entered

Stortorget, a market place in downtown Oslo. We hurriedly purchased, at a market cart, our *pølse med lumpe*. Just as we remembered they were delicious. We exchanged glances and agreed we must have one more!

Lumpe is easy to make with just potatoes, flour, and a little salt. They are made like lefse—smaller but a little thicker. They can be served in a variety of ways.

Before potatoes were cultivated in eighteenth century Norway, the *lumpe* were made from barley, oat flour, and water. Later the potato replaced the water. *Lumpe* was as a rule eaten dry, except on Sundays when butter was added, and thus on that day became referred to as butter-*lumpe*. (Many now enjoy new-baked *lumpe* with butter and sugar with their hot beverage.) All types of flour can be used, either all of one or several mixed, but the tastiest and softest result when only potatoes and barley flour are used. A mixture of all-purpose and barley flour also gives a good result.

Ingredients:

2 lbs. (900 g.) potatoes

1 ¼ cups (3 dl) barley flour, approx.

1 tsp. salt

Boil unpeeled potatoes. Peel and twice grind, rice, or mash while still warm, until potatoes are smooth and elastic, thus requiring less flour. Add salt during this process; rather than adding it to the water, it increases the elasticity of the potatoes. The more elastic the potatoes the better the *lumpe*. Cool. Add flour to a small portion of potatoes at a time; stir just enough to make a firm, easily-handled dough. Making a lot of dough at once and leaving it stand may cause the dough to become sticky. Cut off slices with a sharp knife. Press these down lightly with the back of your hand, and finish rolling out with grooved rolling pin into 6–8-inch (15–17 ½ cm) flaps. Doing it this way one needs less flour. Brush off all excess flour before baking.

Place *lumpe* on medium hot lefse or other griddle and turn often with a pliable spatula. Prick any blisters that form while baking. When done they should be light in color with large, light brown spots. If the griddle is too hot they will remain raw inside; if too low, they will be hard and tough. Allow them to dry out for a few minutes, then wrap in a clean towel and cover until ready to be served. They are tastiest when used immediately. They can be served with butter and sugar, or with sharp cheese. As for me it will always be *pølse med lumpe*.

Flatbread (Flatbrød)

Flatbread, Norway's most frequently used and most loved bread, was at one time considered a mainstay. In western Norway, a homemaker was not considered to be a good manager if she did not keep a supply of flatbread at all times. A young girl who couldn't weave, spin, or make flatbread wasn't considered much of a catch by eligible bachelors.

Years ago the Norwegian homemaker stacked rocks on top of the flatbread pile to prevent the mice from gnawing their way through.

Gunnar Askeland, in his book *Norsk Mat*, talks about the history and art of making flatbread. He says there were many reasons why the homemakers clung to the use of flatbread. One was its exceptional keeping quality. It would keep for years in a stabbur—a

storehouse built on stilts. Another reason was that it suited itself to the available Norwegian flour, such as barley and oats. Finally, it was the type of bread that made many variations possible, from a paper-thin to a thick, coarse type, the latter being very filling and satisfying.

For years flatbread almost disappeared but has now regained its popular place in the Norwegian diet. There are only a few places where flatbread is baked at home. It is now made in factories.

“Flatbread is a tie with old-home cooking, Gunnar explains, and we should not allow it to be forgotten. It takes practice to learn this art but the reward is great for those who make the attempt. A more delightful addition to a meal than freshly baked, crisp, fragrant flatbread is hard to find. Flatbread should be just as much a mainstay to the Norwegian as French bread is to the French.

“Years ago *flatbrød bakedagen*—the day for making flatbread—was a hard day’s work on the farms. Often the day was set aside to make enough to last through the winter. Because it was such a tedious, back-breaking job the men of the household were often called upon to assist. The liquid ingredients were water and sour whey, thus making flatbread, with its coarse flour, a good addition to the nutritional needs of the family.

“Any kind of flour may be used for flatbread, but oat and barley flour have been the most-widely used, either together or separately. They are also preferred by the factories. It does make delicious bread but is rather difficult to work with. For this reason, a little white or rye flour was subsequently added in the preparation of the flatbread, making it not only delicious but much easier to handle. Water is the most widely used for a finer, lighter type of flatbread. The usual proportion is about 1 ¼ cups (3 dl) liquid to 2.2 lbs. (1 kg.) of flour.

“It is important to mix flatbread in a large bowl, allowing ample room for kneading. Experienced flatbread makers usually let the dough rest for a period of time before rolling out.

“The art of rolling out flatbread is not easily acquired—but persevere! The first requirement is a large, sturdy table and a good, medium weight, grooved rolling pin. It is quite fascinating to watch an experienced flatbread maker at work. The round of dough seems to slide almost by itself underneath the rolling pin until suddenly it lies there as an almost transparent flap of bread of uniform shape. One won’t become that experienced after only a few tries, of course, but if we start by handling smaller portions of dough and bake it on a smaller surface such as a griddle, complications are minimized and confidence is established. If, in early rolling attempts, the outside edges become frayed, do not despair—they can be trimmed off. It is of greater importance to roll the dough thin enough as this ensures a crisp, delicate finished product. The dough should be turned often during the rolling out period, using a long, straight carving knife or spatula. When the dough is rolled out to the proper thickness, it must, according to custom, *vippe* (be beaten)—in the old days’ a clean linen cloth was tied to the end of a stick, dipped in water, and then used to beat the dough. A wooden whisk dipped in water may also be used. Dampening the dough is an important step.

“Before rolling out the dough it must be kneaded well, without additional flour, until it becomes smooth and elastic. Press flat, place in the middle of a table with plenty of flour underneath and on top, and begin to roll. While rolling, stretch the dough often and make certain it does not stick to the table as this will result in a flatbread with holes and an irregular shape. An even, moderate griddle temperature for baking the flatbread is essential; if it is too hot the bread will bubble. To test, spread a little flour on the griddle and if it turns brown within a couple of minutes it is the proper temperature. Bake until crisp and light brown on both sides.

“When the bread is baked, put it on a rack or large piece of paper on the table to cool. Stack the flatbread, one on top of the other, and cover with a weight to help maintain a uniform flatness after they have cooled.”

If you wish, you can complete rolling out all the dough before beginning the baking process. It is not easy for an inexperienced person to accomplish both the rolling out and baking in one operation. If all the rolling is done at once, stack the rolled-out flaps, one on top of the other, and sprinkle with a little flour between each piece and on the bottom of the stack. Do not allow them to remain like this for very long, especially if the room is warm, because they will all adhere to one another.

Potato Flatbread (Flatbrød med poteter)

If you are making flatbread with potatoes, boil the unpeeled potatoes, then peel and rice or grind twice. Cool potatoes completely before adding flour. It is difficult to give an exact measurement for flour as the potatoes differ widely in moisture content; therefore, one must add flour accordingly. The kind of flour most satisfactorily used with potatoes is barley, oat, pea (available at natural food stores), whole-wheat, wheat, or rye. Place the riced or ground potatoes in a bowl with a little flour on the bottom and add a little salt (optional) and flour as you knead a little at a time, until the dough becomes smooth and elastic. It is not necessary to add liquid to the potato flatbread. It is best to work in a cool room as the dough has a tendency to become soft when it is warm. The potato dough should be prepared the night before baking, covered with a piece of cloth, and put in a cool place. Knead a little more flour into the dough just before rolling out, using the same type of flour as was incorporated into the dough. Potato bread is very crisp and delicious.

Barley Flatbread (Flatbrød med byggmel)

To 3 ½ cups (8 ½ dl) barley flour and ½ cup (1 ½ dl) rye flour, use approximately ¾ cup (1 ¾ dl) liquid and ½ teaspoon salt. This makes dough that is very easy to handle.

Oat Flour Flatbread (Flatbrød med havremel)



Use the same measurements as for barley flatbread. This dough is very soft and should be

put through a potato ricer or meat grinder at least twice before beginning to knead. Make these rather thick and bake as soon as they are rolled out. Use low heat.

Flatbread I (Flatbrød I)

Ingredients:

½ cup (1 ¼ dl) lard, melted

¾ tsp. baking soda

¼ cup (½ dl) sugar

1 tsp. salt

½ cup (1 ¼ dl) oatmeal flour

1 ½ cups (3 ½ dl) buttermilk

1 cup (2 ½ dl) graham flour

Unbleached flour as needed

Combine ingredients, adding just enough white flour to make the dough workable but not sticky. Roll out into rounds using a grooved rolling pin and a pastry cloth. Cut into pieces and bake on a cookie sheet in a 350°F (175°C) oven for about 8 minutes or until crisp.

Flatbread II (Flatbrød II)

Ingredients:

1 cup (2 ½ dl) buttermilk

3 tbsp. sugar

½ cup (1 ¼ dl) Karo syrup, dark

1 tsp. baking soda

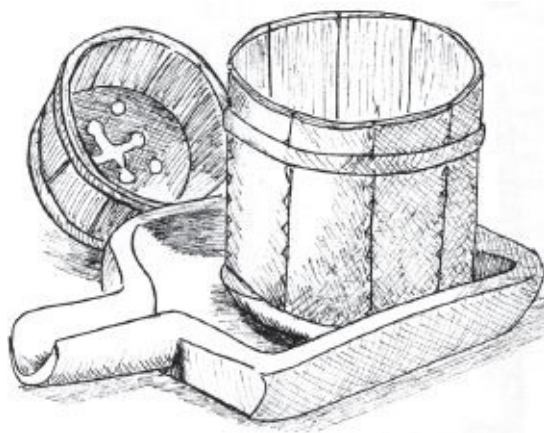
½ cup (1 ¼ dl) shortening, melted

2 cups graham flour, or 2 ½–3 cups (6 ¼–7 ½ dl)

whole wheat flour

1 tsp. salt

Mix all ingredients together. Roll out the dough paper thin. Place on a big sheet on an ungreased baking sheet sprinkled with a little corn meal, and bake in a 350°F (175°C) oven for about 8 minutes. If desired, once you have placed the dough on the baking sheet you may use a *fattigman* cutter or a pizza wheel to mark the desired size. This will make it easy to separate the flatbread into even pieces once baked.



Weddings (Bryllup)

Weddings are among the most tradition-rich of all Norwegian observances. During the Middle Ages, in addition to the church wedding ceremony, there was always a financial settlement ceremony performed at home. The church at that time insisted that the minister take part in the financial settlement ritual at home, it being very similar to the wedding ritual performed earlier in the church. During the financial arrangement ceremony a determination was made as to type of gifts and the necessary financial arrangements between the groom and the bride's parents. Five witnesses were required. Following this ritual the couple exchanged gifts as did their parents on both sides as well as other members of the family.

The marriage was not sanctioned until the bridegroom had paid *kjøpesum* (a price) for his bride. Before leaving for the church the bridegroom presented his bride-to-be with a *benkegave* (a gift fixed by negotiations and given by a bridegroom to his wife in her home previous to the marriage), and on the day following the wedding he was expected to give her a *morgengave* (morning gift). Both these gifts were very elaborate and were hers to keep in case of her husband's death.

Generally, weddings were performed at particular times of the year—usually spring or early summer, or in the fall following the harvest.

As a rule weddings were performed on the farm where the couple planned to live, which in many cases was the bridegroom's home. The wedding would last from 2–3 days or as long as a week, with the more prosperous families celebrating the longest. Food was plentiful at these wedding banquets as family and friends participated in *matsendinga* (food contributions), which were sent either the day before or brought along to the wedding celebration.

Everyone pitched in and helped to make it a feast to remember with plenty of food and drink—especially drink—as this was the measuring stick by which the success of the wedding was judged.



Both bride and groom had their own officials, *embetsfolk*. *Brudekonene* (women assisting the bride) never left her side from dressing time prior to the ceremony until she was *konekledd* (dressed as a married woman). Likewise the *brurmennene* (bridegroom's attendants) remained with and assisted the bridegroom. Each "official" had his duty to perform from the time the music began for ushering in the bride until the fiddler played *reiselåten* (farewell tune) on the last day.

These wedding traditions were in use throughout the nineteenth and partly into the twentieth centuries. Rules were strictly followed but there was also an abundance of fun and frolic on this joyous occasion. The betrothed couple had many fond memories to reminisce over in the years to come.

Food at today's weddings is quite varied, as each couple selects special delights from favorite dinner menus; however, luscious cream cakes and festive *kransekake* (tall almond wreath cake) seem to remain the favored choice of dessert.

Cakes and Pastries

Pepper Cookie House (Pepperkakehus)



This delightful little cookie house is just a little bigger than 7" x 5 ½". The dough is easy to work with and it has a tangy, delicious flavor. Leftover dough can be made into gingerbread men or other fun characters. Smart folks would make several of these quaint little houses. Making these pepper cookie houses is a grand way of sharing the joy of the advent season with both family and friends.

Ingredients:

¾ cup (1 ¾ dl) Lyle's Golden Syrup

2 tsp. pomegranate peel

6 tbsp. butter

2 tsp. ginger

½ cup (1 ⅓ dl) sugar

½ tsp. pepper

½ cup (1 ⅓ dl) milk, evaporated

2 tsp. baking powder

3 cups (7 ¾ dl) flour

Bring syrup, butter, sugar, and evaporated milk to a boil. Cool. Sift remaining ingredients together and add to syrup mixture. Cover dough well and chill a couple hours. Trace and cut out house pattern. Roll the dough out too ⅛-inch thickness and place directly on a

lightly-greased cookie sheet. Place traced pattern on top and cut out all the pieces with a sharp knife. Note: number of pieces for each pattern. Remember to cut out openings for the door and windows. Bake in an oven at 350°F (175°C) for approximately 10 minutes. Place on a rack to cool.

Decoration:

2 cups (4 ½ dl) confectioners' sugar

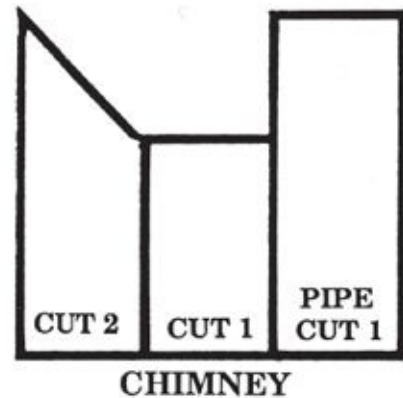
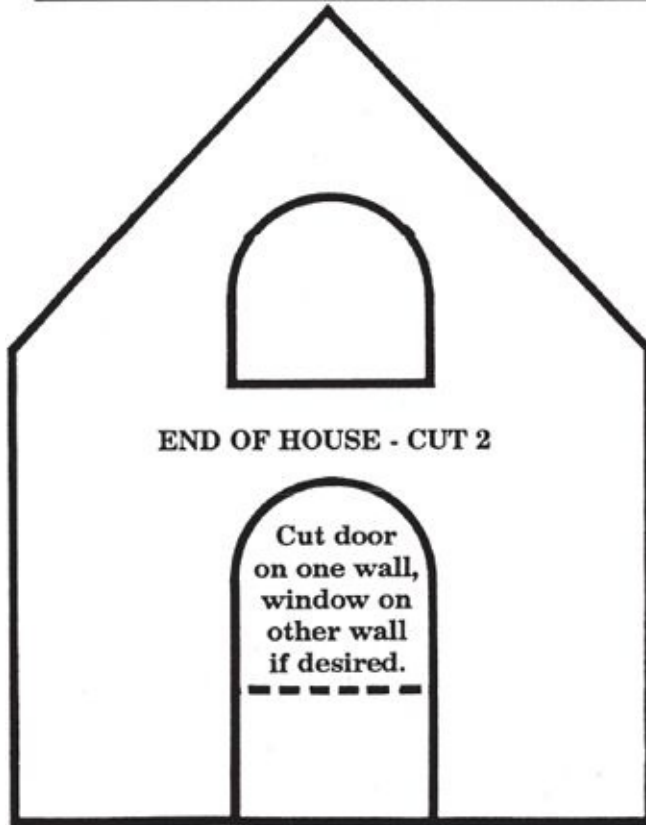
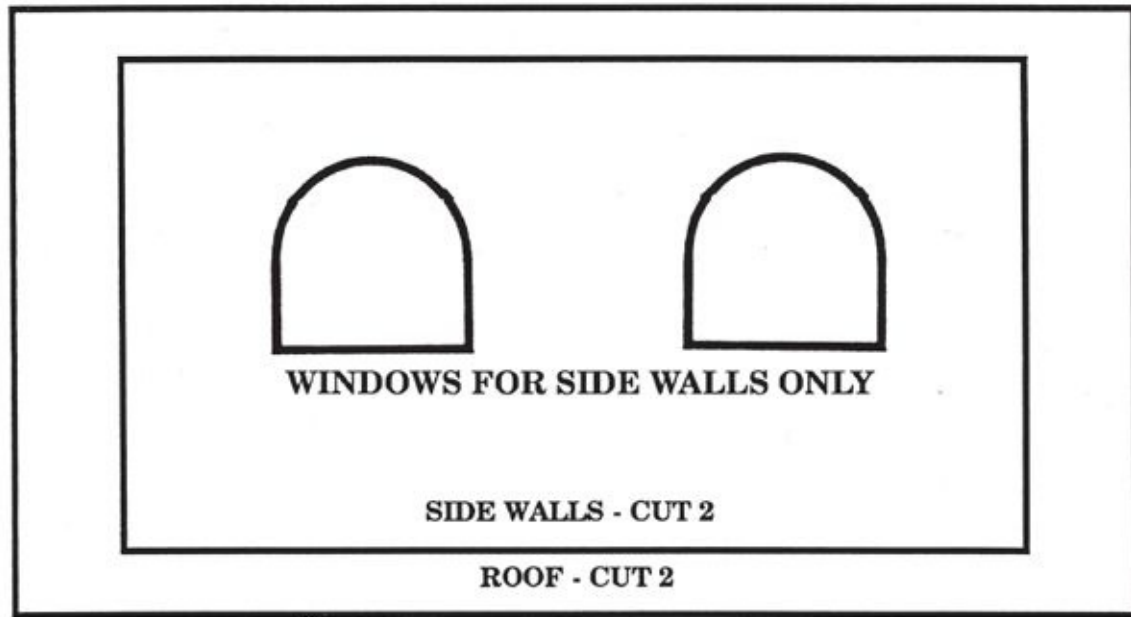
½ tsp. lemon extract

¼ tsp. cream of tartar

1 egg white

Place all ingredients in a bowl and beat with an electric mixer until stiff. Keep covered with a damp cloth at all times to keep crust from forming. Place in a decorating tube and decorate the house. Have a nice assortment of candies for the children to use their imagination while decorating. All decorations must be thoroughly dry before the house is “glued” together.

Pattern for Pepper Cookie House



Use this full size pattern to build a fun Pepper Cookie House.
Just trace the pattern and use your imagination to decorate.
Why not make at least one to give away. See picture page 39.

Building the pepper cookie house:

Have a sturdy foundation for the house ready. Melt $\frac{1}{2}$ cup ($\frac{3}{4}$ dl) sugar over low heat until it becomes golden brown; watch carefully so it does not burn. Do not stir until ready. One at a time, dip the edges of the house in the melted sugar and glue together. Remember the melted sugar is extremely HOT. You must not let the children do this part. Cover the joints with added frosting. If you desire, you may use the decorating frosting to glue the house together.

Pepper cookies: Make cookies with the remaining dough and decorate with the frosting. You can build a fence, make animals, or create standard pepper cookies and decorate them

all. Share and have fun.

Golden Spice Cake (Sirupskake)

Ingredients:

½ cup (100 g.) scant butter

¾ tsp. ginger

2 eggs

2 tsp. baking powder

¾ cup (1 ¾ dl) syrup, Golden Lyle

1 ½ cups flour

¼ cup (½ dl) orange marmalade

⅔ cup (1 ½ dl) cream, light

Cream butter until soft; add eggs, syrup, and orange marmalade, and blend well. Add ginger and baking powder to the flour. Add to butter mixture alternately with cream. Mix thoroughly. Pour into a greased, 1 ½ quart (liter) loaf pan and bake in a 350°F (175°C) oven about 30 minutes.

Makes 1 loaf cake

Honey Loaf Cake (Honningkake)

Ingredients:

4 eggs, separated

¼ tsp. pepper

1 ⅛ cups (250 g.) sugar

½ tsp. ginger

7 tbsp. (100 g.) butter

1 tsp. baking powder

⅔ cup (250 g.) honey

1 ⅔ cups (250 g.) flour

¼ tsp. cloves

Beat egg yolks and sugar until well mixed. Melt the butter and mix with fluid honey and add to the egg mixture. Combine dry ingredients and add, blending fully. Whip egg whites until stiff peaks form, and fold into batter. Pour the batter into a greased 1 ½ quart (liter) paper-lined loaf pan. Bake in a preheated 300°F (150°C) about 50 minutes. Decorate with chocolate glaze and almonds if desired.

Makes 1 loaf cake

Cream Cake (Bløtekake)

Tip: All cream cakes reach the peak of their flavor if refrigerated up to 24 hours before serving.

My sister Eva's favorite standby for many years. Easily altered by using fruit of your choice. Apricots or apricot jam is an

excellent addition.

Ingredients:

6 eggs

1 cup (2 ½ dl) sugar

1 tbsp. water

1 cup (2 ½ dl) flour

1 ½ tsp. baking powder

1 tbsp. potato starch flour or cornstarch

Filling:

1 cup (2 ½ dl) whipping cream

6 oz. (170 g.) raspberry jam

2 bananas, sliced

1 orange

Frosting:

1 ½ cups (3 ¾ dl) whipping cream

Preheat the oven to 325°F (160°C). Beat eggs and sugar until light and fluffy. Add the water. Sift dry ingredients together and fold into the egg mixture, mixing well. Pour into a 10-inch (25-cm) greased spring-form pan. Bake 40 minutes. Cool on a cake rack. When completely cool, divide horizontally into two layers. Sprinkle layers with freshly squeezed orange juice. Place the bottom layer on a platter, baked-side down. Whip 1 cup (2 ½ dl) cream until thick and glossy, and fold in raspberry jam and chopped bananas. Spread evenly over the bottom layer. Top with the second layer baked-side up. Whip 1 ½ cups (3 ¾ dl) cream and sweeten to taste. Spread over the cake and decorate as desired.

Serves 10–12

Cloudberry Cream Cake (Multebløtkake)



Photo credit: Forma A/S

Ingredients:

5 eggs

1 ½ cups (2 ½ dl) flour

½ cup (2 ¼ dl) sugar

½ tsp. baking powder

Beat egg and sugar until light and fluffy, like eggedosis. To test the consistency, the eggedosis should be firm enough for you to write three letters of the alphabet from what drips from the beater. If the letters do not spread the batter is the right consistency. Sift in the flour and baking powder and use a spatula to fold it carefully into the eggedosis. Pour into a greased 10-inch spring-form pan. Bake at 370°F (185°C) on the lowest rack for 40–50 minutes, or until the cake springs back when touched in the center. Remove from the oven. Let the cake cook in the pan for a few minutes before removing it to a cooling rack. When cool, divide into three layers. For easier cutting, freeze slightly before dividing. Mark the cake with toothpicks to help you cut a straight line.

Filling and decorations:

3 ½ cups (8 dl) heavy cream, whipped

1 lb. (450 g.) marzipan

10–12 oz. (3 ½ dl) sweetened cloudberry jam

Red and yellow food coloring, blended

Peppermint leaves, fresh

2–3 tbsp. milk

Confectioners' sugar

Sprinkle cake layers with milk. Blend cloudberry jam with ⅔ of the whipped cream. Place the bottom layer of the cake baked side down on the platter. Spread with the cloudberry cream mixture. Top with the middle layer of the cake and spread with the remainder of the mixture. End with the top layer bake-side up. Spread the cake's sides and top with the remainder of the whipped cream.

Color ¼ of the marzipan orange and roll out into a circle about 11 inches in diameter. Place on top of the cake. Cover with a 6-inch circle of parchment paper or wax paper. Roll out the white marzipan large enough to cover the top and sides of the cake. In the center cut the marzipan into eight even pie-shaped wedges, but do not cut all the way to the cake's edge. The parchment paper prevents you from cutting through the orange layer of marzipan underneath. Starting with one tip in the center, roll one wedge at a time away from the center point, forming a scroll. Remove the parchment paper with a fork. Place some fresh cloudberry jam in the center and around the scroll or decorate with marzipan roses and fresh peppermint leaves. Lightly sprinkle confectioners' sugar on top.

Cream Cake with Berries and Fruit (Kremkake med bær of frukt)



Photo credit: Confectioner Hans Robert Bruun

Ingredients:

5 eggs

$\frac{2}{3}$ cup (150 g.) sugar

$\frac{2}{3}$ cup (150 g.) scant flour

1 tsp. baking powder

Filling:

Juice of 1 orange

1 cup (2 $\frac{1}{2}$ dl) whipping cream

6 oz. (170 g.) raspberry jam

2 bananas, sliced

1 $\frac{1}{2}$ cups (3 $\frac{3}{4}$ dl) whipping cream

Sugar

Decorations:

6 strawberries

$\frac{1}{8}$ cup ($\frac{1}{4}$ dl) blueberries

15 raspberries

2 slices pineapple, fresh

1–3 Physalis (available in the fruit section of the grocery store)

Preheat the oven to 325°F (160°C). Beat eggs and sugar until light and fluffy. Sift baking powder into sifted flour; carefully and thoroughly blend the dry ingredients into the egg mixture with a spatula. Pour into a 10-inch (25-cm) greased spring-form pan. Bake 40 minutes. Cool on a cake rack.

When completely cool, divide cake horizontally into two layers. Sprinkle layers with freshly squeezed orange juice. Place the bottom layer on a platter, cut-side up. Whip 1 cup cream until thick and glossy, and fold in raspberry jam and sliced bananas. Spread evenly over the bottom layer. Top with the second layer cut side down. Whip the 1 $\frac{1}{2}$ cups whipping cream sweetened to taste. Spread all over the cake. For decoration, follow the picture.

Autumn Cake (Høstkake)

This cake has become very popular in Norway, and serving it is a great way to welcome the autumn. You will receive accolades every time you serve it.

Although it may be enjoyed for singular occasions, it may also be enjoyed any time of the year by substituting blueberries and strawberries for lingonberries and cloudberry. It reaches the peak of its flavor if refrigerated up to 24 hours before serving.

Ingredients:

6 eggs

1 ¼ cups (3 dl) flour

1 cup (2 ½ dl) sugar

1 tsp. baking powder

Filling:

2 cups (5 dl) lingonberries

Confectioners' sugar to taste

3 cups (7 ½ dl) cloudberry

3 cups (7 ½ dl) whipping cream

Garnish:

1 ⅔ lbs. (750 g.) marzipan

Yellow food coloring

Wine jelly:

1 tbsp. Knox gelatin

Juice of ½ lemon

¾ cup (1 ¾ dl) white wine or white grape juice

Sugar to taste

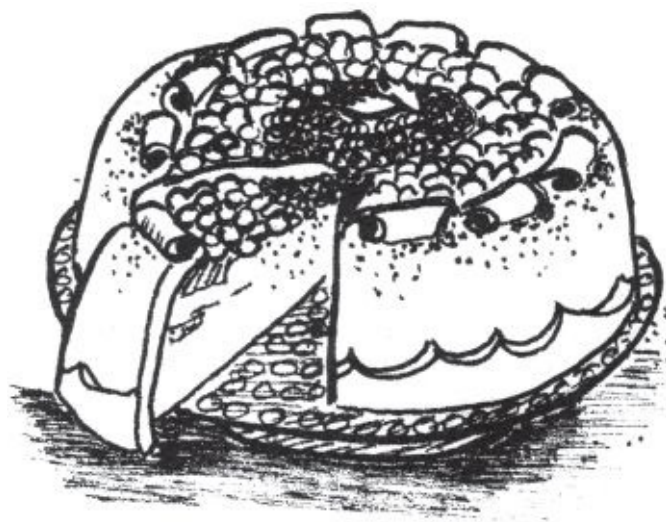
Preheat the oven to 340°F (170°C). Beat eggs and sugar until light and fluffy. Combine flour and baking powder and sift over the egg mixture, and carefully fold in. Pour into a 10-inch (25-cm) spring-form pan. Bake on the lowest rack in the oven about 45 minutes. Remove from the oven and cool on a rack. When completely cold, divide horizontally into three layers. Reserve a small amount of each berry for decoration. Mash the remaining berries separately. Sweeten to taste with confectioners' sugar.

Whip the cream. Reserve a small amount of whipped cream for decoration. Mix half the cream with the lingonberry purée, the remaining half with the cloudberry purée. Place the bottom layer of the cake, baked-side down, on a platter. Spread with lingonberry cream. Top with the middle layer of the cake and spread with cloudberry cream. End with the top layer baked-side up. Spread with a thin layer of whipped cream.

Cut a circle of parchment paper slightly smaller than the cake and place on top of the cake. Roll out most of the marzipan to a round sheet, big enough to cover the top and sides, and place over the cake. In the center cut the marzipan into twelve pie-shaped wedges, but do not cut all the way out to the edge of the cake. Starting with the tip, roll one wedge at a time away from the center point, forming a scroll. Remove the parchment paper with a fork. Spoon the reserved lingonberries into the center, surround them with the cloudberry, and spread to the marzipan scrolls.

Sprinkle 3 tbsp. cold water over the gelatin. Let stand for 2 minutes to soften, then heat until thoroughly dissolved. Combine wine or grape juice and lemon juice and sweeten to taste. Stir in the gelatin. Strain. Refrigerate until just beginning to set. Spoon carefully over the berries. Smooth out with a knife dipped in boiling water. Color the remaining marzipan yellow. Roll into a strip and place it around the bottom of the cake. Refrigerate until ready to serve. Just before serving, sprinkle lightly with sifted confectioners' sugar.

Serves 12–14



Strawberry Cream Cake (Jordbærkake)

Juicy, rich red strawberries make this cake perfect for enjoying balmy summer evenings with good friends on the patio. Its beautiful looks are only rivaled by its luscious taste. The best strawberries appear on the market in May or June, but frozen strawberries may also be used.

Ingredients:

1 ½–2 qts. (liters) fresh strawberries

2 tbsp. sugar

1 sponge cake

1 banana

Orange juice or milk

6 oz. pkg. strawberry jello

2 cups (5 dl) whipping cream

Wash and hull the strawberries; set aside to dry on a paper towel. Use the sponge cake recipe for Cream Cake or Autumn Cake, and divide horizontally into two layers. Moisten each layer with a little orange juice or milk. Whip the cream and add sugar. Reserve ⅓ of the cream for decoration. Slice the banana very thin and mix with a few sliced berries; add to the cream and mix fully. Place the bottom layer of sponge cake on a platter, baked-side down, and spread evenly with whipped cream mixture.

Top with the second layer, baked-side up. Cover the top layer of the cake with the whole strawberries facing point up. Fasten a strip of foil around the cake, extending above the berries. Dissolve gelatin according to the directions, but use ⅓ cup less water than called for. Refrigerate jello until it begins to jell slightly, and spoon carefully over the berries. Smooth out with a knife dipped in boiling water. When the jello is completely congealed

remove the foil and frost the sides of the cake with whipped cream.

Serves 12

Almond Mocha Cake (Mandelmokkakake)

If you love mocha flavoring, this cake is for you. Pero is a good substitute for coffee. It is made from whole grains and is available at most grocery stores.

Ingredients:

4 eggs

Dash of salt

1 cup (2 ½ dl) sugar

3 tbsp. cold coffee or Pero

¾ cup (1 ¾ dl) flour

1 tsp. mocha flavoring

1 tbsp. potato flour or cornstarch

Milk for moistening

Filling and topping:

2 cups (5 dl) whipping cream

1 tsp. mocha flavoring

2 tbsp. sugar

2 tbsp. almonds, slivered

2 tsp. instant coffee or Pero

Beat eggs and sugar until light and fluffy. Sift dry ingredients over the egg mixture and fold in, blending fully. Stir in cold coffee or Pero. Pour into a greased and floured 9-inch (23-cm) round, spring-form pan, and bake in a 350°F (175°C) oven for 25–30 minutes. Remove to a rack and cool completely. When completely cold divide horizontally into two or three layers, and sprinkle with a little milk. Whip cream, sugar, and instant coffee or Pero until thick and glossy. Add mocha flavoring. Stir. Place the bottom layer of the cake on a platter, bottom-side down. Spread some of the cream over the layer. Top with the second layer baked-side up. Use the remaining cream to decorate the top and sides. Toast the almonds and sprinkle on top.

Serves 10–12

Cherry Cream Cake (Kirsebærkremkake)

Ingredients:

2 cups (5 dl) almonds or other nuts

8 egg whites

2 cups (5 dl) confectioners' sugar

Grind almonds twice, the second time with the confectioners' sugar. The almonds should have the consistency of flour. Whip the egg whites until stiff but not dry, and blend with the nuts. Divide and spread batter in two greased 9-inch (23-cm) spring-form pans, and bake at 320°F (160°C) for 25–30 minutes. Cool slightly in the pan before removing to a

rack to cool completely.

Makes two 9-inch layers

Cherry Cream:

1 ¼ cup (3 dl) whipping cream

3 ½ tbsp. chocolate sauce or syrup

2 egg yolks

3 ½ tbsp. cherry juice

2 tbsp. confectioners' sugar

Beat the cream until firm and glossy. Add eggs and confectioners' sugar that have been whipped together until light and fluffy. Stir in the chocolate sauce or syrup, and add cherry juice to taste. Place one cake layer on a platter, baked-side down, and cover with half of the cream mixture. Add the second layer, baked-side up, and top with the remaining cream. Keep refrigerated until serving time. See picture.

Serves 12

Marzipan Cake (Aprikose/ananas marsipankake)

Sponge Cake:

6 eggs

1 ⅝ cups (3 ¾ dl) flour

¾ cup (1 ¾ dl) sugar

1 tsp. baking powder

Beat eggs and sugar to *eggedosis* consistency—light and fluffy. Sift baking powder with the flour and carefully fold into the eggs. Pour into a greased 8–9 ½-inch (20–24-cm) round spring-form pan and bake at 320°F (160°C) about 45 minutes. Cool on a cake rack and divide horizontally into two layers.

Makes one 8- or 9 ½-inch cake.

Almond layer:

¼ cup (½ dl) almonds

½ cup (1 ¼ dl) confectioners' sugar

¼ cup (½ dl) zwieback, crushed

2 egg whites

Grind almonds twice, the second time with the confectioners' sugar and zwieback. Beat egg whites until stiff but not dry, and carefully blend with the almond mixture. Spread batter in an 8–9 ½-inch (20–24-cm) round spring-form pan and bake at 320°F (160°C) for 20–30 minutes. Remove from the oven and cool on a rack.

Ingredients:

½ of a 15 oz. (425 g.) can of pineapple,
crushed and drained

3 tbsp. apricot juice

1 lb. 6 ½ oz. (750 g.) marzipan

½ of a 16 oz. (450 g.) can of apricots,
drained and chopped
Bridge and heart, purchased, or use other
desired decorations
2 ½ cups (6 dl) whipping cream

Save juice from the drained fruit. Sprinkle both layers of the sponge cake and almond layer with juice from the canned fruit. On a platter, place the bottom layer of the sponge cake baked-side down. Whip cream until thick and glossy. Add 3 tbsp. of apricot juice to about half of the cream. Cover the bottom layer with chopped apricots and half of the whipped cream with the added juice. Top with the almond layer, crushed pineapple, and remainder of cream with the added juice. Add the second layer of sponge cake. Spread a thin layer of whipped cream on the top and sides of the cake, saving out enough for decoration. Prepare marzipan topping and cover the cake, top, and sides with the marzipan, saving out enough marzipan for roses and leaves. See Wedding Cake for directions on how to make roses. With a decorator tube add whipped cream around the edge of the cake and decorate with marzipan roses and leaves. See picture.

Makes one 8–9 ½-inch (20–24-cm) cake

The Queen's Pleasure Palace (Dronningens lystslott)



Photo credit: Forma A/S

What child will not remember Norway's Independence Day, May 17, if he or she is allowed to help with this castle.

Ingredients:

2 ¼ cups (5 dl) sugar

2 ¼ cups (5 dl) margarine

4 eggs

4 cups (10 dl) flour

3 tsp. baking powder

4 tbsp. cocoa

1 ¼ cups (2 ½ dl) milk

Decorations:

4 ice cream cones

¾ lb. (350 g.) Freia Non Stop or M&Ms

1 lb. (450 g.) candy, assorted

¾ lb. (350 g.) coconut

Green food coloring

Cookings for steps and bridge

Chocolate frosting:

7 oz. (200 g.) Freia cooking chocolate or any good

cooking chocolate

⅔ cup (1 ½ dl) margarine

1 egg

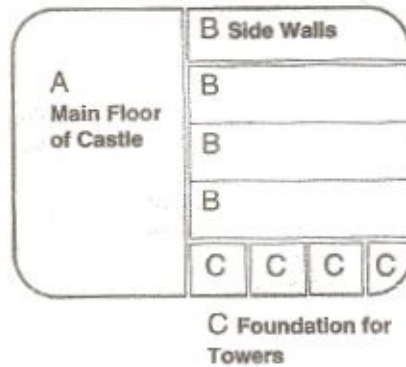
½ cup (1 ¼ dl) powdered sugar

White frosting:

½ cup (1 ¼ dl) powdered sugar

1 tbsp. egg white, approximately

Preheat the oven to 350°F (175°C). Cover a pan approximately 14" x 16" with parchment paper. Cream the sugar and margarine until white, add eggs, and mix well. Add baking powder and cocoa to the flour. Blend into the egg mixture alternately with milk and stir until the batter is smooth and thick. Spread the batter evenly in the pan. Bake 30 minutes in the middle of the oven. Cool on a wire rack. Divide the cake as shown in the drawing and place part A on a platter or large board covered with foil. Frost all parts with chocolate frosting. Place sidewalls (B) along edges of the castle and a foundation for a tower (C) in each corner. Smooth the frosting especially good in the joints to make the walls smooth. Place decorations as shown, including cones that have been decorated with white icing. Place a flag on the top of each tower. Decorate doors. Add cookie steps. Sprinkle coconut to which a couple drops of green food coloring have been added and spread around. Finish decorating and enjoy.



The Queen's Sweet Secret (Dronningens søte hemmelighet)

A thin sheet of sponge cake spread with whipped cream and rolled to form layers, then topped with caramel. The caramel may be substituted with whipped cream and served with berries on the side.

Ingredients:

2 jelly rolls (see right)

1 Freia semi-sweet cooking chocolate,

4 ½ oz. (125 g.)

2–2 ½ cups (5–6 dl) lingonberry jam

⅔ cup (1 dl) currant juice

Decoration:

1 ¾ cups (4 dl) whipping cream

Lemon balm or peppermint leaves

Make two recipes of jelly rolls. Grate and add chocolate with the flour before blending with the eggs. (The chocolate may be doubled if desired.) Spread lingonberry jam evenly across the cakes. Cut each cake in 2 ¾-inch (7-cm) wide strips. Roll the first strip together tightly. Add the next strip on the outside of the first one, continuing to roll snugly until the last strip from both cakes is used up (snowball principle). Place on a large platter and sprinkle the cake with currant juice. Whip the cream until thick and glossy. Use a decorating tube to decorate the cake with the whipped cream, and add some lemon balm or mint leaves around the lower edge. See picture.

Serves 12–14

Jelly Roll with Caramel Topping (Karamelrulade)

Ingredients:

4 eggs

½ cup (1 ¼ dl) sugar

1 cup (2 ½ dl) flour

¼ tsp. baking powder

Filling:

1 ¼–1 ⅔ cups (2–4 dl) whipping cream

Caramel topping:

1 cup (2 ½ dl) sugar

2 tbsp. water

1 cup (225 g.) butter, melted
1 cup (2 ½ dl) whipping cream
1 tbsp. flour
½ cup (1 ¼ dl) milk
Nuts coarsely chopped, optional

Beat the eggs and sugar to firm *eggdosis* consistency, thick. Sift together the flour and baking powder and blend thoroughly with the eggs. Grease a jelly roll pan in two or three spots, line with parchment or wax paper, and spread the batter evenly over it. Preheat the oven to 390°F (200°C) and bake the cake in the middle of the oven for 8–10 minutes. Place a large piece of wax paper on the counter or rack and sprinkle with a little sugar. Invert the cake onto the paper and cover the cake with the inverted pan, forming a lid, until cool. Whip the cream and spread over the cake, and roll it up with the help of the paper. Trim the ends. Wrap it firmly in the wax paper and set to cool in the refrigerator with the seam down.

Makes 1 jelly roll

Caramel topping: Carefully brown the sugar and water in a heavy saucepan. Melt the butter and add with the cream to the sugar. Add the flour to the milk, blend, and add to the sugar mixture in the saucepan and continue to stir while mixture comes to a boil. Remove from heat. Cool. Unwrap the cake and place on a platter. Pour the caramel sauce over the cake. Sprinkle with chopped nuts if desired.

Meringue Cake (Marengskake)

A great way to use up extra egg whites. This cake freezes well. Fill with vanilla cream or whipped cream, and top with your favorite berries. You can use fresh or frozen berries, or add scoops of ice cream topped with chocolate or caramel sauce. The variations are limited only by your imagination.

Ingredients:

4 egg whites
1 tsp. potato flour
1 cup (2 ½ dl) sugar
1 tsp. vanilla sugar

Draw a 9-inch (23-cm) circle on parchment paper or a brown paper bag. Beat the egg whites until frothy. Mix sugar, potato flour, and vanilla sugar, and add a spoonful at a time to the egg whites. Mix well after each addition. Spread within the circle and pull up at the edges to form a small crater. Bake at 200°F (90°C) for 2 hours. Turn off the oven and leave the cake in the oven until cold. Cool completely before freezing. Fill as desired.

Serves 10

Filling and Decoration:

1 ¼ cups (3 dl) whipping cream
Cloudbberries or other berries
1–2 tsp. vanilla sugar

Whip cream. Add vanilla sugar and add to the center of cake. Top with berries.

Daim Cake (Daimkake)

This recipe originated at Freia, Norway's oldest and most celebrated chocolate factory. While visiting Freia in Oslo, Bodil Bergan, Freia's head guide, gave me this recipe. Now it is among our favorite desserts (see picture). Simply delectable!



Meringue:

2 egg whites

½ cup (1 ¼ dl) sugar

⅓ tsp. cream of tartar

Ice cream:

2 egg yolks

1 ¼ cups (3 dl) whipping cream

½ cup (1 dl) scant sugar

4 Freia Daim chocolate bars, or substitute

71.5-oz. Heath bars

Decorations:

½ cup (1 ¼ dl) whipping cream

Candied orange peel, shredded

Daim chocolate

Beat egg whites until frothy. Add cream of tartar and beat until soft peaks form. Add sugar one tablespoon at a time and beat well after each addition, until stiff, but not dry, peaks form. Pour into a 9-inch (23-cm) paper-lined and well-greased spring-form pan. Spread meringue evenly and bake on the middle rack at 275°F (135°C) for 45 minutes. Turn the oven off. Leave in the oven another 45 minutes. Cool on a rack 10 minutes; carefully peel off paper, then cool thoroughly.

Ice cream: Whip egg yolks and sugar until light and fluffy. In a separate, chilled bowl, whip cream until firm and carefully fold into eggs. Coarsely chop chocolate (slightly

freezing the candy bars makes them easier to chop) and add, saving some for decoration. Return cake to the pan and pour cream mixture on top, smoothing it out evenly. Freeze at least two hours.

Decoration: Whip cream and decorate with a decorating tube. Sprinkle with Daim chocolate and candied orange peel.

Frozen Chocolate Torte (Frossen sjokoladeterter)

Delectable ready-to-eat dessert right from the freezer. Remove 10 minutes before serving time.

Ingredients:

3 egg whites

¾ cup (1 ¾ dl) sugar

½ tsp. cream of tartar

¾ cup (1 ¾ dl) hazelnuts or pecans, finely chopped

Filling:

2 cups (5 dl) whipping cream

1 tsp. pure vanilla extract

¾ cup (1 ¾ dl) chocolate syrup

Milk chocolate, shaved

Beat egg whites until frothy. Add cream of tartar and beat until soft peaks form. Add sugar, 1 tablespoon at a time, and beat until very stiff, but not dry peaks form. Fold in nuts. Draw two, 9-inch (23-cm) circles on a brown paper sack, spread the mixture that is evenly divided within the circles. Bake in a preheated 275°F (135°) oven for 45 minutes. Turn off the oven and leave the door closed for 45 minutes longer. Remove to a rack and cool completely, then remove the paper.

Filling: Whip cream until firm. Stir in chocolate sauce and vanilla extract. Divide between the layers and top. Sprinkle with shaved chocolate. Freeze until firm.

Serves 10–12

Mother Monson Cakes (Mor Monsen kaker)

This moist delicious cake is a must for Christmas, but its origin is a mystery to all.

Ingredients:

1 cup plus 1 tbsp. (2 ½ dl) butter or margarine

1 ¼ cups (3 dl) sugar

6 eggs

Peel of 1 lemon, grated

1 ¾ cups (4 ½ dl) flour

1 tsp. baking powder

Garnish:

½ cup (1 ¼ dl) scalded almonds, slivered

½ cup (1 ¼ dl) currants

3–4 tbsp. granulated or Pearl sugar

Cream butter or margarine with the sugar until creamy. Add eggs, one at a time, and blend thoroughly after each addition. Stir in the lemon peel. Mix flour and baking powder and add. Pour the batter into a 16 × 8-inch pan, lined with parchment or wax paper and heavily greased. Smooth the batter out evenly. Sprinkle with almonds, currants, and sugar. Press the garnish *lightly* into the batter so it does not fall off when the cake is done. Bake on the middle rack of the oven at 375°F (190°C) for 20–25 minutes. The cake should be light golden and baked through, but not dry. Remove it from the oven as soon as no batter sticks to an inserted cake tester. Cool slightly on a cake rack. Cover cake with waxed paper and a cookie sheet and turn the cake pan upside down on the sheet. Place a wire rack on the upturned cake and turn again so the cake rests right-side up on the rack. Cool the cake on the wire rack. When the cake is cold, cut in diamond shapes with a very sharp knife.



Almond Cake (Fyrstekake)



Fyrste means “prince” or “sovereign”. This insignificant-looking cake has a delectable almond macaroon filling. It is a traditional favorite for all memorable occasions in Norway. It is very rich and should be served in small portions as is, or with a dab of whipped cream or a spoonful of vanilla ice cream.

Ingredients:

¾ cup (140 g.) butter or margarine

½ cup (1 ¼ dl) sugar

2 egg yolks

2 tbsp. water

1 tsp. baking powder

1 ¾ cups (4 ¼ dl) flour

Filling:

2 cups (5 dl) almonds, unblanched

2 cups (5 dl) confectioners' sugar

3–4 egg whites, slightly beaten

2 tbsp. water, approx.

1 tsp. almond or rum extract

Egg to brush cake with

Cream the butter and sugar until light and fluffy. Add egg yolks and water. Mix well. Add baking powder to the flour and stir into the butter mixture. Chill. In the meantime, prepare the filling by grinding the almonds twice, the second time together with the confectioners' sugar. Blend thoroughly with egg whites, water, and extract. Press $\frac{2}{3}$ of the chilled dough into a 9-inch (23-cm) ungreased, spring-form pan having dough cover up the sides about $1\frac{1}{4}$ inches (3 cm). Spread the almond mixture evenly over the dough. Roll the remainder of the dough out to $\frac{1}{8}$ -inch (2-mm) thickness and cut eight strips $\frac{1}{2}$ inch ($1\frac{1}{4}$ cm) in width. Lay four of the strips parallel to each other across the top of the filling. Arrange the remaining four strips at right angles, weaving to form a lattice pattern. Cut out another $\frac{1}{2}$ -inch ($1\frac{1}{4}$ -cm) wide strip and press around the edge of the cake. Brush with slightly beaten egg. Bake at 375°F (190°C) for 25–30 minutes, or until golden brown and thoroughly baked. Leave the cake on the rack for a few minutes before carefully removing from the pan onto a platter. Cut in wedges.

Serves 10–12

Apple Cake (Eplekake)

Nothing tastes much better than a good apple cake. It was a welcome treat when guests arrived in our home, or served as a Sunday evening treat. To make it extra special top it with a lightly-sweetened whipped cream or vanilla sauce.



Ingredients:

2 cups (5 dl) flour

2 tsp. baking powder

1 cup (2 $\frac{1}{2}$ dl) butter

1 cup (2 $\frac{1}{2}$ dl) sugar

2 eggs

2 tsp. vanilla sugar

3–5 Granny Smith apples

Lemon juice

Frosting:

$\frac{1}{2}$ cup (1 $\frac{1}{4}$ dl) confectioners' sugar

Coffee cream

1 tsp. rum extract

Mix the flour and baking powder. Add to the butter and mix as for pie crust. Add remaining ingredients, except apples and lemon juice. Work into pliable dough. Divide in two unequal portions. Pat the largest portion into an 8-inch (20-cm) spring-form pan, covering the bottom and 1 ½ inch (4 cm) up the side of the pan. Wash, peel, core, and slice the apples and sprinkle with a little lemon juice to prevent discoloration. Cover the dough with apples and top with the remaining dough. Bake in a preheated 350°F (175°) oven, 40–50 minutes. When cool remove from the pan onto a platter. Mix ingredients for frosting, and spread over the cake.



Serves 8–10

Birthday Kringle (Fødselsdagskringle)

The perfect substitute for those who do not want a cake on their birthday. Also pleasing any time a good delicacy is called for. You need to have a little room to prepare as the dough needs to be rolled out to a length of 34 inches. It will take 4–5 hours to rise twice.

Ingredients:

1 pkg. active dry yeast

1 tbsp. water, lukewarm

2 eggs, slightly beaten

2 ⅛ cups (300 g.) flour

⅓ cup (50 g.) sugar

¼ tsp. salt

7 oz. (200 g.) butter

Filling:

5 tbsp. (75 g.) butter

⅓ cup (50 g.) sugar

½ cup (50 g.) raisins

½ cup (50 g.) citron, finely chopped

½ cup (50 g.) almonds, chopped

Dissolve the yeast in water, and beat into the eggs. Sift together flour, sugar, and salt, and cut in the butter. Mix with eggs and work until you have smooth and elastic dough. Cover, and let rise in a warm place until double in bulk. Punch down dough and turn out onto a floured board. Knead adding flour as needed to prevent sticking, until the dough is soft and elastic. Roll out to a 6×34-inch (15×86-cm) long ribbon.

Filling: Cream the butter and sugar until light, and spread over the dough. Sprinkle with raisins, citron, and almonds. Fold the long sides toward the center, overlapping slightly. Form into a kringle shape on a large cookie sheet. Cover and set to rise until double in

bulk. Brush with egg and sprinkle with sugar. Bake on the middle rack in a 375°F (190°C) preheated oven for 25 minutes.

Oslo Kringle (Oslo Kringle)

“Sister sweeps the cottage clean, decorates with birches, across the floor she sprinkles small Lilies of the Valley, and rosebuds many: A flawless place for a child.”



—Anonymous



Ingredients:

1 cup (2 ½ dl) flour

2 tbsp. water

½ cup (1 ¼ dl) butter

Mix the flour and butter; add cold water and mix as for pie crust. Divide the dough in two and roll out in two ropes 16 inches (40 ½ cm) long. Place on an ungreased cookie sheet, and with your hands, flatten each portion out to 4 inches (10 cm) wide.

Cream puff paste:

1 cup (2 ½ dl) water

3 eggs

½ cup (1 ¼ dl) butter

1 tsp. almond extract

1 cup (2 ½ dl) flour

Bring the water and butter to a boil. Remove from the stove and immediately add all the flour; beat until smooth. Add one egg at a time, beating well after each addition. Add the flavoring. Spread on the above strips covering the dough completely. Bake at 350°F

(175°C) for 45 minutes.

Makes 2 pastries or 30 pieces when cut

Frost when cool with the following icing:

1 cup (2 ½ dl) confectioners' sugar

½ tsp. almond extract

1 tbsp. butter, soft

Cream

Mix confectioners' sugar, butter, and almond extract. Add just enough cream for spreading consistency. Spread or push through a decorating tube onto the pastries. They are best eaten the same day but also freeze well.

Danish Pastry (Wienerbrød)

I dislike the name “Danish” because what Americans think of as “Danish” is a sad imitation, not comparable to the delectable *wienerbrød* made in Scandinavia. *Wiener* means Viennese (man), and *brød* means bread. That does not explain the flaky heavenly pastry Scandinavians call *wienerbrød*; however, once you have tasted *wienerbrød*, it does not matter. But knowing what true “Danish” is, you likely will share them with friends repeatedly.

Ingredients:

1 ⅞ cups (250 g.) flour

½ cup (1 ¼ dl) milk, cold

2 tbsp. sugar

1 egg

1 tbsp. margarine

1 ⅞ cups (200 g.) butter or margarine

1 pkg. active dry yeast

Sift together the flour and sugar. Cut in 1 tablespoon margarine; it will prevent the dough from becoming leathery. Add the yeast to cold milk and let it dissolve. Add the yeast mixture and egg to the flour. *Lightly mix the ingredients. The dough will be extremely soft.* Chill 15 minutes. In a cool place, quickly roll the dough out to a large square, ¼-inch (½-cm) thick, using as little flour as possible. Use a cheese knife to thinly slice the butter and place on ⅓ of the dough, approx. ¾ inch (2 cm) from the edge. Fold the ⅓ unbuttered part over ⅓ of the buttered dough, and the remaining ⅓ over on top. Repeat crosswise. Roll the dough out and repeat the folding two or more times or until the margarine is distributed evenly. This gives you a flaky pastry. It is important that the margarine does not ooze out. If it does the dough will become sticky and difficult to roll out, and the finished product will be a disappointment. Bake in a preheated oven at 475°F (245°C) for 15 minutes.

Wienerbrød filling: You can use the same basic dough for all *wienerbrød*. By varying the shapes and fillings you come up with the delectable pastries so much in demand. In addition to the fillings that follow, prunes, apricots, and thick applesauce are popular.

Vanilla Cream Filling:

½ cup (1 dl) scant milk

1 tbsp. sugar

1 tbsp. flour

1 tsp. vanilla sugar

1 egg yolk

Add all the ingredients except the vanilla sugar to a heavy bottomed saucepan, on low heat. Beat vigorously until the cream is thickened and reaches the boiling point. Do not let it boil but remove from the heat. Beat now and then while it is cooling. Add vanilla sugar to taste.

Almond fruit filling:

2 tbsp. almonds

2 tbsp. sugar

2 tbsp. currants

Slightly beaten egg whites to make a firm mass that

does not run

2 tbsp. citron

Garnish:

2 tbsp. (30 g.) almonds, chopped

2 tbsp. pearl sugar, coarsely crushed

Shaping Wienerbrød:

Cocks Comb: Roll the dough in a square 20×20 inches (50×50 cm). Cut into squares 8×8 inches (20×20 cm). Place a teaspoonful of the filling of your choice in the center. Fold in half. Press the edges together with a fork dipped in water. Cut 3–4 slits along the pressed edge. Bend to resemble a cock's comb. Place on baking sheet to rise in a warm place for 1 hour. Brush with the beaten egg and sprinkle with almonds and pearl sugar. Preheat the oven to 480°F (250°C). Bake for 8–10 minutes.

Envelopes and triangles: Cut the dough up like for a cock's comb. Place 1 tsp. of filling of your choice in the center. Fold all four corners in towards the center. Press down firmly so they do not open too much during the baking; or fold diagonally so as to form a triangle. Follow the remainder of the recipe for cock's comb.

Cream Puffs with Raspberry (Vannbakkels med bringebær)

Versatile vannbakkels are ever popular. They are easy to make and always a success. The traditional fillings are whipping cream, egg custard, or ice cream, but try this raspberry mousse filling.



Cream Puff Pastry (Vannbakkels):

1 cup (2 ½ dl) water

½ cup (125 g.) butter

½ cup (125 g.) flour

4 eggs

Mousse (Bringebærfromasj):

4 eggs

⅔ cup (1 ½ dl) sugar

1 ⅔ cups (4 dl) whipping cream

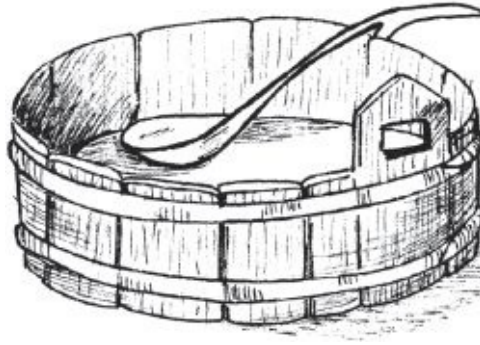
1 pkg. unflavored Knox gelatin

¾ cup (1 ¾ dl) raspberries, fresh or frozen

Combine the water and butter (cut into pieces) in a heavy sauce pan and bring to a full boil. When the butter is melted move from heat and add the flour all at once, stirring vigorously with a wooden spoon until it forms a ball. Beat in 1 egg at a time, beating well after each addition. Cover a cookie sheet with parchment paper, or leave ungreased, and drop dough by the tablespoonful onto the paper, (about the size of golf balls) 3 inches (8 cm) apart. Bake at 390°F (200°C) 20–25 minutes. Do not peek during baking as this will cause the puffs to fall. After baking is finished, leave them in the oven for about 1 hour with the heat cut off and the oven door open halfway. They need to cool slowly and to be fully dry.

Makes 14–16

Bringebærfromasj: Beat eggs and sugar until of *eggedosis* consistency—light and fluffy. Whip cream. In a small saucepan sprinkle ¼ cup (½ dl) scant water over the gelatin. Let stand 1 minute. Stir over low heat until the gelatin is completely dissolved, about 3 minutes. Drizzle the gelatin into whipped cream, stirring constantly until blended, and add to the egg mixture. Carefully fold in cleaned raspberries—they may be frozen, thawed, and well drained. Cut off the tops of the cream puffs. As soon as the mousse begins to gel fill the puffs, and replace the tops. Set to chill. Just before serving sift a little confectioners' sugar over the cream puffs.



Shrovetide Buns (Fastelavnsboller)

The week before Shrovetide Sunday (seventh Sunday before Easter), the bakeries in Norway begin to fill up with Shrovetide buns. Many homemakers, however, still prepare their own treasured family recipes.



Ingredients:

- 1 $\frac{2}{3}$ cups (3 dl) milk
- 1 egg, slightly beaten
- 1 pkg. active dry yeast
- $\frac{1}{2}$ cup (115 g.) butter or margarine melted, slightly cooled
- $\frac{1}{4}$ cup ($\frac{1}{2}$ dl) sugar
- $\frac{1}{2}$ tsp. salt
- 1 qt. (liter) flour or enough flour to make smooth, pliant dough
- 1 $\frac{1}{2}$ tsp. cardamom
- Egg for brushing

Heat the milk until lukewarm. Pour into a mixing bowl and stir in the remaining ingredients except flour. Stir in a little flour at a time until the dough is smooth and elastic. Place in a greased bowl, cover, and set aside to rise in a warm place until double in bulk. On well-floured pastry cloth, turn the dough out and knead very lightly. Divide into eighteen portions. Form each portion into a ball by placing your hand in a cupped shape over the ball, pressing down while making a large circle with your hand. As you roll the ball let up on the weight little by little, allowing the dough to form into a smooth ball. Slit a pocket. With a spoon dipped in water, fill each pocket with almond filling, then seal back

up. Place balls apart on a greased cookie sheet, cover, and let rise 15 minutes. Preheat the oven to 350°F (175°C). Brush buns with beaten egg, which allows them to rise without cracking and gives them a smooth finish. Bake for 15 minutes. Cool on a wire rack. To leave plain, read the directions but ignore the filling instructions, or add other suggested fillings.

Makes 18 buns

Almond-filled buns:

1 cup (2 ½ dl) almonds, ground

2–4 tbsp. water

1 cup (2 ½ dl) confectioners' sugar

Egg white

Blend almonds and powdered sugar well. Add water and enough egg white needed to mix thoroughly.

Cream-filled Buns:

This is the traditional filling for the Shrovetide buns. A gentle reminder of happy days spent in Norway with siblings and parents. Shrovetide without these cream-filled buns would not be Shrovetide.

Cut baked, cooled buns in two horizontally. Whip 2 cups (5 dl) of whipping cream, and add sugar to taste. Cover the bottom part of the bun with a large spoonful of whipped cream. Replace the top and sprinkle with confectioners' sugar.

Raisin-Citron filled buns:

Work 1 cup (2 ½ dl) raisins and ⅔ cup (1 ½ dl) chopped citron into the dough. Divide into eighteen pieces, form into balls, and place on a greased baking sheet. Follow previous directions on baking.



The World's Best (Verdens beste)

This cake is also known as the *Kvæfjord* cake. When I think of *Kvæfjord* close to Tromsø,

fresh fish, lefse, and game come to mind. A little curious such a celebrated cake should originate in rugged northern Norway. There are numerous versions of this recipe. This is my favorite. The Norwegians call it *vidunderlig!*—wonderful! You be the judge.

Ingredients:

⅝ cup (150 g.) generous butter or margarine

¾ cup (150 g.) sugar

5 egg yolks

1 tsp. baking powder

1 ⅛ cups (150 g.) flour

4 tbsp. milk

Meringue:

5 egg whites

1 cup (200 g.) sugar

⅓ cup (50 g.) almonds, chopped

Filling:

1 small pkg. vanilla pudding

1 ¼ cups (3 ½ dl) milk

1 ¼ cups (3 dl) whipping cream

1 tsp. rum extract

Cream the butter and sugar until light and fluffy. Beat in the egg yolks one at a time. Sift the baking powder with the flour and add alternately with the milk. Line an 8×12-inch (20×30-cm) pan with parchment or wax paper and grease well. Pour the batter in and smooth the top. Beat the egg whites until stiff but not dry. Gradually add the sugar and beat until stiff and glossy. Spread the meringue over the cake batter. Sprinkle with chopped almonds. Bake in a preheated 355°F (180°C) oven until golden. Prepare double recipe of vanilla pudding. Add rum flavoring, and carefully fold the whipped cream into the pudding. Cut the cake in two horizontally and spread with the filling. Replace the top. Keep chilled until serving time.

Makes one 8×12-inch cake

Almond Tower Cake (Kransekake)

Kransekake reigns supreme in Norway. Weddings, birthdays, promotions, holidays—it is always there. Don't shy away from making this delicacy. It is not difficult—honestly—just a little time consuming. Follow the directions, do exactly what they say, and soon you can sparkle with pride, knowing you have made the most traditional of Norwegian cakes!



Kransekake is just plain fun to make and decorate. Here are two tips: almonds used must be of the best quality. Many prefer to blanch them, which makes the cake lighter in appearance. Leaving the almonds unblanched will make a darker cake, though richer in flavor. I prefer unblanched almonds, but you might like to try half and half.

Decorations: Norwegian flags are a must. The traditional *knallbonboner*, party crackers—frilly party favors—are very expensive and hard to find. You can decorate the cake in another beautiful way, with marzipan flowers (see picture). Make them from the same *kransekake* dough, omitting the flour and not baking, or use fancy wrapped *konfekt*, chocolates. Secure all decorations with a light caramel sauce. Decorations on the cake should be rather uniform. The cake should not be loaded down, but simple and elegant.

Many think of *kransekake* only in its traditional form—the tower shape—but one can make varied shapes such as baskets, logs, or horns of plenty. *Kransekake* keeps well in an airtight container. Adding a raw, peeled potato or a fresh piece of bread to the container will result in a chewy cake. The cake may also be frozen; when defrosted, the cake will be chewy from the moisture. Prepare and bake the *kransekake* rings in advance and freeze. Remove from freezer in time to defrost and decorate before serving.

Please read all directions before proceeding. This recipe makes a 16-ring cake. If you do not have *kransekake* pans, don't despair. Prepare the dough according to the directions. Cut into the proper sizes and form rings—the smallest should be 5 ½ inches (14 cm) with each additional ring a scant ¾-inch (2-cm) larger. Cover a cookie sheet with aluminum foil, grease well, and place rings on top.

Ingredients:

5 ½ cups (13 ½ dl) almonds, ground, left as is, or blanched

4 egg whites, slightly beaten

2 tbsp. flour

5 ½ cups (13 ½ dl) confectioners' sugar

Grind the thoroughly washed and dried almonds. (If you choose to blanch the almonds, pour boiling water over them, then place in a steamer over simmering water until the hulls loosen and become easy to remove. Do not let the almonds boil; they will lose their flavor

and become leathery.) For good results, it is important to work with thoroughly dry almonds. Let them stand covered for at least 24 hours or dry them in a medium-hot oven, being careful not to overdo.

Grind almonds a second time with the confectioners' sugar. Add slightly beaten egg whites a little at a time and mix well. Take care that the mixture does not become too moist; it will rise to excess, become porous, and, as a result, be difficult to remove from the pan. This can be remedied by the addition of a little flour and confectioners' sugar. On the other hand, if the cake is not moist enough, the cake will not rise and will turn hard and dry. In this case, add a little egg white. It is advisable to test by first baking a small sample.

Before you begin, let the dough rest, preferably covered, at least 10 minutes or even until the next day. This will make working with it easier. Grease ring-shaped pans with unsalted butter or cooking oil and sprinkle with a little Cream of Wheat. Roll out small portions (finger thickness) to fit the rings. Cut the edges with a knife and butt edges to form a perfect circle. This will ensure a balanced finished product. Bake the rings on a cookie sheet in the middle of the oven at 300°F (150°C). Do *not* over bake. Cool quickly, preferably in a drafty area. When almost cool, carefully slide the cake from the pans. With a pastry brush, remove any excess Cream of Wheat.

Frosting:

1 cup (2 ½ dl) confectioners' sugar

½ tsp. white vinegar

1 egg white, slightly beaten

Stir the vinegar and egg white into the confectioners' sugar until the frosting is thick enough to be used in a cake decorator. Decorate one ring at a time with a zigzag pattern, making sure the pattern reaches well over the edge of each ring. When the rings are stacked, one over the other, the extra icing serves as an adhesive. Make leaves and roses, or other flowers, from marzipan, or decorate *kransekake* with party crackers or fancy wrapped chocolates. Attach decorations with caramel. Add small flags. When serving *kransekake* remove the lower rings and break into serving-size pieces.

Caramel: The amount you need to make depends on how many decorations you are adding to your *kransekake*. Two to four tablespoons of sugar should be sufficient. It is easiest to make caramel in a frying pan. Warm the pan over low heat then add the sugar. It is best not to stir until the sugar is melted because lumps form easily and are difficult to melt. When melted, keep caramel warm while attaching decorations. The candy hardens almost instantly when cooled.



Wedding Cake (Bryllupskake)



Times change, and today many use this type of contemporary wedding cake. Though not an old traditional cake, it will please the most discriminating wedding couples and all their guests. The horseshoes topping the cake are made from white chocolate. They stand for good luck in Norway.

When you want something superbly delicious, just cut the recipe in half, or thirds, and you will have a cake that will bring memorable moments to any occasion. This cake is baked in 7–8 ½- and 11-inch (18–22- and 28-cm) round springform pans. It is best to make the cake in two batches. Divide the dough in two. One portion will fit the two smallest pans, and the other half the largest pan. The almonds are weighed after they have been scalded. Read the recipe through before beginning to make this cake.

Ingredients:

- 16 eggs
- 1 ½ cups (200 g.) flour
- 2 cups (5 dl) sugar
- 2 tsp. baking powder
- 1 ½ cups (200 g.) almonds, blanched and ground

Grease the pans and cover the bottom with parchment paper. Whip eggs and sugar to *eggdosis* consistency—light and fluffy. Carefully fold in the thoroughly ground almonds, and add flour that has been sifted with the baking powder. Divide the batter into the proper size pans. The smallest pans takes about 30 minutes to bake, medium 35–40 minutes, and large from 50–60 minutes. When baked cool on a rack.

Filling and decoration:

- ¾–1 ¼ cups (2–3 dl) sparkling apple juice, such as Martinelli

2 qts. (liters) whipping cream
3 tbsp. sugar
2 cups (5 dl) thick apricot jam, lightly sweetened
4 $\frac{3}{8}$ lbs. (2 kg.) marzipan, approx.
Red and green food coloring
4–5 Freia Daim chocolates, or substitute
7–8 1.5-oz. Heath bars
Bridal couple or white chocolate decoration

See Marzipan Topping, or purchase almond paste and follow the direction on the package. Divide all the cakes horizontally in two or three layers. It is easier to divide the cakes if they are partially frozen. Sprinkle sparkling apple cider on all the layers and spread with a thin layer of jam. Chill the bowl and the beaters before whipping the cream. Whip about 2 cups of cream at a time (adding a little sugar to each batch). Add coarsely-chopped chocolates to half of the whipped cream. Fill the cakes with the chocolate cream, spreading it evenly over one layer of each of the three different sizes of cakes. Top with the second layer of cake, bottom-side up, and cover all three cakes on the top and sides with the remaining whipped cream.

Marzipan cover: Keep marzipan at room temperature and roll out enough marzipan to cover the top and side of one cake at a time, a scant $\frac{1}{4}$ -inch (5-mm) thick. If needed, use a little confectioners' sugar to help with the rolling out. The sugar can be easily brushed off with a pastry brush.

Place the cakes on a three tier cake stand, beginning with the largest on the bottom. Fill a decorator tube with whipped cream and decorate the three cakes with stars (see Wedding Cake photograph above). Make marzipan roses (in different sizes) and leaves and finish decorating the cake according to the picture. Top the cake with your desired decoration.

Roses and leaves: Color approximately $\frac{1}{4}$ of the marzipan with red and green food coloring (mostly red for the roses). Do not add too much food coloring at one time; you want a soft pink color. You can always add more if needed. To obtain a more natural green add 1 drop of blue for every two drops of green. Again, add a little at a time; you cannot remove the color once it is added. Roll green marzipan out and cut out leaves and mark veins with candy tools, a toothpick, or a knife. It is a good idea to at least make the roses and leaves a couple of days ahead of time. They keep well in airtight tins.

Roll pink marzipan out as thinly as possible. Cut into 5–6-inch (13–15-cm) long ribbons; the width depends on how big you want the rose to be. At one end start rolling up the ribbon, a little tight at the beginning and loosing it up as you go, allowing the center portion to protrude slightly in some roses and to recess in others. Bend the outer layer outward to resemble the configuration of a rose.

Norway's Grand Fruit Pie (Norges storartet fruktpie)

For inspiration see the photo. Follow the easy steps to make this mouth-watering fruit pie. Large enough to serve 12 people.



Pie Dough:

$\frac{1}{2}$ – $\frac{5}{8}$ cup (120–160 g.) margarine

1 $\frac{1}{8}$ –1 $\frac{1}{2}$ cups (150–200 g.) flour

1 $\frac{1}{2}$ –2 tbsp. sugar

3–5 tbsp. water, cold

Be sure to use only chilled utensils as this pie dough must not get warm; use your hands as little as possible. Cut chilled margarine into 1-inch (2 $\frac{1}{2}$ -cm) squares. Place margarine, sugar, and flour in a medium-sized bowl and cut margarine in with a pastry blender. Then gather it all quickly together with your fingertips. Add the cold water, a little at a time, using your fingers to form the dough. It should be pliant and smooth, not grainy and moist. Divide the dough in fourths. Take one piece and place on the counter. Place the heel of your hand on the dough and with one stroke, press and stretch out the dough. Scrape the dough up with a scraper and set aside. Repeat with the remaining pieces. Gather up all the dough, sprinkling a little flour on top. Wrap in plastic wrap and cool in the refrigerator for at least 1 hour. Remove the dough and gently press into 9–12-inch (23–30-cm) tart pan with a removable bottom. Dough should be about $\frac{3}{16}$ -inch (8-mm) thick. Make the edges even by cutting off any excess dough with a knife.



To prevent the dough from rising, prick with a fork. Let rest 15 minutes. Bake at 395°F (200°C) in the middle of the oven for 10–12 minutes. It is ready when it begins to leave the edge and has a light, golden color. Air circulation makes the pie crust crisp. Cool on a rack. If the finished pie will stand more than 2 hours before eaten, “seal” the bottom with currant or apricot glaze. If you want to keep it longer, brush with melted chocolate. (The glaze recipe makes enough to seal the crust and to brush on the berries.) Before the berries are added, cover the bottom of the pie shell with vanilla cream.

Vanilla Cream:

4 egg yolks

1 $\frac{3}{4}$ cups (4 dl) whole milk, boiling

$\frac{2}{3}$ cup (1 $\frac{1}{2}$ dl) sugar

$\frac{1}{2}$ cup (50 g.) flour

1 $\frac{1}{2}$ tbsp. vanilla sugar

Beat the egg yolks, sugar, and vanilla sugar until light and fluffy. It should be stiff enough that when it falls back into itself, the drips lay on top. Beat in the flour. While beating, add the boiling milk, drop by drop at first, then in a *thin* stream. Pour the mixture into a heavy-bottomed pan and place over medium heat. Stir vigorously while it is being brought to a boil. Lower heat and simmer 2–3 minutes after boiling has begun. Remove from heat and cool.

Add berries of your choice (see photo opposite for suggestions). Quickly rinse berries and remove all foreign objects. Drain well on a paper towel while you prepare the glaze.

Glaze:

2 tbsp. sugar

¼ cup (1 dl) scant currant jelly or apricot marmalade

Stir the sugar and jelly or marmalade together in a saucepan. Place over medium heat and warm 2–3 minutes. Glaze should thicken to the point that drippings from a spoon are viscous. Do not simmer too long; it may turn to caramel. Brush the glaze over the pie crust to prevent it from becoming soggy.

Spread the vanilla cream in the bottom of the pie crust. Place berries close together, forming a decorative pattern. Brush a thin layer of glaze over the berries. Serve as is with vanilla ice cream or whipped cream.

Serves 10–12

Creams, Frosting, and Glazes

Vanilla or Rum Egg Custard (Eggekrem)

There are many ways to use egg custard as filling for cakes. One can vary the taste by adding flavorings such as rum extract, vanilla, or almond, or by adding tart jams, jellies, or fruit.

The custard may be thickened with all-purpose flour or potato starch flour. However, it will have a shinier and smoother appearance if potato starch flour is used. When making large amounts of egg cream it will be creamier if the sugar and eggs are whipped separately to *eggedosis* consistency—light and fluffy.

Ingredients:

1 $\frac{2}{3}$ cups (4 dl) milk

4 egg yolks

$\frac{1}{4}$ cup ($\frac{1}{2}$ dl) sugar

1 tbsp. potato starch flour

1 tsp. vanilla sugar, or 1 tsp. rum flavoring

In a heavy saucepan bring the milk to a boil. Set aside. In a bowl, beat the eggs and sugars until *eggedosis* consistency—light and fluffy. Add the hot milk, a few drops at a time, blending well after each addition. Return to the saucepan and place over medium heat. Dissolve the potato starch flour in a little water and add in a thin stream while stirring constantly until it thickens to the proper consistency. It *must not* boil. (Add rum flavoring if used.) Cool by placing the pan in cold water.

Egg Custard with Gelatin (Eggekrem med gelatin)

This custard is good for Napoleon cakes or cream cakes.

Ingredients:

1 $\frac{3}{4}$ cups milk or coffee cream

2 pkg. Knox gelatin, unflavored

3 tbsp. flour

1 cup (2 $\frac{1}{2}$ dl) whipping cream

4 egg yolks

Flavoring

2 tbsp. sugar, heaping

In a heavy saucepan combine the milk and flour and bring to a boil. Let simmer a couple of minutes. Remove from heat and cool slightly. Beat the egg yolks and sugar until light and fluffy and carefully stir into the milk mixture. Return to medium heat and stir constantly until it thickens. Do not let it boil. Remove from heat. Soften the gelatin with a small amount of water, and heat until thoroughly dissolved. While stirring, pour in a thin stream into the hot mixture. Pour the custard into a bowl and stir now and then as it cools and begins to thicken. When cool, whip the cream and fold it into the custard. Add your choice of flavorings.

Makes 3 cups

Vanilla or Rum Cream (Vaniljekrem)

Ingredients:

2 egg yolks, large

1 tbsp. potato starch flour

½ cup (1 ¼ dl) sugar

2 cups (5 dl) coffee cream or milk

1 ½ tsp. vanilla sugar

1 ½ tsp. rum flavoring

Add all ingredients to a cold saucepan and blend fully. Set the pan over medium heat and stir continually while bringing it to the boiling point. It *must not* boil. Place the saucepan in cold water and beat the cream until cold. Chill before using.

Mandarin Orange/Chocolate Cream (Mandarinsjokoladekrem)

Delicious filling for cream cakes.

Ingredients:

4 oz. (125 g.) Freia semisweet cooking chocolate

1 pkg. Knox gelatin, unflavored

1 11 oz. (310 g.) can mandarin orange segments, drained well

2 cups (5 dl) whipping cream

½ tsp. grated orange peel

In a heavy pan, melt the chocolate in the cream. Chill. Whip until firm and add the orange peel. In a small saucepan, sprinkle the gelatin over a little water and let stand 2 minutes. Heat and stir until fully dissolved. Cool slightly, and while stirring add to the chocolate cream in a thin stream. Stir in the mandarin orange segments.

Butter Cream (Smørkrem)

Butter cream is quick and easy to make. It is excellent to fill or frost cakes with, and the flavor may be varied.

Ingredients:

½ cup (1 ¼ dl) butter, unsalted

Flavorings of your choice

1 cup (2 ½ dl) confectioners' sugar

Have the butter at room temperature. Beat until light and fluffy. Gradually add the confectioners' sugar and beat until well blended and the cream is light and white in color. Leave as is or add flavoring.

Makes ¾ cup (2 dl)

Butter Cream II (Smørkrem II)

Ingredients:

½ cup (100 g.) scant butter
1 tbsp. cocoa, unsweetened
1 cup (2 ½ dl) confectioners' sugar
¾ tsp. vanilla sugar, or ½ tsp. vanilla extract
2 egg yolks

Have the butter at room temperature. Beat until light and fluffy. Gradually add confectioners' sugar and beat until well blended and the cream is light and white in color. Thoroughly blend in egg yolks, cocoa, and flavoring.

Makes about ¾ cup (2 dl)

Flavorings for Butter Cream (Smakstilsetning av smørkrem)

Ingredients:

1 tsp. mocha extract
2 tbsp. orange peel, grated and lightly sweetened, or
½ tbsp. orange juice and touch of grated orange peel
1–2 tbsp. cocoa, unsweetened
2 oz. (60 g.) chocolate, melted
1 tsp. vanilla sugar
2 tbsp. lemon peel, grated and lightly sweetened
½ tsp. vanilla extract, pure

Do not use lemon or orange peel if you are planning to use a decorator tube.

Marzipan for Cake Toppings (Marsipanlokk)

Enough to cover top and bottom of a 10-inch (25-cm) cake.

Ingredients:

1 ½ cups (200 g.) almonds, blanched
1 egg white, approx.
1 tbsp. water, approx.
2 ¾ cups (300 g.) confectioners' sugar, approx.

Blanch the almonds and dry well. Grind the almonds twice, the second time with the confectioners' sugar. They should be like flour. Add the slightly beaten egg white and water, and work the mass together until viscous. Form into a ball. On a marble slab or on top of a white plastic bag roll the marzipan out on a little sifted confectioners' sugar. Making the marzipan "lid" is simplified by rolling out the marzipan between two large plastic sheets, or use a plain, large plastic bag. Place the marzipan inside the bag on a counter and roll on the outside of the bag until you reach the desired size. Cut the bag to open. Place your hand underneath the plastic and begin placing from the edge of the cake, removing the bag carefully as you go. Trim the "lid" to even edges.

Imitation Marzipan Topping (Falsk marsipan)

Excellent as topping for cream or other cakes.

Ingredients:

3 ½ tbsp. (½ dl) water

1 cup (350 g.) confectioners' sugar, good measure

2 tbsp. (30 g.) butter

1 egg white

1 tbsp. (25 g.) scant flour

Few drops almond oil or extract

In a heavy saucepan over low heat make a thick porridge of water, butter, and flour, stirring constantly. Cool slightly and add the remainder of the ingredients. Follow roll out direction in the preceding recipe.

Confectioners' Sugar or Chocolate Glaze (Melisglasur)

Ingredients:

1 cup confectioners' sugar

2 tbsp. cocoa

2 tbsp. milk or cream

Flavorings such as vanilla, rum, or almond

Sift confectioners' sugar (and cocoa if used), add milk or cream, and blend until smooth and glossy. Add desired flavoring such as almond, rum, vanilla, and so forth.



Cookies and Waffles

Crisp Diamond Cookies (Sirupsnitter)

Thin, crisp, and traditionally a welcome Christmas cookie.



Ingredients:

9 oz. (¼ kg.) syrup, Golden Lyle

¼ tsp. nutmeg, freshly grated

1 ½ cups (3 ¼ dl) sugar

1 tsp. anise

¼ cup (½ dl) butter, melted

½ tsp. baking soda

⅔ cup (1 ½ dl) whipping cream

1 qt. (liter) flour, approx.

½ tsp. pepper

1 tsp. ginger

Decoration:

Almonds, scalded

Egg white

Warm the syrup, sugar, and butter in a heavy sauce pan. Cool and add most of the cream, leaving out 2 tablespoons. Blend spices with half of the flour and add to the mixture. Stir the baking soda into the 2 tablespoons of cream and add with the remaining flour to the cookies. You do not want the dough to be too dry; it is therefore advisable to leave out a little flour that may be added if needed. Work the dough well and leave refrigerated until the next day. On a lightly floured surface, roll out very thin, a portion at the time, and cut into diamond shapes with a fluted pastry wheel. Gently press half of a scalded almond in

the center and brush with egg white. Bake at 355–365°F (180–185°C) for 5–6 minutes. Watch carefully as they will burn easily.

Cookie Stacks (Bordstabelbakkels)

An old, traditional, superb tasting cookie, better known on the farms than in the cities. Yet now it has become quite popular all around.



Stabel means “pile” or “stack.” They are served by placing two cookies a few inches apart, with the next two crossing, $\frac{1}{2}$ inch ($1\frac{1}{4}$ cm) from the ends of the first two. Continue stacking until you reach the desired height.

Ingredients:

3 egg yolks

1 $\frac{1}{3}$ cups (1 $\frac{1}{4}$ dl) sugar

2 tbsp. whipping cream

1 $\frac{1}{8}$ cups (250 g.) butter, softened

3 $\frac{1}{2}$ –3 $\frac{7}{8}$ cups (500 g.) flour, approx.

Grated peel of 1 lemon

Almond Meringue:

1 $\frac{7}{8}$ cups (4 $\frac{1}{2}$ dl) almonds, ground

2 $\frac{1}{3}$ cups (250 g.) confectioners' sugar

Grated peel of 1 lemon

4 egg whites, beaten

Beat the egg yolks and sugar until light and fluffy. Stir in the whipping cream. Mix the grated lemon peel with flour and add to the mixture alternately with the soft butter. Mix fully. Let the dough rest 1 hour. On a lightly-floured surface roll out a thin dough (many say the thickness of a blade of straw), and cut out lengths 6×1 inch (15×3 cm). Grease or cover a cookie sheet with parchment paper and bake the cookies in the middle of the oven at 355°F (180°C) for 6 minutes.

Almond meringue: Grind the almonds twice, the second time with the confectioners' sugar. Add the lemon peel and egg whites and mix well. Add the almond meringue in a stripe down the center of the cookie. The meringue swells so do not put it all the way to the edge. Return to the oven to dry at 160°F (70°C), leaving the oven door ajar. The cookies are finished when the meringue is set yet still white.

Oatmeal-Lace Cookies (Havrekniplekaker)

Ingredients:

1 cup (225 g.) butter

½ tsp. salt

1 cup (2 ½ dl) sugar

2 cups (5 dl) oats, quick cooking

⅔ cup (1 ½ dl) flour, sifted

¼ cup milk

Heat the oven to 375°F (190°C). Melt the butter in saucepan. Stir in the remaining ingredients, mixing well. Drop by ½ teaspoon about 3 inches (8 cm) apart on a greased and floured cookie sheet. Spread thinly. Bake for 5–7 minutes. Watch carefully. Let stand a few minutes before removing from the pan.

Dalesmen (Døler)

Unpretentious looking and indescribably delicious.

Ingredients:

¾ cup plus 1 tbsp. (1 ¾ dl) butter

⅔ cup (½ dl) whipping cream

⅔ cup (1 ½ dl) sugar

1 tsp. vanilla sugar, or pure extract

5 tbsp. potato flour

1 cup (2 ½ dl) hazelnuts or almonds

1 cup (2 ½ dl) flour

Cream the butter and sugar until light and fluffy. Mix the potato flour with flour and vanilla sugar, if used. Sift a little into the butter mixture and stir. Add the cream, vanilla extract if used, the remaining flour, and coarsely chopped nuts. Drop by the teaspoonful onto a greased or parchment covered cookie sheet and bake for 10–12 minutes, or until

light golden in color, in a preheated oven at 350°F (175°C).

Serina Cookies (Serinakaker)



Ingredients:

3 ¼ cups (8 dl) flour

1 ¼ cups (3 dl) butter

1 ½ cups (3 ½ dl) sugar

2 eggs, separated

1 ½ tsp. baking powder

1 cup (2 ½ dl) almonds, blanched and finely chopped

½ tsp. salt of hartshorn

1 tsp. vanilla sugar or pure vanilla extract

Pearl sugar

In a large bowl combine the flour, 1 ¼ cups (3 dl) of the sugar, baking powder, salt of hartshorn, and vanilla sugar, if used. Cut in the butter with a pastry blender till the pieces are the size of small peas. Set aside. Beat 1 egg white until firm. Gradually add remaining ¼ cup (½ dl) sugar, beating until stiff and glossy. Combine the egg yolks with the vanilla extract if used, and fold into the beaten egg white. Blend with the flour mixture then work with your fingers until well mixed. Do not overwork the dough; this will cause the cookies to lose some of their crispness. Shape the dough into 1-inch (2 ½-cm) balls. Place on a well-greased cookie sheet, and press down with a fork in a criss-cross pattern. Brush with the remaining slightly beaten egg white and sprinkle with chopped almonds and pearl sugar; press the garnish lightly into the cookies so they do not fall off. Preheat the oven to 350°F (175°C). Bake 15 minutes or until golden brown. Cool slightly before removing to racks.

Makes 7 dozen

Marianne's Cookies (Marianne's Specier)

Be sure to make these cookies with real butter.

Ingredients:

3 ½ cups (450 g.) flour

1 ⅝ cups (375 g.) butter

1 ¾ cups (200 g.) confectioners' sugar

Mix all ingredients together in a food processor. It makes firm dough. Roll into long ropes about 2 inches (5 cm) thick, and slice in ⅛-inch (½-cm) thick slices. Bake at 350°F (175°C) until lightly golden.

Knepp Cookies (Kneppkaker)

Ingredients:

3 eggs

1 tsp. salt of hartshorn

1 cup (2 ½ dl) sugar

¼ tsp. pepper

1 cup (2 ½ dl) syrup, Golden Lyle

As much unbleached flour as needed

¼ cup (½ dl) milk

Preheat the oven to 350°F (175°C). Beat the eggs and sugar well. Heat the honey or syrup until lukewarm and add to the egg mixture. Add milk. Sift together the spices and flour, and fold in. Drop by the teaspoonsful on a greased cookie sheet. Bake until golden brown, about 10–12 minutes.

Makes 3 dozen

Tiny Doughnuts (Smultringer)

These are small cookie-doughnuts, not what we in America think of as doughnuts.



Smultringer tops the list of the “7 must” cookies on the Norwegian homemaker’s Christmas baking list. It is important to deep fry them quickly in hot lard or Crisco. They keep well in airtight containers as well as in the freezer.

Ingredients:

½ cup (75 g.) margarine or butter

3 tsp. cardamom

2 eggs

3 ¾ cups (500 g.) flour

1 cup (200 g.) sugar

2 tsp. salt of hartshorn

1 ½ cups (3 dl) evaporated milk, whipped

Melt and cool the margarine or butter. Beat the eggs and sugar until light and fluffy. Beat the canned milk until stiff and fold in. Mix and stir the dry ingredients into the egg/milk mixture, being careful not to add too much flour; dough should be soft. Use just enough flour to be able to roll the dough out to ⅜-inch (1-cm) thickness. Cut out with a small doughnut cutter or two graduated glasses. Deep fry in hot lard or Crisco until golden brown. Drain on paper towels. Store in airtight containers.

Mazarin Tarts (Mazariner)

Almond lovers will relish these traditional tarts filled with a delectable almond filling.

Ingredients:

1 ¼ cups (3 dl) flour

½ tsp. baking powder

¼ cup (½ dl) sugar

½ cup (1 ¼ dl) butter

1 tbsp. ice water

Filling:

½ cup (¾ dl) butter

½ cup (1 ½ dl) sugar

¾ cup (1 ¾ dl) almonds, ground

2 eggs

½ tsp. almond extract

Mix the flour, baking powder, and sugar. Cut in the butter and add ice water. Shape into a ball and chill thoroughly. Remove the dough from the refrigerator. With your thumb, press a little dough into buttered muffin or *sandkake* tins. Prepare the filling by creaming the butter and sugar until light. Add the ground almonds and extract. Add eggs, one at a time, and beat well. Put 2 teaspoons of the almond filling in each. Roll a little of the dough out and cut thin ⅓-inch (8-mm) strips and crisscross over the filling. Tuck the ends between the filling and the crust. Bake on a baking sheet, on the lowest rack, in a 350°F (175°C) oven for 20–25 minutes.

Makes about 1 ½ dozen tarts

Sand Nuts (Sandnøtter)

Sometimes one cannot explain the names of old traditional cookies like these, but they are enjoyed all over Norway.

Ingredients:

½ cup (1 ¼ dl) margarine or butter, half of it unsalted

1 ¼ cups (200 g.) potato starch flour

½ cup (60 g.) unbleached flour

⅔ cup (1 ½ dl) sugar

2 tsp. vanilla sugar

1 egg, small

1 tsp. baking powder

Cream the margarine or butter with the sugar until light and fluffy. Add the egg and mix. Mix the remaining ingredients and add to the mixture a little at a time, blending well. Chill in the refrigerator for a couple of hours. Shape into small balls about 1 ⅛ inch (3 cm) in diameter. Place on a greased cookie sheet and gently press down with a fork. Bake in a very hot oven at 410°F (210°C) until golden. Watch carefully so they do not burn.

Rosettes (Rosetter)

A delightful, always welcome traditional cookie that looks beautiful.



They keep for six months in a freezer or airtight container. You do need a rosette iron, now available in most stores that carry kitchen utensils. Look for the ones that have two rosette molds; it will cut your baking time in half.

Ingredients:

2 eggs

1 ½ cups (3 ½ dl) flour

1 tbsp. sugar

1 cup (2 ½ dl) milk

½ tsp. salt

Safflower oil

½ tsp. cardamom

Beat the eggs lightly. Add the sugar, salt, and cardamom to the flour and mix well. Add to the eggs alternately with milk and mix thoroughly. The batter should be like thick cream. It may be made the night before and refrigerated. Or allow the batter to stand 30 minutes to alleviate air bubbles. Use an electric controlled pan. Heat the oil to 365°F (185°C) before dipping the iron in the oil for 10 seconds (making sure the pan is deep enough to allow the mold to be completely submerged). Drain slightly on paper towels. Keep the temperature between 350–375°F (175–190°C). Dip the hot iron into the batter, being careful not to get the batter on top of the rim; it will make it impossible to remove the rosette. Submerge in the heated oil thoroughly, covering the mold, and cook until lightly browned. If the rosette does not leave the iron when cooked, release it with a fork. Drain well before storing. Serve plain or sprinkled with confectioners' sugar.

Makes 40

Monks I (Munker I)

These delicate ball-shaped monks have a batter that resembles pancakes. They were often served in our grandparents' day

and originated in Denmark.

In America they are often known by their Danish name, *Aebleskiver*. Monk pans are available from most Scandinavian delicatessens and kitchenware import stores.

Ingredients:

3 eggs

1 tsp. baking powder

2 cups (5 dl) buttermilk

2 ½ cups (6 dl) flour

1 tbsp. sugar

Fruit or jelly

½ tsp salt

Beat the eggs and blend with the milk. In a separate bowl sift the dry ingredients. Make a large indentation in the center of the dry mixture and slowly stir in the liquid. Let the batter rest a few minutes. Heat the monk pan. Add a little shortening to each compartment and when the shortening begins to smoke fill each half full with the batter. When cooked on one side add some fruit or jelly. Turn using two forks, one on either side. When thoroughly baked sprinkle with confectioners' sugar.

Monks II (Munker II)

Ingredients:

Apples

1 ½ tsp. baking soda

6 eggs, separated

1 ½ tsp. salt

2 qts. (liter) buttermilk

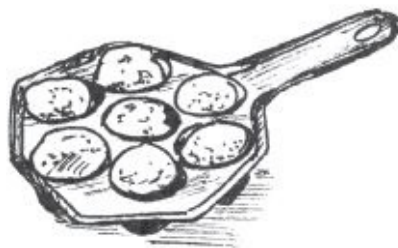
6 tbsp. sugar

6 cups (15 dl) flour

Confectioners' sugar

6 tsp. baking powder

Jam



Wash, peel, and slice the apples. Boil until barely tender and set aside. Separate the eggs. Mix the egg yolks with buttermilk. In a separate bowl add the dry ingredients, and stir in the buttermilk mixture. Beat the egg whites until stiff, but not dry, and gently fold into the batter. Heat the monk pan. Add a little oil, shortening, or margarine to each compartment; when very hot fill each half full with batter. When cooked on one side add a small piece of apple or jam. Turn using two forks, one on either side. When thoroughly baked, remove

and sprinkle with confectioners' sugar. Serve warm with jam or applesauce. The recipe may be halved.

The Dairymaid's Wafers (Seterjentas rømmebrød)

This cookie is rolled out very thin and baked in a krumkake iron, but not rolled up into a cone like krumkaker. It is an old traditional recipe.

Ingredients:

1 cup (2 ½ dl) sour cream

½ tsp. cardamom

⅞ cup (200 g.) butter

4 tbsp. sugar

¼ cup (½ dl) water

1 qt. (liter) flour, approx.

¼ tsp. salt

Have the butter at room temperature and stir together with the sour cream. Add the remaining ingredients, leaving out a little flour for rolling out the dough. Knead into fairly firm dough. Chill for 2 hours. Sprinkle a little sugar on top and roll into the dough. Cut out a cardboard template the size of a *krumkake* iron; trace and cut the wafers from the pattern. Bake in a heated *krumkake* iron until a nice golden color.



Cardamom Cone-Shaped Wafers (Krumkaker)

Innumerable are the variations of this traditional wafer. This delicious recipe has never failed me throughout my life, so I stick with it.



Ingredients:

Egg (1 egg makes 9 wafers)

Flour

Sugar

Cardamom

Butter or margarine

Weigh the egg(s) with the shell on. To the weight of each egg add the same weight each of sugar, butter, and flour, mixed with a little cardamom. Mix it all together. Heat a *krumkake* iron, ungreased, until a drop of water sputters when sprinkled on its surface. Butter the iron slightly for the first two cakes. Place a generous tablespoon of batter in the middle of the iron and close. Bake over medium heat until golden. Remove the cake with a fork and immediately roll up into a cone or cylinder shape.

Variation: Quickly place *krumkake* in or over a small dessert cup or bowl and serve as a dessert filled with whipped cream and fruit or berries of your choice.

Goro (Goro)

Many of the early traditional cookies were made in irons. Some of the more well to do had their own design and often inscribed their initials.

To make *goro* takes time. Enlist a family member or friend. Keep paper towels handy to wipe up the fat that oozes out of the iron.

Ingredients:

3 egg yolks

1 tsp. cardamom

$\frac{2}{3}$ cup (1 $\frac{1}{2}$ dl) sugar

6 cups (15 dl) unbleached flour

1 cup (2 $\frac{1}{2}$) whipping cream

3 cups (7½ g.) butter, lightly salted

Beat together the egg yolks, sugar, and cream. Add cardamom to the flour and sift half of the flour, a little at a time, into the egg mixture and mix well. Put the remainder of the flour on the counter and place the dough on top. Roll the dough out to a thick flap and spread the butter in thin layers across the dough. Fold over and roll once more. Roll up and chill for 24 hours. Roll out thin. Cut a cardboard template the size of a *goro* iron; trace and cut the cookies from the pattern. Bake in a hot, ungreased *goro* iron until a light golden color. Wipe fat off as it trickles out. Remove from the iron with a spatula onto a cutting board. Cut off the frayed edges and cut apart while still hot. Cool completely. They may be frozen.

Makes about 12 dozen



Poor Man's Cookies (Fattigman)

Do not be fooled by the name. Original recipes called for as many as 24–30 eggs, minus a few whites. My theory is that the name “poor man” stems from the premise that making these cookies will make one poor.

Cream, eggs, butter, and such were easy to come by on the Norwegian farms where the recipes originated. These diamond-crullers go back to the mid-nineteenth century and are a must at Christmas time in most Norwegian homes. Keeps well in airtight containers.

Ingredients:

7 egg yolks

2 tbsp. cognac

½ cup (1 ¼ dl) sugar

2 ⅔ cups (350 g.) flour, approx.

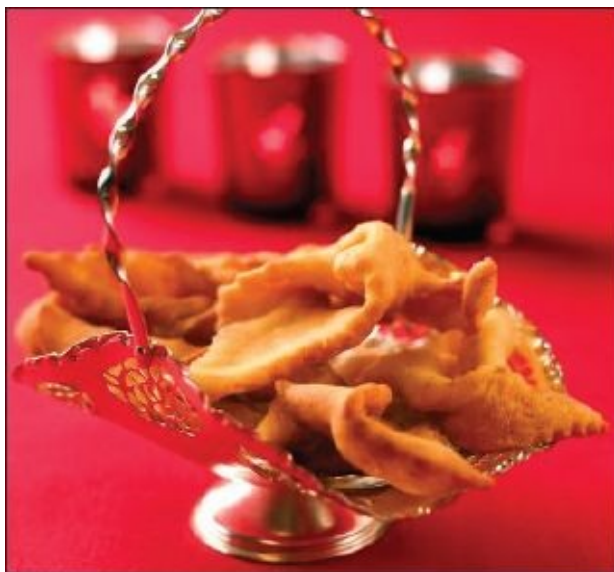
1 cup (2 ½ dl) whipping cream

¼ tsp. cardamom

¼ tsp. lemon peel, grated

Lard or shortening

Beat the egg yolks and sugar until light and fluffy. Whip the cream until firm and add to the eggs together with the lemon peel and cognac. Add cardamon to the flour and sift into the mixture, keeping out a little flour to sprinkle over the dough and some to roll dough out with. Cover and chill until the next day. Remove a small portion, place on a lightly floured surface, and roll out to thin dough. Cut into diamond shapes with a *fattigman* cutter or use a pastry wheel and ruler. Make a slit about 1 ½ inch (3 cm) long in the middle and carefully slip one corner through. Place on a board or baking sheet sprinkled lightly with flour. Fry in hot lard or shortening. They swell and develop air bubbles during the cooking. Remove when golden brown and drain well on paper towels. Sprinkle with confectioners' sugar if desired. Store in airtight containers.



Makes 7 ½ dozen

Berlin Wreaths (Berlinerkranser)

These cookies are among the most favorite in Norwegian holiday baking. They are a little tricky to make, but if you persevere you will be rewarded with delicate little tidbits.

Ingredients:

3 egg yolks, hard boiled

2 cups (5 dl) butter

4 egg yolks, raw

3 ⅞ cups (7 ½ dl) flour

⅞ cup (200 g.) sugar

Egg white

½ tsp. vanilla sugar

Pearl sugar

Mash the hard boiled, cold egg yolks and combine with the raw. Add the sugars and beat well. Wash out the butter to remove most of the salt. Add this alternately to the egg mixture with the flour. Chill. Roll into thin “ropes” about ⅓-inch (8-mm) thick. Cut into 4-inch (10-cm) lengths and form small wreaths, overlapping the ends. Press down lightly to make the ends stick together. Dip first in the beaten egg white, then in the pearl sugar. Preheat the oven to 375°F (190°C) and bake on greased cookie sheet about 10 minutes.

Makes about 7 dozen



Hartshorn (Hjortetakk)

Ingredients:

4 egg yolks and 2 egg whites

4 cups (450 g.) flour

1 $\frac{3}{4}$ cups (4 $\frac{1}{2}$ dl) sugar

$\frac{1}{2}$ tsp. cardamom

$\frac{1}{3}$ cup ($\frac{3}{4}$ dl) whipping cream

1 tsp. salt of hartshorn

$\frac{3}{4}$ cup (170 g.) butter, melted

Cream the egg yolks, egg whites, and sugar together until light and fluffy. Stir in the whipped cream and cooled, melted butter. Add half the flour that has been mixed with cardamom and salt of hartshorn. Cover and let stand overnight. Next day add enough flour to make medium-firm dough. Roll into pencil-thick lengths, cut, butt edges, and roll to make even. Make 3–4 diagonal slits on the outer edge rings with a sharp knife. Deep fry in hot fat. Cool and drain on absorbent paper. Store in airtight containers.

Makes about 6 dozen



Custard Cream Tartlet (Linser)

Linser bring back memories of many special family get-togethers at Nesodden. If you do not have heart shaped linse pans, muffin pans may be substituted.

Ingredients:

2 cups (5 dl) flour

$\frac{3}{4}$ cup (170 g.) butter

2 egg yolks

2 $\frac{1}{2}$ tbsp. sugar

Custard Cream:

1 cup (2 $\frac{1}{2}$ dl) milk or coffee cream

1 vanilla bean, cut lengthwise

4 egg yolks

$\frac{1}{4}$ cup ($\frac{1}{2}$ dl) sugar

1 tbsp. cornstarch

Custard Cream: In a heavy pan make the custard by bringing the milk and the vanilla bean to a boil and let simmer 10 minutes. Remove the vanilla bean. Beat the eggs and sugar until of *eggedosis* consistency (light and fluffy). While stirring, add spoonfuls of the boiling milk to the egg mixture. Place it all, with the cornstarch, back into the pan over moderate heat, stirring constantly until thickened. It must not boil. Cool in cold water.

Pastry: Blend the butter into the flour with a pastry blender, or with your finger tips, until it resembles small peas. Add sugar and egg yolks and work together quickly into a soft dough. Form into a ball and chill. Roll out $\frac{2}{3}$ of the pastry and line a greased *linse* pans, preferably heart-shaped. Divide the filling equally among the lined pans. Roll out the remaining pastry and lay over the filling, using unbeaten egg white on the edges as a binding agent and pressing gently around the edges. Place on a cookie sheet and bake at 400°F (205°C) for approx. 15 minutes or until golden. Cool a few minutes before carefully

removing from the pans, as they are quite fragile. These tartlets are usually frosted with sugar glaze or sprinkled with confectioners' sugar.

Makes 15 tartlets



Sand Tarts (Sandkaker)

Tarts are used all year round. Delicious eaten plain, or filled with whipped cream, decorated with grated chocolate or nuts, or berries and fruit, or filled with puddings and jello.

If you fill them, do so just before serving or they will become soggy. They keep well in an airtight container and the freezer. Recipe may be cut in half.



Ingredients:

1 cup (2 ½ dl) sugar

2 tsp. almond extract

2 cups (450 g.) butter

4 ½ cups (11 dl) flour

1 egg

Cream the butter and sugar until white. Add the egg, and blend in the remaining ingredients. Chill the dough overnight. Remove a small portion of the dough from the refrigerator. Put a small amount of dough in a fluted tart pan. Press a thin layer of dough on the bottom and sides, turning the tart pan as you are working. Remove the excess dough from the edge. Place the tart pan on a cookie sheet and bake at 350°F (175°C) 12–15 minutes, or to a golden color. Cool slightly before turning the tart pan over. The tart should slide out but sometimes a tap with a spoon on the bottom of pan will loosen it.

Makes 7 dozen

Vanilla Wreaths (Smørkranser)

These cookies melt in your mouth like vanilla clouds. Especially good with vanilla ice cream and fresh or frozen defrosted berries.

Ingredients:

$\frac{7}{8}$ cup less 1 tbsp. (198 g.) butter

1 $\frac{3}{4}$ cups (235 g.) flour

$\frac{2}{3}$ cup (125 g.) sugar

$\frac{1}{2}$ tsp. baking powder

1 egg

1 tsp. vanilla sugar

Cream the butter and sugar until light and airy, and add the remaining ingredients. Chill. Force through a cookie-press about $\frac{1}{2}$ -inch (1 $\frac{1}{4}$ -cm) wide and 4 $\frac{3}{4}$ -inch (12-cm) long bars. Form into wreaths. Place on a parchment-covered cookie sheet. Bake in a preheated oven at 350°F (175°C) and bake until light golden. Cool on a rack.

Waffles (Vafler)

Norwegians love waffles! They bake the waffles in heart-shaped cast iron waffle irons. You can use an electric iron, but some of us, spellbound by the traditional heart-shaped irons, believe, foolishly maybe, that Norwegian waffles, to taste their best, must be baked in the heart-shaped irons.



Cakes and waffles baked in cast iron forms are among the oldest kind of Norwegian cakes. Some of the cake irons have been found with runic writings on them. The oldest waffle irons made one heart-shaped or square waffle. Later, three hearts in the same iron were popular. The heart-shaped waffle iron in use today traditionally has five hearts.

Waffles may be enjoyed in the morning, at lunch time, or in the evening. They are great when unexpected guests come to your door because, generally, we all have the simple ingredients on hand. And it is a comfort to know that something so flavorful does not cost much.

There are innumerable recipes for waffles in Norway—inexpensive and healthy low-fat ones, ones made with barley flour, and those without butter and cream. Crisp delectable ones are high in calories but nevertheless irresistible. Try delicious waffles made with yeast as well.

Some waffles you can serve with a variety of sandwich meats; others, you can make into cream cakes or serve them with ice cream and berries. Or maybe you still prefer the more traditional way: buttered and sprinkled with sugar, or topped with a thick slice of sweet

Norwegian goat cheese or a spoonful of your favorite berry jam.

In earlier times *hverdagsvafler*, everyday waffles, were made with barley flour (now available at natural food stores). For guests, the more refined flour was used with the addition of sour cream. The most commonly-used waffle had a rather firm texture containing no egg, yeast, or baking powder, but boasted of better keeping qualities. The fancier waffle had fresh milk, cream, sour cream, butter, and sugar added, which made a thicker and superior textured product. Try several of these waffle recipes, and maybe, just maybe, you too will become an avid fan of the Norwegian waffles.

Cake Waffles (Sprø vafler)

These delicious waffles have no wheat flour. They are at their very best when eaten warm. Marvelous topped with ice cream, sour cream, or whipped cream and topped with fruit spreads.

Ingredients:

4 eggs

2 $\frac{3}{4}$ cups (500 g.) potato starch flour

1 $\frac{1}{8}$ cups (250 g.) sugar

3 tsp. baking powder

1 $\frac{1}{8}$ cups (250 g.) butter, melted

Beat the eggs and sugar till light and fluffy. Melt butter, cool slightly, and add to the egg mixture. Mix the potato starch flour and baking powder and add. The batter will be rather firm. If you are using a non-electric heart-shaped, Norwegian waffle iron, it is ready for baking when it is so hot that a drop of water splatters when flipped across its surface. Lightly butter its surface before the first waffle only. Bake a small test waffle. Drop the batter by a topped tablespoonful onto the iron and close tightly. Bake until golden and crisp.

Makes 12 waffles

Crisp Waffles with Cream (Sprø kremvafler)

Delicious and quick to make. You may beat the egg whites separately to make them extra light, but it is not necessary.

Ingredients:

1 $\frac{1}{3}$ cups (3 dl) flour

$\frac{1}{3}$ cup ($\frac{3}{4}$ dl) water

$\frac{1}{2}$ tsp. salt

1 cup (2 $\frac{1}{2}$ dl) sour cream

2 tbsp. sugar

$\frac{1}{2}$ cup (1 $\frac{1}{4}$ dl) scant butter

1 tsp. vanilla sugar, or vanilla extract

3 eggs

Mix all the ingredients, except the egg whites, until you have a smooth batter. Let rest 25–30 minutes. Beat the egg whites until they form peaks and gently fold into the batter. (See Cake Waffles, left, for baking instructions.) Place on cake racks until cool. Serve with berry

jam or sprinkle with confectioners' sugar.

Everyday Waffles (Hverdagsvafler)

Low in calories, inexpensive, and tasty. Bake in the afternoon, place in a Ziplock bag, and enjoy as a treat following dinner.

The recipe calls for cultured milk. Homogenized milk may be used but these waffles are tastier with cultured milk.

Ingredients:

2 eggs

½ tsp. baking powder

1 ⅓ cups (3 dl) cultured milk

2 tbsp. sugar

1 ⅓ cups (3 dl) flour

3 tbsp. margarine, melted

Beat the eggs with half the milk. Mix the dry ingredients and add to the eggs, stir until the batter is smooth. Add the remaining milk and melted butter and mix well. Let the batter stand 10 minutes. (See Cake waffles, left, for baking instructions.) Serve with goat cheese or jam.

Makes 8 heart-shaped waffles

Waffles With Yeast (Vafler med gjær)

If you are not in a hurry, these low-fat waffles are incredibly delicious. The batter must be allowed to rise ¾ of an hour. If they are baked too soon they will become too hard.

Ingredients:

3 eggs

½ cup (1 ¼ dl) water

2–3 tbsp. sugar

½ cup (1 ¼ dl) sour cream

2 cups (5 dl) scant milk

1 tbsp. active dry yeast

2 tbsp. margarine, melted

2 ¼ cups (5 ½ dl) flour, approx.

Beat the eggs with the sugar until light and fluffy, 7–10 minutes. Add the milk and melted and cooled margarine. Stir yeast into a little sour cream, and add with ½ cup milk. Add enough flour to make the batter a proper consistency—not too thin. Stir until well blended. Set aside to rise ¾ of an hour until bubbles form. Grease the iron well. Follow the baking directions for Cake Waffles (p. 159). Serve with butter and jam. These waffles taste just as good the next day if kept in an airtight plastic bag. They will lose their flavor somewhat if frozen.

Lemon Waffles (Vafler med sitronsmak)

A rather unusual flavor, but delicious served hot or cold.

Ingredients:

5 eggs

½ tsp. lemon peel, freshly grated

¼ cup (½ dl) sugar

1 cup (2 ½ dl) sour cream

1 cup (2 ½ dl) flour

¼ cup (½ dl) butter, melted

1 tsp. lemon juice, fresh

Beat the eggs and sugar until thick and fluffy, about 10 minutes. Alternately fold in the flour, which has been sifted with the lemon peel, and sour cream. Stir in the butter and lemon juice. Set batter aside to rest 10–15 minutes. Heat a heart-shaped waffle iron. It is hot enough when drops of water sprinkled on its surface sputter. Pour approximately $\frac{3}{4}$ cup batter in the center of the iron. Lower the cover and bake until the steaming stops, 30–60 seconds on each side. Do not peek during the baking period.

Makes 6 waffles

Parties

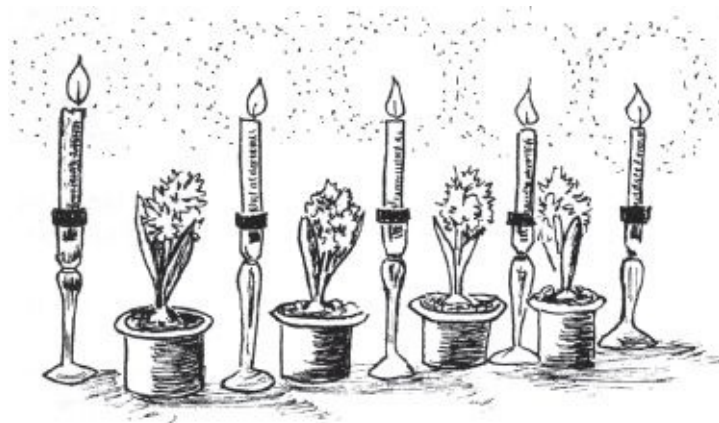
Giving a party can be an exhilarating experience if properly planned. Success is guaranteed if sufficient time is allowed for preparation and a few simple rules are followed.

Why give a party? We do not need an excuse for a party. Life is a celebration! So call your family or friends together and share your joy of living. And if you are Norwegian we have many feast days through the year (see my book, *Norway's Fest Days*) with themes just waiting for us to be enjoyed.

As a young girl in Norway, I learned much about party-giving from my mother. She radiated happiness when she made her party preparations. She had fun both planning and preparing, knowing the enjoyment everyone, including herself, would have. She did not have much money in her budget, but she utilized her imagination and talents. And she left a trail of happy guests after each get-together. If you have a new idea on how to give a great party, use it. Our world would come to a standstill and be unbearably boring without our imaginations!

Make a list: Include on your list everything that needs to be done then follow it. Invitations, decorations, food shopping, house cleaning, and the like must be taken into consideration. Plan your invitations, decorations, and menu around the chosen theme. The menu does not have to be elaborate but do make it tasty and colorful. The food will have a lot to do with your party's success. Any food that can be prepared and frozen is to your advantage.

Decide on your guest list: You will succeed with the right planning and by inviting the right people. At your own party you can invite whomever you please. We give parties for many reasons—one of them should not be to invite people we feel “obligated” to. Your party should be to honor someone, to celebrate a special occasion, or just to give your friends and family a memorable time. Invite only those whom you feel will socialize well with others, and whom you know will help others to enjoy themselves. That does not mean that everyone should have the same interests and professions, but it does mean people who enjoy people, people who enjoy learning about others, and people who enjoy life. People who not only enjoy themselves but who will just be themselves, help others to have a great time as well.



There is no party without candles. Today they come in every conceivable color and shape. You will have no problem finding

the appropriate candles to complement your decor.

Make or buy special invitations. Mail out no more than three weeks in advance. Include a telephone number for “regrets only.” For most of us today, a telephone call will do, but do allow your guests plenty of advance notice.

Remember the flowers: If the occasion calls for special flowers, order in advance. Let the florist know you will pick them up as soon as the store opens; that way they will be ready for you. If it is a winter party, do not unwrap the flowers immediately upon arriving home. Remove some of the paper around the stems and place in water. This will get the blossoms accustomed to the temperature change and they will last longer.

Purchased flowers can be expensive. Hopefully in the summer time, you have a few growing in your own garden, in window boxes, or on the patio. If not, look around for wild flowers or greenery; they make beautiful decorations.

Put your house in order: Clean and vacuum the whole house, and polish the furniture. Wash and polish all tableware and dishes, and iron table linen or place mats. The night before the party make another list reminding yourself of last-minute chores and check them off as you progress, thus assuring yourself that nothing is left undone.

The morning of your party: Food meant to be served fresh, such as relish, salad, and fruit should be purchased the morning of the party. Early in the morning the stores are not crowded, and the produce is fresh. Select what you need, pick up your flowers, and you will be home in no time.

Set your table: A beautifully dressed table will add immensely to the spirit of your party. Take time to make it beautiful. Your sparkling-clean tableware, the polished silver, the beautiful flowers you picked up, and candles will add that special touch.

The size of the party: The size of the party will determine whether or not it will be necessary to serve guests buffet-style. If possible, have enough card tables or other small tables set up so that your guests will be comfortable while dining. It would be helpful if the tables are set with needed tableware, glasses, and cups. After the guests have served themselves and are seated you can pour the beverage. The secret of a successful buffet is that it looks tempting and tastes delicious. Utilize candles, flowers, or special decorations. Place the meat, fish, vegetables, salad, relishes, fruits, and breads in groups. Make sure that each dish has its own serving utensil.

The guests arrive: When on the day of your party, your home, table, and food are prepared or food is cooking in the oven, then it is time for you to spruce up. You need to be at your best and sparkle with enthusiasm. A droopy host or hostess has the same negative reaction on guests as droopy flowers. When you are ready, light the fire—if it is the season—start the background music, and light the candles strategically placed around your home.

Festive Occasions: The festive occasions of yesteryear were notable, I believe, not because they were extravagant but because they were something out of the ordinary. Today, our lives are quite affluent compared with our parents’ times. Yet, those things we can purchase for a party without giving much thought to the expense does not necessarily

make it a memorable occasion. Often it is the thoughtful, simple, and unique things we do for others that make these memorable happenings.

An example of this was my ninth birthday, during World War II. Unbeknown to me, mamma had traded some of her beautiful hand-embroidered work to secure red fruit jello, and some other special foods for that day. We had no refrigeration, but it was February and plenty cold. She placed the jello outside on the veranda to set. I tingled throughout when I rubbed the morning frost off our kitchen window and discovered the bowl of jello. The hours stretched before evening when it could be enjoyed with family and friends. I remember nothing else about that birthday but that gloriously red jello and the sacrifice made to make me a little girl happy during very difficult times. Make your special occasions memorable by your thoughtful and imaginative deeds.

Do not hesitate to try something new and different just because it has never been done before. Use your talents—and your imagination. You can, of course, glean ideas from others, but a party is your coming out where you can plan and create for the enjoyment of others. Most people love parties. That is, everyone enjoys a party where the host and hostess have given some thought to the preparation of the party—the theme, food, decorations, timing, and whom to invite.

When the doorbell rings, swing open your door and share with those lucky invited ones the best that you are, the warmth of your home, your scrumptious food, and the excitement of mingling with friends or meeting new ones. Above all let them enjoy a relaxed, happy host and hostess who have learned the art of making others happy.



Table Setting with Norwegian Charm

I believe most Norwegians, like me, are instilled with the idea that making their surroundings beautiful is an important and rewarding task. When it comes to table settings, most pride themselves in setting a colorful, beautifully coordinated table. Everything used for setting the table should be the best affordable. Since Norway abounds in many talented craftsmen and artists, who incidentally are second to none in the world, the homemaker may choose from a variety of styles in dishes, glassware, and silverware.



It is an indisputable fact that food prepared with care and consideration, and served in beautiful surroundings, brings indescribable pleasure and instills nostalgia for years to come.

One of my most memorable supper evenings was spent dining in a living room in front of a cozy fireplace. The hostess had cleverly covered card tables with floor-length, self-made tablecloths, and graced each table with a bud vase containing sweetheart roses. Each place setting had a small candle. With the crackling fire spreading its warmth throughout the room, a background of soft dinner music, and glowing candles, the simple but thoughtfully prepared meal tasted remarkably delicious.

Yet another occasion was breakfast in a mountain cottage. The table was set with a crisp colorful tablecloth and newly-picked wild flowers for a centerpiece. It was not expensive and took only a little thought and caring on the part of the hostess—but it has stayed with me to this day.

Norwegians are very conscious of their surroundings and at no time are they more aware of them than mealtime. As far back as I can remember, special celebrations in our home always held foremost the anticipation of what was to come. Not just the preparation of the food but the beautiful and imaginative decorations we watched mama make.

The tablecloth, be it lace, linen, the colorful permanent pressed ones, or an exquisitely hand-embroidered beauty, tops the homemaker's "wish" list. China, crystal, and silver is chosen with care and used with love and pride. Whatever the occasion or the season, whatever the reason for a festive celebration, the Norwegian homemaker is always happy to display her talents in an exceptional table setting. To set an attractive table takes only a genuine desire to make the surroundings more pleasant and beautiful for the ones you love

and associate with.

Centerpieces: There are many ways to make a memorable centerpiece. Place the flower arrangement on a mirror base, and add crystal or silver candlesticks on either side. Or place two or three flowering plants down the center of the table, interspersed with complimentary or contrasting color candles.

Winter scene: A winter scene can also be created with a mirror as a base, fluffy cotton around the edges, a few skating figurines, a little tree and a bench on the side, and floating candles in glass or crystal containers.

Shellfish dinner: For a shellfish dinner use a burlap tablecloth. Heavy pewter plates, or pottery, and mugs would be great for such a party. No beautiful crystal and porcelain here. Place a container with sand, in a low, oblong wooded box, down the center of the table. In the sand, wrap and bury special little favors. Around the sand place pretty shells, some small drift wood pieces, and floating-type candles fastened into halved and covered with enough sand so only the candle will show. When dinner is through pass out tiny toy spades or spoons to each guest so they may dig for their special “treasure” you have buried for them. I promise you this center piece will start a lively conversation.

Fruit: Fruit always makes a beautiful centerpiece, if used as part of the dessert. Wash and polish the fruit. Tuck fruit knives strategically around the fruit that has been arranged in a beautiful bowl. Remember color combinations and different textures of fruit.

A splendid cake: Another elegant, as well as popular, Norwegian centerpiece is *kranskekake* that has been decorated for the occasion. This, too, may serve a dual purpose—as centerpiece and dessert. When serving, in order to preserve the original shape and beauty of the *kranskekake*, begin by removing the bottom ring first and cutting it into suitable portions. Progress upward, until the rings become small enough to be served whole.

Setting the table: It seems so simple to set a table. I am not one for formalities and rules, though I like things to be gracious. I believe you make people happy when you care about them and try to make pleasant surroundings. Yet, over the years I have been in places where the hosts have been uneasy, not being quite sure if they are “doing it right.” It is for you that I am adding these suggestions, hoping they might help you to feel more comfortable in preparing your table for a feast.

There are many ways of setting a table but certain basic rules that are familiar to most insure a pretty table. Make sure the tablecloth overhang is even on all sides—12 inches is about right.

Place setting: Place settings should be arranged immediately opposite each other and the same distance from the table edge. Tableware needs to differ depending on the occasion, and we can add or take away accordingly. Place forks on the left side of plate with the dinner fork next to the plate, then the salad fork. Place knives on the right side with the meat knife next to plate, then the fish knife (if needed), and then the soup spoon. In other words, arrange in the order needed to eat. In Norway, the dessert spoon is placed above the plate with the handle facing right; the dessert fork likewise, with the handle

facing left. A coffee or teaspoon is usually placed on the saucer. All stemware is centered above the plate, and to assure ease in serving, place the tallest glass to the left. The cup is placed on the right of the stemware and the salad plate to the left. Some meals require a finger bowl that is brought in at the end of the meal, filled three-fourth full with warm water and a lemon wedge on the edge of the bowl.

Napkins: For a more formal party, fabric napkins are perhaps desirable, but in today's shops we find such a variety of quality paper napkins that you must use your judgement to fit the particular occasion. Napkins will add yet another dash to the table if they contrast in color from the tablecloth. They can be folded in many different and interesting shapes. A crowded table is neither relaxing nor pretty.

In days past, it was fashionable to fold the napkins in various shapes to add a festive air to the table. Today we try to simplify our busy lives. However, from time to time it is fun to add a little extra touch. For honored guests, such as a bride and groom, Norwegians fold their napkins differently from the rest.

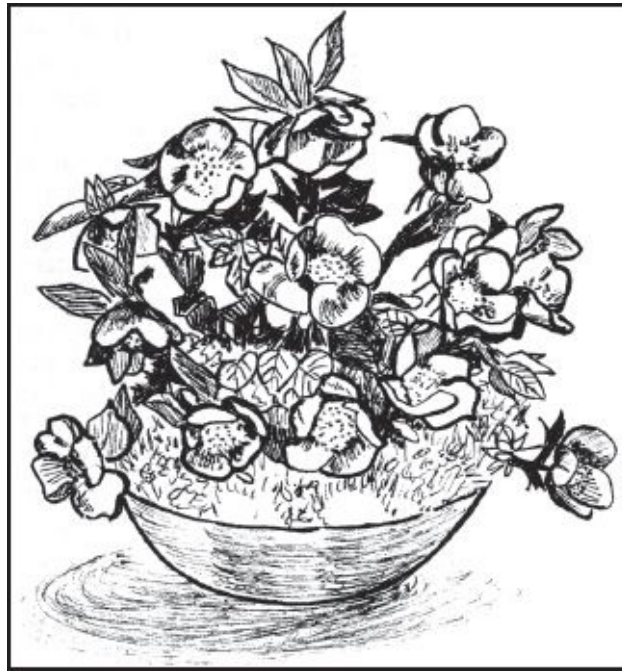
Serving: All food should be served from your guests' left side, and any plates or dishes should be removed from their right. Make certain that the same guests are not always served last. When soup is served, if it is supposed to be hot, be sure that it is piping hot. If it is to be cold, be sure it is thoroughly chilled. Soup should be served from the guest's right side. For self-service from a tray, it should be offered from the left. Serving pieces should be placed on a platter or bowl as to eliminate the need for reaching. Throughout the meal the host or hostess should be conscious that his or her guests are well supplied with a beverage at all times. When you are ready to serve dessert, remove all dishes from the table—everything except glasses and cups if needed.

Flowers: Yes! You can say it with flowers. Their beautiful vivid colors when combined and properly arranged will add beauty to any table, not only with color but with distinction as well. But use them properly.

For example, roses would clash with a crab feast and daisies would not exactly compliment a formal table setting. Keep your flower arrangements low by utilizing flat bowls or small vases. It is frustrating to try and have a conversation across the table through peep holes in the foliage and flowers. Make the flower arrangement the proper size for the table.

Often during the freezing, dark, and dismal winter months in Norway, flowering potted plants or fresh cut flowers grace tables and windowsills. Having been brought up in a home where flowers were as important a purchase on Friday as were the weekly groceries, I find flowers still an important part of my decorating scheme. Contrary to what many believe, they need not be expensive. It is not necessary to buy a prearranged centerpiece. Get the fresh cut flowers and arrange them yourself—you do not need a dozen of each; just five, seven, or nine flowers, depending on the occasion or type of flowers purchased. The florist will add a touch of green, or you possibly have all kinds of greenery growing in your own yard. Plant bulbs in pots each fall and they will bloom on your window sill in the middle of the winter. In the summer you need only a few square feet of soil to plant some seeds that will yield flowers all summer long. It takes such little effort and brings an

abundance of delight in return.



Candles: Candles are available today in every conceivable color, size, and shape: the type that floats on water; thin tapered ones that incorporate well with floral arrangements; tall slender ones for formal gatherings; short, squatty ones; and more. And you do not just need to use one candle on each side of the flower arrangement. Use a mirror as a base and group several of one color or in different colors and shapes. It is dazzling.

Family Meals (Familie måltider)

Everyday family meals are the most meaningful because they are spent with the most important people in the world to you—your family. There are numerous ways to make the table more attractive for family mealtimes. First, be sure that the dishes and silverware are sparkling clean. Spread the table with a spotless, colorful tablecloth, or use place mats. For goodness sake, place mats are so unlimited (watch for sales) today, there is no reason one cannot have a variety of them. The plastic ones are excellent for families with small children. Place a few flowers or a bowl of fruit in the center of the table, or some favorite figurines, greens, leaves, or cones. Or make a special center piece for special days. Use candles often (yes, of course for your family!). They too enjoy beauty, and candles have such a soothing, quieting effect. You can make mealtime even more pleasant by folding the napkins in unusual ways.

I cannot resist telling you about another Norwegian person who was a great inspiration to me. Many years ago in Vermont, while I was serving with “Ski for Light” as a guide for the blind, I met Hjalmar Jensen, then seventy-eight years young. He was also a guide, accompanying the blind skiers from Norway. On my visit to Norway the following summer I had a lunch date with Hjalmar in downtown Oslo. He was rather distraught, saying his wife, also named Astrid, had been quite ill. And having suffered three heart attacks, he was quite concerned she would not make it this time. Her body was not producing marrow or its own blood. She was down to 80 pounds and had shrunk 5 ½ inches (14 cm). “But,” he said, “if you could take the time, even a few minutes, to come and

meet her, it would mean a lot.” I told him I must and cancelled my next appointment. Within 20 minutes the train had brought us to Nordstrand, a suburb of Oslo, then another 10 minute walk and we reached their home.

“Darling we are home,” Hjalmar called, as he unlocked their front door. I was ill prepared for the greeting I received. A tiny figure nearly floated from the living room into the hallway. Stylishly dressed in a two-piece outfit, Astrid was wearing a vest that minimized how frail she was. A string of pearls around her neck, beautiful well cared for silver gray hair, and a smile so warm and beautiful it would, I am convinced, brighten any gloomy day. She threw her arms out and gave me a hug. I had to double over to reach her cheek to cheek.

Astrid was aglow with enthusiasm and gratitude for life. On my short visit I learned many things from this remarkable seventy-seven-year-old woman. And why am I telling you this? Because Astrid learned how to live and make others happy. The home she had created by her sweet spirit and actions truly was heaven on earth. Seven years earlier she had been hit by a street car and had spent several months in the hospital. Her right arm was totally useless yet she received joy from making bread and goodies for her husband, family, and friends. And Hjalmar confided that it was Astrid that kept their home sparkling clean.

With pride she led me into her immaculate kitchen. On their small kitchen table was a hand embroidered table cloth and fresh flowers. “It is all so beautiful!” I exclaimed. She squeezed my hand. “We believe in making it nice for each other,” she confided. “We always use a tablecloth, fresh flowers, and candles on the table when we share a meal.” Her spirit warmed my heart. Let us follow her example and love, and make our homes and meals a daily celebration for our families.

Hot Chocolate (Sjokolade)

When I was growing up in Norway, a cup of hot chocolate was a treat reserved for special occasions like birthdays, celebrations, and Christmas. It seems when my mother fixed chocolate she always used the same saucepan. I can still see it in my mind’s eye today. She kept the large heavy aluminum pot made by Høyang sparkling. She would stay close by the wood stove and stir as the chocolate was brought to a boil, and I presume all of us children must have been close by since it is still so vivid in my mind. The best part was the dab of whipped cream (no, not Cool Whip) added to the chocolate just before serving. To us children, it was pure bliss. Yes, you can make Nestle’s Quick in a jiffy. But for Christmas, treat the children and yourself to hot chocolate the traditional Norwegian way.



Ingredients:

¼ cup cocoa

4 cups water

6 oz. Freia cooking chocolate (available at Scandinavian delicatessens)

4 cups whole milk

1 ½ cups whipping cream

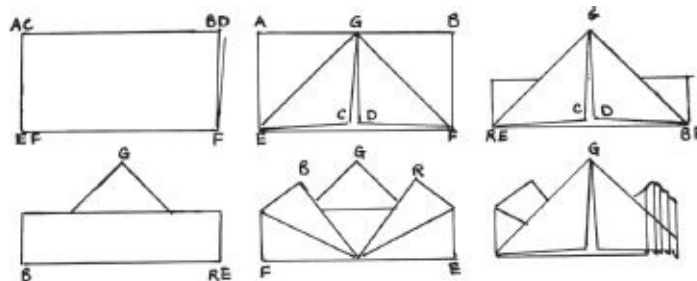
3–4 tsp. vanilla sugar or pure vanilla extract

½ cup sugar, scant

To a large heavy bottomed saucepan, add cocoa, chocolate, sugar, and water and bring to a boil under vigorous beating. Add the milk and bring chocolate to the boiling point, stirring constantly but do not let it boil. If needed add more sugar. Whip the cream until firm and add vanilla sugar. Pour chocolate into cups and add whipping cream on top just before serving.

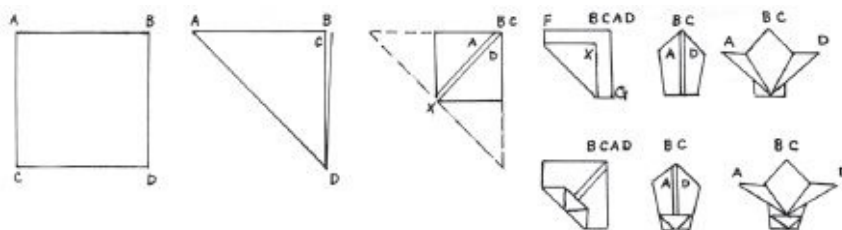
Napkin Folding

Palm Leaf (Palmeblad)



Fold the napkin in two. Fold the top corners C and D down and in toward the center. Fold the underneath half in double downward. Turn the napkin and fold the corners A and B

diagonally upwards. Pleat the whole napkin crosswise. Begin with the center and make equal size folds out to both sides. Fold the lower part of the pleats a little outward on both sides resembling a leaf. Stand by the plate or in a glass. See illustration.



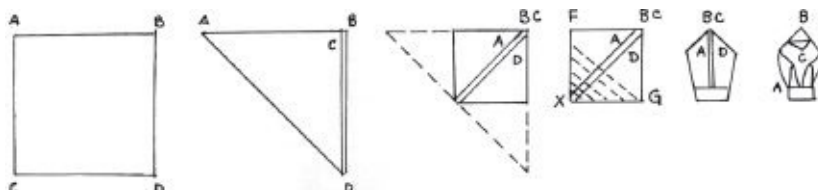
Lily (Lilje)

Fold the napkin doubled cornered—in between to make a triangle. Fold the corners A and B up to B and C. Turn the napkin and fold up the corner X. Fold the corners F and G inside each other so that corner X turns in. Slightly fold the corners A and D down, making one lily.

Variation:

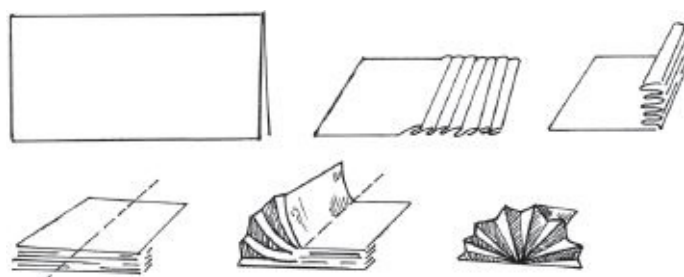
Fold corner X to make a triple pleat. Follow the remainder of the directions as explained above.

Iris (Iris)



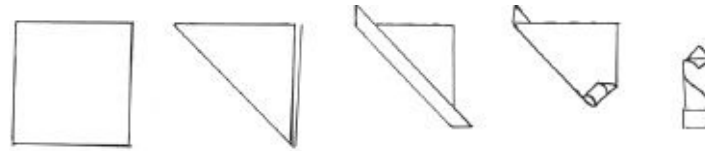
Fold the napkin corner—in between to form a triangle. Fold the corners A and D up to B and C. Fold corner X in; fold as shown in the drawing. Fold corners F and G inside each other. Fold corners A and D down and underneath the fold. Fold corner C slightly outward and down.

Fan (Vifte)



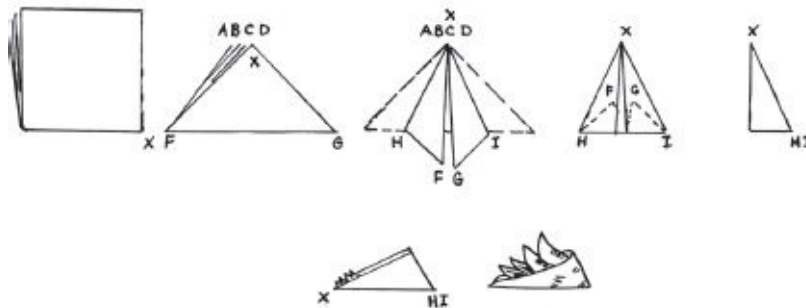
Fold the napkin in two. Fold side AB up, approximately 1 ¼–1 ½ inches (3–4 cm) from the double fold. Turn the napkin and fold the other side up in the same manner. Pleat the whole napkin across and press the folds tightly together. Carefully pull out both outer edges. Fold carefully out and down all the “in-folds” both on the outside and on the top (see illustration). Display the napkin to form a fan.

Candle (Lys)



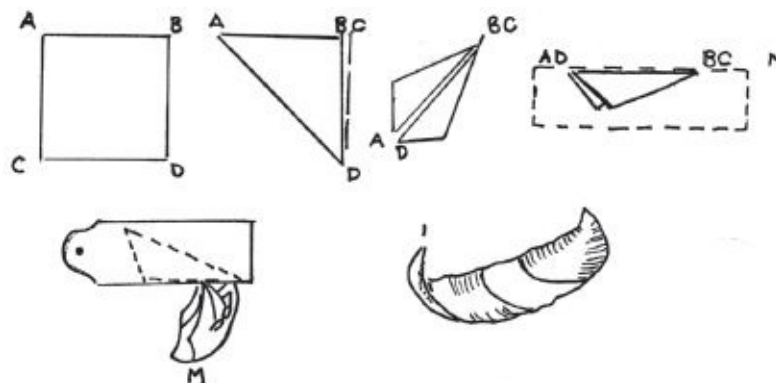
Place the napkin double corner in between, making a triangle. Fold one corner up along the long side of the triangle. Roll the triangle into a tight roll, so that the corner that was folded up is now on the outside of the roll. Fasten the tip in the fold to help hold the roll in place. Fold one of the top tips slightly outward.

Slipper (Tøffel)



Fold the napkin in fourths. Fold corner X up to the opposite corner, forming a triangle. Turn the napkin so that the corners ABCD face upwards. Fold the corners F and G downward meeting in the center below the fold. Fold them down and up on the other side of the napkin, and fold the napkin double up over the folded corners, forming the slipper. Carefully pull up the folded corners.

Viking Ship (Vikingskip)



Make your own Viking ship to serve crackers, cookies, nuts, and other treats in.

The napkins must be heavily starched. Place the napkin flat on the table. Place a piece of waxpaper on top, the same size as the napkin. With the paper inside, fold the napkin in two, forming a triangle. Fold the corners A and D toward each other and double the napkin once more. Place the napkin in a towel that has been folded, with the whole fold turned inward. Place the towel with the napkin inside underneath a cutting board. Press down hard with your left hand, and with a jerk pull the tip of the towel where the napkin lies, with your right hand, making it wrinkled.

Repeat with a second napkin. Fasten a thin steel thread on the inside, in the tip of the napkin, enabling the tip to point upwards. Place the two napkins together and cover the connection with another napkin if necessary.

KRYDDERSKJEMA (Spice Chart)

Glossary of most widely used spices and herbs in Norway

NORWEGIAN	ENGLISH
Anis	Anise
Anis (frukten)	Anise seed
Allehånde	Allspice
Apelsinskall	Orange peel
Kaper	Capers
Dillfrø	Dill seed
Einebaer	Juniper berries
Hvitløk	Garlic
Ingefær	Ginger
Kanel	Cinnamon
Kajennepepper	Cayenne pepper
Kardemomme	Cardamom
Karri	Curry
Karve	Caraway
Krydderpose	Bouquet Garnish
Laurbærblad	Bay leaf
Løkpulver	Onion powder
Løksalt	Onion salt
Løk, tørket	Dried onion (flakes)
Merian	Marjoram
Muskat	Nutmeg
Muskatnøtt	Whole nutmeg (nut)

Mynt	Mint
Nellik	Clove
Oregano	Oregano
Paprika	Paprika
Pepper, hvit	White pepper
Pepper, sort	Black pepper
Pomerans	Bitter orange
Pomeranskall	Bitter orange peel
Persille	Parsley
Rosemarin	Rosemary
Safron	Saffron
Sitronskall	Lemon peel
Sellerifrø	Celery seed
Sellerisalt	Celery salt
Sennepsfrø	Mustard seed
Sennepspulver	Dry mustard
Timian	Thyme
Valmuefrø	Poppy seed
Vaniljestang	Vanilla bean

BRUK AV KRYDDER

(Recommended Use of Spices)

<i>Supper (soups)</i>	
General:	Black and white pepper, allspice, onion powder, parsley, bay leaf, thyme

Fish soup:	Dill, bay leaf, allspice, paprika, parsley, accent, thyme
Vegetable soup:	Basil, mint, celery, salt, parsley
Cabbage soup:	Allspice, white pepper, bay leaf, caraway
Onion soup:	Bay leaf, thyme
Mushroom soup:	Curry
Potato soup:	Dill seed, ginger, nutmeg
Pea soup:	Allspice, thyme, marjoram
Tomato soup:	Black pepper, onion powder, oregano, paprika, parsley
<i>Kjøtt supper (meat soups)</i>	
Bouillon:	Allspice, parsley
Oxtail soup:	Black pepper, bay leaf, celery, salt, thyme
Chicken soup:	Curry, marjoram, parsley, paprika
Chicken bouillon:	Juniper berries
<i>Fisk (fish)</i>	
General:	Black pepper, onion powder, accent, curry, paprika
Fat fish:	Mint, rosemary
Fried fish:	Paprika, curry, black pepper, marjoram
Fish creole:	Allspice, bay leaf, thyme and saffron
Pickled herring:	Bay leaf, whole pepper, dill
Marinated fish:	Dill, mustard
<i>Grønnsaker (Vegetables)</i>	
General:	Marjoram, paprika, parsley, accent, salt
Stew:	Parsley, basil
Au gratin:	Paprika
Boiled:	Accent

Cauliflower:	Nutmeg, paprika, parsley, caraway seed, celery seed
Carrots:	Nutmeg, all-spice, bay leaf, caraway seed, capers, thyme, mint, oregano
Green peas:	Mint, oregano
White cabbage:	Caraway seed, cloves, nutmeg, bay leaf, celery seed, capers
Red cabbage:	Allspice
Broccoli:	Nutmeg, paprika, parsley, caraway seed, mustard seed
Corn:	Black pepper, curry
Spinach:	Allspice, nutmeg
Tomatoes:	Black pepper, onion, salt, paprika
Tomatoes, fried and grilled	Oregano, basil
<i>Poteter (Potatoe)</i>	
General:	Dill, nutmeg, cardamom, oregano, caraway, rosemary, poppy seed, parsley
Baked potato:	Caraway, marjoram, rosemary, chives
Potato balls:	Cardamom
<i>Oksekjøtt (Beef)</i>	
General:	Dill, nutmeg, cardamom, oregano, caraway, rosemary, poppy seed, parsley
Boiled:	Black pepper, allspice, bay leaf, caraway
Fried and grilled:	Black pepper, onion powder
Casseroles:	Paprika, bay leaf, celery seed
Stew:	Allspice, bay leaf, thyme
<i>Svinekjøtt (Pork)</i>	
General:	Ginger, cloves, black pepper, paprika
Boiled:	Allspice, cloves

Fried and grilled:	Paprika, ginger
Headcheese:	Cloves, allspice
<i>Kalvekjøtt (Veal)</i>	
General:	Bay leaf, mint, thyme, curry
Boiled:	White pepper, bay leaf, onion, curry
Fried:	Mint, onion powder
Casserole:	Onion, thyme, curry, bay leaf
<i>Lammekjøtt (Lamb)</i>	
General:	Mint, white onion powder
Boiled:	White pepper, bay leaf, dill, onion powder
Fried:	Black pepper, mint, onion powder
<i>Lever (Liver)</i>	Bay leaf, thyme
<i>Kokt tunge (Boiled tongue)</i>	Cloves, bay leaf, thyme
<i>Pølse (Sausage)</i>	Allspice, mustard, paprika
<i>Fugl-Vilt (fowl-game)</i>	
General	Black pepper, bay leaf, juniper berries, paprika
Boiled:	Bay leaf, curry, marjoram
Fried and grilled:	Black pepper, parsley
Casserole:	Paprika, curry, thyme, bay leaf, onion powder
Duck and goose:	Black pepper, juniper berries
Pheasant:	Black pepper, thyme, juniper berries
Turkey:	Black pepper
Elk:	Black pepper
Rabbit:	Black pepper
<i>Sauser, Salater (Sauces-salads)</i>	

Warm sauce:	
Boiled fish:	Mustard, paprika, vinegar, capers, dill, parsley
Boiled meat and fowl:	Dill, curry
Game sauce:	Black pepper, thyme
Tomato sauce:	Black pepper, thyme, bay leaf
Cold sauce:	Mayonnaise, dry mustard, white pepper
Marinade for salmon:	Dill, white pepper, mustard
Marinade for meats:	Black pepper, juniper berries, bay leaf, thyme
Grill Sauce:	Black pepper, onion powder, dry mustard, ginger
<i>Salater (salads)</i>	
Fish and shell fish:	Chili powder, cayenne, paprika, mustard, capers, dill
Meat and fowl:	Paprika, celery salt, horseradish, curry
Potato salad:	Dill, parsley, onion powder, vinegar, white pepper, chives
<i>Mel og grynretter (Flour and grain dishes)</i>	
Macaroni:	Nutmeg, paprika, cinnamon
Rice:	Curry, paprika
Pancakes:	Cardamom
<i>Baked goods:</i>	
Bread:	Cardamom, caraway seed, sesame seed, poppy seed
Cakes and cookies:	Cardamom, ginger, cinnamon, nutmeg, cloves, allspice, saffron
<i>Desserter og fruktdrikker (Desserts and fruit drinks)</i>	
General	Cinnamon, ginger, vanilla, cardamom, nutmeg
Fruit compote:	Ginger, cinnamon, cardamom, mint
Creams:	Cardamom, vanilla, nutmeg

Rhubarb pie:	Ginger
Apple pie:	Vanilla
Apple cake:	Cinnamon, nutmeg
Soufflé:	Ginger
Rice pudding:	Cardamom, vanilla, cinnamon
Chocolate dishes:	Nutmeg
Fruit juice:	Mint, cinnamon
Tomato juice:	Cayenne pepper, celery salt

Special Help



Temperature Conversion Table (Temperatur forvandling)

<u>Centigrade</u>	<u>Fahrenheit</u>	<u>Centigrade</u>	<u>Fahrenheit</u>
63	145	180	356
71	160	190	375
93	200	200	392
100	212	205	401
107	225	210	410
110	230	218	424
121	250	220	428
135	275	225	437
140	284	232	450
149	300	246	475
160	320	260	500
163	325	274	525
177	350	288	550

To convert Centigrade into Fahrenheit: multiply by 9, divide by 5, add 32.

To convert Fahrenheit into Centigrade: subtract 32, multiply by 5, divide by 9.

U.S. and Metric Measures (U.S. og metersystem)

SOLID MEASURES

U.S. Measures - Metric Measures

<u>Ounces</u>	<u>Grams</u>
1	28.35
2	56.70
3	85.05
4	113.40

5	141.75
6	170.10
7	198.45
8	226.80
9	255.15
10	283.50
11	311.85
12	340.20
13	368.55
14	396.90
15	425.25
16	453.60

LIQUID MEASURES

U.S. Measures - Metric Measures

<u>Fluid Ounces</u>	<u>U.S. Measures</u>	<u>Milliliters</u>
	1 tsp.	5
$\frac{1}{4}$	2 tsp.	7
$\frac{1}{2}$	1 tbsp.	15
1	2 tbsp.	28
2	$\frac{1}{4}$ cup	56
3	$\frac{3}{8}$ cup	84
4	$\frac{1}{2}$ cup	112
5	$\frac{5}{8}$ cup	140
6	$\frac{3}{4}$ cup	170
7	$\frac{7}{8}$ cup	198
8	1 cup	225

9	1 $\frac{1}{8}$ cups	250
10	1 $\frac{1}{4}$ cups	280
11	1 $\frac{3}{8}$ cups	308
12	1 $\frac{1}{2}$ cups	336
13	1 $\frac{5}{8}$ cups	364
14	1 $\frac{3}{4}$ cups	392
15	1 $\frac{7}{8}$ cups	420
16	2 cups	448
17	2 $\frac{1}{8}$ cups	476
18	2 $\frac{1}{4}$ cups	504

Note: Measures are approximate.

U.S. and Metric Weights and Measures (U.S. og meter-system vekt og mål)

Conversion Formulas: Norwegian, American, Metric

<u>To convert</u>	<u>Multiply</u>	<u>By</u>
Grams to ounces	the grams	0.035
Ounces to grams	the ounces	28.35
Liters to quarts	the liters	0.95
Quarts to liters	the quarts	1.057

Note: The measurements used in this book follow the preceding charts. However when converted they are rounded off to the nearest 0 or 5 degrees.

Common Kitchen Measures (Alminnelig vekt og mål)

1 tsp.	=	$\frac{1}{3}$ tbsp.
$\frac{1}{4}$ cup	=	4 tbsp.
1 tbsp.	=	3 tsp.
$\frac{3}{8}$ cup	=	5 tbsp. or $\frac{1}{4}$ cup plus 2 tbsp.

2 tbsp.	=	$\frac{1}{8}$ cup or 1 fluid ounce
$\frac{5}{8}$ cup	=	10 tbsp. or $\frac{1}{2}$ cup plus 2 tbsp.
4 tbsp.	=	$\frac{1}{4}$ cup or 2 fluid ounces
$\frac{7}{8}$ cup	=	$\frac{3}{4}$ cup plus 2 tbsp.
5 $\frac{1}{3}$ tbsp.	=	$\frac{1}{3}$ cup or 2 $\frac{2}{3}$ fluid ounces
1 cup	=	$\frac{1}{2}$ pint or 8 fluid ounces
8 tbsp.	=	$\frac{1}{2}$ cup or 4 fluid ounces
2 cups	=	1 pint or 16 fluid ounces
16 tbsp.	=	1 cup or 8 fluid ounces
2 pints	=	1 quart liquid, or 4 cups
4 quarts	=	1 gallon

Boiling Milk (Koking av melk)

When you boil milk, use a heavy-bottomed kettle. Avoid using an iron kettle unless it has a smooth bottom. Stir occasionally as the milk is brought to a boil. Watch carefully so it does not boil over. Try not to use milk for boiling direct from the refrigerator. It takes longer to boil and it tends to scorch easily. Never boil milk for a long period of time as too long of a cooking period will reduce its nutrients.

Whipping Cream (Visping av fløte)

Chill all equipment, or set the bowl in a larger bowl with water and lots of ice. Use a rounded-off bowl of proper size for the amount of cream needed. If you use an electric mixer leave part of the beaters above the cream as this helps to whip air into the cream and prevents it from turning to butter. The best way, however, is to use those fun, large, balloon-type whisks. I believe it gives the cream a better flavor. Underbeat the cream, rather than over-beat; the goal is a soft, flavorful cream.

Smorgasbord (Smørgåsbord)

A Norwegian food fare leaves an explicit and lasting impression on visitors to Norway, especially so when it comes to the koldtbord, or the better known word, Smørgåsbord, pronounced Smurgaws-boor. I have brought tourists to Norway, to the fjord hotels and mountain resorts, and when they were introduced to these culinary delicacies they were amazed. Tables arrayed with an abundance of Norway's best and colorful foods make every guest excited to taste and enjoy.

The *smørgåsbord* is a Scandinavian tradition. In Norway it goes back many centuries, having its start at country weddings, baptisms, or other celebrations. Due to distances and rough travel these celebrations were not a common occurrence, and when people came

together they celebrated for several days. The invited guests helped by contributing the best from their kitchens, allowing the hostess to keep her guests well fed. Accordingly the tables were weighed down with a sumptuous array of delicious foods. In the seventeenth century the custom was firmly established in private homes, and during the last century the tradition spread to restaurants and hotels.

To the novice the *smørgåsbord* at first glance is overwhelming. Many make the mistake of sampling each food the first time around, but this does not allow one to fully savor the different flavors of the great variety of foods.

But do not despair; there are certain procedures to the plethora of the *smørgåsbord*. It will increase your enjoyment if you try to follow them.

Start with the bread and butter, and some of the wide variety of herring dishes offered. You most likely will find pickled herring, mustard, tomato, curried, sour cream, and herring in cream sauce, as well as herring salads. Follow this with the other varieties of fish: trout, salmon, lobster, shrimp, eel, and so forth.

Next in turn are the egg dishes and salads, then different kinds of meat. A well planned *smørgåsbord* also usually offers an assortment of hot dishes, both meat and fish, and finally, an assortment of cheeses and fruits for dessert. If you long for the delectable sweets you have read about, there will be more cakes, puddings, and creams than you ever thought possible.

Aquavit (Akevitt)

In the early stages of the history of this drink (Norway's "Firewater") various spices and other plant matter were added to the liquor in order to improve its flavor. Later, when the producers learned to refine their products and to make neutral spirits, the same spices were still added—no longer to cover the bad taste, however, but simply in order to give the purer liquid any taste at all.

Caraway was a common spice and it grew wild in the district of Trøndelag north and south of Trondheim, and around lake Mjøsa in central Norway. These very same districts also had the country's largest potato production—which meant, of course, that it was here the early distilleries were founded. Thus, caraway was a natural choice for flavoring; not only was the local supply abundant, but it was also considered a particularly fresh and appetizing spice.

Caraway seeds seem to have a natural affinity to quite a number of Norwegian food specialties. This fact may be the main reason why the Norsemen have remained faithful to the *traditional* Norwegian *Akevitt* despite the fact that it is hardly ever advertised. Potato is the base ingredient, but the caraway gives it its special flavor. It was the spread of the potato throughout Norway that led to the production of liquor on an industrial scale in the country. Up to the time of the arrival of the potato in Norway, grain was more commonly used by private individuals who made their own liquor. But the potato was much less expensive and soon became the staple raw material. The necessary process became too complicated and called for much more elaborate equipment and thus the production of

liquor on an industrial scale.

The line *Akevitt* is a specialty that goes back to the days of the old sailing ships, when the Norwegian Akevitt sailed the seven seas. Today the Norwegian state monopoly still sticks with tradition. The Akevitt sails to Australia and back. The colorful labels with the old sailing ships on each bottle of *Akevitt* certify that the Akevitt has been to Australia and back, and has crossed the Equator.

There are many imported liquors for sale in Norway. Wine consumption has also had quite an increase, but *Akevitt* still is the overall favorite of the Norwegians. Any liquor that is lavished with the cost of a trip halfway around the world is still the most unique and most highly prized by those who are “in the know.”

To serve *Akevitt* the bottle must be cold enough to be frosty with dew, and experts say the glass should be small enough to make it possible for the dram to get lukewarm before it is finished. Akevitt has at times been called “firewater,” and a warning is out to the newcomer not to overdo. It is a mighty powerful drink! On many old Norwegian drinking bowls this saying has been found:



Drik min ven, men drik med maade; drik, men lad fornuften raade.

Drink, my friend, but drink with moderation; drink, but let good judgement rule.

Kefir (Kefir)

Kefir is a cultured milk product used in some traditional recipes. If you are unable to obtain unflavored kefir in your area (check with your natural food stores) you can purchase kefir culture, which never needs to be replaced.

Tips for Freezing (Tips om å fryse mat)

Each year families lose valuable nutrition, not to mention the thousands, if not millions, of dollars lost due to inadequate packaging of frozen food. It is a total waste to spend time, energy, and money on baking or preparing nutritious foods only to lose the flavor, color, and nutrition to freezer burns because time was not allotted to wrap the food properly.

Plastic wrap, plastic bags made for freezing, or aluminum foil is best. Be sure to squeeze out as much air as possible from the plastic bags. To prevent punctured plastic and light from getting to the food the final cover should be heavy brown paper (cut from paper

sacks); tape and mark the weight, date, and contents correctly. (No! You will not remember the date or what it is at a later date.)

It is nice to have fancy, and often expensive, food containers and wrapped packages in the freezer. But it is not necessary. You can have well-wrapped foods without spending a lot of money. Rinsed out milk or juice cartons, cottage cheese, or yogurt containers are excellent for storing soups, sauces, and casseroles. Mark and seal correctly.

Delfia Coco-fat (Delfia kokosmatfett)

Delfia coco-fat is similar to margarine in consistency but with a totally different flavor. It is made from the oil of the coco-nut. Imported from Norway, it is available in 8.8 oz. (250 g.) packages. It can be purchased from most Scandinavian delicatessens.

Salt of Hartshorn—Ammonium Carbonate (Hjortetak)

At one time hjortetak was made from deer antlers, but today it is chemically produced and can be purchased at a drug store as Ammonium carbonate, Aqua ammoniae, or salt of hartshorn. It is also stocked by most Scandinavian delicatessens.

Salt of hartshorn was the leavening agent used in cookies and crackers. It may leave a bitter taste in large cakes that contain a larger portion of moisture. However, Norwegian cookies, known for their crispness and delicate texture, owe some credit for these qualities to salt of hartshorn. It should be kept in a tightly-covered glass jar or it will quickly lose its effectiveness. It has a characteristic potent odor of ammonia that disappears during the cooking process. You will find it in Scandinavian delicatessens.

Pearl Sugar (Pearl Sugar)

Pearl sugar is a coarse sugar used in Norway to sprinkle on cookies, pastries, and coffee cakes before baking. It is sometimes called crystal sugar. You will find it in Scandinavian delicatessens, or you may substitute coarsely-crushed sugar cubes.

Syrup (Sirup)

The syrup recommended in all recipes throughout this book, unless otherwise stated and that most closely resembles the syrup used in Norway, is a partially inverted refiner's syrup, such as Lyle's Golden Syrup from England, available at many supermarkets or at import delicatessens.



Potato Starch Flour (Potetmel)

Potato starch flour, sometimes called potato flour, is available from most Scandinavian delicatessens, health food stores, and now in many supermarkets. It is an excellent thickening agent for fruit soups, compotes, sauces, and creams, and is also used in cookies and cakes.

When potato starch flour is used in breads and cakes it acts as a preservative and also results in a moister product. When used for baking, substitute $\frac{5}{8}$ cup (1 $\frac{1}{2}$ dl) of potato starch flour for 1 cup (2 $\frac{1}{2}$ dl) all-purpose flour.

Anything thickened with potato starch flour should be cooled quickly. Sprinkle with a little sugar to prevent a film from forming. As a thickening agent, substitute 1 $\frac{1}{2}$ teaspoons potato flour for 1 tablespoon all-purpose flour.

Using potato flour is quick and easy. But it is important to know how it works, so you will not end up with a leathery consistency from overcooking, or a floury taste from not bringing the food to a boil. There are a couple of methods you may use:

Thickening method 1: Mix potato flour with a little cold water. If left standing awhile, it settles on the bottom. Just give it a quick stir just before using. Bring the food to be thickened to a boil. Remove the pan from direct heat, and add the potato starch flour thickening in a thin stream, stirring *slowly* but continually while adding. This will prevent lumping but stirring too vigorously may cause lumping. Place the pan back on the heat and bring to a boil while continuing to stir. Remove from the heat. If boiled too long it may become watery or leathery.

Thickening method 2: The following method is best for small portions. Place the potato starch flour and food to be thickened together in a small saucepan, bring to a boil, and stir *slowly* until it begins to boil. Remove from the heat. The starchy grains in potato starch flour are rather large and take a little while before they stick. When the foods and potato starch flour are mixed while cold it has time to expand and begin to stick during the heating process, and the consistency will be smooth.

Vanilla Bean (Vaniljestang)

Some climbing tropical orchids produce a cylindrical, yellow-greenish colored bean or pod, from 5–10 inches (10–25 cm) long. These pods are cured and dried, and during the process they shrink and turn to a mahogany brown color. These vanilla beans give the

finest flavor and aroma of vanilla.

To get maximum flavor from the vanilla beans when purchased, they should be moist and soft, not stiff and dry. If you keep them wrapped in plastic wrap and sealed in an airtight jar, they will stay fresh for months. Some people freeze them. Either method works.

To scrape the seeds loose, place the bean on a hard surface and cut lengthwise. Scrape down the length of the bean with a teaspoon, and place the beans in a mound with a little granulated sugar from the recipe. With the tip of your finger, work it back and forth and in circles until the seeds are totally separated from the sugar. Then steep up to 30 minutes in the liquid called for in the recipe.

To make vanilla sugar, split the vanilla bean in half and place in a pound of confectioners' or granulated sugar in an airtight jar for one week. Use as directed in the recipes.



Vanilla Sugar (Vaniljesukker)

See Vanilla Bean above on how to make your own, or purchase from a Scandinavian delicatessen or other specialty shop. See Sources [p.178](#).

Saffron (Safran)

One ounce of commercial saffron takes upward of 4,000 flowers of the purple autumn crocus, which grows and is harvested by hand in Spain. (Turkey and India also have choice saffron.) It has a vibrant golden color. The long threads come packed in vials or you may purchase small packets in powder form. Heat the threads in a little liquid from the recipe, leave in, or strain if desired. The powder dissolves quickly in any liquid. See Sources [p.178](#).

It is said that saffron is the world's most expensive spice. Keep in mind, however, that you are not buying it by the pound. Recipes only call for minute quantities. And this spice is a traditional spice used in Norway.

Cardamom (Kardemomme)

Cardamom is an Asiatic plant of the ginger family, and a favorite spice in Norwegian baking. It's very expensive and worth every penny!

The small cardamom pods (break away and discard) house the black seeds used in the baking. The cardamom pods are brown, white, or green depending on which method is used to dry them.

Grind only enough cardamom seeds (using a mortar and pestle) as needed for your recipe; their flavor dissipates rather quickly. They are highly aromatic and an absolute “must spice” in Norwegian baking. You will find ground cardamom in the spice section of supermarkets, but if cardamom pods are available, choose those first. See Sources [p.178](#).

Orange and Lemon Rind (Appelsin og sitronskall)

Instead of throwing out all those orange and lemon peels, grate some of them. Wash the fruit well. Grate only the orange and yellow peel, the white part though rich in bioflavonoids (an important part of the vitamin C complex) it will leave a bitter taste. Use a dry brush to easily remove all the rind from the grater. If this is too much trouble for you some gourmet shops now have citrus oils, squeezed from the rind of the fresh fruits; no oil is added. About ½ teaspoon citrus oil equals 1 tablespoon rind. They can be ordered by mail from The King Arthur Flour Baker’s catalog. See Sources [p.178](#).

Chocolate (Sjokolade)



Delightful, delectable, delicious Freia chocolate! We seem to be encircled about by chocolate, from the darkest to the purest white. However, not all chocolates are equal, and using an inferior chocolate can ruin an otherwise delicious recipe.

In recipes calling for chocolate in this book I have used Freia, the world renowned Norwegian chocolate. Both Freia Dronning and Selskapssjokolade, semi-sweet cooking chocolate, come in 4.38 oz. (125 g.) bars. Freia cooking and eating chocolates are available

in Scandinavian delicatessens or by mail. See Sources [p.178](#).

Sources (Kilder)

Braun Food Preparation Center: There are many good food processors on the market, but if you do not have one, or are considering acquiring one, I highly recommend Braun, a German made 5 in 1 food preparation center. I became interested in Braun on one of my trips to Norway, since several of the people I visited used and were extremely pleased with Braun.

Five classical appliances in one, it efficiently does the kneading, stirring, mixing, beating, grating, shredding, slicing, chopping, and ice crushing, both simply and quickly. It has a mixing/kneading bowl, a universal bowl, and a glass blending, chopping, and ice crushing jug. It saves effort and hours. Though I have explained the traditional way of preparing the recipes in this book, I have used Braun whenever a food processor could be used. It is easy to adapt the recipes to using the Braun Food Preparation Center by using their easy to follow booklet. For information write or call: **Braun International, 66 Broadway, Rt. 1, Lynnfield, MA, 01940; 1-800-272-8611.**

Braun, however, is only one of the many excellent food processors on the market today. Google to find the product that will work best for you.

For Scandinavian foods and tools used in this book, call, write, or visit these specialty stores:

Finn Ware, 1116 Commercial St., Astoria, OR, 97103; Tel: 1-800-851-FINN (3466); Fax: (503) 325-0214; finns@willapabay.com; www.finnware.com

The House of Jacobs, PO Box 157, 193 N Hwy 23, Spicer, MN, 56288; Tel: 1-888-688-7404; dennis@houseofjacobs.com; www.houseofjacobs.com

J-Vee's Health Foods and Cafe, 3720 Pacific Ave. S.E., Olympia, WA, 98501; Tel: (360) 491-1930

King Arthur Flour, All types of kitchen equipment and bread baking supplies. They sell the digital electronic Add 'n' Weigh Scale by Terraillon. It weighs in both grams and ounces. And the Kitchen Whiz (and it is), a calculator, clock and timer, but most important it instantly converts the metric weight and measures to U.S. measurements. For a catalog, store visits, or to shop online: 135 U.S. Route 5 South, Norwich, VT, 05055; Tel: (802) 649-3361; Fax: (802) 649-3365; customercare@kingarthurflour.com; www.kingarthurflour.com

Marina Market, An excellent European grocer of hard to find items from Norway and more. Street address: 18882 Front St., Poulsbo, WA, 98370; postal address: 15235 Central Valley Road NW, Poulsbo, WA, 98370; Tel: 1-888-782-0837; Fax: (360) 779-4315; info@marinamarket.com; www.marinamarket.com/homepage.asp

Nordic Adventures, Inc., Books on Norway, kitchen equipments, and gifts; 7602 Holiday Valley Dr. NW, Olympia, WA; Tel: 1-800-618-0013; Fax: (360) 866-8717; nordicadventures@comcast.net; www.nordicadventures.com

Nordic Delicacies, Inc., 6909 Third Avenue, Brooklyn, NY, 11209; Tel: (718) 748-1874; Fax: (718) 833-7519; NORDICDELI@aol.com; www.nordicdeli.com

Nordic House, 2709 San Pablo Ave., Berkeley, CA, 94702; Tel: 1-800-854-6435; Fax: (510) 898-1753; pia@nordichouse.com; www.nordichouse.com

Pero: An instant natural hot beverage from Germany, which my grandmother used to drink in Norway. Many of my coffee drinking friends have changed to Pero. No caffeine and delicious, it is made from malted barley, barley, chicory, and rye. If your market does not carry it yet, write to: **Pero/Alpursa**, Hans D. Langfeld, VP, P.O. Box 25846, Salt Lake City, UT, 84125; Tel: (801) 965-8428; Fax: (801) 965-6565

Scandinavian Specialties, 6719 15th Avenue NW, Seattle, WA, 98117; Tel: 1-877-784-7020; www.scandinavianspecialties.com

Scandinavian books and/or other products:

Bergquist Imports, Inc., 1412 Highway 33 South, Cloquet, MN, 55720; Tel: 1-800-328-0853; Fax: (218) 879-0010; info@berquistimports.com; www.berquistimports.com

Penfield Books, 215 Brown St., Iowa City, IA, 52245; Tel: 1-800-728-9998; Fax: (319) 351-6846; penfield@penfieldbooks.com; www.penfieldpress.com/index.php

Norwegian American Weekly, the only Norwegian-American newspaper left in the United States; 7301 5th Ave. NE, Seattle, WA, 98115; Tel: (206) 784-4617

Credits

Food Photographs:

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Bjøresen, Alf: Corned Salmon, Fish Pudding, Traditional Fish Cakes

Brun, Hans Robert, Confectioner: Cream Cake with Berries and Fruit, with frukt.no

Forma Matforum A/S: Assorted Herring Dishes, Cured and smoked meat is always welcome, Norway's Grand Fruit Pie

Freia A/S: Chocolate Boy, Cloudberry Cream Cake, Queen's Pleasure Palace

Hjemmet Magazine: Lamb Roll

Ideal Wasa: Lutefish

Information office for egg and kjøtt, www.matprat.no: Almond Macaroons Tarts, Arme Riddere, Bacon Pancake, Boneless "Birds," Christmas Spiced Ribs, Goro, Krumkaker, Mor Monsen, Multekrem, Pressed Pickled Pork, Sour Cream Porridge

Lauritzen, Cato: Fish au Gratin

Lindboe, Marianne: Rice Dream

Melvin M. Scott, Jr.: Crab, Veiled Peasant Girls, Waffles

Norwegian Seafood Export Council: Pollack Soup, Party Soup, Fishing in Lofoten, Cod, Flounder, Halibut, Mackerel, Salmon, Corned Salmon, Fish au Gratin II, Fish Pudding II, Traditional Haddock Patties, Mustard Sauce; mail@seafood.no

Office of Information for Meat: Lamb and Cabbage

Opplysningskontoret for brød og korn, www.brødogkorn.no: Berlin Wreaths, Christmas Bread, Liv's Hardtack, Cracked Wheat Bread, Kneip Bread, The Farmer's Everyday Bread, School Buns with Vanilla Custard

Opplysningskontoret for egg og kylling: A Celebration, Marzipan Wedding Cake

Opplysningskontoret for frukt og grønt, www.frukt.no: Holiday Spread, Sand Tarts, Strull, Goro, Lefse and Wafers, Cream Cake with fruit and berries, Herring and Potatoes, Strawberry Jam, Orange Marmalade, Potato Dumplings with Lingonberries, Classic Leg of Lamb, Shrimp Wok

Tine Dairy Association: Marinated Cheese, Cheese makes any occasion festive, Nøkkelost Quiche, Dessert Cheese, The Dairy Maid's Wafers, Lefse Filled with Cream

Tine, mediebank.tine.no: Aged Cheese, Almond Brittle Ice cream, Almond Cake, Apple Cake, Baked Salmon, Bergen Pretzel, Caramel Pudding, Cauliflower Soup, Chocolate Pudding, Cod with Boiled Potatoes, Cookie Stacks, Cream Puffs with Berries, Crepes, Flatbread and Potato Lefse, Harthshorn, Honey Loaf, Hot Chocolate, Jarlsberg-Norway's

Best, Liver Pate, Marzipan Pig, Norwegian Swiss Cheese, Norvegia, Nøkkelost, Pepper Cookies, Pickled Pork Loaf, Poor Man's Cookies, Reindeer Roast with Game Sauce, Rosettes, Sand Tarts, Serina Cookies, Crisp Diamond Cookies, Tender Norland's Lefse, Tiny Doughnuts, Umh, umh Goat Cheese

Rasmussen, Melissa: Meatballs with Stewed Cabbage, Mother Selland's Bread, Shrimp Sandwich, Troll Cream

Rasmussen, Susan: Oslo Kringle, Cucumber Salad **Vento, Steve:** Almond Tower Cake, Shrovetide buns

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Nordahl, Evan, Opplysningskontoret for Kjøtt

Norwegian Seafood Export Council, mail@seafood.no

Tveit, Guri, Opplysningskontoret for egg og kylling

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