

Norwegian *Cultural Skills* Program



UNIT 1

TRADITIONAL NORWEGIAN COOKING

PART 1: YOUR FAVORITES

PART 2: BAKED GOODS & DESSERTS

PART 3: MEAT & FISH DISHES



SONS OF
NORWAY

1455 West Lake Street
Minneapolis, MN 55408
www.sonsofnorway.com

UNIT 1: TRADITIONAL NORWEGIAN COOKING

INTRODUCTION AND GUIDELINES FOR ALL CATEGORIES

In this unit of the Norwegian Cultural Skills Program, we invite you to prepare some of your favorite Norwegian dishes.

► Parts 1, 2 and 3 can be completed in any order.

For each part of this unit, complete the activities marked with an asterisk* and select one of the optional activities (see p. 4-5 for choices of optional activities).

► For Part 1, you will prepare a variety of foods, while in Parts 2 and 3, the focus is on baked goods/desserts and meat/fish dishes.

► If several members are working toward their pin awards, each member needs to fulfill the requirements for each cooking unit level. For example, if a group of four lodge members decide to host a dinner or luncheon, each person prepares five different items—for a total of 20 items altogether.

► Keep in mind that your local library and the Internet may have Norwegian cookbooks and recipes. Check with friends and fellow Sons of Norway members for other Norwegian favorites.

PART 1: YOUR FAVORITES

To Do:

- *1 a.) Start by getting out your cookbooks and recipe file and select 5 to 8 recipes. Plan a variety of dishes, e.g. bread, open-faced sandwiches perhaps with cheeses, meats or herring, rømmegrøt (the famous sour cream porridge), your grandmother's cookie recipe or a specialty dessert. Include both classic and modern Norwegian recipes.
- b.) Prepare your recipe selections—one by one if you wish—for your family, friends or lodge.
- c.) For three of your selected recipes, ask two or three people to tell you (in writing, see Report Form B report form on p. 7) what they think about the taste and appearance of each of the 3 recipes. Include the completed forms with your report.
- d.) Take pictures of at least two of your dishes. Send the photos with your report. You must also enclose -1-



at least one of the recipes used.

- *2 Select one (1) elective activity from p. 4-5, and complete the requirements.
- *3 Fill out Report Forms A and B (p. 6-7), ask a lodge officer or a designated person to sign as required. Be sure to include the following information:
 - recipe(s)
 - taste-testers' comments
 - photos
 - elective activities requirements
 - evaluation form

SEND REPORTS & MATERIALS
TO: CULTURAL SKILLS REPORTS
SONS OF NORWAY
1455 WEST LAKE STREET
MINNEAPOLIS, MN 55408

PART 2: BAKED GOODS AND DESSERTS

Part 1 continued...

Example for Part 1

To fulfill the requirements for part one, Evelyn decided to make:

- bløtkake
- rosettes
- kjøttkaker with creamed cabbage and potatoes
- rømmegrøt
- open-faced sandwiches, some with gouda cheese, decorated with slices of radishes and parsley, others with shrimp and mayonnaise.
- cauliflower soup

Evelyn invited the neighbors over to celebrate a new grandchild and served rømmegrøt. She asked the guests to comment on the grøt (using the form on p. 7). Evelyn later helped with a Sons of Norway lodge function by providing bløtkake and rosettes for dessert (another opportunity for getting comments). Evelyn also made kjøttkaker for her family's Sunday dinner. Finally, she made some open-faced sandwiches and cauliflower soup for a friend who was ill (Optional activity 4). Before and during the meals, Evelyn took pictures of several of her prepared dishes. Later, she completed the required forms and paper work.



Flatbrød (flatbread) is often referred to as Norway's national bread. This bread has long-lasting freshness and consists of the readily available Norwegian flour, barley and oats. Years ago, bark and moss, along with liquids such as water, whey or buttermilk, were added to increase the amount of bread produced in a batch. Later on, breads made with yeast became more common and lefse, cakes, waffles became favorites in Norwegian households.

To Do:

- *1 a.) Select one recipe in each of the four categories below and prepare them:
- Fancy cake, e.g., kransekake (wreath cake) or a decorated bløtkake (cream cake with fruit)
 - Bread, waffle and lefse (including flatbread)
 - Cookie (e.g. krumkake, goro, sirupssnipper, smultringer, fattigmann)
 - Desserts and candies (e.g. karameller, marsipan, trollkrem, riskrem, frukt suppe, karmellpudding, etc.)
- b.) Photograph three or more of the selections for your report. When serving baked goods and desserts, remember that Norwegians place high importance on shape and color as well as taste of foods. Place the baked goods on attractive platters.
- c.) Using Report Form B, ask your family and/or guests to fill out the form, comment on your cooking in writing. Send in Report Form B with the other requirements.

Part 2 continued

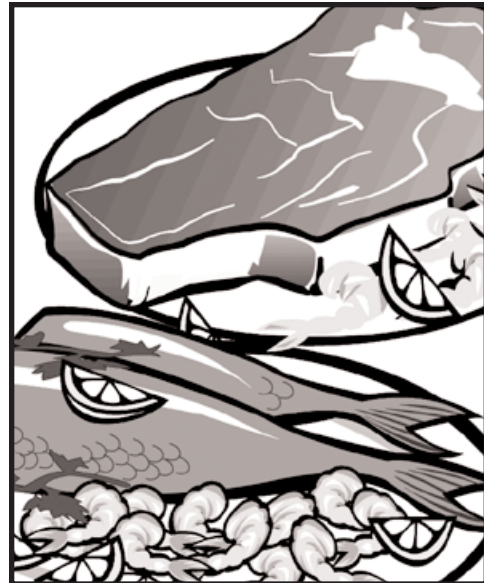
- *2 Fill in Report Form A (p. 6), ask a lodge officer or a designated person to sign it.
- *3 Select one elective activity (see p. 4-5) and fulfill its requirements.
- *4 Requirements:
 - Report Form B: Taste-testers' comments on three recipes (at least three taste-testers per recipe)
 - Three recipes
 - Two pictures of your selected baked goods and desserts
 - Elective activities requirements
 - Evaluation Form

SEND MATERIALS TO:
CULTURAL SKILLS REPORTS
SONS OF NORWAY
1455 WEST LAKE STREET
MINNEAPOLIS, MN 55408

PART 3: MEAT & FISH DISHES

Throughout Norway's history, meat was considered a noble food. Animals were butchered in the fall, while at their most plump. This meat usually lasted a full year after the meat was salted, smoked and cured. In some places, they smoked the meat before salting it so that the meat lasted even longer. Although Norwegians now butcher year round, many older food traditions still exist in the 20th century. For this portion of the project, consider meats like fenalår (smoked and cured leg of lamb), griselabber (pickled pigs feet), kålrulletter (stuffed cabbage leaves), rullepølse (lamb sausage), får i kål (lamb and cabbage) and many others.

Fish is a traditional Norwegian food which continues in its popularity because it suits the busy schedules of modern Norwegians. It is a low-calorie, healthful food that is high in protein. Fish has undoubtedly contributed positively to the long life span many Norwegians enjoy and it is relatively easy to prepare in a variety of ways.



To Do:

- *1 a.) Select five (5) recipes for traditional Norwegian meat and fish dishes, and at least two of the five recipes must be: salmon, lutefisk, fiskeboller, fiskepudding, gravlaks, kokt torsk, får i kål, ribbe, sylte, pinnekjøtt. Open-faced sandwiches can be included. Be creative with colorful garnishes when serving the meat and fish dishes.
- b.) Take 3 or more pictures of your serving tray(s) to include with your report.
- c.) Make copies of Report Form B, ask 2-3 guests to evaluate your cooking by filling out Report Form B.
- d.) Enclose three recipes with your report.

ELECTIVE ACTIVITIES FOR ALL PARTS

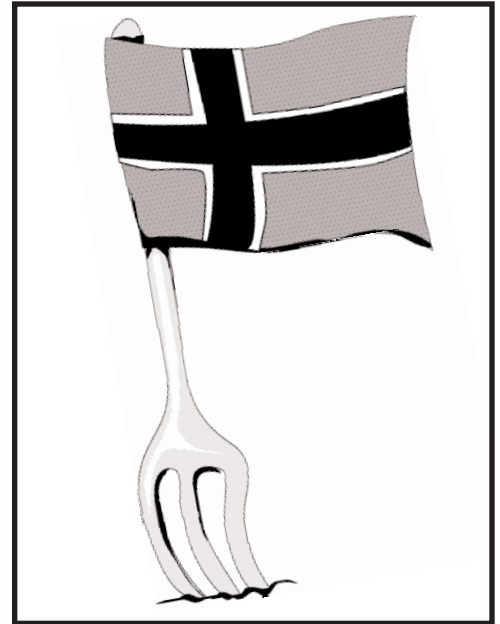
Part 3 "To Do" cont.

- *2 Select one elective activity (see p. 4-5).
- *3 Fill out the Report Form A (p. 6), ask a lodge officer or a designated person to sign it. Remember to include the following information with the report :
- recipe(s)
 - Report Form B: taste-testers' comments
 - photos
 - elective activities requirements
 - evaluation form

SEND MATERIALS TO:
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SONS OF NORWAY
1455 WEST LAKE STREET
MINNEAPOLIS, MN 55408

Select one of the following for each part of the program.

1. Visit a Norwegian or Scandinavian restaurant or caterer in your area or someone else well known for his/her Norwegian ethnic cooking skills. Speak with the person in charge of menu selection. Prepare the questions ahead of time and write down the answers. Make the interview part of your report. Suggested length of interview/report: approximately 750 words, double-spaced.
2. Create a Norwegian meat menu to be served to a larger group in your lodge or in your community (e.g., f r i k l and potatoes, or ribbe, surk l (Norwegian sweet-sour cabbage) and potatoes. Offer to serve the meal with the help of volunteers. If several people in your lodge are working on Unit 1 (Traditional Norwegian Cooking), why not make the meal a joint project or serve it in a private setting to a smaller group? Submit one photo of the event/food with your report.
3. Prepare and photograph a Norwegian luncheon for four (consider open-faced sandwiches as part of the menu) for a special occasion with a friend or family.



Enclose one photograph with your report.

4. Bring an surprise meal to an elderly or invalid individual. Enclose one photo with your report, which includes the person you visit.
5. Research the history of one of your chosen foods. Write a report about it (750 words/double-spaced). Present your findings in a talk at your lodge, community school or club. Option: submit your report to the local lodge newsletter for publication.
6. Select recipes and prepare two Norwegian-North American meat dishes. Make note of the differences in ingredients and style of serving in Norwegian vs. Norwegian-North American dishes. Write a short report (500 words/double-spaced).

ELECTIVE ACTIVITIES FOR ALL PARTS (CONTINUED)

Continued from p. 4

7. Select recipes and prepare two Norwegian-North American fish dishes. Make note of the differences in ingredients and style of serving in Norwegian vs. Norwegian-North American dishes. Write a short report (500 words/double-spaced).

8. Create a Norwegian fish dinner or other menu which may be served at a private gathering or to a larger group in your lodge or in your community. Offer to host the meal with the help of other volunteers. Create a plan for the dinner. Submit a report (500+words/double-spaced) on the menu and the plans.

9. Using the Idea Bank (#37-How to Plan a Heritage Dinner) guidelines, plan a series of heritage dinners in your lodge. The purpose is to foster closer relations among the members, while sampling good Norwegian food. The dinners are typically limited to 8 or 10 people. The host plans the menu and guests are asked to bring one item each. Request Idea Bank #37 from Sons of Norway, 1455 West Lake Street, Minneapolis,

MN 55408; or download from www.sonsofnorway.com (Members Only, Idea Banks). Serving as host for one dinner fulfills one optional activity. Write a brief report (500 words/double-spaced) and enclose a photo.

10. Plan or participate in a cookie exchange. Bake seven different kinds of cookies. Set date and place for the exchange. Write a short report, approximately 350 words/double-spaced. Include one photo of the seven kinds.

11. Create a Norwegian dessert table five or more desserts, e.g. fruit compote, caramel pudding, veiled peasant girls (see Astrid Scott's *Authentic Norwegian Cooking*). Write a short report, approximately 350 words/double-spaced. Include one photo of your desserts and guests.

12. Research and write the history of rømmegrøt (or any other typical Norwegian dish). Include information on how and on which occasions it was served (e.g. at weddings, mid-summer, etc.). Submit your article (600 -1000 words/double-spaced) with the overall report.

13. Do an article (600 -1000 words/double-spaced) on Norwegian berries such as cloud-

berries, lingonberries and blueberries and traditional ways of using them. Submit the article with Report Form A.

14. Write an article (600 -1000 words/double-spaced) on the tradition of julebord and the foods that are traditionally included. Submit the article with Report Form A.

15. Take a cooking class featuring Norwegian delicacies. Write a short report (600-1000 words/double-spaced) on what you learned. Submit report with Report Form A.



If you intend to complete parts 2 and 3, please make copies of this form for later use.

Report Form A

Norwegian Cultural Skills Program

Unit One: Traditional Norwegian Cooking

I. I have completed the requirements in Traditional Norwegian Cooking:

- Part 1
- Part 2
- Part 3

II. I choose optional activity number (1-14)
My report and attachment(s) are enclosed. _____

III. I am attaching:

- My recipes
- Report Form B: Taste-testers' comments
- Photos
- Report(s)

Name: _____ Lodge Name/District/Number: _____

Membership Number: _____ Age (if younger than 16): _____

Mailing Address: _____ City: _____ State: _____ Zip: _____

E-mail address: _____ Telephone: _____

Pin applied for (check one): Generalist Specialist Mentor

Have you received Cultural Skills Program pin awards previously? Yes No If yes, please specify: _____

Signature (Applicant) _____ Date _____

Printed name of Lodge Cultural/Social Director, _____ Date _____

Mailing address of Cultural/Social Director, _____ City _____ State _____ Zip _____
Secretary or other designated person

E-mail address _____ Daytime telephone _____

Signature (International Headquarters) _____ Date _____

Mail this form and your report to: **Sons of Norway
Cultural Skills Report
1455 West Lake St.
Minneapolis, MN 55408**

REPORT FORM B: TASTE-TESTER'S EVALUATION

Please keep this original and make the necessary copies to complete your report.

I. Name: _____

Ingredients for recipe: _____

Instructions for recipe: _____

II. Evaluation of recipe:

Name of taste-tester's

Date

Date

Date

Date

Date

Date

Taste-Tester's:

On a separate sheet or on the back of this sheet, please comment on the food prepared from the about recipe; take the taste and appearance of the food into consideration.

PARTIAL LIST OF RESOURCES

Author

Ambjørnrud, Børke, Jansen and Moe

Title

Norsk Mat

Brimi, Arne

A Taste of Norway

Drake, Christin

The Lost Norwegian

Hovig, Ingrid Espelid

The Best of Norwegian Traditional Cuisine

Innli, Kjell E.

The Norwegian Kitchen

Legwold, Gary

The Last Word on Lefse

Legwold, Gary

The Last Word on Lutefisk

Ojakangas, Beatrice

The Great Scandinavian Baking Book

Ojakangas, Beatrice

Scandinavian Feasts: Celebrating Traditions Through the Years

Riddervold, Astrid

Lutefisk, Rakefisk and Herring in Norwegian Tradition

Ring, Elsa

Care Enough to Cook

Saue, Solfrid Rørlien

Norwegian Cooking

Scott, Astrid

Ekte Norsk Mat (Authentic Norwegian Cooking)

Scott, Astrid

Ekte Norsk Jul (Authentic Norwegian Christmas)

Viestad, Andreas

Kitchen of Light

Wangness, Norma

Norwegian Recipes

*Some of these books are available for purchase from the Internet or from Vesterheim-Heritage Books. Write, e-mail or call: Heritage Books, 502 Water Street, Decorah, IA 52101; (800) 979-3346 or e-mail: vesterheim@vesterheim.org.

EVALUATION FORM

Please keep this original and make the necessary copies to complete your report.

CULTURAL SKILL COMPLETED: TRADITIONAL NORWEGIAN COOKING

Instructions: For each of the seven questions below, please check the box which fits your opinion most accurately. The choices are: **Agree (A)**, **Neutral (N)** and **Disagree (D)**. It would be helpful for improving the unit if you would also add your specific comments in the space provided.

	A	N	D
1. The instructions for this unit were easy to follow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The requirements for this unit were reasonable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. There were enough varied choices for optional activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. There were enough instructions and guidelines for doing the activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. The unit provided interesting activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. The unit increased my understanding of Norwegian heritage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. The unit promoted my involvement in the lodge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SPECIFIC COMMENTS: In the space below, please add other comments and suggestions you may have with respect to this unit. Your comments are confidential and in no way affect the awarding of your completed pin/bar.

Please send the Evaluation Form to:
Culture Department
Sons of Norway
1455 West Lake Street
Minneapolis, MN 55408