

## NORWEGIAN CUISINE

Open Faced Sandwiches  
Pickled Herring Pickled Beets Pickled Cucumbers  
Aquavit Glugg  
Split Pea Soup  
(with Hard Tack; green – Norwegian, yellow – Swedish)  
Cod Fish Norwegian Meatballs Rutabagas Red Cabbage  
White Potatoes with Green Peas in a White Sauce  
Lefse  
Blotkake

During the industrial revolution when workers could not return home for lunch, they packed Smorbrod, or “butter bread.” We are eating them as an appetizer, not a main meal. In Norway, we share bread and seeds with the birds.

Cut white and rye after removing the crusts in half. The white bread needs to be dried in the oven. Fish is always served on white bread.

### GRAVLAX SMORBROD

One loaf white bread	Spread honey dill sauce on bread
1 lb. smoked salmon	Fold a piece of salmon
Lemon wedges	Place one half thinly sliced lemon twisted on top
Honey dill mustard	Drizzle mustard sauce and garnish with dill
Dill sprigs	

### Honey Dill Mustard

1/3 cup Dijon mustard	
2 Tbsp honey	
3 Tbsp cider vinegar	Whisk mustard, vinegar and honey in a
1/2 cup grape seed oil	small bowl. Slowly whisk in oil to
1/4 cup chopped dill sprigs	emulsify. Stir in dill, pepper, salt.
1 tsp ground pepper	Store in a small jar.
1/2 tsp salt	

### BLUE CHEESE AND APPLE WITH BACON

Rye bread, cut in half	Reheat bacon on paper towels.
Precooked bacon, 12 slices cut in half	Cut cheese in 1/4 inch slices and
Danish Blue cheese	lay over bread.
2 green Granny Smith apples (cut in	Arrange 2 slices of apple over bread.
thin slices, squeeze lemon juice	Arrange 2 half slices of bacon in a criss-
over and wrap so no air gets in)	cross shape over bread.
Fresh chives	Sprinkle with chopped chives and pepper.
Freshly ground pepper	

## **BEEF AND ARUGULA WITH HORSERADISH CRÈME FRAICHE**

Horseradish crème fraiche  
Precooked beef slices from deli  
Rye bread  
1 C arugula leaves, washed and dried  
2 Tbsp chopped chives  
4 large radishes, thinly sliced  
finely grated carrot

Make horseradish sauce.  
Spread bread with horseradish sauce.  
Arrange beef and top with arugula.  
Arrange radish slices and top with  
grated carrot.

### **Horseradish Crème Fraiche**

½ cup sour cream  
2 Tbsp prepared horseradish  
1 tsp lemon juice  
Sea salt

Combine all ingredients in a bowl  
and set aside.

## **SPLIT PEA SOUP**

1-pound package split peas  
2 Tbsp olive oil  
1 large onion chopped  
1 large carrot chopped fine  
1 tsp pepper and 1 tsp salt  
1 bay leaf  
2 qt containers of vegetable  
stock

Pick stones from peas and rinse  
in a large pot heat oil and sauté  
onions and carrot for 5 min.  
Add seasonings, peas, and stock.  
Bring to a boil, and reduce heat.  
Simmer uncovered for 45 min.  
until peas are tender. Remove bay  
leaf, and serve with hard tack Wasa.

## **PANKO CRUSTED COD with Lemon Butter Sauce**

2 lbs. cod, cut into serving size pieces  
2 C panko breadcrumbs  
1 egg  
1 egg white  
  
½ tsp garlic salt  
½ tsp onion powder  
1/8 tsp black pepper  
  
Cooking spray

Heat oven to 450°.  
Spray large cookie sheet with cooking spray.  
Beat egg and egg white into bowl.  
Place panko in bowl with seasonings.  
Dip fish into egg, then into panko, pressing  
panko into fish.  
Place on cookie sheet, after all fish is coated.  
Spray fish with cooking spray.  
Bake for approx. 15 minutes until coating is  
nicely browned and fish flakes easily.

Follow recipe before serving. Place a large spoonful of the sauce on plate with fish  
above.

### **Lemon Butter Sauce**

In small saucepan melt 1 C butter and add the juice of 7 lemons.

### **NORWEGIAN MEAT BALLS**

2 lb. ground beef  
½ lb. ground pork  
1 large onion chopped  
½ cup dried bread crumbs  
1 Tbsp salt  
1 Tbsp ginger  
pepper  
1 Tbsp allspice  
2 eggs  
1 ½ C scalded milk  
butter

Mix above ingredients and form into small balls. Melt butter in a large frying pan and brown on all sides.  
Remove balls to a casserole.  
Make gravy with 3 Tbsp flour and 3 Tbsp butter. Add 1 C water, salt, and pepper, and when thick, pour over meat balls, and finish baking in 350° oven for 30 minutes.

### **RED CABBAGE**

(a popular dish in Scandinavia)

1 medium head red cabbage  
1 chopped onion  
3 green apples, peeled and sliced fine  
2 Tbsp bacon grease  
1 bay leaf  
2 whole cloves  
1 Tbsp sugar  
2 Tbsp cider vinegar  
salt and pepper

Cut cabbage in quarters and shred.  
Wash. Put in saucepan. Add 2 C boiling water. Add all other ingredients except salt.  
Cook 1 and ½ hours, then salt to taste.  
Thicken with 2 Tbsp flour.  
This recipe serves six.

### **FINNISH RUTABAGA CASSEROLE**

3 medium rutabagas  
3 sweet potatoes  
3 large carrots  
1/3 C bread crumbs  
¼ cup milk  
1 egg  
3 Tbsp syrup  
3 Tbsp butter  
salt and pepper

Peel and dice rutabagas. Steam sweet potatoes in a plastic bag in microwave for 5 minutes.  
Run under cold water as you peel skins.  
Boil veggies in a small amount of water until soft. MASH or put in food processor.  
Add melted butter, milk, bread crumbs.  
Pour into buttered casserole. Sprinkle butter and syrup on top.  
BAKE at 350° for 30 minutes.

### **WHITE POTATOES AND GREEN PEAS IN A WHITE SAUCE**

7 large baking potatoes  
1 package frozen petite point peas  
1 C melted butter  
¾ C flour  
3 C hot milk  
salt and white pepper

Peel and cut potatoes in large chunks.  
Parboil in a small amount of water until tender, but not falling apart.  
Drain, but reserve water.  
In saucepan, melt butter, and blend in flour gradually. Add hot milk, and cook until thickened. Add potato water, if too thick. Add thawed peas, and pour over potatoes in a casserole.

### CUCUMBER SALAD

1 large English cucumber (do not peel) Thinly slice on a mandoline.  
3/4 cup rice vinegar (not so strong as cider) Place all ingredients in a jar,  
1 Tsp sugar and marinate for several days  
1/4 tsp ground pepper in refrigerator.  
1 tsp dried dill  
1/4 cup oil

### PICKLED BEETS

1 can small round beets, drained Place beets and vinegar in a jar.  
3/4 cup rice vinegar Marinate for several days in refrigerator.  
1 Tbsp sugar  
1/2 tsp ground cloves  
1/2 clove garlic

### LEFSE

(This is a flatbread, like a tortilla, which is filled with food on plate and rolled. 50 years ago, I took a class at the Lutheran church. The recipe came from a ND Lefse factory.)

1 lb. instant potato flakes 2 1/2 C evaporated milk  
2 1/4 Tbsp salt 2 1/2 C boiling water  
1/2 cube butter (1/4 C) 2 1/2 C to 3 3/4 C flour

1. Place potatoes, salt and butter in a mixing bowl. Add boiling water to milk and add to potatoes. Mix quickly until thick and smooth.
2. Add just enough flour to handle dough. Knead lightly and form into 3 ounce balls. Roll each ball separately on a floured cloth covered board with a stockinet-covered rolling pin until very thin – 10-12 inch circle.
3. Roll up onto a lefse turner and turn onto a heated ungreased griddle.
4. Bake on griddle until lightly browned and spots appear.
5. Stack on top of each other covered by a damp kitchen towel. Store in plastic bag in refrigerator or freezer
6. Can be eaten as a dessert, spread with softened butter, sprinkle with sugar. Cut into small wedges. Roll up and secure with a toothpick.

### GLUGG

2 C red wine A large copper pan is the proper utensil, but  
2 C port a glass pan maybe used. Combine wines.  
2 C brandy Place spices in a fine meshed tea container.  
1 cinnamon stick Simmer for 1/2 hour.  
5 cloves Add blanched almonds and raisins.  
5 cardamom seeds Add brandy just before serving.  
1 Tbsp finely chopped orange peel  
1/2 cup blanched almonds  
1/2 cup raisins

## BLOTKAKE

A soft whipped cream cake with either strawberries or raspberries, which is always served for Norwegian Independence Day (May 17 – Syttede Mai). This was the 200<sup>th</sup> anniversary of independence from Sweden.

1. Beat 4 eggs with 1 C extra fine granulated sugar until thick and creamy (5-10 min. with mixer).
2. Fold in ½ C plus 1 Tbsp sifted cornstarch and ½ C plus 1 Tbsp plain flour, which have been sifted together twice.
3. Then add ½ Tbsp cold water.
4. Spray and line 2 – 8-inch cake pans with wax or parchment paper.
5. Bake on middle rack for 40 min in a 350° oven.
6. Cool on cake racks and then turn out.
7. Divide each layer in half carefully with a serrated knife.
8. Sprinkle each layer with cream sherry or sherry that has been added to cream.
9. Then sprinkle each layer with slivered almonds.
10. Add strawberry or raspberry jam depending on what fruit you are decorating with to whipped cream, and spread between layers.
11. Refrigerate overnight so flavors can mingle.
12. Then frost whole cake with slightly whipped cream, and decorate with whole fruit top and sides.

Another filling often used is a thick vanilla cream or a good egg custard with a small amount of dissolved gelatin that has been added.

Another covering to the cake is a 1/8 inch thick marzipan. Roll out canned paste on the board with a little powdered sugar and place over cake and allow it to drop over sides, covering the cake completely. The sides maybe pleated to fit the shape of the cake. The marzipan maybe left white or tinted with food coloring. Decorate with marzipan flowers or the same kind of nuts used on inside (almonds or walnuts).

REFRIGERATE UNTIL SERVING.

## FOOD ASSIGNMENTS

for January 10, 2015 at 5 PM

As you can see, this is an extensive menu, and everyone coming needs to cook. This is also fair for the single guests. Norway, as the giver of the Nobel Peace Prize, practices this in their democracy. Nobel, who was Swedish, gave his other prizes from Sweden, but chose Norway for the Peace Prize.

Norwegian Open Faced Sandwiches	
Split Pea Soup	Jeannie Thomson
Cod	Marguerite Johnson
Pickled Beets and Pickled Cucumbers	
Norwegian Meatballs	Richard Bierregaard
Red Cabbage	
Finnish Rutabagas	Guest of Marguerite Johnson
Potatoes, White Sauce, and Peas	
Lefse	Joan Reynolds & Melanie Wade
Blotkake	Melanie Wade
Glugg and Aquavit	Joan Reynolds