

Recipes from *Preparing a traditional Julefest*

Flotegrot (Rommegrot in American homes today)

- 1 qt Whole milk
- 1 c Half and half
- ½ lb Butter
- ¾ c Flour
- ½ c Sugar

Simmer butter and flour in a heavy 2 qt pan for 5 min to eliminate floury taste, stirring constantly with a whisk. Concurrently, microwave milk and half and half on high for 5-7 min, just to the point of boiling. Combine hot ingredients, stirring constantly until mixture thickens. Stir in sugar and serve hot; plain or with a sprinkling of cinnamon and sugar and a bit of butter.

Flotegrote is everyone's favorite and very easy to teach to young people who eagerly to assist with stirring. You'll soon calibrate microwave and cook top so mixture will thicken almost immediately, reducing the chance of scorching the grot. Rommegrote is made with sour cream, whereas flotegrot uses sweet cream.

Adapted from personal communication with Avis Brandt, also found in many church cookbooks.

Flatbread

- ½ c Lard, freshly rendered if possible.
- ¼ c Sugar
- ½ c Rolled oats
- ½ c Flours (whole wheat, graham, rye, barley, unbleached, etc.- the more the merrier to your preference)
- ¾ t Baking soda
- 1 t Salt
- 1 ½ c buttermilk

Lefse griddle and paraphernalia

Combine and knead ingredients, adding several kinds of flours, until the dough is no longer sticky, but heavy and workable. Refrigerate in a sealed baggy for several days, while the flavors develop. Roll into thin rounds and fry on a lefse griddle heated to 300-350 degrees. Fry, taking care that it cooks through

but doesn't scorch, until it can be lifted as a disk with just a bit of a sag at the edges, so it will be crisp after it is cooled. Dry flatbread will keep for several months.

Adapted from Ekte Norsk Mat, Astrid Karlsen Scott, 1991, ISBN 0-89279-077-6 (out of print).

Lefse

5 c Riced potatoes
¼ lb Butter, melted
3 T Powdered sugar
2 c Flour
½ t Salt

Lefse griddle and board and stick

Boil russet potatoes in their skins until just tender, lift off the skins and rice 3 times. Mix in melted butter and salt while the potatoes are still warm, cover bowl with a towel and cool on the counter overnight. Heat lefse griddle to 450-475° F and quickly knead ½ - 2/3 of the flour into the potatoes, reserving the remaining flour for the lefse board and the rolling pin sock. Form ¼ to 1/3 cup of the potato dough into a disk and roll out a round lefse 12-14 inches in diameter, flouring the board, pin and lefse only as much as required to prevent the dough from sticking. Roll from the middle to the outside, rotating opposite sides of around the clock to create a round. Fry the lefse, turning once after about 45 sec with a lefse stick, while you are preparing the next round. Cover the fried lefse with a towel so it remains soft and tender until it is served.

Learning to roll out the lefse is the hardest challenge. If possible find an experienced lefse maker to provide mentoring until you've gained experience. Lefse tastes best the same day it's made, but it some people freeze it for later use.

Recipe is adapted from Eunice Stoen, published in The Last Word On Lefse, Gary Legwold, 1992, ISBN 0-934860-78-5.

Lutefisk (dried and rehydrated Cod)

6 lb Lutefisk for 4-6 people
4T Salt
½ lb Bacon
¼ lb Butter

Coarsely ground pepper

Select firm, uniformly sized, lutefisk that has been presoaked. Sprinkle with salt 3-4 hr. before cooking to draw out moisture and firm up the fish. Heat oven to 400° F, pour off liquid drawn out of the fish and rinse off salt. Place fish in a glass cake pan, pepper, cover with foil, and place on a center rack of the

oven. Plan to bake for 40m if fish starts at room temperature, but check after 30m. Fish is done when it flakes with a fork. Serve with boiled potatoes and choice of melted butter, bacon fat and crisp diced bacon, or mustard. Alternate cooking method is to bring a large pot of water to a boil, add the fish, turn off heat when water returns to boil and allow fish to steep for three minutes.

Adapted from Norwegian Cooking, Ed. Bjarne Håkon Hanssen, 2003, ISBN 82-90823-967 (not generally available in US book stores).

Pinnekjøtt (Lamb Ribs)

Lamb ribs

Salt and saltpeter

Rutabaga

Carrot

Two or three months before Christmas rub fresh lamb ribs with salt to which saltpeter has been added. Place in salt tub with alternating layers of ribs and salt. The salt will draw out blood and moisture to create brine that can be used to baste the curing meat. After a week hang the ribs in a cool dry place until 3-4 days before you plan to serve them. Soak in frequently changed water to reduce salt content. Dice a rutabaga and a carrot. In a tall pot layer 4 in. water, a pile of peeled birch branches, a pan to catch drippings, a strainer holding the vegetables, and the ribs on a grill above the vegetables. Bring the water to a low boil to create cooking steam. The idea is allow the pinnekjøtt juices to drip through the vegetables and collect in the pan. The food is usually cooked after 2-3 hr of steaming, with inspections to assure adequate water is in the pot to continue generating steam. Mash the rutabaga with carrot, mixing in a little of the pinnekjøtt juices. Serve hot. Alternate serving Telemark style: After steaming simmer in a pot with sautéed onion and sour cream.

Adapted from Authentic Norwegian Cooking, Astrid Karlsen Scott, 1995, ISBN 0-9634339-7-0 and Norwegian National Recipes, Arne Brimi and Ardis Kaspersen, ISBN 82-7888-030-1.

Ribbe (Roast Pork Rib)

4.5 – 5 lb Pork belly with bones (cracked) and rind.

Salt

Pepper

Score squares through the rind and slightly into the fat with a very, very sharp knife when the rind is still slightly frozen. Rub thoroughly with salt and pepper 3 days before roasting and refrigerate, rind down. Place ribs, rind side up on a small rack in a roasting tray, add 1 cup water, cover with aluminum foil, and roast in a 450° F preheated oven for 45 minutes. Remove foil, lower temp to 375-400° F for 90 minutes, and check to see if the rind is crispy. If not, increase heat to 475° F and move to a higher shelf, but watch carefully so the rind doesn't burn. If portions are crispy cover them with foil while finishing the roast. You may place prune, apples or dried fruit in oven for last 15 minutes of roasting. Remove the roast to

rest 15 minutes before serving. Pan drippings will make great gravy. Skim away fat, add starch source to thicken, and cook at least 5 minutes.

Adapted from Norwegian Cooking, Ed. Bjarne Håkon Hanssen, 2003, ISBN 82-90823-967 (not generally available in US book stores).

Surkål (Red Cabbage)

- 1 Red cabbage, finely shredded
- 2 Apples, peeled, cored and sliced
- ¼ lb Butter
- 2 ½ T Salt
- 2 t Caraway seed
- 1 c Water
- 3 ½ T Vinegar (can substitute red current juice)

Sugar and/or red currant jelly to taste

Layer cabbage and apple slices in a pot with butter and seasoning. Add water, simmer until soft and add sugar to taste. Flavor and color develops with a longer cooking time. Serve with ribbe and small potatoes.

Adapted from Norwegian Cooking, Ed. Bjarne Håkon Hanssen, 2003, ISBN 82-90823-967 (Not generally available in US book stores).

Riskrem (Rice Cream)

- ¾ c Medium length white rice
- 1 t Salt
- 1 qt Whole milk
- ½ c Sugar
- 1 t Almond extract
- 2 c Heavy cream, Cedar Summit if possible
- 1 t Almond extract, if almond flavor needs enhancing when cream is added
- ½ c Chopped almonds

Cook rice, salt and milk undisturbed at least 1 ½ hour in double boiler until soft and thick. Add sugar with almond extract and refrigerate. At least 2 hours before serving, whip cream, sweetened to taste and more almond extract if desired. Fold cream and chopped almonds into rice. Serve as dessert with a tart raspberry, cherry, or lingon berry red sauce, strong coffee, and Christmas cookies.

Adapted from Authentic Norwegian Cooking, Astrid Karlsen Scott, 1995, ISBN 0-9634339-7-0.

Norwegian Christmas Cookies

Tradition calls for 7 kinds of Christmas cookies on the dessert table, not necessarily the cookies shown below. There are many variations of the many different traditional cookies so you have lots of opportunity to experiment. The recipes are quite similar, but the cookies are different in subtle ways. Find an experienced mentor for your first try to minimize frustrating experiences. When you made these a couple of times you can be a mentor to others. For the most part these cookies can be stored for several weeks in sealed tins in a cool location.

Sirupsnitter

9 oz Syrup, Lyle Golden

1 $\frac{1}{3}$ c Sugar

$\frac{1}{4}$ c Butter, melted

$\frac{2}{3}$ c Whipping cream

1 qt Flour

$\frac{1}{2}$ t Pepper

1 t Ginger

$\frac{1}{8}$ t Nutmeg, grated

1 t Anise

$\frac{1}{2}$ t Baking soda

Egg white

Warm syrup, sugar and butter. Cool and add all but 2 T of the cream. Blend spices with half the flour and add. Mix baking soda with remaining cream, blend with most of the remaining flour and add to the mix. Add more flour if it is sticky, but the mix shouldn't be too dry – this will be a heavy dough. Refrigerate over-night, roll thin, cut to diamond shape, press half an almond to the center, brush with egg white, and bake at 360° F for 7 minutes on a Silpad. Watch that they don't burn. This cookie improves as it ages and the strong flavors blend, so you might want to make it the beginning of Advent.

Adapted from Authentic Norwegian Cooking, Astrid Karlsen Scott, 1995, ISBN 0-9634339-7-0.

Fattigman (Poor Man's Cookie)

7 Egg yolk

$\frac{1}{2}$ c Sugar

1 c Whipping Cream

- ¼ t Lemon zest
- 2 T Cognac
- 2 ⅔ c Flour
- ½ t Cardamom, fresh ground

Fresh rendered lard for frying

Fattigman wheel cutter

Beat egg yolks and sugar until light and fluffy. Add whipped cream, lemon zest and cognac. Sift most of remaining flour + cardamom into the mixture. This will be sticky dough to cover and refrigerate overnight. Roll out thin dough with enough flour to avoid sticking. Cut into a diamond shape with a fattigman cutter. Pull one end through the slot in the center made by the cutter and deep fry at 375° F until golden brown. Cool on paper. Sprinkle with powdered sugar when served.

Adapted from Authentic Norwegian Cooking, Astrid Karlsen Scott, 1995, ISBN 0-9634339-7-0.

Sandbakkels (Sandtart)

- 1 c Butter
- 1 c Powdered sugar
- 1 Egg
- ½ t Almond extract – more if you like almond
- 2 ⅓ c Flour

Fluted tart tins

Cream the butter and powdered sugar with an electric mixer, stir in the remaining ingredients and refrigerate over-night. Press a thin layer of dough into small fluted tart pans, place on a cookie sheet and bake until light brown, about 10 minutes, at 350°F. Cool, turn pan over and cookie will slip out with a slight flex of the pan or a tap on the bottom with a spoon. May be filled with a whipped cream – lingonberry preserve mixture

Adapted from Darlene Fossum-Martin, Vesterheim cooking class, Decorah, IA.

Rosettes

- 2 Eggs
- 1 T Sugar
- ¼ t Salt
- 1 t Vanilla

1 c Whole milk

1 c Flour

Fresh rendered lard for frying

Rosette Iron

Blend flour and milk. Add sugar salt and vanilla. Add blended eggs. Let batter stand until air bubbles have disappeared or overnight. Heat lard to 375°F, dip iron into oil until hot, blot iron, dip in batter (but not over the top of the iron), lower the iron midway into the fryer, fry until light brown before slipping off the iron into the fat, and lift out to cool on paper. For a crisper rosette, heat to 225°F for 25 minutes, on cookie sheet in the oven when you've finished frying.

Adapted from Darlene Fossum-Martin, Vesterheim cooking class, Decorah, IA.

Krumkake

2 Eggs

$\frac{2}{3}$ c Sugar

$\frac{2}{3}$ c Flour

$\frac{1}{2}$ c Potato starch flour

$\frac{1}{2}$ c Butter

4 T Water

$\frac{1}{4}$ t Almond extract

Butter to grease the iron

Krumkake iron (cast or electric) and wooden cone shaper

Beat egg yolks and sugar until light and fluffy. Stir flour and starch mixture into egg mixture. Blend melted butter, water and extract and add. Refrigerate. Heat the iron, grease lightly, pour a small amount of batter on the iron, bake until golden, remove, form to a cone, and cool.

Adapted from The Norwegian Kitchen, Kjell Innli ed., 1993, ISBN 8290-823-231.

Pepper Nuts

1 lb Butter

1 lb Sugar

$\frac{1}{2}$ c Whipping cream

1 T Ginger

2 t Cinnamon

- 1 ½ t Pepper
- 1 t Cardamom (fresh crushed)
- 1 t Baking powder
- 2 t Baking soda
- 2 lb Flour

Beat butter and sugar until light and fluffy. Add remaining ingredients, mixing well. Refrigerate overnight. Roll the dough into pencil thick sausages, cut off small pieces, roll into a ball, bake 12 minutes on greased baking sheet in oven pre-heated to 375°F.

Adapted from Norwegian Cooking, Bjarne Håkon Hanssen Ed., 2003, ISBN 82-90823-967 (not generally available in US book stores).

Døler (Dalesman)

- ¾ c Butter
- ⅔ c Sugar
- 5 T Potato Starch Flour
- 1 c Flour
- ⅜ c Whipping Cream
- 1 tsp Vanilla
- 1 c Hazelnuts (chopped)

Beat butter and sugar until light and fluffy. Mix potato flour with flour and stir a bit of it with the egg mixture. Add cream, vanilla, remaining flour and chopped hazelnuts to the mixture.

Bake teaspoon-sized dough on silpad or parchment covered cookie sheet for about 15 minutes in 350°F preheated oven. Dough will spread to a wide shallow cookie that is done when the edges are brown. This cookie is very rich and very fragile.

Adapted from Authentic Norwegian Cooking, Astrid Karlsen Scott, 1995, ISBN 0-9634339-7-0.



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