

# KRINGLE

## KRINGLE –Norwegian Cookie

Contributed by Vikki Mullenbach, Sigrid Undset Lodge #32, Palo Alto, CA

1 cup sugar  
1 cup sour cream  
1 egg  
1/2 cup butter, melted  
2 1/2 cups flour  
1 tsp. baking soda  
1 tsp. baking powder  
1 tsp. anise seed or vanilla

1. Preheat oven 375°
2. In large bowl mix all ingredients together until well blended and dough forms.  
Cover dough well.
3. Chill dough overnight in refrigerator.
4. Take about a half of the dough out of refrigerator at a time, keeping the remainder refrigerated.
5. If dough is too sticky to roll, work in more flour (start with about 2 Tbsp.). Using about 1 Tbsp. of dough, roll on floured board with palm of hands into 8" long strips, the thickness of a pencil. [They expand!] Cut off ends so strips are uniform length. Try to keep all strips uniform thickness too. Form strips into figure eights (8's). Place on lightly oiled cookie sheet.
6. Bake cookies until they are lightly browned.
7. Remove cookies from oven and place on cooling racks. When luke warm, store in tins separating layers with wax paper.



They do take time to shape into figure 8's, so allow extra time.  
Norwegian Kringle are usually shaped in figure eight.

## FÅRIKÅL

### LAMB AND CABBAGE STEW

Contributed by Inga Humlebek Frodesen, Valkyrien Lodge #1, Seattle, WA

- 3 lbs. lean lamb, cut into 2" cubes
- 1 Tbsp whole peppercorns
- 1/2 tsp ground pepper
- 2 Tbsp salt
- 1 head green cabbage, cut into large cubes
- 2 Tbsp butter
- 2 Tbsp flour

1. Boil [lamb cubes] in as little water (adding wine to substitute for some of the water gives it more flavor as does a clove or two of garlic boiled with the meat.) as possible for about 30 minutes.
2. Add whole pepper, ground pepper and salt.
3. Stir in butter and flour.
4. Add cabbage and let boil slowly for 30 minutes [covered for about 20 minutes remove cover until sauce is thickened to gravy].

Serves 6. Serve while it is still hot!



## LEFSE (Recipe #1)

Contributed by Agnes Grimstvedt & Doris G. Larson (– Agnes was from the old Crown Princess Martha Lodge #28 of San Mateo, CA & Doris currently is from Aase Lodge#33, Lafayette, CA)

- 3 Tbsp. Crisco shortening
- 3 Tbsp. butter
- 2 Tbsp. salt
- 2 cups water
- 2 cups potato buds
- 1/4 tsp. baking powder
- 1 Tbsp. sugar
- 1/2 cup milk
- 1 1/2 cups flour (or more up to 2 cups)



1. Melt Crisco, butter, salt and water together over medium heat.
2. Mix potato buds with baking powder and sugar.
3. Stir in potato mixture into first mixture (Crisco, butter, water, salt). Add milk and stir. Cool and refrigerate overnight.
4. Add flour just before you begin to roll lefse out. Make small balls first (about heaping 1/4 cup).
5. Roll out lefse on canvas board dusted with flour and use a lefse pin to roll it. Do not have dough stick (use flour to prevent this as needed but not in excess). Roll to about 12-15" each.
6. Preheat lefse or griddle pan to 475-500 degrees. With lefse stick (stick#1) slowly take lefse from cloth and place on the griddle. Heat until side is lightly brown then using another lefse stick (stick #2) turn lefse & brown other side.
7. Put cooked lefse between two towels. Clean off griddle. Roll next lefse and repeat.
8. During process you need to take cooled lefse and then fold it in half and then in thirds. Bag completely cooled lefse in ziplocks as desired and freeze.
9. Serving ideas: Butter lefse and sprinkle on brown sugar; fill with meatballs; wrap up a sausage or hot dog; spread with jam or jelly.

## LEFSE (Recipe #2)

Contributed by Mary Ashley & Doris Lorents of Sigrid Undset Lodge #32, Palo Alto, CA

10 pounds of Russet potatoes (Use Russet only and cool potatoes)  
3/4 cup butter (1 1/2 cube)  
1 1/2 Tbsp. salt  
2 3/4 cups flour  
2 to 2 1/2 pounds flour  
Extra flour (for rolling)



1. Peel potatoes and boil in water without salt until done. Drain thoroughly.  
[Having dry potatoes is extremely important. You might try to set the kettle back on the warm burner, minus the lid with drained potatoes in to let all steam escape and then dry the potatoes thoroughly.]
2. Run potatoes through a ricer, or mash extremely well. Cool and then chill mixture thoroughly in a container, and cover with a cloth\*\* in refrigerator. (Do NOT cover with tight lid or plastic wrap as this traps moisture)
3. Remove potato mixture from refrigerator 30 minutes to 1 hour before intend to start rolling lefse. Mix the flour thoroughly into potatoes by hand.
4. When ready to roll lefse, roll dough into a log, then cut into 1/3 cup portions. Form into balls using more flour, and then press patty on board, turning to coat thoroughly with flour.
5. Flour pastry cloth and cloth covered lefse rolling pin each time you are ready to roll out a lefse piece. Roll the patty flat into a thin circle (about 16" in diameter). Transfer with lefse stick to hot lefse griddle (at least 400 degrees).
6. Bake on griddle until it is bubbly on top (lightly browned, about 1 1/2 minutes); then turn and cook on second side approximately 45 seconds. Remove with another lefse stick to cool between 2 towels or folded towel.
7. When cold, cut and wrap or fold and wrap.
8. Repeat steps with another part of remaining dough. Repeat until all dough used up.
9. Can be kept frozen for a couple of months if well wrapped in freezer zip lock bags.
10. Yield: 30 – 36 lefse 16 inches in diameter.

Serving ideas: Butter Lefse and sprinkle on brown sugar; fill with meatballs; wrap up a sausage or hot dog; spread with jam or jelly.



## LEFSE (Recipe #3)

Contributed by Elderid Everly of Sigrid Undset Lodge #32, Palo Alto, CA & Anne Grimdalen Lodge #34, Cupertino CA

5 cups water  
2 cups milk  
1/2 cup butter (1 stick)  
3 Tbsp. sugar  
1 Tbsp. salt  
1 pound potato flakes  
2 cups flour  
Extra flour (for rolling)



1. Heat water and butter to boiling in large pot. Add cold milk, and the rest of ingredients. Mix thoroughly.
2. Cool thoroughly in a non-plastic container, and cover with a damp cloth. [Refrigerate.]
3. When ready to roll lefse, divide dough into 3 parts. Mix one part at a time with 2/3 cup flour. Roll into 12–15” diameter thin rounds on floured cloth (canvas is good one to use) with sock covered lefse rolling pin that has been floured. Use more flour as needed. Transfer with lefse stick to hot lefse griddle (at least 400 degrees).
4. Bake on griddle until one side is lightly browned, then turn and cook on other side.
5. Remove with another lefse stick to cool between 2 towels or folded towel.
6. When cold, cut and wrap or fold and wrap.
7. Repeat steps with another part of remaining dough.
8. Can be kept frozen for a couple of months if well wrapped in freezer zip lock bags.

Serving ideas: Butter Lefse and sprinkle on brown sugar; fill with meatballs or wrap up a sausage or hot dog; spread with jam or jelly.

## SITRONFISK

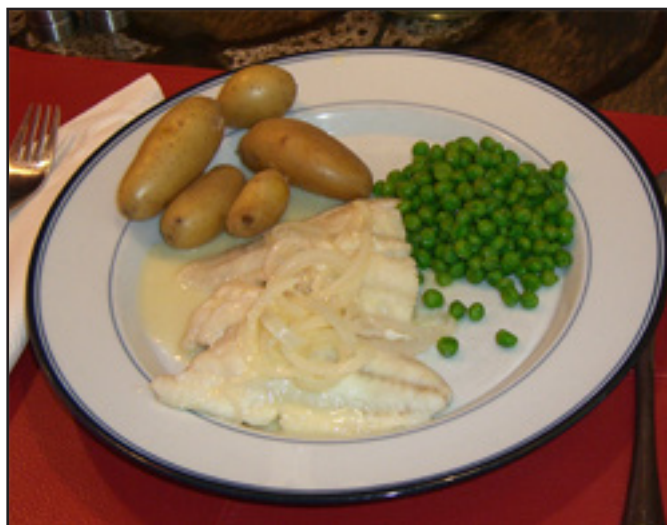
### LEMON FISH

Contributed by Gistava Andersen, Valkyrien Lodge #1, Seattle, WA

2 pounds fresh white fish  
1/4 cup butter  
1 medium onion, sliced thin  
2 cups vinegar or wine  
1 Tbsp. dry mustard  
Water as needed  
5 egg yolks juice of 3 lemons  
Fresh parsley, chopped (optional)

1. Take a white fish [such as true cod, ling cod, haddock or halibut] and cut into [serving sized] pieces.
2. Meanwhile, put butter in pan with onions. Let simmer about 10 minutes. Do not brown.
3. Mix dry mustard and vinegar. Add to butter mixture with enough water to cover fish.
4. Cook 15 minutes uncovered until tender.
5. In separate bowl, mix egg yolks with lemon juice. Take a ladle of fish stock gravy and pour slowly over egg [mixture and stir]. Return to kettle. Do not boil. [Stir continuously] until gravy thickens. Put fish on a platter. Pour gravy over and garnish with chopped parsley.

Serves 4 – 8.



# LIMPA

## Swedish Rye Bread

Katie Allen , Sigrid Undset Lodge #32, Palo Alto CA

1 package active dry yeast  
1/4 cup warm water (110-115°)  
1/2 tsp. sugar  
1/4 cup brown sugar  
1/4 cup dark molasses  
1 Tbsp. butter  
1 tsp. salt  
1/2 tsp. anise  
2 tsp. caraway seed (optional)  
1 Tbsp. grated orange peel (optional)  
1 1/2 cups hot water (or scalded milk)  
4 1/2 bread flour (white/ divided uses)\*  
2 cups rye flour



Yields: 2 small round loaves

1. Add yeast to 1 1/2 cup bowl, slowly pour over the 1/4 cup of warm water and sprinkle with 1/2 tsp. sugar. Set aside to dissolve and rise.
2. Meanwhile, in large bread bowl, add the brown sugar, molasses, butter, salt and spices. Slowly add the hot water (or milk) and stir until it is smooth. Set aside until lukewarm.
3. When lukewarm, add 1 cup of the bread flour and mix before adding in the yeast mixture. Mix well. Slowly add alternately 1 cup of each type of flour and beat after each addition. Work in remaining flour (as much as is required to form a soft dough) by hand or by beating slowly. If you have extra flour, set aside and use for dusting surface when kneading dough (or if needed, get extra flour for this).
4. Turn dough onto a very lightly floured surface. Allow it to rest 5 to 10 minutes covered with a kitchen towel. Knead dough about 5-8 minutes, adding flour to surface as needed to keep it from sticking. Grease your bread bowl and place the dough ball in. Turn to bring a greased surface to top. Cover with waxed paper and/or a towel. Let stand in warm place (about 80°) until dough is doubled.
5. Let rise until double in bulk.
6. Punch down with fist; pull edges in to center and turn dough completely over in bowl. Cover and let rise again until doubled.
7. Punch the dough again, and turn out on a lightly floured surface. Divide dough into two portions. Shape each portion into a ball. Cover and allow the to rest 5-10 minutes.
8. Add parchment paper to a large or two small cookie sheets (or grease cookie sheets). Place a ball in the center of each sheet or centered on the half of the cookie sheet allowing room for it to double without touching the other or edge of the pans. Cover and let the dough rise again in warm area!
9. Bake in preheated 375° (F) oven 20-25 minutes, or until lightly browned. Cool completely on cooling racks. Optional : Brush tops with stick of butter (using only about 2 Tbsp. to give it a nice shinny coating).

\* Go slow toward the end with the white flour...make sure you have added all the rye flour equally to white flour so that any unneeded flour will be the white flour. You don't want to make the dough too stiff. Note that unbleached bread flour is better than all-purpose flour, but both will work.

## TYTTEBÆRSYLTETØY

### LINGONBERRY JAM

Attributed to Adalaine Sather, Stjernen Lodge #7, Astoria, OR

- 1 1/4 cup water
- 2 1/4 cups sugar
- 1 stick cinnamon
- 8 whole cloves (without heads)
- 1 tsp. lemon rind, finely grated
- 1 1/2 lbs. lingonberries

(Lingonberries are grown in Norway and other northern countries and states. They are very similar to American cranberries. Some recipes say to substitute cranberries for lingonberries.)

1. Combine water, sugar, spices and lemon rind in pot and cook until sugar is melted. [Stir often. This forms the syrup.]
2. Meanwhile, clean the berries, drop into the syrup and allow to come to a boil.
3. Remove immediately from the burner and pour into a dish or jar.
4. Cover and cool for two days, then drain off liquid into a pot while reserving berries. Bring the liquid to a boil. While hot, pour over the reserved drained berries.
5. When cool, the mixture will be thick and can be served [as a pudding, used as a topping for waffles or served as a side dish for meatballs. As a pudding it serves six. As a jam, use it to top your toast or lefse.





## LUSSEKATTER

### LUCIA BUNS

Contributed by Janet Rudd of Embla Lodge #2, Tacoma, WA

- 1 cup milk
- 1/4–1/2 tsp. saffron threads crumbled (or 1/2 tsp. powdered saffron)
- 3/4 cup sugar
- 1 tsp. salt
- 1/2 cup butter, softened
- 3/4 cup warm water (110-115°)
- 2 package active dry yeast
- 6 1/2 cups all-purpose flour (sifted)
- 2 eggs
- 1 egg yolk
- 1 Tbsp. water



1. In small saucepan, heat milk just until bubbles form around edge of pan. Remove from heat. Add saffron, sugar, salt, and butter, stirring until butter is melted. Cool to lukewarm.
2. If possible, check temperature of warm water with thermometer. Sprinkle yeast over it in large bowl, stirring until dissolved. Stir in milk mixture.
3. Add 3 1/2 cups flour to above mixture; beat with wooden spoon until smooth, about 2 minutes. Beat in 2 whole eggs. Gradually add remaining flour, mixing in last of it with your hands until dough leaves the side of the bowl. [This is a soft dough.]
4. Turn out dough onto lightly floured pastry cloth. Cover with the same bowl. Let rest 10 minutes. Remove bowl and turn over the dough so you can coat it with flour. Knead until it is smooth, about 5 minutes.
5. Place in lightly greased large bowl; turn to bring up greased side before covering it with a towel. Let rise until double in bulk, 1 to 1 1/2 hours. Punch down. Turn out onto lightly floured pastry cloth.
6. Divide and shape as pictured (see diagrams above). Work with 1/3 of the dough at a time [covering remaining dough with towel to keep it moist]. After shaping, [place on parchment covered cookie sheet. When sheet is full, set aside and cover with towel. Repeat until dough used up] Let rise until double in bulk, 40-50 minutes.
7. Brush the shapes with an egg yolk mixed with 1 Tbsp. water.
8. Bake at 375° in preheated oven for 12 to 15 minutes or until golden brown.
9. Cool on wire rack.

See Lucia Buns Shapes following page.

## Ideas for shaping the Saffron dough:



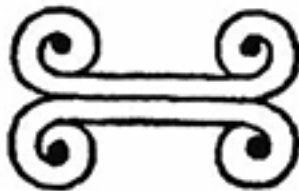
St. Lucia Buns



Twists



Goat



Wagon Wheels



Star of Bethlehem



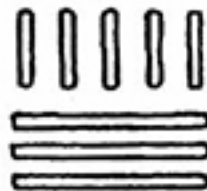
Wheel of Cart



Candle Braid



Joseph's Beard



Crown of the Virgin

# LUTEFISK

Brown & White sauces served with Lutefisk

## BAKED LUTEFISK WITH SAUCES

Contributed by Paula Baker, Anna Kolbjornsen Lodge #36, San Francisco CA

Lutefisk:

Lutefisk (boneless, skinless)  
salt

Bacon Sauce:

2-3 strips bacon or salt pork  
1 stick melted butter (1/2 cup)

White Sauce:

2 Tbsp. butter  
2 Tbsp. flour  
1 cup milk  
Chopped fresh dill (optional)  
Dash of nutmeg (optional)  
Dash of dry or prepared whole grain mustard (optional)  
Goat cheese (geitøst) (optional)



1. Thaw fish and pat dry with paper towels.
2. Cut fish into large pieces approximately 6" x 4". Place fish in a greased glass baking dish.
3. Sprinkle with salt and let sit for 1 hour to draw out the water and lye.
4. Drain off water. Preheat oven to 350°.
5. Bake in the preheated oven for 30 minutes or until fish is just soft. Do NOT overcook! [It should be soft!]
6. Place fish on serving platter or individual plates. Serve with sauces.
7. Bacon Sauce: Fry bacon or salt port until firm but not crispy. Chop into small pieces and add to the melted better. (Keep warm until serving).
8. White Sauce: Melt butter in a saucepan over medium heat. Add flour and cook for at least one minute while stirring. Add milk a little at a time, stirring constantly until smooth. The various additions to this sauce include fresh dill, nutmeg, mustard, or goat cheese.

Keep warm until serving.  
Sauces serve 4 – 8.



## GORO – An Old Fashioned Norwegian Cookie

Contributed by Kaspara Gorud, Valkyrien Lodge #1, Seattle, WA

1/2 pint (1 cup) whipping cream  
3 eggs  
2 cups sugar  
1 1/2 tsp. vanilla  
1 tsp. cardamom  
1 cup potato flour, sifted  
1 1/2 lbs. butter  
flour, sifted (as needed\*)

Whip cream. Beat eggs and sugar in separate bowl to cream.

To egg/sugar mixture add whipping cream, vanilla and cardamom. Beat well.

Gradually add sifted potato flour and as much\* sifted flour as can be mixed with a rotary beater or mixer, scraping sides of bowl and beaters often. Place covered dough in the refrigerator over night. In the morning, turn dough onto a floured board.

Cut butter into thin slices and work in half pound of butter and a little flour at a time with a rolling pin, until dough can be easily rolled out.

Dough should NOT be thin like a krumkake.

Cut rectangles to fit the goro iron. Cook over medium heat until golden.

Cut the goro into sections while hot. [Most irons make about four cookies per filling of iron.]

Yields: 11 –12 dozen.

Goro Irons are available at many of the Scandinavian shops and other cookware places online. These are beautiful old Norwegian cookie that have a great flavor and look pretty.

One of our members, Kari Diehl, has a great article online\*\* about how to make them, so we suggest you check it out. She call's them Norway's Most beautiful Cookie!



\*\*<http://scandinavianfood.about.com/od/cookirecipes/ss/Goro.htm>

## NORWEGIAN RYE BREAD

Bertha Trudeau, Solheim Lodge #20, Butte, MT

2 cups white flour  
1 1/2 cakes yeast\*  
3 cups warm water or milk  
2 cups rye flour  
2 cups graham flour  
2 cups dark Karo Syrup  
1 cup brown sugar  
5 Tbsp. melted butter  
1 tsp. salt  
4 tsp. anise seeds  
2 cups warm milk  
1 cup grated orange rind



Yeilds 2 large delicious loaves.

Mix together in a large bowl, white flour, yeast and 3 cups warm water or milk. Slowly add the syrup, sugar, melted butter, salt, and warm milk. Mix well. Add the anise seeds and orange rind and mix. Mix together the rye and graham flour, before slowly adding to above mixture. Additional white flour may be needed to make a stiff dough.

Put into greased bowl and cover with towel. Let rise until double in bulk.

Punch down and let rise again.

Divide dough into four parts. Place each in a well greased pan and let rise until double in size. Bake in preheated 350-375° (F) oven for at least an hour.

Optional: Brush tops with a mixture of Karo Syrup and water.

Note: The original recipe called for finely chopped orange rind after scraping away the white part from the interior of the rind. Grating the orange part is much faster and eliminates the need to dry and then boil the rind. Also, you may wish to add a tsp. or two of caraway seeds to the dough.

\*Use 1 1/2 yeast packets instead of yeast cakes if desired.



## LAPSKAUS (Norwegian Stew)

Carol Pease edited and combined two unattributed recipes from the Kitchen Secrets of the Daughters of Norway

1 1/2 pounds lean beef, cubed  
1 1/2 pounds lean lamb, cubed  
1/2 pound pork, cubed  
4 cups cubed potatoes (ca. 8 potatoes)  
1 large onion  
1/2 tsp. ground pepper  
salt to taste  
optional: 1/4 tsp. nutmeg  
optional: 2 bay leaves  
2 Tbsp. oil  
water to cover\*



Brown meat lightly in oil.  
Add water\* to cover and boil about 30 minutes.  
Add seasonings and vegetables.  
Simmer\*\* another half hour or until the meat is tender.

Serves 8– 12 people.  
Serve with side salad.

Note: There are many variations on this with different meats combinations used, such as veal replacing the lamb, as well as equal parts of all meats. So if you don't have one ingredient or enough of another, know this will still turn out well.

\*In place of some of the water, I suggest you add some wine. Also, adding a few cloves of garlic in the boiling phase adds to the taste. Although the recipe calls for bay leaves being added in step 3, try to add it in step 2 when boiling so it has more time to flavor the stew.

\*\*Cover at this stage for 20-25 minutes until vegetables are softened, and then uncover and let juices form a thickened gravy.

## KRUMKAKE – A Norwegian Cookie

Contributed by Paula Baker, Anna K Lodge #36, San Francisco, CA

1 cup sugar  
1 cup softened butter (2 sticks)  
2 eggs  
1 cup milk  
1 1/2 cup all-purpose flour

In medium bowl cream the butter and sugar together until fluffy.

Beat in eggs until the mixture is light and lemon colored.

Beat in the milk and flour (alternately) until blended and smooth.

Let stand 30 minutes.

Preheat Krumkake iron\* over medium heat on top of range until a drop of water sizzles on top.

Open iron; lightly brush inside top and bottom with shortening, oil or melted butter.

Spoon 1 Tablespoon batter onto center of hot iron. Close iron.

Bake about 1 minute on each side until lightly browned.

Insert tip of a knife under cookie to remove from iron; roll hot cookie into a cone shape.

[Krumkake pins\* are used to shape the cones] Let cool.

\*The Krumkake pin and Irons for these cookies are available at many of the Scandinavian shops and other cookware places online.

These are terrific filled with whipped cream and topped with fresh strawberries but are also delicious plain!

These are fragile so be careful when storing and moving these.

This was in the March/April 2008 issue of Døtre Av Norge newspaper, p.27.



## NORWEGIAN WAFFLES

Unattributed.

1/4 cup butter, melted  
1 cup unbleached flour (sifted)  
2 Tbsp. granulated sugar  
1 tsp. baking soda  
1 tsp. ground cardamom  
1/2 tsp. salt  
1 cup sour cream (thick)  
1 cup buttermilk\*  
2 eggs  
butter (as needed)



Preheat waffle griddle according to manufacturer's directions\*\* while preparing batter. In large bowl, sift together the flour, sugar, baking soda, cardamom and salt. Mix well and then set aside.

Separate the egg yolks into a small bowl and the egg whites into a mixing bowl. Beat the egg yolks until they are thick and lemon-colored. Gradually add the melted butter and then the sour cream and buttermilk. Beat until well blended.

Add liquid mixture at one time to dry ingredients. Only mix batter until it is smooth.

Beat the egg whites until rounded peaks are formed. Spread the beaten egg whites over the batter and fold them slowly into the batter until incorporated.

Test waffle baker to see if temperature is correct (some have automatic lights). Drop water on surface and if it sputters, it is read. Otherwise, wait until this works.

Pour batter into center of waffle baker. \*\*\* Cover and allow waffle to bake according to manufacturer's directions, or until steaming stops (about 5 minutes). Do NOT raise the cover during baking period. Lift cover and loosen waffle with a fork. Set waffles aside on a clean towel and cover waffles to keep them warm during remaining baking. Open towel and add additional waffles as they come out to keep previous waffles soft. Keep towel covering until ready to serve. Serve waffles cold. Some may wish to spread them with butter or lingonberry or other jams when enjoying them. Others, add thinly sliced Norwegian goat cheese (Geitøst/Gjetost), sometimes called brunøst (brown cheese).\*\*\*\*

In Norway, these heart-shaped tender waffles are usually served with coffee in the afternoon for guests.

\*Buttermilk powder is available for baking (in baking section or online. (Saco Cultured Buttermilk Blend is the most frequently seen in local grocery stores.) It is dried and all you do is add water. It is excellent to have on hand for cooking as you only make what you need. No waste.

\*\*Typically they are made in waffle makers that have heart shapes or tear into heart shapes. Some of these can be purchased at regular & Scandinavian stores online (including Target). One link, Ingebretsen's, is listed in left column.

\*\*\*Experiment to figure out how much batter your baker will hold and use that same measurement in future waffle baking. The heart shaped waffles are typical for Scandinavia (shown to left).

\*\*\*\*Ski Queen & Tine are a few of the brands available in the US. You can usually find it in at the specialty cheese sections at your local grocer or cheese shops. Enjoy!

Makes about 4 large waffles (each waffle makes 5 hearts, so you get 20 hearts).