

## ROSETTER (Recipe #1)

Sugar coated Rosettes are delicious!

## NORWEGIAN ROSETTES (RECIPE #1)

Contributed by Xena Brenna, Anna K Lodge #36, San Francisco, CA

2 eggs  
1/4 tsp. salt  
2 tsp. sugar  
1 cup milk  
1 cup flour  
1/4 – 1/8 tsp. cardamom (optional)  
oil or lard for deep frying  
powdered sugar, sifted



In medium bowl beat eggs until blended. Add salt, sugar, and cardamom (if using) and beat into mixture.

Sift flour and then measure.

Stir flour into the egg mixture alternately with milk. For thinner, crisper rosettes, refrigerate batter for 2 hours.

Prepare the rosette iron by immersing the head in 2.5 – 3" of 375° deep fat for about 15 seconds. Quickly drain iron of excess fat on absorbent paper.

Dip iron in batter, being careful not to let batter go over the top of iron, or the cookie will not come off!

Return the batter-coated iron to the fat, immersing it completely for 20 – 35 seconds.

Maintain fat temperature at 375°.

After removing iron from fat, turn it over to drain on absorbent paper for a moment. Then shake rosette off iron, or use fork to detach if necessary.

&Allow to complete draining/cooling on absorbent paper, then serve with a sifting of powdered sugar.

A Rosette Iron for making these cookies is available at many of the Scandinavian shops and other cookware places online (one link at left).

These are extremely popular and once you taste them you'll know why!

This was in the Mar./Apr. 2008 issue of Døtre Av Norge newspaper, pg.27

## ROSETTER (Recipe #2)

## ROSETTES (RECIPE #2)

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

2 eggs, slightly beaten  
2 tsp. sugar  
1 cup milk (skim ok)  
1 cup flour  
1 Tbsp. lemon extract  
canola oil for deep frying  
table sugar



In large bowl add sugar to slightly beaten eggs and mix. Then add milk. Stir flour before measuring and add the cup of flour slowly while stirring into the milk mixture. Batter should be smooth and about the consistency of heavy cream before you add the flavoring\*.

Allow bubbles to dissipate before making rosettes. Bubbles when cooked will fill with oil making them greasy, which you don't want. Consequently, when mixing, stir gently to avoid lots of bubbles!

Heat canola oil to 375 degrees. Heat rosette iron 5 to 10 minutes. Allow rosette iron to drip off excess oil before dipping iron into batter.

Do NOT coat to the top of the iron, only to about 3/4 of the height of iron. Then pause to allow batter to coat iron well. Dip iron with batter into hot fat for 2 to 3 minutes until active bubbles slow and rosettes are darker brown on top and light brown on the bottom. Remove rosette iron from oil and hold it upside down over oil to allow the oil to drain.

Use table knife to tap gently on the stem of the iron to drop the rosette onto paper towel. If it doesn't drop, use the knife to gently nudge and work loose the rosette from around the iron. When about half done, the rosettes can seem to be a bit rubbery and not as crisp. If this happens add a teaspoon or two of milk to the batter and mix. Also, try to stir the batter from time to time to remix it and keep it from getting thicker during your cooking.

After cooking, put table sugar in a cake pan and coat rosettes on both sides. Store in air tight container.

A Rosette Iron for making these cookies is available at many of the Scandinavian shops and other cookware places online (see left links). Oil can be heated either in deep pan or in special deep fryer machine.

Amazing delicious and not oily!  
Freezes well.

## RULLEPØLSE\*

### (COLLARED BEEF/BEEF ROLL)

Contributed by Sue Larson, Sigrid Undset Lodge #32, Palo Alto, CA

2 1 to 2 pound flank steaks  
2 tsp. cloves  
2 tsp. allspice  
2 tsp. mace  
salt and pepper to taste  
8 strips bacon (uncooked)  
2 or 3 bay leaves  
1/2 onion, copped or 3 tbsp. dried onion  
5 dozen 2" white bread rounds or squares  
mayonnaise  
parsley sprigs



Add bay leaves, onion, salt and pepper to 2 quarts boiling water.

Prepare flank steaks by pounding in both directions on both sides with mallet, side of saucer or side of potato masher. Sprinkle meat with salt and pepper, cloves, allspice and mace.

Cut each steak in half lengthwise. Lay bacon down center of each section. Roll each and sew with thread into sausage-like roll. Can also use cooking cotton rope to tie into roll shape. Do same for other steak pieces.

Drop 4 meat rolls slowly into boiling water and cook at a medium boil for 1 hour. Turn off stove. Let sit in water until it's medium warm. Take out of water and wrap in foil.

Cool. Take out stitches and or rope. Refoil and refrigerate overnight or freeze in freezer bags rolls you will not be using.

About 1/2 hour before cutting, semi-freeze those that are not frozen (or mostly thaw frozen ones). Cut when partly frozen into thin slices (between a 1/8" and 1/4" thick). Note: Only cut when ready to assemble final smørbrød (open faced sandwiches).

To assemble sandwiches, cut bread rounds or squares a bit bigger than roll slice size with cookie cutter or knife.

Spread mayonnaise lightly on bread just to keep bread moist.

Add slice of Rullespølse and then finish off with a parsley sprig. Serve at once.

Each roll makes a dinner plate full of smorbrod.

\*Translates as rolled sausage literally, but meat is actually formed into sausage like roll which you then cut into thin round slices.

## RULLEPØLSE\* (LAMB ROLL)

Contributed by someone from Lyngblomsten Lodge #27 (no longer a lodge)

1 pound lamb flank steak  
1 Tbsp. grated onions  
1/2 tsp. ground pepper  
1 Tbsp. salt  
1/2 tsp. allspice  
1/2 tsp. saltpetre  
slices of pork and veal steak  
1 tsp. caraway seed

### Brine:

1 pound rock salt  
1/2 tsp. saltpetre  
1/4 cup sugar  
1 bay leaf  
2 1/2 quarts water



Remove bones and sinews from meat and wash thoroughly.

Flatten out flank and sprinkle the spices on the surface. Add the filling of onion, pork and veal slices. Bring sides and ends of flank together and sew with stout thread.

Tie around with cord and place in brine.

To make brine: Dissolve rock salt, saltpetre, and sugar in water. Add crushed bay leaf. Chill thoroughly before adding meat. Refrigerate for many days.

About 10 days later, remove meat from brine and cover with water and boil slowly until tender (about 2 hours).

Place in press\*\* and place weight on top and leave (in refrigerator) until cold.

Slice thin and serve on open-faced sandwiches as in photo above.

Makes two plates of open faced sandwiches rounds.

\*Translates as rolled sausage literally, but also given the name collard meat (name of meat used). Note, the meat is actually formed into sausage like roll which you then cut into thin round slices. It can be made with beef or lamb.

\*\* A brick wrapped carefully in plastic wrap in a small bread pan works as a press.

Note: Saltpetre is saltpeter and is not usually used anymore. Substitute Sea Salt pr order online or get at drugstore.

Photo above was actually made with beef, but look will be similar.

## SANDBAKKELSER (Sandkaker)

### SAND TARTS – Norwegian Version

Contributed by Adalaine Sather, Stjernen Lodge #7, Astoria, OR

3/4 cups sugar  
1 cup. butter  
1 egg  
1 tsp. vanilla  
2 1/2 cup flour  
1 cup finely chopped almonds

Cream butter and sugar in separate bowl until fluffy.

Add egg and vanilla. Mix well.

Slowly add dry ingredients and mix well.

[At this point you can either continue or put dough in refrigerator and complete later.]

Press a bit of dough [about 1 tablespoon, depending on size of pan] into each sandbakkelse form. [It should fill the form but not overlap edges. These forms are little tart tins with fluted edges. Put a group of tins on a cookie sheet.]

Bake in a preheated 300° F oven until golden brown.

[Tap upside-down to remove from tins. Cool. Often served plain, but very nice with a teaspoon of homemade jam or whipped cream with fresh berries in the cookie's bowl.]

Sandlebakkel tins or small tart tins are available at many of the Scandinavian shops and other cookware stores such as Sur La Table stores or online (3 linked in left column).

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.



# ANIS SMÅKAKER SELF-ICING ANISE COOKIES

Marie Berglund, Embla Lodge #2, Tacoma, WA



3 eggs (medium)  
1/2 lb. powdered sugar  
1 1/2 cups flour  
1/4 tsp. anise oil\*

Beat eggs very stiff, add sugar gradually, beating continuously. [Add in anise oil.]  
Then add flour, beating still more.

Drop by teaspoonful on a greased cookie sheet. Let stand overnight.

Mix in toasted almonds. [Cover dough]. Chill.

In the morning bake in a preheated 350-375° (F) about 10-12 minutes. A pretty white icing will appear on top of these cookies.

Yields about 6 dozen cookies.

\* Note: Anise Oil is available online, and in drug stores or in cake stores, and is expensive, but well worth it ...a little goes a long way.

This one seemed to be like pancake mix when used jumbo eggs so suggest you only use medium eggs. I added butter 3 T to make the batter stiffer when this happened, but not much self icing look but nice sheen to them.

## SCANDINAVIAN DARK BREAD (Aunt Ted's Secret Bread)

Contributed by Ted Olson (ND), aunt of Katie Allen of Sigrid Undset Lodge #32, Palo Alto, CA

2 packages of dried active yeast

1 Tbsp. sugar

1/2 cup luke warm water

1 cup brown sugar

2 Tbsp. salt

2 cups Kellogg All Bran cereal

1/2 cup dark molasses (Brer Rabbit green label--Full Bodied is best)

2 cups scalded milk

2 cups hot water

1/4 cup bacon grease (warm)

3 1/2 cups stone ground graham flour

8 cups unbleached white flour

butter (as needed)

Yields: 4 loaves

In medium bowl, dissolve yeast in 1 T sugar and 1/2 cup luke-warm water. Set aside to rise. Meanwhile in large bread bowl, put brown sugar, salt, molasses and bran cereal. Pour in scalded milk and mix and then add bacon grease and hot water. Mix until everything dissolves then cool down to lukewarm.

When lukewarm, add the yeast mixture that has expanded while sitting.

Time to add graham flour using 1/2 cup at time. Mix between additions until smooth. Continue adding white flour 1/2 cup at time until the mixture is no longer sticky. (I have to hand mix the last couple of cups as the spoon doesn't work). Hold bread ball in one hand as grease the bottom and sides of bread bowl with a dab of butter. Put bread mixture down in bowl and butter top of mixture a bit before covering with a dish cloth.

Set aside in warm area and let it rise until doubled in bulk.

Knead dough down hard and return it to bowl (cover again) and let it rise a second time until doubled. *(continued next page)*



Punch dough down and divide into 4 parts. Each part makes one large loaf of bread. Grease bread pan and form dough into loaf shape. Add to greased pan. Repeat with all dough parts. Cover the 4 filled bread pans and let them rise in warm area until doubled in size.

Preheat oven to 375 degrees. Place pans in preheated oven and cook for 15 minutes at this temperature. However, lower temperature to 350 degrees and leave pans in oven an additional 30 minutes. Cool on racks for short time (5 minutes), before taking them out of pan and leaving them upright on racks where you then glaze them by rubbing a stick of butter over tops and sides to give it a wonderful gleam. (You don't use much butter, just enough to coat it so it glazes). Cool on racks until cool.

When cut bread, slice very thin as it's dense. This bread can be frozen (in freezer zip-lock bags) and should be kept in refrigerator (plastic bag zip lock works well) once it's been open to keep it fresh for weeks.

This recipe's secret ingredient of bacon grease must be included as it gives it the best flavor. It is based on a Norwegian recipe from the early 1900's with some Swedish influences that later was changed to add extra fiber.

Terrific with cheese or as morning toast! Makes delicious smørbrød!

Freezes well. Keep in refrigerator after opening or within one day of opening. Will keep in refrigerator for a very long time!



Four loaves of bread ready to rise before baking



## RØMMEGRØT (Sour Cream porridge/pudding)

Contributed by Marie Velsvick of Embla Lodge #2, Tacoma, WA



1 quart sour cream\*  
1/2 cup flour  
2 cups whole milk  
sugar  
cinnamon  
cinnamon sticks (optional garnish)

Cook sour cream in saucepan for about 20 minutes.

Over heat, slowly stir in flour using small amounts at a time and then stirring between each addition.

Keep stirring until butterfat separates and can be poured off. [Reserve this butterfat in a separate bowl.]

When fat has been removed, add a pint of milk to the pudding.

Thicken if necessary [with additional flour].

Serve hot with cinnamon, sugar and little of the butterfat [on top]. Optionally, can garnish bowl of this with cinnamon sticks to give it a festive look.

\*It is easier to use unhomogenized sour cream, but this is rarely available in the US, unless you can order directly from a dairy. This does NOT mean unpasteurized, however.

This is traditionally served at Christmas in Norway.

# SURKÅL

## SOUR RED CABBAGE

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

1 head red cabbage, ca. 1.5 lbs  
1/3 cup butter  
1 apple  
2 tsp. salt  
1-2 Tbsp tsp. caraway seeds  
1 cup apple cider vinegar  
2 Tbsp. sugar  
orange slices (optional garnish)

Remove outer leaves of cabbage and rinse cabbage in cold water. Divide in fourths and remove core. Lay flat side down and slice thinly.

Add butter to heavy saucepan.

Peel, decore and chop the apple.

Layer cabbage, apple and caraway seeds in the saucepan.

Add sugar to the vinegar and dissovle.

Cook over low heat until very tender. Stir about every 30 minutes.

Total cooking time between 1 and 1.5 hours.

Serves 4-6 large servings.

Great with rib roast, meatballs and at a smorgasbord.

Serve either hot or cold. Garnish with orange slices if desired.

When in a hurry and no time to make, purchase either the jarred red cabbage or the vacuum sealed packs and add caraway seeds as desired when heating.



## RØDKÅL

### SOUR RED CABBAGE

Unattributed

- 1 head red cabbage
- 3 apples
- 1 Tbsp. sugar
- 2 Tbsp. vinegar
- 3 Tbsp. butter
- salt to taste
- 4 Tbsp. red wine
- 1 tsp. caraway seeds

Shred cabbage, [clean, core &] slice apples and put all in heavy kettle.

Add sugar, vinegar, butter and salt. Mix.

Cook slowly for 3 hours.

Add caraway seed and wine in last 15 minutes.

Option: Use apple juice in place of wine to reinforce apple taste if desired.

Great with pork roast.

Serve either hot or cold.

When in a hurry and no time to make, purchase either the jarred red cabbage or the vacuum sealed packs and add caraway seeds as desired when heating.



# SPRITZ BUTTER COOKIES

Contributed by Marge Knyper, Anna K Lodge #36, San Francisco, CA

1 cup butter (2 sticks)  
1/2 cup sugar  
1 egg  
1/2 tsp. almond or vanilla extract  
2 1/4 cup all-purpose flour, sifted  
food coloring (optional)

In large bowl cream the butter before adding the sugar and beating until fluffy.

Beat in 1 egg and the extract until smooth.

Slowly blend in the flour, a bit at a time.

Chill dough.

For variety, divide dough into thirds. Add a few drops red food coloring to 1/3, green to another 1/3 and leave 1/3 plain. [Also, you can use other colors as desired.]

Fill a cookie press [Spritz Cookie presses have many choices of designs, so choose the one you like.] with dough in each color or combine colors for a rainbow effect. The dough should be pliable, but if it becomes too soft, re-chill slightly. Press onto an ungreased cookie sheet.

Bake at 350° (F), 8 – 10 minutes or until lightly browned.

Let sit just slightly and then remove to cooling racks.

This recipe was in the Mar./Apr. 2008 issue of Døtre Av Norge newspaper, pg. 27.

Spritz makers can be purchased from a number of sources including a few listed on the left column. Norpro, Sveiko, Wilton, etc. make these. Check online which one has best ratings or check e-Bay for vintage ones (SAWA 200 Deluxe is one).

Today, you can find several electric version such as the one made by Cuisinart (called an electric cookie press).

Make sure the cookie sheet is cold when you start. If dough is too cold, it will not work. If dough does not adhere to cookie sheet, it will not detach from the cookie press. Read instructions on your machine to see if they give tips. It is an art to make these cookies.



# SVENSK MANDLE DRÖMMER

## SWEDISH ALMOND DREAM COOKIES

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

1 1/2 cups butter (3 sticks)  
1 1/2 cups sugar  
1/3 cup canola oil  
1 1/4 tsp. almond extract  
1 tsp. powdered ammonium carbonate  
(hartshorn salt or hjortetaksalt)\*  
1/3 cup chopped blanched almonds  
1 cup all-purposed flour  
1 cup almond meal (ground almonds)  
Yield: Makes about 24 cookies  
(if larger than 1" probably makes about 18 cookies).



In bowl of electric mixer (large), beat sugar, butter and almond extract until light and fluffy.

Gradually add canola oil a bit at a time while mixer is going on low.

Next, mix dry ingredients together (ammonium carbonate, two flours and chopped blanched almonds). Slowly add this mixture to electric mixer bowl with other ingredients on low speed. When all is mixed, can up speed to ensure everything is mixed well.

Chill dough in refrigerator for one hour.

Using a cookie scoop or tablespoon, scoop out dough in at least 1" diameter balls. Use hands to make round. (Do not press down). Place on parchment lined baking sheet with at least 2" between cookies (depending on diameter. The cookies flatten into circles on their own when cooking. For 1" balls, in 300° oven bake for 15 minutes or until cookies are lightly browned around edge with cracks on surface. [Note: you will smell ammonia as they bake...it disappears and does not affect flavor of cookie. It makes them crisp and light.] \*\*

Remove cookies from oven and slide off parchment paper with cookies on counter top to cool. If using cooling rack, make sure it is same size as cookie sheet or those cookies falling off edges will not hold shape.

In preheated 375° oven, bake the cookies until golden brown around edges.

When cooled, either eat immediately, or place in individual zip lock bags to prevent cookie from losing its crispiness and falling apart when handling. These are very delicate cookies.

\* Ammonium carbonate can be purchased from Scandinavian speciality companies and used to be available thru drug stores. One small 25 Gr. package has 3-4 teaspoons of the salts. Nordic House in Berkeley CA sells this currently under their Dry Goods, Baking products section.

\*\*For the larger rounds, you will add about 5-8 minutes in cooking time. [Note 1 1/4" is probably largest size you would want to make as they turn out like Grandma's cookie size and are very delicate and would break if larger.]

# BRUNA BÖNOR

## BROWN BEANS (Swedish)

Contributed by Florence Drummond & Katie D. Allen, Sigrid Undset Lodge #32, Palo Alto, CA

2 cups brown beans (dried)\*  
4 – 5 cups cold water  
1 1/2 quarts water  
2 tsp. prepared yellow mustard  
1 – 2 Tbsp. brown sugar  
4 Tbsp. or more dark molasses  
2 – 4 Tbsp. vinegar (to taste)  
1/4 cup ketchup  
salt to taste  
1/2 cup diced onions (optional)  
1/2 cup crisply fried crumbled bacon  
(blotted dry)



Delicious Swedish Brown Beans!

Yield: 10 – 12 servings.

Wash dried beans in cold water and drain. Take out any stones per directions. Soak beans overnight in pot of cold water ensuring the beans are covered with enough water so they can expand to two to three times original size.

The next morning, place pot of beans and water on stove and heat to boiling. Turn the pot down after it begins to boil and simmer for 1 – 2 hours until beans are somewhat tender. Add all the remaining ingredients except the bacon. Heat another 20 minutes, adding more water if required to keep it from getting too thick.

In bean pot (or other larger casserole dish), place beans with bacon on top if you haven't already cooked them. (Bacon can be mixed in or left on top.)

Cover bean pot or casserole and bake in preheated 375 oven until beans are thickened, about another 2 – 3 hours. \*\*

Serve now, or hold and reheat when ready to eat.

\*Swedish brown beans, navy beans, etc. will work. (Ikea and other Scandinavian stores carry the Swedish brown beans usually. However, navy beans seem to be at all grocery stores in dried bean area.)

\*\*If beans are too thin, add either some flour, cornstarch, or tomato paste to thicken it. Be sure to cook after this addition for at least 30 minutes. If too thick, add water as needed. Although this takes time, the results are much better than canned baked brown beans! Many places sell old fashion bean pots. One is listed on the left column. Goggle for additional pots. However, a simple casserole dish also works well. Serve with Swedish Meatballs or at a Smorgasbord.

## SWEDISH MEATBALLS (Recipe #1)

### AUNT TED'S SWEDISH MEATBALLS

Contributed by Katie Allen, Sigrid Undset Lodge #32, Palo Alto CA (Theresa Olson Recipe)

1 pound lean ground beef  
1/2 cup milk  
1/2 cup Saltine crackers  
1 large egg, beaten  
2 Tbsp. grated onion  
1/8 tsp. ground allspice  
1/8 tsp. ground pepper  
7/8 tsp. salt (or scant 1 tsp.)  
1 1/2 Tbsp. butter\*  
1 1/2 Tbsp. canola oil or Crisco\*  
1/4 cup water  
approximately 1/4 cup flour (as needed)



Swedish Meatballs from the past

Serves: 6 – 8

Soak cracker crumbs in milk, leaving a little less milk than called for first to see how it absorbs milk (you want crumbs to absorb the milk with no excess). Set aside for 5 minutes.

In large bowl combine meat, egg, onion, seasonings & soaked cracker crumbs. If mixture is too moist, refrigerate it for about 20 minutes to stiffen up batter, making it easier to form balls.

Distribute a layer of flour on a medium sized plate or piece of waxed paper.

Form meat into 1 1/4" balls (roll until almost perfectly round) and then roll them lightly in the flour. Put aside and continue forming balls and rolling them in flour until meat mixture is used up. (approximately 20-21 meatballs, depending on size). Add extra flour if needed.

Add butter oil (or Crisco) to a heavy frying pan or heavy roaster pan. Heat this over medium high heat until hot and everything is melted. Meanwhile, preheat oven to 350 degrees.

Place prepared meatballs into the pan and turn as needed until all sides are browned evenly. Turn off stove, but leave pan on burner. Take out meatballs and put on a plate, leaving oil and drippings behind. P

Add the 1/4 cup water to the pan drippings and stir together to form a sauce. If using a roaster pan to cook with, place the meatballs back into the pan and stir gently coating the meatballs. Cover dish and place in oven. If using a frying pan, use a casserole dish that has been sprayed with oil and place meatballs in it. Then, pour the sauce over the meatballs and cover before putting the dish in the oven.

Bake for 20 minutes and then take out of oven to re baste the meatballs with the sauce. Return to oven for another 20 minutes.

\* The amount of butter/oil/Crisco used depends on type of pan you use. You need less for teflon coated pans. Also, if you wish to have less fat in diet, you can substitute beef broth for some of the oil. Remember to always use equal amounts of butter to the Oil/Crisco.

You can double or triple the recipe and freeze the leftovers.







## SWEDISH MEATBALLS (Receipe #2)

### SWEDISH MEATBALLS IN SAUCE

Contributed by Kitty Nelson, Sigrid Undset Lodge #32, Palo Alto CA

- 1 pound lean ground beef or turkey
- 2/3 cup milk
- 1/2 cup bread crumbs
- 1 egg
- 1 tbsp. chopped onion\*
- 1/4 tsp. ground pepper
- 1 tsp. salt
- 2 cans Golden Mushroom Soup Mix (canned)
- 2 scant soup cans of water



Mix all ingredients together in large bowl.

Form into balls.

Brown meatballs in skilled until browned on all sides.

Add cans of soup and water. Mix well.

If skillet can't go into oven, transfer into a casserole dish before placing meatballs in oven.

Bake for 30 to 45 minutes in preheated 350 degree oven.

\* It is ok to substitute the equivalent of onion powder for the chopped onions.

This makes enough for 4 to 6 servings. Do NOT double the recipe as it changes the consistency. Make separate batches.

# SIRUPSNIPPER COOKIES

## SYRUP COOKIES

Karen Karpen, Sigrid Undset Lodge #32, Palo Alto, CA

1 1/2 cups butter (3 sticks)  
1 1/2 cups sugar  
1/3 cup canola oil  
1 1/4 tsp. almond extract  
1 tsp. powdered ammonium carbonate  
(hartshorn salt or hjortetaksalt)\*  
1/3 cup chopped blanched almonds  
1 cup all-purposed flour  
1 cup almond meal (ground almonds)  
Yield: Makes about 24 cookies (  
if larger than 1" probably makes about 18 cookies).



In bowl of electric mixer (large), beat sugar, butter and almond extract until light and fluffy.

Gradually add canola oil a bit at a time while mixer is going on low.

Next, mix dry ingredients together (ammonium carbonate, two flours and chopped blanched almonds). Slowly add this mixture to electric mixer bowl with other ingredients on low speed.

When all is mixed, can up speed to ensure everything is mixed well.

Chill dough in refrigerator for one hour.

Using a cookie scoop or tablespoon, scoop out dough in at least 1" diameter balls. Use hands to make round. (Do not press down). Place on parchment lined baking sheet with at least 2" between cookies (depending on diameter. The cookies flatten into circles on their own when cooking. For 1" balls, in 300° oven bake for 15 minutes or until cookies are lightly browned around edge with cracks on surface. [Note: you will smell ammonia as they bake...it disappears and does not affect flavor of cookie. It makes them crisp and light.] \*\*

Remove cookies from oven and slide off parchment paper with cookies on counter top to cool. If using cooling rack, make sure it is same size as cookie sheet or those cookies falling off edges will not hold shape.

In preheated 375° oven, bake the cookies until golden brown around edges.

When cooled, either eat immediately, or place in individual zip lock bags to prevent cookie from losing its crispiness and falling apart when handling. These are very delicate cookies.

\* The syrup can be purchased from Scandinavian speciality companies such as. Nordic House in Berkeley CA under their Dry Goods, Baking products section and is called Dansukker Syrup (Lys Sirup).

\*\*For the larger rounds, you will add about 5-8 minutes in cooking time. [Note 1 1/4" is probably largest size you would want to make as they turn out like Grandma's cookie size and are very delicate and would break if larger.]

## 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 \*\*

Combine water, sugar, spices and lemon rind in pot and cook until sugar is melted. [Stir often. This forms the syrup.]

Meanwhile, clean the berries, drop into the syrup and allow to come to a boil.

Remove immediately from the burner and pour into a dish or jar.

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.

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.]

\*Jam or pudding can be used in translation.

\*\* 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. Hopefully, you'll find some local market carrying lingonberries. One person said they were able to grow them in the US (northern parts), so you might check with your local nursery about this if you live in those areas. Raintree Nursery, in Morton, WA carries the plant.



# VAFFLER

## 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.

*(continued on next page)*

\*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).



## ERTESUPPE

### PEA SOUP (Yellow)

Unattributed

1 pound yellow split peas (dried)  
3 quarts water  
3 large carrots  
1 stalk celery  
3 large onions, peeled  
salt and pepper to taste  
water  
pork sausage or ham



The evening before making soup, rinse dried yellow peas and soak overnight in plenty of water to cover the peas to twice their depth in the pan.

Put carrots, celery and onions through a meat grinder [or food processor].

Place presoaked split peas & processed vegetables on the stove-top and simmer for 2 hours or until peas are soft.

One hour or so before serving add pork sausage or ham and cook another hour or until peas are soft.

Serve hot.

Serves about 8 people.

Option: Add some wine when cooking to add flavor in place of same amount of water (up to a cup). May need to monitor water level when cooking as you do not want soup to burn.

Note: Many Scandinavians eat this once a week or so, often on Thursday night.

As shown on left, the peas are brighter yellower earlier in the cooking phase (step 3), but turn a darker shade when the pork sausage or ham is introduced. By adding darker ham, the color changes to a darker color. In above photo, Black Forest ham was used.