

Norway



Krumkaka

Ingredients:

- 1 c. sugar
- 1 c. melted butter
- 5 egg yolks, beaten separately, add egg whites last
- 1/2 c. water
- 1 c. flour
- 1 tsp. vanilla

Directions:

- Put small amount in krumkaka iron.
- Cook both sides until golden.

Riskrem

Riskrem (rice cream) is a Norwegian Christmas dessert. It's rich, and ever so delicious.

Ingredients

- 3/4 cup white rice
- 1 teaspoon salt
- 4 cups milk
- 1/2 cup sugar
- 1 teaspoon almond extract
- 2 cups whipped cream (whip first, then measure)
- 1/2 cup almonds, chopped
- 1 whole almond, peeled
- red fruit sauce for topping

Directions

1. In the top of a double boiler, cook the rice, salt, and milk together. It usually takes 60 to 90 minutes for the rice to soften and for the mixture to thicken.
2. Add sugar and almond extract. Pop this mixture into the fridge to chill.
3. Mix in the chopped almonds and the one whole almond.
4. (Sample at this point and note that you have a scrumptious rice pudding. Yum!)
5. Stir in the whipped cream. (Now you've got a decadent dessert. Double yum.)
6. Drizzle each serving with some red fruit sauce (We make a raspberry sauce here, but lingonberry or something like that would work fine, too.)

This recipe serves about 8

Sot Suppe (Norwegian Sweet Soup)

- 6 cups water
- 1/3 cup sugar
- 1 tablespoon quick-cooking tapioca
- 1/4 to 1/2 teaspoon cinnamon (depending upon how well you like the taste of cinnamon; you can also use a cinnamon stick)
- 2 cups dried fruit (use any kind you like: apples, apricots, peaches or a mixture of dried fruit)
- 1 cup raisins (dark or golden)
- 1 cup dried prunes
- 1 tablespoon lemon juice (you can also use 1 teaspoon of dried lemon rind or several slices of fresh lemon)

In a medium saucepan, combine the sugar, tapioca, cinnamon and water. Bring to boiling, stirring constantly. Stir in fruit (including the lemon if you're using sliced lemon) and heat to boiling again. Cover. Simmer for 15 minutes, or until the fruit is tender.

After the fruit is tender, if you're using lemon juice, stir in the lemon juice (or teaspoon of dried lemon rind). Serve either cold or warm, depending upon your preference. If you use a sliced lemon, remove the lemon rind before serving.

For a light afternoon 'Norwegian' lunch (after hiking, sledding, snowshoeing or cross-country skiing), serve sweet soup with Julekake or Christmas bread, Christmas cookies, open-faced sandwiches, and a variety of sliced cheeses.

Sweet Soup also is good served cold on a hot summer day.

Lefse

Ingredients:

- 4 heaping cups of mashed or riced potatoes
- 1 stick of butter (or margarine)
- 1/3 cup of milk
- 1 teaspoon of sugar
- 1 teaspoon of salt
- 2 cups of flour
- extra flour for rolling out the dough.

Directions:

Measure out the mashed/riced potatoes into a large mixing bowl. In a medium-sized saucepan, melt the butter/margarine in the milk; stir in the sugar and salt. Then pour over the cold mashed (riced) potatoes and mix.

Stir two cups of flour into the potato mixture. The dough will be sticky and soft.

Start heating the griddle or electric frying pan. Do not add any oil, margarine or shortening. Lefse is baked on a dry surface.

Take a lump of dough about the size of an egg. Place a heaping teaspoon of flour on the surface where you're going to roll out your lefse. Work about half of the heaping teaspoon of flour into the lump of dough (enough so you can handle the dough, but not so much that the dough becomes dry).

Starting in the center, roll outward until the lefse is about the size of a dinner plate. Try not to roll the lefse so thin that you cannot pick it up. If the lefse tears when you start to pick it up, gather it into a lump and roll it out again. Don't do this too many times, though, or your lefse will end up tough and dry. Ideally, you should only roll the lefse once, although that's probably not a realistic expectation if you've never made lefse before. Also try to turn the lefse only once while you are rolling it out. If the lefse starts to stick, add a little more flour.

When you have the lefse rolled out, transfer it to the hot griddle. Carefully pick it up and quickly move it. If you move slowly, the lefse is more likely to tear. Expert lefse makers use flat lefse turners (they look like long flat sticks) to transfer the dough by rolling it onto the turner and then unrolling it onto the griddle. You can also try rolling your lefse onto the rolling pin and transferring it to the griddle or the fry pan.

Once you have the lefse on the griddle, bake it for about a minute, just until brown 'freckles' start to appear; then turn the lefse over and let the other side bake just until brown freckles start to appear. While the first piece of lefse is baking, roll out your second one.

After the first piece of lefse is done, use the pancake turner to remove it from the griddle and place it on a clean dishtowel. Cover with another dishtowel.

Bake the second lefse and roll out the third piece.

When the second lefse is finished, place it on top of the first one and cover with the towel again.

Then bake the third piece.

Repeat until you have baked all of the dough. Place each newly baked lefse on top of the previously baked lefse and cover the stack with the towel.

Once the lefse is completely cool, place it in a plastic bag or wrap it with plastic wrap or aluminum foil to help keep it moist. You must wait until the lefse is completely cool before wrapping it, otherwise the heat from the lefse will condense inside of the plastic or the aluminum foil, and your lefse will end up soggy. If you leave the lefse overnight without wrapping it in plastic or aluminum foil, it will probably be dried out in the morning. If the lefse dries out, sprinkle a little water on the dishtowel and wrap the dishtowel and the lefse in plastic. The lefse will soften up again.

When you're ready to eat a piece of lefse, spread it with butter (or margarine), sprinkle sugar on it (some people also like to sprinkle cinnamon on their lefse), and roll into a log.

Also, once the lefse is cool, it can be frozen.