



# Velkommen to Norway

## Genealogy

[Home](#)



## Norwegian Recipes



---

This page is dedicated to my Grandmother, Esther Anna Frank (Mrs. Sig Score), 1899-1993. Although she was of German descent, when she married a Norwegian, she learned to cook Norwegian.

[Cardamom Coffeecake](#)

[Cloudberry Cream](#)

[Fattigman](#)

[Flat Brød](#)

[Instant Potato Lefse](#)

[Julekake](#)

[Klubb](#) (Potato Dumplings)

[Klubb](#) (Potato Dumplings)

[Krumkaka 1](#)

[Krumkake 2](#)

[Krumkake 3](#)

[Lefse](#)

[Lillehamar Cream Melts](#)

[Norwegian Almond Bars](#)

[Norwegian Christmas Cookies](#)

[Norwegian Cookies](#)

[Norwegian Sweet Soup](#)

[Potet Klub](#)

[Potet Klub](#)

[Riskrem](#) (Rice Cream)

[Rulle Polse](#) (Meat Roll)

[Rulle Polse](#)

[Rosettes](#)

[Rømmegrøt](#)

[Rømmegrøt](#) (using microwave)

[Sandbakkels](#)  
[Scandinavian Dried Fruit Soup](#)  
[Scandinavian Dried Fruit Soup 2](#)  
[Scandinavian Spice Cookies](#)  
[School Bread](#)  
[Skillingsbolle](#) (Cinnamon buns)  
[Smultringer](#)  
[Sot Suppe](#) (Sweet Soup)  
[Sot Suppe 2](#)  
[Sprints](#) Cookies  
[The Potato Ball](#)  
[Vafler](#) (with sour cream)  
[Vafler](#) (with buttermilk)

---

## Rosettes



2 eggs  
1 tsp. sugar  
1/4 tsp. salt  
1 cup milk  
1 cup flour

Beat eggs slightly with sugar and salt. Add milk and flour, then beat till smooth. Heat rosette iron in vegetable shortening to 370°. For first rosette, wipe excess oil from iron with paper towels and dip into batter, but do not allow to come over top of iron. Put iron back in hot oil. Fry for about 20 sec. or until desired color.

To remove iron from oil, turn it over to drain. Shake rosette off iron and repeat above steps. Drain rosettes on paper towels. Place paper towels between layers. Place in 300° oven. Turn off heat and allow rosettes to cool. Dust with powdered or regular sugar before serving.

Makes approx. 40 rosettes.

. . . Mrs. Sig Score, Menomonie, WI

---

## Sandbakkels



1 cup butter  
1 cup margarine  
1-1/2 cups sugar  
2 eggs, beaten  
1 tsp. almond extract  
5 cups all-purpose flour, sifted  
dash of salt

Cream together the butter, margarine and sugar. Add the eggs, almond extract and flour, then mix well. Press dough evenly and as thin as possible into sandbakkel molds. Bake at 350° for 10 minutes. As you take the molds from the oven, turn them over and let them cool. Remove from molds.

. . . Mrs. Sig Score, Menomonie, WI

---

## Scandinavian Spice Cookies

1 cup butter  
3/4 cup white sugar  
3/4 cup brown sugar  
1 egg  
1 tsp. salt  
1 tsp. baking soda  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
1 tsp. vanilla  
1-1/2 cups flour  
3 cups quick cooking oats  
1 cup raisins

Preheat oven to 350°. In a large bowl, cream the butter and sugars together until fluffy. Add egg and mix well. Beat in salt, soda, cinnamon, nutmeg and vanilla until well-blended. Stir in flour, oats, and raisins. Drop by heaping teaspoonfuls 2 inches apart on ungreased cookie sheet. Bake for 12 to 15 minutes until light golden brown. Remove cookies immediately from sheet. Makes 5 dozen cookies.

---



## Julekake (Norwegian Christmas Bread)

2 pkgs dry yeast  
1/2 cup warm water  
1 tsp. sugar  
1 cup milk, scalded  
1/2 cup butter  
1 egg beaten  
1/2 cup sugar  
1/2 tsp. salt  
3/4 tsp. cardamom  
approx. 5 cups flour  
1/2 cup citron  
1/2 cup candied cherries  
1/2 cup white raisins

Dissolve yeast and a little sugar in warm water. Scald milk then add butter. Cool to lukewarm. Add egg and yeast to the milk, butter mixture. Add sugar, salt, and cardamom. Beat in 2 cups flour and mix well. Mix fruit with a little of the remaining flour so it doesn't stick together and add. Stir in rest of flour.

Knead on floured cloth until smooth. Place in greased bowl. Cover and let rise until doubled. Divide into two parts and form round loaves. Put on greased cookie sheets. Let rise until nearly double.

Bake at 350° F for 30 to 40 minutes. While still warm, brush with soft butter or decorate with powdered sugar icing mixed with almond flavoring. Decorate with candied cherries and almonds, if desired.

. . . Mrs. Sig Score, Menomonie, WI

---

## Norwegian Christmas Cookies



1 ½ Cups of shortening  
1 ½ Cups of sugar  
1 Egg yolk and 1 whole egg  
2 ½ Cups of flour  
½ Teaspoon of ground  
cardamom  
½ Teaspoon of cinnamon  
1 Cup of almonds, ground  
1 Tablespoon of orange juice

Cream the shortening and sugar and add the beaten yolk and egg. Mix and sift the dry ingredients and the blanched, ground almonds together. Combine the mixtures and add the orange juice. Chill the dough, then roll thin, cut in fancy shapes and bake a few minutes at 400 degrees F. They must be watched carefully.

---

## Fattigman

5 egg yolks  
5 T. sugar  
5 T. cream  
1 T. cognac  
1/4 tsp. cinnamon  
1/4 tsp. cardamom  
1 egg white  
1 1/2 cups flour

Beat together egg yolks and sugar. Whisk in cream. Stir in cognac and spices. Beat egg white until it's stiff and carefully stir into other ingredients.

Mix in a little more than half of the flour. Let dough stand, covered and in a cool place, overnight. Use the remaining flour-as little as possible-for rolling out the dough; the less flour you use, the more tender the fattigman will be. Roll the dough out a little at a time and as thinly as possible. Use a fattigmann cutter to cut out diamond shapes. Make a small diagonal cut in the center of each diamond, and "thread" one point of the diamond through the cut. Heat lard to 350° F. Fry fattigman until golden brown.

---

## Smultringer (Tiny doughnuts)

1/3 cup margarine or butter  
2 eggs  
1 cup sugar

1-1/3 cups canned milk, whipped  
2 tsp. cardamon  
3-3/4 cups flour  
2 tsp. salt

Melt and cool margarine or butter. Beat eggs and sugar until light and fluffy. Beat the canned milk until stiff, then fold in. Stir dry ingredients into egg/milk mixture, being careful not to add too much flour. Dough should be soft. Use just enough flour to be able to roll the dough out to 3/8 inch thickness. Cut with a small doughnut cutter. Deep fry in hot lard or Crisco until golden brown. Drain on paper towels. Store in airtight containers.

---

## Sprits

2 sticks (1/2 pound) butter  
2/3 cup sugar  
3 egg yolks  
2-1/2 cups flour  
1 tsp. almond extract  
1 tsp. vanilla extract

Preheat oven to 350 degrees F.

Cream the butter and sugar together in a medium bowl. Add the egg yolks, and mix.

Add the flour and almond and vanilla extracts.

Mix and press the dough through a cookie press onto the cookie sheet. Bake about 10 minutes, until lightly browned.

Makes about 60 cookies. Store in an airtight container.

---

## Norwegian Cookies

1 cup butter  
1 cup sugar  
1 egg, beaten  
2 cups flour  
1 teaspoon almond extract  
21-24 marachino cherries, halved

1. Cream butter and sugar together.
2. Add egg and mix well.
3. Stir in flour and almond extract.
4. Chill dough 1 - 2 hours.
5. Make balls the size of small walnuts.
6. Flatten balls on cookie sheet with the bottom of a glass dipped in flour or sugar.
7. Press a half cherry piece onto each cookie.
8. Bake at 350 degrees for 15 minutes, until edges are light brown. Do not overbake.
9. Sprinkle with powdered sugar if desired.

Makes 42-48 cookies. Takes 10 minutes of prep time.

---

## Krumkaka

1 stick (1/2 cup) butter  
1 cup sugar  
2 eggs  
1 cup milk  
1-1/2 cups flour  
1 tsp. vanilla extract

In a bowl, cream the butter and sugar together; add the eggs and mix using a wooden spoon.

Add the milk, flour and vanilla and mix well.

Heat the krumkaka iron on medium heat on the stove until hot, then put a teaspoon of batter on the bottom iron and press the top and bottom irons together. When brown on one side, turn over and brown again. Remove from the iron and roll up around a stick or a cone-shaped piece of wood. Remove, and repeat with the next one.

Makes about 50.

---

## Krumkake

1 egg  
1/2 cup white sugar  
1 cup heavy whipping cream  
1 1/4 cups all-purpose flour  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
1 teaspoon vanilla extract  
Beat egg. Add sugar and vanilla and mix well. Add whipping cream. Add dry ingredients and beat until smooth.

When krumkake iron is hot, put 1 teaspoon of batter on the iron and bake until light brown. Roll on stick immediately while krumkake is still hot.

---

## Vafler

(Waffles with sour cream)

1-1/3 cup flour  
1/2 tsp. salt  
2 T. sugar  
1 tsp. vanilla extract  
1/2 cup water  
1 cup sour cream  
1/2 cup butter  
3 eggs, separated

Mix all ingredients, except egg whites, until you have a smooth batter. Let rest 25-30 minutes. Beat egg whites until they form peaks, then gently fold them into the batter. Bake in Norwegian waffle iron. (Lightly butter surface before first waffle only.) Drop batter by tablespoonful onto iron, and close tightly. Bake until golden.

Place on cake racks to cool. Serve with jam or sprinkle with powdered sugar.

---

### Vafler (Waffles with buttermilk)

2 eggs  
1-1/3 cup buttermilk  
1-1/3 cup flour  
1/4 tsp. baking powder  
3 T. sugar  
3 T. melted margarine or butter

Beat the eggs with half the milk. Mix the dry ingredients and add to eggs. Stir until batter is smooth. Add remaining milk and melted butter and mix well. Let batter stand 10 minutes. Bake in Norwegian waffle iron until golden brown. Serve with goat cheese or jam.

---

### Lillihamar Cream Melts

3-3/4 cups flour  
1/2 cup plus 2 T. sour cream  
2 cups butter  
powdered sugar frosting

Preheat oven to 375 degrees F.

In large bowl, mix all ingredients together (except frosting), and chill.

Roll out the dough to 1/8 inch thickness and cut with a doughnut cutter.

Bake until light brown, about 12 minutes.

Cool and frost with powdered sugar frosting, if desired, and decorate as wreaths for Christmas.

---

### Norwegian Almond Bars

Sift together 2 cups of sifted flour, 1 tsp. baking powder, 1 tsp. salt and 3/4 cup sugar.

Cut in 3/4 cup butter until particles are the size of small peas.

Press 3/4 of the mixture into an ungreased 9x13 inch pan. Reserve the remaining crumbs for the topping.

Bake at 375 degrees F for 10 minutes.

Blend together 1/2 cup cold mashed potatoes, 1-1/4 cups sifted confectioners sugar, 1-1/2 cups ground almonds, 1 tsp. cinnamon, 1/2 tsp. cardamom, 1 tablespoon water and 1 egg white.

Mix thoroughly and spread over the partially baked dough. Combine the remaining crumb mixture with 1 egg yolk. Press together. Roll out on a floured pastry cloth or board to a 10x6 inch rectangle. Cut into strips and criss-cross on the filling. Bake at 375 degrees F for 20 to 25 minutes. Cut into bars while warm.

---

## Cloudberry Cream

1-3/4 cups whipping cream  
4 T. sugar  
1 tsp. vanilla extract  
1-1/4 cup cloudberry jam

Whip the cream and sugar, add vanilla extract. Carefully fold in the cloudberry jam, saving a few for decoration. Pour into a nice bowl and decorate with cloudberry jam. May be served with Krumkaker or almond flavored cookies or used between layers of a torte. Serves 4.

If cloudberry jam is not available, use the following recipe:

1-1/2 cups whipping cream  
1/2 cup cloudberry jam

Lightly whip the cream, then fold in the jam. Serve in dessert bowls with crisp cookies.

---

## Risikrem (Rice Cream)

3/4 cup white rice (not Minute Rice)  
1 tsp. salt  
1 qt. milk  
1/2 cup sugar  
1 tsp. almond extract  
2 cups heavy cream, whipped and sweetened to taste  
1/2 cup almonds, chopped  
1 whole almond

Cook rice, salt, and milk in double boiler until rice is soft and mixture is thick - about 1-1/2 hours. Add sugar and almond extract. Chill. Add all almonds. Stir in whipped cream. Serve with a red fruit sauce (lingonberry, raspberry, etc.). Serves about 8.

\*\* A favorite at Christmas, the person who receives the whole almond receives a special gift (often a marzipan pig).

---

## Norwegian Sweet Soup

1 lb. large pearl tapioca  
1/2 c. raspberry, strawberry or blackberry juice (rhubarb sauce or cooked apples may be used)  
3/4 lb. pitted prunes  
3 c. dark seedless raisins  
1/2 c. grape juice (or more)



cinnamon stick (small)  
sugar to taste pinch of salt

Soak pearl tapioca and pitted prunes overnight.  
Add enough water to cook fruit tender and so that the tapioca looks transparent. Add the fruit juices when the prunes and raisins are tender and the tapioca is transparent. Add salt and sugar to taste.  
Serve hot or cold.

Other dried fruit such as peaches or apricots may be used also.

. . . from Lina Anderson

---

## Scandinavian Dried Fruit Soup

2-1/2 c mixed dried fruit, such as apples, apricots, peaches and prunes cut into bite size pieces  
1/2 c raisins or dried cherries  
1/2 one lemon, thinly sliced and seeded  
1 cinnamon stick (about 3 inches long)  
3-1/2 c water  
2 c orange juice  
1-1/2 c fresh pineapple chunks or 1 1/2 c pineapple chunks packed in their own juice, drained  
2/3 to 3/4 c honey  
1/8 tsp salt (optional)  
1/3 c rum or brandy  
1 Tbs cornstarch blended with 2 Tbs cold water  
vanilla yogurt or sour cream

In a 3 quart pan, combine dried fruit, raisins, lemon slices, cinnamon stick, water and orange juice; bring to a boil over high heat. Reduce heat to medium-low, cover and simmer for 10-15 minutes. Then remove from heat and stir in pineapple, honey, salt (if desired), and rum. Let stand for 10 minutes to blend flavors and let fruit soften. Return pan to heat; then blend cornstarch mixture into soup. Cook over medium-low heat, stirring, until liquid is bubbly, clear, and thickened. Remove cinnamon stick and lemon slices. Serve soup hot; or cover and refrigerate to serve cold. Top with spoonfuls of yogurt.

Makes 10 servings. Storage time: up to 2 days in refrigerator

---

## Sot Suppe (Sweet Soup)

14 cups water  
1 cup raisins  
1 cup currants  
20-30 prunes  
25 cloves  
1 stick cinnamon  
7 TBS tapioca  
4 cups grape juice  
2 cups or less sugar  
3/4 TBS salt  
1/2 cup lemon juice

Break up the cinnamon stick and put with cloves in a cheesecloth bag.  
Add it to the water with the dried fruit. Boil 20-30 minutes. Add tapioca. Stir. Cook until almost clear. Then add the juice and sugar and boil until the tapioca is clear or has completely dissolved. Keep stirring. Add salt. Remove spice bag. Let it cool. As it cools, add the lemon juice.

I also add a small can of apricot nectar.  
Port wine (perhaps 1 TBS per cup of finished soup) is an option.

The recipe came out of an old church cookbook from Norge, Texas. Enjoy.  
George Oleson on Norway List

Added Note from Sharon Myron:

I put dried mangoes, dried pears, dried apricots, lots of dried cranberries, a few prunes, raisins, a cinnamon stick and a few cloves and NO sugar added. Put this in the crock pot with water to cover and some tapioca. Cook a few hours until it seems ready. Delicious, especially with a little vanilla ice cream on top or just plain, too.

---

## Rommegrøt

1 qt. thick cream  
1-1/4 cups flour  
2 cups milk  
1 cup sugar  
1 T. ground cinnamon

Pour cream into a heavy saucepan and heat until it starts to boil.  
Sift in 3/4 cup of the flour and whip with a wire whisk.

Keep beating after the 3/4 cup of flour is all in, until the butter starts to come out of the cream. Then remove from the heat. Take a ladle and take off the butter, and put it in another bowl. Keep stirring until all the butter comes out.

Put the milk in another kettle and heat to boiling.

Sift 1/2 cup flour into the milk while beating. Continue beating until mixture is thick like pudding. Remove it from the heat, add it to the cream mixture, and beat with a wire whisk until smooth and well blended.

Pour into a 2-quart baking dish. Smooth out the top and sprinkle the cinnamon and sugar on top. Pour the butter you saved over the top. Serve warm.

---

## Skillingsbolle Cinnamon Buns

6 cups white flour  
1 cup sugar  
3/4 cup margarine  
50g yeast  
2 cups lukewarm milk  
2 tbsp cinnamon  
2 tbsp sugar

Mix together the first 4 ingredients, then add the milk. Knead slightly and let the dough rise 1 hour. Mix the sugar and cinnamon together.

Divide the dough in half, then roll each piece to a square about 16"x16". Spread the cinnamon-sugar mixture on top. Roll up each into a piece and slice off 12 equally-sized pieces. Shape into rolls. Let rise on a pan. Brush with egg white, then sprinkle with sugar. Bake at 325 degrees for 15-17 minutes until they are golden.

---

## Potet Klub (Potato Dumplings)

1 ham shank  
4 raw potatoes  
2 boiled potatoes  
1 cup whole wheat flour  
1 cup white flour  
1/4 tsp. baking powder  
salt and pepper

Boil the ham shank until done (when meat is loose on bone). Remove it from the liquid and let it cool. Save the liquid.

Remove the meat and some of the fat from the bone and put it through a grinder with the potatoes. Add the flours, baking powder, and salt and pepper. Be sure there's enough flour to make a stiff dough.

Using your hands, roll into dumplings, drop into the ham liquid, and cook at a slow boil until done (about 1 hour). Serve the dumplings with butter on top.

---

## Klubb (Potato Dumplings)

750 g raw potato, grated  
250 g boiled potatoes  
200 g barley flour  
salt

Mix the raw, grated potato with the flour immediately to stop the potato turning brown. Mash the boiled potato, mix with the grated potato and add salt to taste. Roll the potato mixture into balls and leave to simmer in salted water for approx. 30 minutes. Make sure there is enough water in the pan so that the dumplings are not touching. Serve with goat's cheese sauce and meat.

Recipe from Chef Svein Magnus Gjøvik, Trøndelag region

---

## The Potato Ball

The dough is 4 cups coarsely grated potatoes, 2 cups regular oatmeal, 1 cup flour, and 1 tsp. salt.

Cook up 2 lb. lamb shoulder, cut up. Broth is water, 1 onion chopped, 2 tsp. salt, 6 peppercorns, 4 stalks of celery, cut up. Cook about 2 hours, then remove meat and keep warm.

Form ball, about one large serving spoon heaping full, with a piece of salt pork in the center. Drop into lightly boiling lamb broth for 1 hour.

Serve with the lamb and carrots, top ball with white Karo syrup.

In the morning, slice up the leftover ball, fry lightly and serve with pancake syrup.

. . . Norway-L List Member, Lou Halsan. (My wife's g-mother, Ragna Bruun of Mindland-Tjøtta-Nordland, taught me to make "Ball".)

---

## Rulle Polse (Norwegian Meat Roll)

2-1/2 lbs. flanks of beef 3 T. minced onion  
1 lb. beef 1 T. pepper  
1/2 lb. pork 1 T. ginger  
1/4 lb. finely ground beef 4 T. salt  
1/4 lb. finely ground pork

Trim all fat and sinews from flank. Flatten on a board. Rub in part of dry seasoning. Add the remainder and the onion to the ground meat. Spread beef and pork on a little more than half of flank, then spread on ground seasoned meat. Roll tightly as for jelly roll and sew edges together to keep stuffing inside. Wrap tightly in a cloth. Put in vessel and cover with water. Cook slowly for about 2 to 3 hours. Remove from vessel. Place between plates under a heavy weight to press out moisture, until the roll is cold. Remove cloth and slice thin. Remove threads, serve cold. It is well to keep under refrigeration until it is ready to serve.

. . . Miss Alice Ringness, Our Savior's Lutheran Church, Clifton (Norse area), TX

---

## Instant Potato Lefse

4 cups potato flakes  
4 tsp. sugar  
3 cups boiling water  
1-1/3 c. whole milk  
1-1/2 c. margarine  
1 cup Half & Half  
3 tsp. salt

Place dry ingredients into 3 quart bowl. In a saucepan, bring to boil water, milk, Half & Half, and margarine. Stir liquid into bowl of potato mixture until smooth. Refrigerate overnight.

### Lefse dough:

2 cups chilled potato mixture 1 c. flour

Work together with hands until flour has been absorbed. If sticky, add more flour. Place about 1 cup of dough on floured board and roll as thin as possible.

Cut with 4-inch cookie cutter or 1 pound coffee can. Bake on hot griddle until light brown blisters appear; turn to complete baking. (Electric skillet or pancake griddle set at 400 degrees F.). Repeat process until all of potato mixture is used. Yield: 100 (3-inch) pieces.

. . . Mrs. Milford O. (Lillian) Murphree and Mrs. Glen (Pat) Murphree, Our Savior's Lutheran Church, Clifton (Norse area), TX

---

## Lefse

3 cups riced potatoes  
6 Tablespoons margarine  
2 Tablespoons cream  
1 Tablespoon sugar  
1-1/2 cups flour

Boil potatoes in salted water. Rice them and measure 3 cups.  
Add margarine, cream and sugar while the potatoes are still hot, Mix well  
Let stand overnight  
Add flour when ready to bake  
Bake on LEFSE iron at 500 degrees  
When brown spots show, turn and bake on other side. Makes 1 dozen.

. . . Helen Clementson, Covenant Lutheran Church, Stoughton, Wisconsin

---

## Lefse

5 cups water  
1-1/2 Tablespoons salt  
2/3 stick margarine

Bring above ingredients to a boil, and remove from stove

Add:

2-1/2 cups milk (2% or whole)  
7 1/2 cups instant potatoes (Hungry Jack)

Divide above into halves. Into each half add:

1 stick melted margarine  
1 T. sugar

Stir and refrigerate overnight.

When ready to make Lefse, add 2 1/2 cups flour into each half. Makes approximately 60 lefse, 12 inch diameter. bake on high temperature on Lefse grill.

. . . Norman Sime, Covenant Lutheran Church, Stoughton, Wisconsin

---

## Krumkake

4 large Eggs, beaten well  
1 1/2 cup Sugar  
3 Tbs. Water  
1 tsp. Vanilla  
1/2 pound melted Butter (No Margarine!)  
2 cups Flour

Beat sugar, water, vanilla and egg. Gradually add flour. Blend in butter. Bake in Krumkake Iron.

---

## School Bread

From the Restaurant Akershus and Kringla Bakery of Kafe Norway Pavilion at Epcot, DisneyWorld, FL

1/2 qt Water  
3 oz Yeast (dry)  
3.5 oz Sugar  
2.5 oz Butter (melted)  
1 tsp Cardamom  
2 lbs Flour  
1 Egg

Heat water and butter to 95 degrees F. Mix flour, sugar, cardamom, yeast and egg together for about five minutes until dough is stiff. Form it like a ball and place in a bowl, cover with plastic wrap and let rise for 45 minutes, or until dough has doubled in size. Roll the dough out like a sausage and cut it into five-ounce pieces. Roll each piece into a ball and put them on a non-stick sheet pan and let them rise for 30 minutes. Bake at 375 degrees for 15 minutes. Let cool.

Mix powdered sugar and water (use small amounts until proper consistency is achieved) to make icing and place in shallow pan. Form hole in bread using your finger. Dip bread in icing (hole side down) and sprinkle with shredded coconut. Using a pastry tube, squeeze vanilla custard into the hole and swirl at top for decoration.

---

## Flat Brød 1

4 cups white flour  
2 cups graham flour  
1/2 cup butter, melted  
1 cup water  
1/2 teaspoon salt  
1 cup buttermilk, warm  
1/2 cup sugar  
1 teaspoon soda

Heat water and buttermilk, add butter and stir into dry ingredients. Mix well. Roll out thin.

## Flat Brød 2

(Whole Wheat Flat Bread)

4 cups sour cream  
3 teaspoons soda  
Whole wheat or graham flour  
6 tablespoons sugar  
salt

Combine ingredients, making a dough thick enough to roll out. Use whole wheat flour for rolling out dough; roll as thin as possible. Bake on rack in hot oven. When flat bread begins to brown, turn it over and brown other side. This makes a large quantity. For an average serving use one half of the amounts specified.

## Flat Brød 3

2 cups white flour or  
equal parts graham and white

1 teaspoon salt  
2 tablespoons shortening

Combine ingredients. Add boiling water to make a stiff dough, stirring continuously. Cool. Roll out thin on a board sprinkled with corn meal. Bake on top of stove, turning so as to brown evenly; finish drying in oven for crisp flatbread.

-- Contributed by Virginia Ness

---

## Scandinavian Cardamom Coffeecake

Preparation time: 25 minutes  
Cooking time: 50 minutes  
Yield: 12 servings

10 vanilla wafer cookies, crushed into crumbs  
1 3/4 cups flour  
1 teaspoon baking soda  
1 cup sugar  
1 stick (1/2 cup) unsalted butter  
3 eggs  
2 teaspoons ground cardamom  
1/2 teaspoon ground cinnamon  
2/3 cup sour cream  
Confectioners' sugar

1. Heat oven to 350 degrees. Grease a 9-inch tube or bundt pan with butter; dust with cookie crumbs. Set aside. Combine flour and baking soda in small bowl; set aside.

2. Place sugar and butter in bowl of electric mixer; beat until light and fluffy, 3 minutes. Add eggs, one at a time, beating after each addition, about 5 minutes total. Beat in cardamom and cinnamon. Add flour mixture; beat until just combined. Add sour cream; beat until smooth, about 1 minute. Pour batter into pan.

3. Bake until toothpick inserted in center of cake comes out clean, about 50 minutes. Let stand 5 minutes; turn out on a wire rack. Cool completely. Dust with confectioners' sugar.

Nutrition information per serving:

260 calories, 42% calories from fat, 12 g fat, 7 g saturated fat, 79 mg cholesterol, 139 mg sodium, 34 g carbohydrate, 4 g protein, 0.7 g fiber

Chicago Tribune Recipes

---

## Svele

Svele is a buttermilk pancake sort of thing that's eaten with butter and sugar or brun ost.

4-5 eggs  
2 C sugar  
1 liter buttermilk  
1/4 C melted butter  
2 1/2 C white flour  
1 tsp hornsalt (Ammonium Carbonate- you can find it at the pharmacy)  
1 tsp baking soda

1. Whip egg and sugar, mix in buttermilk and melted butter.

2. Mix in flour quickly- don't over mix! It's better to have lumps than to mix too much.
3. Hornsalt and baking soda last. Fry like pancakes.

Med vennleg helsing!  
Janna May

---

## Microwave Rømmegrøt

1 cup butter  
1 cup all-purpose flour  
3 cups half & half  
1 cup whole milk  
1/4 cup sugar  
3/4 tsp. salt

Melt butter in a large microwave-safe bowl. (Use all microwave-safe containers for things you are heating.) Stir in the flour with a wire whisk. Cook in microwave until mixture bubbles; then cook 30 seconds longer. Heat half & half and milk together. Slowly add to flour mixture; stir with wire whisk. Cook in microwave until mixture begins to boil, about 2 minutes. Remove from microwave and stir in sugar and salt. Microwave 30 seconds longer. Add more hot milk if necessary to reach desired consistency. Serve warm with melted butter, cinnamon and sugar, if desired. About 16 servings.

---

## Other Sources of Norwegian/Scandinavian Recipes:



[More recipes . . . from the Sons of Norway](#)

[Recipe Source](#) - Searchable Online Archive of Recipes

[Recipes from the Sor-Trøndelag Web Site](#)



[Back to Norway Genealogy Page](#)

---

If you find any broken links, please notify me. Thanks!

Linda K. Schwartz  
Norway Webmaster and Coordinator

This page may be freely linked to but may not be copied without permission of the owner, Linda K. Schwartz.  
Copyright © 1997-2010 Linda K. Schwartz  
ALL RIGHTS RESERVED.

Page modified 13 July 2010 07:37:10 PM -0500



RootsWeb is funded and supported by [Ancestry.com](#) and our loyal RootsWeb community. [Learn more.](#)

[About Us](#) | [Contact Us](#) | [Rootsweb Blog](#) | [Copyright](#) | [Report Inappropriate Material](#)  
[Corporate Information](#) | [Privacy](#) | [Terms and Conditions](#)