

District Six Resource Book – Food Events (F/E)

Lodge Solskinn 6-150, Palm Desert, CA

Idea Viking meal

Advertise a Viking meal.

Mead can be found in some liquor specialty shops or Trader Joe's during the fall and brew pubs may have mead. There are Viking resources online for meals. Remember anything that was a North American vegetable was not available during Viking times including: Potatoes, sweet potato, tomatoes, some of the summer squashes and peppers. Root vegetables, fruit, berries, apples were common.

Our lodge has put on a Viking meal.

We have fixed whole baked chickens which are very affordable, a root vegetable sauté, whole grain breads, dessert some type of fruit cobbler.

Members dress as Vikings.

The table has been set with fresh rosemary as the center piece and we usually have some type of Viking program. When this has been advertised in local newspapers and we had a great turn out from the community.

Carrot Stew (serves 4)

8 carrots approximately 1#

1 onion

1 cooking apple

8 oz. mushrooms

6 oz. bacon

11 oz. of stock

1 pinch of freshly ground black pepper

Parsley, finely chopped

Butter

Peel and thinly slice the carrots. Pell and chop the onion. Clean the mushrooms and chop in large pieces. Shred the bacon and fry until crispy. Fry the onion and carrots in a pan and pour over the stock. Cover and boil for approx. 5 minutes. Core and chop the apple in large pieces, then fry

with the mushrooms in some butter. Add with the bacon to the pan. Season with pepper and parsley. Serve with freshly baked bread.

Broad Beans

1 ½ kg=3# fresh broad beans (fava beans)
2 carrots sliced
Water
Tsp salt for each liter of water
2 ½ Tbsp. flour
1 ¼ cup milk
1 Tbsp. butter
Vegetable stock if needed
Pepper and salt

Soak and skin the beans. Boil them in salted water until tender, around 30 minutes. Add carrots after 15 minutes. Meanwhile, mix the flour and a little milk in a sauce pan. Gradually add the rest of the milk and the butter. Bring to a boil and thin the sauce with vegetable stock if needed. Season with salt and pepper and cook for a few minutes. Drain beans and carrots, add sauce and cook for a few additional minutes.

Honey-Glazed Root Vegetables (serves 4) actually this goes a long way

1 swede (rutabaga)
2-3 carrots
½ cabbage
1 leek
Butter
Honey
Salt and pepper

Peel and chop the root vegetables (do not add the leek yet). Boil them in lightly salted water for approx. 5 minutes and drain. Brown the root vegetables on all sides in the butter until soft. Add the leek, towards the end and brown. Add cabbage at the end. Stir in honey and season with salt and pepper.

Honey-Grilled Herb Chicken

Serves 4-5

1 chicken about 1 ½ kg = to 3.3#
1 tsp salt
1-2 pinches of white or black pepper
1 tsp ground herbs such as chervil, tarragon or rosemary
2 Tablespoons melted butter

1 Tablespoon honey

Preheat the oven to 175 degrees C = 350 degrees F. Rub the chicken both inside and outside with salt and herbs. Place the chicken in a roasting tin or ovenproof dish. Brush with melted butter and honey. Roast until the meat is tender and the juices are clear, around 1 ¼-1 ½ hours.

Baked Beets

10-12 beets

Wash each beet but do not trim, cut or peel. Wrap each beet in foil and bake at 325 degrees for 3-4 hours. Do not increase heat or the beets will dry and burn. The beets will be finished when a knife can penetrate easily. Unwrap and peel before serving. The skin will come off with a paper towel.

Sides: rustic breads and a fruit drink like cranberry or apple and mead, beer or wine

Dessert serve any stone fruit crumble or baked apples.

Reference: Viking Cookbook N.W. Damm & Son

District Six Resource Book – Food Event (F/E)

Lodge District Six Membership Committee 2015

Idea Coffee Time in Scandinavia

Membership Recruitment Program—Find Your Sweet Scandinavian Heritage

The District Six Membership Committee has prepared a template for your lodge to use for membership recruitment. We would like you to use this for one of your socials February, March or April 2015. This can be added to a currently planned program. It is recommended advertised in a local newspaper, free calendar, on line calendar or local freebie that advertises events in your area. Many lodges have found that using paid ads helps promote your lodge events and brings potential members in.

Below is a template ad, just fill in the blanks with your information.

Find your Sweet Scandinavian Heritage. Sons of Norway invites you to a Dessert Event on _____ (day), _____ (date) at _____ (time) at _____ (lodge name) located at _____ (address) for further information please contact _____ (contact name and phone number>

Come and enjoy a taste of Scandinavian. A variety of desserts will be served.

Sample Ad

FIND Your Sweet Scandinavian Heritage

Sons of Norway invite you to experience a Dessert Event Saturday, February 15, at 4:30 PM at Solskinn Lodge, which meets at Hope Lutheran Church at Portola Ave. For Further information please contact Luella Grangaard 760-363-7704

Recommended menu

It is recommended to start with a basic menu of rosettes, krumkake, sandbakels and lefse. Serve with coffee and tea. Additional items Bløtkake, almond cake, flat bread and..... Your choice.

F/E-2

Additional- Resources

In addition the Committee has prepared a list of resources for additional programming at this event if you wish to use it. It includes information on the Coffee Table that can be used as an article for your newsletter, options to promote and introduce the Sons of Norway Cooking Culture Skills Program during the event. Also many Scandinavian sweets require special equipment. The special equipment makes a great display and you can also do demonstrations.

Newsletter Article

Coffee time in Scandinavian

Coffee time makes up three of the six meals of the Scandinavian day. And what you eat with coffee, whether you are in Minnesota, Finland, Sweden, Denmark, Iceland or Norway is coffee bread. Coffee breads are not served with meals, but accompany morning coffee, afternoon coffee or evening coffee. Normally, they are not buttered and, even if they are sweet, they are called coffee breads, not coffee cakes.

On special occasions, such as after a meeting or at church, coffee breads are served with cookies. And on really fancy occasions (after a wedding, or during the Christmas season, or when you have special out of town visitors) a full-blown coffee table is in order. The coffee table includes cardamom-flavored coffee breads, plus other special sweet yeast breads, plain as well as frosted cakes, and a variety of cookies.

The formal Finnish coffee table is like those I've experienced in Sweden, Norway, Denmark and Iceland. It is served in three courses. The first course is always sweetened yeast bread, often a braid, and often flavored with cardamom. With the first course you have a cup of coffee and sample a cookie or two. The second course is a pound cake or another unfrosted cake baked in a fancy tube pan. You sample the cake and a couple of the cookies with another cup of coffee. The third course is a fancy filled cake, which you sample by itself, with a third cup of coffee. With the fourth cup of coffee, you sample anything you haven't already tasted, or go back for seconds. As with the flowers in the centerpiece, there should be an uneven number of choices on the table. Seven is considered perfect.

From *The Great Scandinavian Baking Book*, pg. 67.

F/E-2

Culture Skills Links

To complete Level Two (Baked Goods and Desserts) of the Cultural Skills Program for Traditional Norwegian Cooking, complete one recipe from each of the four following categories and include one review form for each recipe and a photo of your work:

1. Fancy Cakes such as kransekake or bløtkake.

Kransekake--

http://www.sofn.com/norwegian_culture/showRecipe.jsp?document=Kransekake.html

Bløtkake--

http://www.sofn.com/norwegian_culture/showRecipe.jsp?document=Blotkake.html

Festive Cream Cake--

http://www.sofn.com/norwegian_culture/showRecipe.jsp?document=FestiveCreamCake.html

2. Bread such as flatbread, waffles or lefse.

Flatbread--

http://www.sofn.com/norwegian_culture/showRecipe.jsp?document=Flatbread.html

Lodge Solskinn 6-150 Palm Desert, CA

Idea Scandinavian meatball cook off

Reason/Need for this program/Idea: Meatball competition. Have Scandinavian/ other and other types of meatballs. This activity is fun for all ages.

Persons Needed: Lodge members to prepare meatballs. Someone to accept the meatballs and to categorize them. Lodge members become the judges.

Materials, supplies needed: Each participant to bring meatballs in crock pots. Signage, Template for identification of meatballs. Prepare a template that identifies the Scandinavian meatballs by number, 1, 2, 3.... And the other by letters A, B, C..... Ballots, Toothpicks, prize for winner. Serve a simple salad and light dessert.

Ideal location: time: this could be a good outreach activity.

Preparations: Start promoting out a least a month. Provide clear directions as to how to prepare and present the meatballs. As each meatball crock pot is brought in it is identified with a number or a letter. A sign is placed in front of each pot with the proper identification. Lodge members then take a taste with a tooth pick and place the appropriate sample beside the appropriate number or letter. On the ballot they identify by number the best Scandinavian meatball, the best other by letter and the best overall. The totals are tallied and the prizes presented.

District Six Resource Book – Food/Events (F/E)

Lodge Fjellheim Lodge 6-107, Colorado Springs, CO Idea Ladies Christmas Tea

Although not an original idea, a Ladies Christmas Tea has been a very important event for the Lodge. A small cadre of members organize the event to include decorations and the menu. Each table has a volunteer host, usually a member, but we have had nonmember hosts who invite their friends to their table. Our Lodge is already decorated for Christmas so further decorating is limited to individual tables. Our Tea occurs after Lutefisk and before our Julebord dinner. The three events together constitute our full holiday schedule.

District Six Resource Book – Food/Events

Lodge: Vigeland 6-155, Redwood City, CA

Idea: Potato Palooza

This annual baked potato dinner has been very popular at our lodge. It is easy to prepare and not very expensive. We charge a nominal amount (\$10.00 recently) to offset the price of the ingredients and to provide a small income to the lodge.

We bake one giant russet potato for each person and provide a do-it-yourself bar with as many toppings as we can find:

Butter, sour cream, salt and pepper, bacon bits, chives, grated cheddar cheese, chili, gravy, other herbs and vegetables.

Dessert is left up to the volunteer who provides it.

The event is usually held in April so we decorate with spring blooms (usually camellias in our area).

We don't schedule a program; we just use the time to visit and catch up with each other.

District Six Resource Book – Food/Events

Lodge: Vegas Vikings 6-153, Las Vegas, NV

Event: Cookie Making Day

PURPOSE: We have found that when members join Sons of Norway, Norwegian food “like Grandma used to make” is one of their main interests. This event began as a cultural teaching tool emphasizing the Cultural Cooking medal Level II. The early intent was for people to take home an assortment of cookies, but we quickly learned that some took more than their share which left others with nothing. So we eventually developed three goals:

- * To have attendees learn how to make various kinds of Norwegian cookies
- * To provide a social event for members to get to know one another
- * To produce cookies for our annual Norwegian Bazaar in November

TIMELINE

THREE MONTHS IN ADVANCE

- * Find location. Since we do not have a lodge building, we recruit a member who has a large kitchen with a double oven.
- * Choose date, usually the Saturday before the Bazaar
- * Begin publicity on website, in newsletter and social media
- * Prepare sign up lists and bring to meetings (Example attached). Recruit members to demonstrate one kind of cookie. They will bring prepared dough to the event.
- * Have maps available to location including a place for people to record what they have signed up to bring.

TWO OR THREE WEEKS IN ADVANCE

- * Communicate with hostess to plan layout and equipment
- * Make calls to fill positions still open
- * Send reminder emails to those who signed up. Ask them to send recipes
- * Purchase 4” clear plastic clamshell containers for packaging cookie

DAY OR TWO BEFORE EVENT

- *Gather supplies

*Compile and print copies of recipes to be used

DAY OF EVENT

- * Set up stations and equipment for each cookie
- * Start coffee and cider, if using. Set out napkins & cups with marking pens for people to label with their name.
- * Set out soup crockpots and bread at location separate from cookie making. Put out napkins, paper bowls, spoons & knives for butter.
- * Decide rough schedule of demonstration and making cookies to maximize oven use. Start with one that needs more oven time (such as sandbakkels) and alternate with those that don't need the oven (such as krumkake, rosettes or fattigman)
- * As cookies cool, start packaging, pricing, & packing to take to Bazaar

SUPPLY LIST (Items not included on sign up list)

- *Tables
- *Plastic table cloths
- *Cutting board to set electric krumkake iron on to protect table
- *Krumkake iron (double electric if available)
- *Spritz press
- *Sandbakkel tins
- *Hand Mixer, measuring cups and bowls
- *Rosette irons and oil
- *Two 30-cup coffee pots
- *Clear 4" plastic clamshell containers (available at Smart and Final)
- *Clear 5" clamshells (for krumkake and rosettes)
- *Shallow boxes for packing clamshells for transport
- *Aprons
- *Marking pens for pricing

MONDAY, NOVEMBER 6, 2023

SIGN UP FOR COOKIE MAKING. MEMBERS & GUESTS WELCOME.
(MEN, WOMEN AND CHILDREN OVE AGE 12)

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____
- 11) _____
- 12) _____
- 13) _____
- 14) _____
- 15) _____
- 16) _____
- 17) _____
- 18) _____
- 19) _____
- 20) _____

HOUSE RULES

1. Help yourself to coffee, cider or water.
2. Write your name on your cup
3. Wash your hands often!!!
4. Eat only broken cookies!
5. Help yourself to soup and bread (in the laundry room)
6. Ask questions, feel the dough, try everything!
7. Relax and have fun!

ITEMS NEEDED

Crock pot of soup or chili to serve 10.

1) _____

2) _____

One loaf of French bread and one stick of butter

1) _____

2) _____

Paper bowls, plastic spoons and knives

1) _____

Paper cups and napkins

1) _____

One gallon apple cider (or juice)

1) _____

2) _____

Two rolls of paper towels

1) _____

Cookie sheets (please label with your name) and cooling racks if you have them.

1) _____ 3) _____

2) _____ 4) _____

District Six Resource Book – Food Events (F/E)

Lodge: Guldalen Lodge 6-128, Grass Valley, CA

Idea: Nordic Cookie Exchange

Host a Nordic cookie exchange. Ask members to bring their favorite Scandinavian cookie to share. Attendees can sample the cookies, along with coffee provided by the lodge.

This is a great social gathering, but you could add an educational element by talking about the 7 cookies holiday tradition in Norway (<https://daytonadanielsen.com/the-tradition-of-the-syv-slags-kaker/>) and adding time for members to talk about the cookie they brought and the family traditions they have.

Encourage members to bring their recipes to share. At the end of the event, attendees can box up a variety of cookies to take home.

Our lodge has made this an annual tradition for our November meeting, so members can take cookies home to store for the holidays.

District Six Resource Book – Food Events (F/E)

Lodge Vegas Vikings 6-153, Las Vegas, NV

Idea: Which is better? Potatoes or potato flakes

Program for general membership meeting

Our lodge presented an interactive program comparing the old traditional way of making lefse with the newer “Hungry Jack” recipe.

One person was found to demonstrate each type.

Things to bring to venue: Griddles, Rolling pins, Lefse sticks, pastry cloths, towels to cover hot lefse, table cloths, boards to set griddles on (so tables aren’t damaged by the heat), and paper towels. Also small paper plates, napkins, butter, sugar and cinnamon, if desired.

Small pieces of buttered lefse of each type were given to those in attendance before the program. Each person had a ballot to choose which type he or she preferred.

Lefse grills were set up at the front of the room. Both types of dough were made ahead and brought to the venue. The program consisted of encouraging members to handle the dough, roll it out and fry it using a lefse stick. Reasons for using each type of equipment were explained. And of course, they got to eat the ones they fried!!

There were 41 people in attendance and (drumroll, please!). 40 votes were for the Hungry Jack recipe!

Potato Lefse

8 cups russet potatoes, riced 1 cup whipping cream

4 tsp. salt 4 tsp. sugar

1/2 cup butter 2 cups flour

Mix cream, salt, sugar and butter into hot potatoes. Beat until smooth.

Refrigerate overnight. Add flour and mix. Form into balls and place on cookie sheet, cover with towel, and put in refrigerator. Take one ball at a time from the refrigerator and roll out on well-floured pastry board. Fry on lefse grill until brown on both sides.

Hungry Jack Lefse

3 cups skim milk

3 cups water

2 sticks margarine (do not use butter) 1/4 cup sugar

2 tsp salt

1 pint half and half

8 1/2 cups potato flakes

Heat the first five ingredients and bring to a boil. Take off heat and add half and half. Add potato flakes and mix well. Chill overnight.

Take 3 cups potato mixture and add 1 cup flour; mix well. Roll into balls and refrigerate on cookie sheet. Take out one at a time and roll out, then fry on lefse grill.

Mix only 3 cups at a time with flour as it gets sticky. You should have 10 cups of potato mixture for 3 batches with one cup left over. Mix this with 1/3 cup flour.

Makes about 40 lefse, depending on how big you roll them. OK to freeze, but tends to dry out faster than old-fashioned potato lefse.

District Six Resource Book – Food Events (F/E)

Lodge Vegas Vikings 6-153, Las Vegas, NV

Idea: Program for Julbord Party: Christmas in Norway

This Christmas skit needs a narrator, pianist, song leader or a group, and a young soloist. Make sure you have song sheets with the songs you choose. We met twice to practice the songs in Norwegian. We also had a Santa come as we were finishing the last song with gifts for each child present (that the parents had brought with them).

CHRISTMAS IN NORWAY

Narrator: Norway, sitting on the north of Europe, has some of the longest and darkest winters in the world. It's also about the least church-going country in Europe. The Norwegian word for Christmas is actually a pre-Christian Viking drinking festival: Jul. In the 10th century, King Håakon I moved the heathen custom of drinking Jul (Yule) to December 25th to celebrate the birth of Jesus. Gradually the pagan feast was Christianized.

When the beer was brewed, the animals slaughtered and the bread baked, the house was cleaned and the party began. In some parts of Norway Santa Lucia Day on December 13th kicks off a period when gnomes and trolls ran wild and there was no work allowed. After a big feast, remaining food was not cleaned up. It was left out overnight for the little people. If you neglected your nisse—those mischievous little elves—ill fortune would hit your family!

Our first song is about the Julenissen. We will do one verse in Norwegian and one in English.

PÅ LAVEN SITTER NISSEN

Following the tradition of Santa Lucia, house were decorated only with white lights in the windows, symbolizing the candles of old. White lights are also used for decorating Christmas trees. Although the custom started in Germany, the evergreen tree have become the dominant Norwegian Christmas season icon. Commonly seen decorations are tinsel, homemade woven wheat ornaments, heart-shaped woven baskets called "Julekurver" and Norwegian flags.

Traditionally the tree was not put up or decorated until December 23, Lillejulaften, or Little Christmas Eve and it was kept up until the 12 Days of Christmas had passed.

DU GRONNE GLITRENDE TRE
(one verse in Norwegian only)

Kitchens have been busy for many weeks with preparations for the celebrations. No self-respecting Norwegian family would dream of being caught with less than seven different kinds of cookies. Some hope to have 14 varieties! Julekake, a frosted Christmas bread with citron and raisins, lefse, and flatbread are popular as will. These are to be served on Lillejulaften. Often it was a struggle to keep children (and men) out of the cookie jars!

The cattle, horses and other animals on the farm are taken extra-good care of shortly before Christmas in order to avoid an unfavorable meeting at midnight Christmas Eve, when animals are supposed to be able to speak and discuss the overall impression of the farmer and his family.

One Norwegian custom begins at harvest time when the finest wheat is gathered and saved until Christmas. The wheat is attached to poles made from tree branches making perches for the birds. Just before sunset on Christmas Eve, the head of the household checks on the wheat in the yard. If a lot of sparrows are seen dining, it is supposed to indicate a good year for growing crops.

Christmas in Norway is a time for visiting, some by horse and sleigh, with the twinkle of sleigh bells ringing out over the snow. It is a season of welcoming, of warm light streaming out of open doors as guests are received. There is a tradition of hospitality even to strangers, a feeling that nobody ought to be alone on Christmas Eve.

JINGLE BELLS—All sing in English

Many Norwegians attend a 4 PM service on Christmas Eve, probably the most highly attended church event of the year. Everyone dresses in their finest clothes and participates in the singing. Music is often the highlight of the church service where many children get the first chance at singing a solo in front of the whole congregation.

DEILIG ER DEN HIMMEL BLÅ—Solo in Norwegian

Supper on Christmas Eve is often pork or mutton ribs served with “surkal” which

F/E-9

is a white or red cabbage, finely chopped and cooked with caraway seed and vinegar. Sometime lutefisk or cod is on the menu. Dessert may be rice porridge with butter sugar and cinnamon. If you find an almond in your bowl, you will receive the prize of a pink or white marzipan pig. And don't forget to leave a bowl out for the nisse who resides in the barn and keeps an eye on everything and everybody throughout the year.

Christmas Eve is the time when presents are exchanged. The gifts are often brought by the Julenissen. A relative or friend will dress in costume and carry in the sack of presents, calling out "Are there any good children here?" Before any gifts are handed out, everyone joins hands and walks around the Christmas tree singing classic carols. Many Norwegian Americans have learned these traditional songs in Norwegian and preserve the traditions of singing them on Christmas Eve.

SILENT NIGHT (all sing first verse in English, then in Norwegian)

I AM SO GLAD EACH CHRISTMAS EVE (English, then Norwegian)

Christmas Day is a time to visit family and friends. Churches have services and children play with their new toys or go outside in the snow. For dinner the extended family comes together for a big Christmas feast. Christmas Day officially marks the first day of Christmas. The day after is called Andre Juledag; it is also a public holiday to relax and enjoy family. The time from Andre Juledag to New Year's Eve is called Romjul. It is a quiet time of Christmas where the streets are bare and the shops have limited hours. The local sledding hills and parks are filled with families skiing and sledding or having BBQs in the snow. An old tradition that is now fading is julebukk when people dress up in masks and old clothes, going house to house while extending Christmas wishes and receiving treats. In the spirit of that tradition, we close with wishes for a Merry Christmas. We invite you all to dance around the tree as we sing

WE WISH YOU A MERRY CHRISTMAS

Alternate version: add or replace a section after the second paragraph. Choose a young female Heritage member to play Santa Lucia, wearing a crown of candles and a white robe. Have her process down the center of the meeting room with all the children following her singing SANTA LUCIA. (we were lucky enough to have a soloist singing in Swedish).

SCRIPT: Even today, a highlight of the season is December 13, Santa Lucia Day. The festival celebrating the “queen of lights” is celebrated in schools, day care centers, nursing homes and hospitals, with processions led by a young Lucia in a white robe with a crown of lights on her head and a candle in her hand. Traditionally the girls bring baskets of saffron buns to hand out Santa Lucia celebrations were strong first in Sweden and spread from there to Norway. The origins of today’s celebration can be traced to the fourth century martyrdom of a Sicilian virgin named Lucia. She symbolizes light and grown as she emerges out of the darkness.