



Normennenes

Singing Society

Recipe Book

Acknowledgements

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Monna Blue and Grete Tangeros

*who took their time to promote, compile
and prepare the content of this ongoing work*

*Mange tusen takk to each contributor
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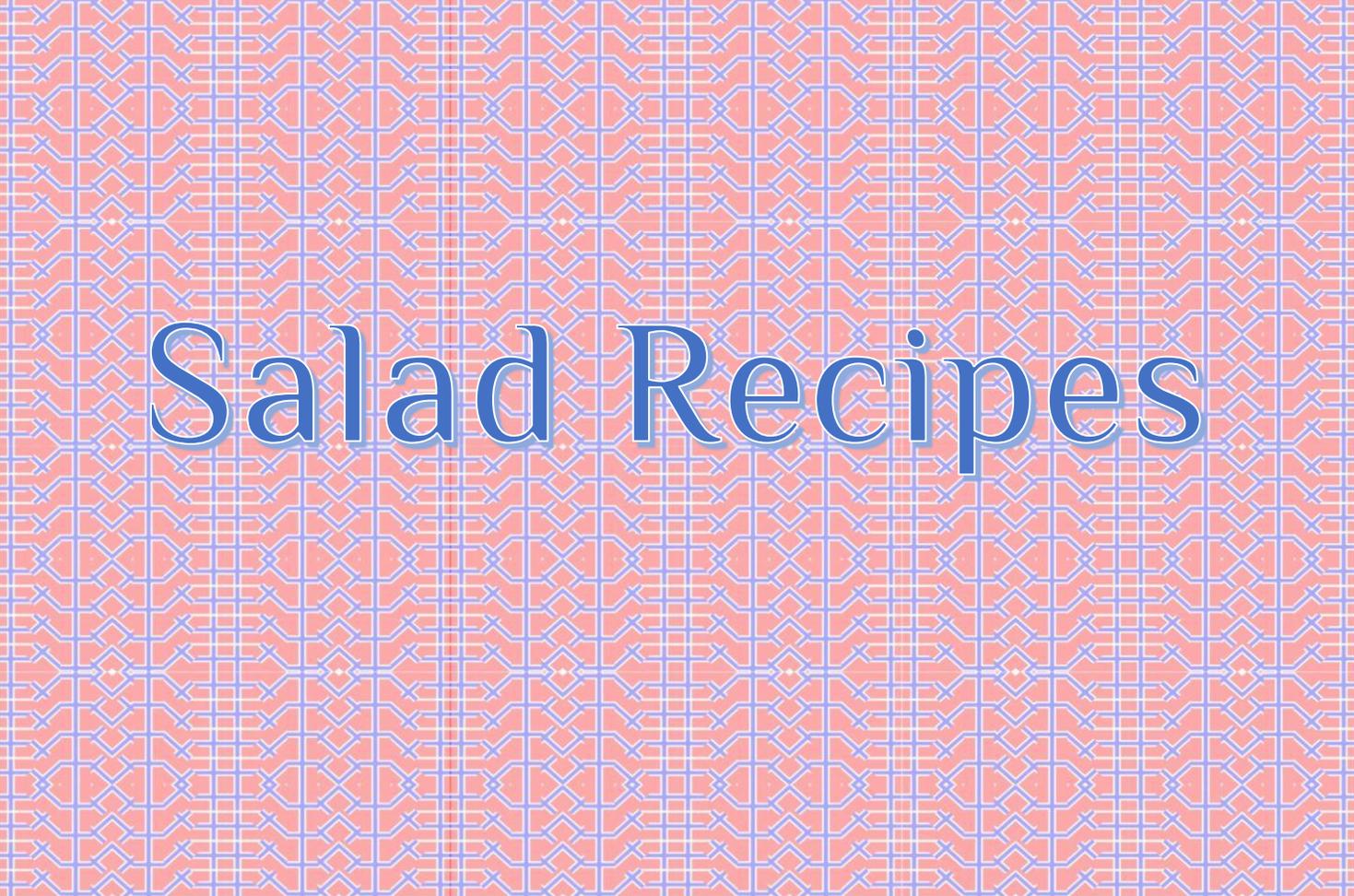
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Normennenes Cookbook

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Salad Recipes

Scandinavian Herring Salad

(Susie J. – 2014)

*1 12 oz. jar creamed herring
8 sweet gherkin pickles
1 granny smith apple
½ red onion
1 tablespoon fresh dill, or
1 teaspoon dried dill weed
1/3 cup sour cream
3 tablespoons vodka or milk
Freshly ground pepper
Chopped fresh dill
Pumpernickel or dark rye bread*



Chop pickles finely.

Cut apple into pieces

Combine herring, gherkins, apple, onion and dill in a large bowl.

Blend sour cream and vodka in a small bowl; pour over herring mixture and toss gently.

Spoon onto individual serving plates.

Garnish with chopped dill.

Serve with pumpernickel or dark rye bread, if desired.

Sifesalat

(Grete Tangeros – 2014)



1 cup Vita Herring in wine sauce chopped small.
1/2 cup Vandalia onion chopped small.
1/3 -1/2 Red Aunt Nellie pickled beets chopped small.
1 medium boiled potato cut up.
About 1 cup sour cream.

Mix all ingredients together and serve with crackers or as an open-faced sandwich with a leaf of lettuce.





Soup Recipes

Bread Recipes



Boller
(Grete Tangeros - 2014)

1-1/2 cup milk
1 stick butter
1 cup sugar
2 eggs
5 tsp dry yeast or 2 pkgs of yeast
Approximately 5-6 cups flour
½ - 1 tsp cinnamon or cardamom
About 2-3 handful raisins



Heat milk in small pan until it simmers around the edges. Turn off heat and cool. Add 1 stick butter and 1 cup sugar. Cool mixture until finger temperature. Beat 2 eggs in separate bowl. In a large mixing bowl, combine 5 tsp dry yeast or 2 packages of yeast with about ¼ cup of lukewarm water and about 1 tsp sugar to activate the yeast. Let stand 5 minutes until the bubbles form and yeast rises. Add the beaten eggs to the milk. Butter and eggs and then add to the yeast mixture. Beat in 5 cups or more of flour, cinnamon or cardamom and raisins and mix well. Cover with saran wrap and towel and let the dough rise to double the size. After it has doubled in size mix it again with a dough hook (mix master) or kneed it for 3 minutes. Roll it out and form balls and put on cookie sheet and let it rise again to half the size. Bake in 400 oven for 15 minutes until golden brown. Brush with milk as soon as they come out of the oven. Put on rack to cool.

Serve fresh with butter, Norwegian Goat Cheese and coffee.



Julekake

*2 sticks butter
2 cups milk (whole milk is preferred)
2 tsp yeast
1 cup sugar
2 eggs
1 tsp salt
3 tsp cardamom (mixed in with about 4 cups flour)
2 additional cups (approx.) flour
2 cups raisins
1 cup mixed fruit (Paradise)
- or- 2 cartons (4 oz. each) lemon peel
1 egg (additional for brushing on)*

Melt butter, slowly, and add milk until mix is lukewarm. Dissolve yeast in a little of the milk mix. Add the sugar, eggs, raisins, lemon peel (or mixed fruit) and the cardamom-mixed flour. Then add most of the flour. (You may want to use your Mixmaster for this first part).

Knead dough (which should not be too firm) until it is shiny, smooth and workable. Cover with plastic wrap and let it stand in a draft-free area until the dough doubles in size. Divide into 2 or 3 pieces, and form into round cakes. Place on cookie sheet covered with baking paper. Press down in middle of cakes. Let them rise for another 20 to 30 minutes under plastic wrap. Brush with beaten egg.

Roll thin on pastry cloth with pastry cloth rolling pin (or just roll [not so thin]) on sugar-coated surface with sheet of waxed paper place4d over dough.

Cut in shapes of hearts, diamonds, stars, etc. or designs for the season. Bake in 300°F oven for 40 to 50 minutes.

Suggestions: 17th May with strawberries and blueberries



Entrée
Recípes

Frikadeller — Danish Meatballs

(Karen Frink)

*½ pound ground chuck
½ pound ground pork
1 medium onion, minced
1 tsp salt
½ tsp pepper
dash of ground cloves
2 slices white bread torn into bits
¼ cup milk
1 large egg*



Meatball Preparation:

*Soak bread bits in milk in mixing bowl.
Sauté onions in 1 tbl. butter until soft.
Add to mixing bowl with milk-soaked bread.
Add meat, egg and seasonings.
Mix with wooden spoon until blended.*

*Over medium heat, in a large cast iron skillet, melt 2 tbs. butter and
1 tbs. oil.
Place well-rounded soup spoons of meat mixture into pan and fry on all
sides until brown.
Check one to make sure it is not pink inside.
Remove meatballs to a plate and cover with foil to keep warm.*

Gravy Preparation:

*Add 2 tbs flour to frying pan.
Stir until flour is incorporated into fat, and cook for a minute or so.
Add 1 cup beef broth and whisk until thickened.*

Serving Suggestions: *Serve with boiled or mashed potatoes.*

Hakkebøf Med Bløde Løg — Danish Hamburgers

(Karen Frink)

*1 pound ground chuck
2 medium onions sliced pole to pole *
1 tsp salt
½ tsp pepper
1 slice white bread torn into bits
2 tbs milk (to soak bread bits)
flour*

**Mushrooms can be substituted for the onions, if you like.*



Hakkebøf Preparation:

*Sauté onion in 2 tbs butter until soft and brown.
Tear bread into bits.*

*Soak bread bits in milk in mixing bowl.
Add ground chuck (there are no eggs in this recipe).
Mix with wooden spoon until blended.
Form 4 patties, seasoned well with salt and pepper.
Coat patties lightly with flour.*

*Over medium heat, in a cast iron skillet, melt 2 tbs butter and 1 tbs oil.
Place floured patties into pan and fry on both sides until brown.
Check one to make sure it is not pink inside.
Remove patties to a plate and cover with foil to keep warm.*

Gravy Preparation:

*Add 2 tbs flour to frying pan.
Stir until flour is incorporated into fat, and cook for a minute or so.
Add 1 cup beef broth and whisk until thickened.
Place patties back into gravy with any juices from plate and cover with the fried onions.
Simmer on low until done.*

Serving Suggestions:

Serve with boiled or mashed potatoes and gravy.

Kjøttkaker — Norwegian Meatballs

(Judy Hetsgaard)

*1 lb. ground steak (I use lean ground round or sirloin)
1/4 lb. lean ground pork shoulder
1 egg
1 tbsp. cornstarch
1 medium onion, grated
1/2 cup milk, scalded and cooled
salt and pepper to taste
1/8 tsp. nutmeg
1/8 tsp. allspice
1/8 tsp. ginger*



Grind meat very fine or mix in food processor. Beat eggs slightly; add milk and cornstarch to meat mixture. (Here I beat everything with mix master until very light and fluffy). Add rest of ingredients and beat thoroughly in mix master. Form into small balls (won't be completely round, at first). Brown in butter slowly, turning as little as possible. Use slotted spoon and place on paper towels and cover with paper towel to blot off excess butter. Set aside. Continue making meatballs until mixture is used up.

Then place in freezer bags and store until needed.

Gravy. *Make brown gravy with butter and flour. Add water or beef broth and cook until desired consistency. Season with salt and pepper. Add meatballs and warm in crock pot or oven with gravy. Heat through and serve with mashed potatoes and lingonberries. Make sure gravy is doubled for hot meatball sandwiches.*

Lamb and Cabbage (in a Crock Pot)

(Karen Frink)



*4 lamb shoulder steaks
1 medium cabbage, quartered; core removed
1 large onion
1 14 oz. can chicken broth (about 2 cups)
- flour, salt, pepper, butter*

*Trim large pieces of fat off of lamb, but leave the bones in (for flavor).
Slice the cabbage about ¼-in. thick.
Slice the onion about ¼ thick.*

*Cut the lamb steaks into pieces, about 2 inches or so.
Dry the lamb and sauté in a frying pan until brown.
Layer the cabbage, onion & lamb pieces in the crock pot, sprinkling flour, salt and pepper each time.
End with a layer of cabbage.*

*Put some of the broth into the frying pan to get up the brown bits.
Pour over the layers; then add the rest of the broth.*

Cover and cook on low all day (at least 6 hours). It smells wonderful!

Serving Suggestions: Serve with boiled potatoes (or bread for soaking up juice).



Cod Fish the Easy Way

(Grete Tangeros)

Ingredients:

1 pound fresh cod filet

1 large onion

Butter

Salt and pepper



Slice 1 onion thin. Fry in pan slowly with about 2 tablespoons butter and pinch of sugar until golden brown. Set aside.

Cut cod filet into 4" pieces and salt and pepper both sides. Melt about 2 tbl butter in pan and add fish. Cook for about 3-4 minutes on each side or until fish flakes.

Put fried onions on top and simmer for about 2-3 minutes. Serve with your favorite potatoes and vegetable. Pickled cucumbers go very well with this meal. Serves about 2-3 people.



Fiskekaker

(Grete Tangeros)

*1 lb haddock - (or cod)
2 tsp salt
2tbl potato flour
1 tbl regular flour
½ tsp pepper
1 tsp nutmeg
1-1/2 - to 1-1/3 milk (half and half
mixture)
Chop about ½ cup onion or leek.*

*Mix it all in the Cuisinart and fry in
butter.*



Fiskekaker

(Norwegian Fish Cakes)

(Susie J.)

*2 lb. skin-less and boneless haddock fillets
1 - 1½ tablespoons of salt
3 tbs. potato starch
a little of ground nutmeg
a little of ground pepper
½ cup cold milk*



All ingredients should be cold.

*Grind the fish once, and then transfer to a food processor.
Add salt, potato starch, nutmeg and pepper.
Process a few seconds until smooth. (Don't overdo!)
Gradually add the milk as you continue processing carefully.
Make medium size round cakes.
Fry in browned butter about 2 minutes each side*

Believe it or Not - Fried Salmon

(Grete Tangeros)

Ingredients:

*1 pound fresh salmon filet
skinned*

Butter

Salt and pepper

Chives

¼ cup Half and Half



Melt butter (about 2 tablespoons) in fry pan. Add 2-3 tablespoons chopped fresh chives to butter. Salt and pepper salmon filets on both sides. Put filet in pan and put 2-3 tablespoons chopped chives on top of filet. Fry about 3-4 minutes on both sides or until fish flakes. Pour ¼ cup Half and Half into pan and let it simmer for 2-3 minutes occasionally spooning liquid over fish. Serve with your favorite potato and vegetable.



Cookie Recipes

Berlinerkranser — Berlin Wreaths (Berlinerkranser)

Grete Tangeros

2 raw egg whites

2 hardboiled egg yolks

½ cup sugar

1 cup butter (room temperature)

2 cups flour

Put the cooked egg yolks through a strainer. Work the egg yolks together until smooth and add sugar – beat well. Work in the butter and flour alternately to form a smooth dough. Refrigerate 2 hours or longer. Take out a small piece at a time and roll into a long roll about as thick a pencil or thinner. Cut in pieces about 4-5 inches long. Then form each piece into a circle, crossing the ends. Dip each into slightly beaten egg white, then into pearl sugar. (Pearl sugar can be purchased at Ikea). Bake until delicately brown for 10-15 minutes at 350 degrees.



Fattigmann Bakkels — Poor Man's Cookie

*1 egg
3 egg yolks
½ cup heavy cream
4 teaspoons white sugar
1 tablespoon butter, melted
¼ teaspoon ground cardamom
1 ½ cups all-purpose flour
4 cups lard for frying*



In a large bowl, beat egg and yolks together. Stir in the cream, sugar, melted butter and cardamom. Mix in enough of the flour to make a soft but manageable dough. Handle the dough as little as possible or cookies will be tough.

Heat oil in deep skillet to 375 degrees F (190 degrees C). On a floured cloth, roll the dough out to 1/8 inch thickness. Cut into 2x2 inch diamond shapes.

Fry in hot lard until lightly browned. Drain on paper and dust with confectioners' sugar when cool. The cookies should be uniform in size and thickness and shouldn't be fried too dark or too light.

Goro

(Grete Tangeros)

4 egg yokes

1 egg

10-12 tablespoons sugar

1-1/4 cup whipping cream

2 oz cognac (shotglass)

3-1/4 - 3-1/2 flour

1 pound butter

1 tsp cinnamon and cardamom

Whip eggs well together with sugar until creamy and fluffy. Whip cream until stiff. Work butter and flour, cinnamon and cardamom together very well with your fingers. First mix the egg/sugar mixture with the whipped cream. Add cognac. Then add the flour mixture and mix well. Let stand overnight.

Roll out until very thin and cut out rectangles so it fits the Goro iron and bake until golden



Krumkaker (Grete Tangeros)

6 eggs
1 cup butter
1 cup sugar
1-1/2 cup flour
½ tsp cardamom

Beat butter and sugar until creamy. Add eggs - one at a time. Beat well. Add flour and cardamom.

Place about 1 tsp batter on Krumkake iron and bake until golden brown. Roll on a stick or cone while still warm and let cool store in dry place. Roll on the straight stick for easier packing.



Lemon Bon Bons

(Judy Hertsgaard)

*1 cup unsalted butter
1/3 cup powdered sugar
3/4 cup cornstarch
1 cup flour
1/2 cup finely chopped pecans*



Blend butter and sugar until light, add cornstarch and flour sifted together and mix well. Chill until dough can be easily handled. Shape into small balls, spread nuts on waxed paper and sweeten with a little sugar. Place balls on top of nuts and flatten with a small glass. Place cookies on baking sheet, nut side up. Bake at 350 degrees for about 15 minutes. Cool and frost with 1 cup powdered sugar, 1 tbsp. butter and juice of 1/2 lemon, creamed until smooth.

Pepperkaker

(Marit – 2014)

*½ lb (2 sticks butter or margarine
1 ½ cups sugar
2 tbs syrup
2 tsp baking soda (not baking powder)
1 egg
Add in above order and mix*

*3 cups flour (sift in a little more later if
needed)
3 tsp cinnamon
3 tsp ginger
1 ½ tsp cloves
½ tsp cardamom (optional)
Sift dry ingredients together and add to above mix*

Roll thin on pastry cloth with pastry cloth rolling pin (or just roll [not so thin]) on sugar-coated surface with sheet of waxed paper placed over dough.

*Cut in shapes of hearts, diamonds, stars, etc. or designs for the season.
Bake 10-15 minutes at 325°F.*

Some store finished dough, wrapped tightly overnight in the refrigerator; but, then it is harder to work with.



Rommegrot Bars

(Linda N.)

*2 packages crescent roll pastry sheets
2 8 oz. packages softened cream cheese
1 1/3 cups sugar (divided use)
1 egg, separated
1 tsp. vanilla
1/2 tsp. cinnamon*



*Preheat oven to 350 degrees
Grease 13" x 9" baking pan
Press one package crescent dough on bottom of pan
Mix together cream cheese, egg yolk, vanilla and 1 cup sugar
Spread over pastry layer
Cover with remaining pastry
Beat egg white until foamy
Mix 1/3 cup sugar and cinnamon
Spread egg white over top of pastry
Sprinkle with cinnamon sugar mixture
Bake for 25-30 minutes.
Cool well (I refrigerate before cutting.)*

Serina Cookies

(Grete Tangeros)

1 cup butter

1 cup sugar

1 egg

2-1/2 cups flour

½ tsp baking soda

½ tsp cream of tartar

½ tsp vanilla



Cream butter and sugar, add egg. Sift flour, baking soda, cream of tartar and add vanilla. Refrigerate 1 hour. Shape into balls. Press down with a fork, brush with egg whites and add pearl sugar (you can buy this at Ikea). Bake at 350 degrees for about 13-14 minutes until golden brown.





Cake Recipes

Bløt Kake *(Whip Cream Cake)*

6 large eggs

¾ cup sugar

1-1/2 cup flour

1 tsp baking powder



Whip egg and sugar until light and fluffy. Sift flour and baking powder and add to egg and sugar mixture. Pour into 12 inch spring form pan. Bake at 350 degrees for about 30-40 minutes until toothpick comes out clean. After it is cool, slice the cake into 2 or 3 layers and fill with your favorite fruits, custard, or whip cream. Cover the cake with whip cream and decorate to your choosing.

Suggestions: 17th May with strawberries and blueberries

Cardamom Bundt Cake

3-10 vanilla wafer cookies, crushed into crumbs

1-3/4 c. flour

1 tsp. baking soda

1 cup sugar

3 eggs

1/2 cup unsalted butter (1 stick), softened

2 tsp. ground cardamom (or more, to your liking)

1/2 tsp. ground cinnamon

2/3 c. sour cream

1 small package citron, diced.

(you can also add small amount of candied cherries or raisins, if you like)

powdered sugar, for dusting



Preheat oven to 350 degrees.

Grease bundt or tube pan with baking spray, Baker's Choice, or similar variety.

Combine flour and baking soda in a small bowl and set aside.

Place sugar and butter in the bowl of electric mixer and beat until light and fluffy, about 3 min.

Add eggs, one at a time, beating after each addition, about 15 min. total.

Beat in cardamom and cinnamon.

Pour batter into pan.

Bake until toothpick inserted in center of cake comes out clean, about 50 min.

When cool, remove from pan and dust with powdered sugar.

Enjoy!!!

Frank's Favorite Apple Cake

*3 eggs
1-1/2 cup sugar
1-1/2 stick butter
1-1/2 cup flour
½ tsp baking powder*



Whip 3 eggs with 1-1/2 cup sugar. Melt 1-1/2 stick butter – let cool slightly. Mix eggs and sugar with butter and add 1-1/2 cup flour and ½ tsp baking powder. Mix all together and beat with mixer until blended.

Cut a piece of parchment paper to fix the bottom of a spring form cake tin. Pour in the dough. Take about 1-1/2 to 2 Granny Smith apples, peel, core and slice into thin slices. Stick in the dough.



Sprinkle top with cinnamon, pearl sugar and sliced almonds. Bake at 350 degrees for about 45-60 minutes until tooth pick comes out clean. Serve warm or cold with ice cream or whip cream.

Kransekake

1 lb ground almonds
1 lb powder sugar
3 egg whites

Buy whole blanched almonds and put them in a grinder (not a blender). Mix ground almonds, powder sugar together and add beaten egg whites until you can roll out the dough as shown below.

Grease rings with butter (Pam) - bake at 300 for about 20 minutes or until very light golden brown

Icing: Powder sugar & Water

Mix small amount of water into powder sugar until texture is like frosting. Use pastry bag to assemble



World's Best Cake

(Grete Tangeros)



1 stick butter
½ cup sugar
4 extra-large eggs separated
4 Table milk
¾ cup flour
½ tsp baking powder
1 tsp vanilla sugar (or vanilla extract)
About ¼ cup sliced almonds

Cream butter and sugar well. Add egg yolks one at a time and beat well, add milk. Sift flour, baking powder and vanilla sugar and add to mixture. Beat well.

Grease 9" x 13" cookie sheet lightly. Line the cookie sheet with parchment. Brush parchment paper lightly with butter. Spread dough on top of parchment paper. Beat the 4 egg whites unit stiff and add 1 cup sugar to the egg whites. Spread on top of dough. Sprinkle with sliced almonds. Bake at 350 degrees for 30 minutes until meringue is golden. Cool cake completely. Put a cutting board on top of cake and flip over. Remove paper and flip back onto serving plate. Cut the cake in 2. Put 1 piece on serving platter (meringue side up) and add your favorite fruit. Whip 1 cup whipping cream and add ½ package of instant vanilla pudding. Cover berries with pudding mixture. Add the 2nd half of cake, meringue side up and sprinkle with powder sugar.





Appetizers

Open-Face Sandwiches

(Grete Tangeros)



These small sandwiches can be used as an entrée, a light buffet, luncheon or snack.

Types of sandwiches:

Egg and Anchovy with dill (in Norwegian they are called - Fast Følle ("going steady"))

Scrambled Egg and Salmon with dill

Ham

Roast Beef

Silde Salat (see Silde Salat recipe in Salads)

Pork

Shrimp

Egg Salad

Salmon

King Oscar Sardines

The combinations are endless. Decorate your sandwiches with cucumber, pickles, parsley, dill, tomato slices, onion slices, or peppers. You can use anything that will make the sandwich look colorful and appetizing. You can use French bread sliced on an angle, cocktail rye, or whatever bread you choose. Sauces for meats can include mayonnaise, mayonnaise with sour cream with chopped pickles and Vandalia onions, mayonnaise and horseradish, mayonnaise with capers or whatever sauce you prefer. These are a pictures of a few open-face sandwich trays.





Snack Recipes

Door County Granola

(Marit Carlsen)

*1 cup rolled wheat flakes
1 cup chopped coconut
1 cup chopped walnuts or mixed nuts
½ cup sunflower seeds
½ cup flax seeds
1/3 cups sesame seeds
8 cups rolled oats
1/3 cup water
3/4 cup honey
½ tsp vanilla
1 cup wheat germ
3/4 cup olive oil
2 cups raisins*



*Mix together all dry ingredients in large bowl.
In separate bowl mix together water, oil and honey until well blended.
Stir wet ingredients slowly into dry ingredients to evenly distribute
throughout mixture.*

Spread granola mixture out onto 2 large cookie sheets.

*Bake at 300°F for approximately 60 minutes, turning mixture with a
pancake turner, turning every 15 minutes, browning evenly.*

*Leave granola spread out on the sheets to completely cool, at least 2
hours.*

*When completely cooled stir in raisins and place in airtight storage
container.*

Yield: *Approximately 15 cups.*