



Sons of Norway's
Cultural Skills Program

Unit 1: TRADITIONAL NORWEGIAN COOKING

IN THIS UNIT

Introduction	01
Part 1 Instructions & Forms	02
Part 2 Instructions & Forms	10
Part 3 Instructions & Forms	17
Elective Activities & Resources	25

About the Cultural Skills Program

Sons of Norway's Cultural Skills Program provides a framework for learning about traditional and contemporary Norwegian culture. Each unit consists of three levels of skill-specific activities to guide you as you learn. You can complete the units on your own, through your lodge or through a special class or group. For each level, you'll complete a few activities, email (or mail) them in to Sons of Norway Headquarters, get feedback, and earn a pin in recognition of your accomplishments. As a benefit of membership, the Cultural Skills program is available only to members of Sons of Norway.

When you complete part 1 of your first unit you'll receive a Cultural Skills pin, a skill bar, and a level 1 bar. You'll receive additional level bars when you complete parts 2 and 3 of that skill, and new skill bars when you complete level 1 of a new skill.

Going Further with Cultural Skills

Want to take your skills to a new level? Members who have completed multiple units or mentored others in the program can earn special recognition.

- A Master of Cultural Skills is someone who has completed multiple units. Finish all three parts of any three units for the bronze level, all parts of six units for the silver level and all parts of nine units for the gold level.
- A Cultural Skills Mentor instructs or guides others to learn about Norwegian cultural skills. If your instruction has helped other members earn Cultural Skills awards, you can earn a mentor pin.

INTRODUCTION

Norway's cuisine reflects both its climate and its culture. Because of the country's high mountains, steep fjords and sweeping plateaus, only a small percentage of Norway's land is arable. Traditionally, farms were small and subsistence-oriented. From the 1500s to the 1800s Norway's population remained at the very limits of what the country's agriculture could sustain. In order to survive, Norwegians had to supplement their diets with hunting, fishing, and gathering – as well as pioneering some fairly extreme methods for preserving and storing foods.

Surviving on a meager food supply for centuries had an indelible impact on Norwegian culture. People learned to live and thrive on what they had. Thrift, perseverance and moderation became treasured traditional values. However, even though Norway itself was relatively poor, its strong maritime connections brought foreign foods and ingredients to Norwegian homes, particularly in the 1800s. For example, spices that aren't native to Norway - cardamom, cinnamon, coriander - nonetheless occur widely in traditional Norwegian cooking.

Much of what we now consider traditional Norwegian food originated or developed in the 1800s. This is also the same period when a great feeling of national romanticism swept the country, a cultural movement that defined Norwegian cultural identity. Many aspects of traditional Norwegian culture - folk dress, folk tales, rosemary, even the language itself - were defined in the 19th century.



OVERVIEW:

- For each part of this unit, complete all required activities and one elective activity.
- Parts 1, 2 and 3 can be completed in any order.
- For Part 1, you will prepare a variety of traditional favorites.
- For Part 2, you will prepare baked goods and desserts.
- For Part 3, you will prepare meat and fish dishes.
- For each part, you will complete a pin application form and evaluation form.
- If you are working with several members toward pin awards, each member will need to fulfill the requirements of each part of the Traditional Norwegian Cooking unit and each will need to submit separate forms.
- Looking for recipes? Several can be found in the Sons of Norway recipe box on www.sonsofnorway.com. A list of cookbooks is provided on page 26.
- If you have a question regarding any part of this unit, please send an email to culturalskills@sofn.com or call (800) 945-8851.

PART 1: TRADITIONAL FAVORITES

In Part 1, you're going to dive right in and prepare five traditional Norwegian dishes. For each item you make, you will take a picture, fill out a recipe review form and include these with your final report.

Which items you make is up to you, but be sure to select from a wide variety, for example, open-faced sandwiches, oven-baked salmon, rømmegrøt, Norwegian sweet soup and your grandma's cardamom coffee cake. You can either prepare them all at once, or one at a time. However, none of the items you make for part 1 may be duplicated for parts 2 and 3, so plan accordingly.

Part 1 Activities

Activity 1: Prepare 5 traditional Norwegian recipes

Take a picture of each dish prepared to be included with the recipe review form. Complete a review form for each recipe prepared. The recipes can be prepared at the same time or one by one. The dishes that are prepared in this part may not be duplicated in parts 2 and 3.

Activity 2: Complete one elective activity. Elective activities are found on pages 25 & 26.

Submitting your work

Complete the Cooking Pin Application Form, including all of the following items:

- ☐ One review form for each recipe prepared (5 total)
- ☐ At least one photo of each recipe in process
- ☐ One photo of each recipe prepared (5 total)
- ☐ Elective activity requirements
- ☐ Unit evaluation form

Send materials by email to culturalskills@sofn.com (preferred) or by mail to:

Cultural Skills Program
Sons of Norway
1455 West Lake Street
Minneapolis, MN 55408

If you use traditional mail channels, please make and retain copies of all materials (including photos) prior to sending. Original items will not be returned.

- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 1

RECIPE #1

Recipe Name: _____

Where did you find the recipe:

- ☐ From a cookbook (name and author): _____
- ☐ From a website (URL): _____
- ☐ From a family member/friend: _____
- ☐ From another source: _____

Is there a particular story or memory associated with this recipe? ☐ Yes ☐ No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe? _____

Would you prepare this recipe again? If yes, what changes would you make, if any? _____

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 1

RECIPE #2

Recipe Name: _____

Where did you find the recipe:

- ☐ From a cookbook (name and author): _____
- ☐ From a website (URL): _____
- ☐ From a family member/friend: _____
- ☐ From another source: _____

Is there a particular story or memory associated with this recipe? ☐ Yes ☐ No

If yes, please share: _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe?

Would you prepare this recipe again? If yes, what changes would you make, if any?

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 1

RECIPE #3

Recipe Name: _____

Where did you find the recipe:

- ☐ From a cookbook (name and author): _____
- ☐ From a website (URL): _____
- ☐ From a family member/friend: _____
- ☐ From another source: _____

Is there a particular story or memory associated with this recipe? ☐ Yes ☐ No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe? _____

Would you prepare this recipe again? If yes, what changes would you make, if any? _____

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 1

RECIPE #4

Recipe Name: _____

Where did you find the recipe:

- ☐ From a cookbook (name and author): _____
- ☐ From a website (URL): _____
- ☐ From a family member/friend: _____
- ☐ From another source: _____

Is there a particular story or memory associated with this recipe? ☐ Yes ☐ No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe? _____

Would you prepare this recipe again? If yes, what changes would you make, if any? _____

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 1

RECIPE #5

Recipe Name: _____

Where did you find the recipe:

- ☐ From a cookbook (name and author): _____
- ☐ From a website (URL): _____
- ☐ From a family member/friend: _____
- ☐ From another source: _____

Is there a particular story or memory associated with this recipe? ☐ Yes ☐ No

If yes, please share: _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe?

Would you prepare this recipe again? If yes, what changes would you make, if any?

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- For expedited processing, send materials by email to culturalskills@sofn.com. Reports and pictures can be sent as attachments.
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.
- Materials sent by mail may take additional time to process. Mail all materials to:
Sons of Norway
Cultural Skills Program
1455 West Lake St.
Minneapolis, MN 55408
- ★ Please make copies of materials sent by mail. Original items cannot be returned.

PIN APPLICATION FORM - TRADITIONAL NORWEGIAN COOKING PART 1

CONTACT INFORMATION:

Name: _____

Mailing address: _____ City: _____

State/Province: _____ Zip/Postal Code: _____

E-mail address: _____ Phone: (____) _____

LODGE AFFILIATION INFORMATION:

(Required) Membership #: _____

District #: _____ Lodge #: _____

Attached are (all required):

1. For activity 1:

☐ Recipe review forms (5)

☐ Recipe photos (5)

2. Elective activity # _____

☐ Summary about your elective, if required

☐ Any additional attachments required for this elective (photos, copies of patterns, articles, entry forms, etc.)

3. Evaluation Form

Have you received any Cultural Skills Program pins previously? ☐ Yes ☐ No

If yes, please list: _____

Signature (Cultural Skills Applicant)**

Date

***By signing this form and accepting awards you are giving Sons of Norway Headquarters permission to use your photos in future promotional materials.*

FOR LODGE CULTURAL SKILLS ADMINISTRATOR OR DESIGNATED LODGE OFFICER USE ONLY

(Signature and Printed Name of Lodge Cultural Skills Admin/Officer) _____ Date

Lodge Cultural Skills Admin/Officer Mailing Address: _____

City: _____ State: _____ Zip: _____

E-Mail address: _____ Tel: (____) _____

FOR SONS OF NORWAY HEADQUARTERS USE ONLY

(Signature of Evaluator) _____ Date



1455 W. Lake Street, Minneapolis, MN 55408
(800) 945-8851 or (612) 827-3611
www.sonsofnorway.com

UNIT EVALUATION FORM - TRADITIONAL NORWEGIAN COOKING PART 1

For each of the four questions below, please check the box that fits your opinion most accurately.

	Agree	Disagree
1 Instructions for this part were easy to follow.	<input type="checkbox"/>	<input type="checkbox"/>
2 Requirements for this part were reasonable.	<input type="checkbox"/>	<input type="checkbox"/>
3 Elective activities provided a lot of choices.	<input type="checkbox"/>	<input type="checkbox"/>
4 Required activities were interesting.	<input type="checkbox"/>	<input type="checkbox"/>

This part has (check all that apply):

- ☐ Helped me gain a better appreciation of Norwegian heritage & culture.
- ☐ Increased my involvement with other lodge members (such as participation in formal & informal discussions, presentations, formal group activities, etc.).
- ☐ Increased the interest of my lodge in the Cultural Skills Program because of my participation through special interest groups, presentations, or cultural fairs.
- ☐ Offered me an opportunity to involve or pass on this skill/interest to family members or other interested individuals.

I found these resources (cookbooks, websites, blogs, etc.) to be particularly valuable and would recommend their inclusion on a list for future participants:

FEEDBACK: To improve the unit, please add comments and suggestions. Your comments are confidential and in no way affect the awarding of your earned pin or bar.

Email this form to culturalskills@sofn.com (preferred) or send it by mail to:

Sons of Norway
Cultural Skills Program
1455 West Lake Street, 2nd Floor
Minneapolis, MN 55408



PART 2: BAKED GOODS & DESSERTS

For Part 2 you will be focusing on traditional Norwegian baked goods and desserts. Many Norwegian treats well-known to North Americans belong in this category (like lefse and krumkake) while others may be new to you.

This time, you will make 4 recipes, 1 each from categories listed below, take pictures of them and fill out recipe review forms for each. Remember however, that no recipes may be duplicated from Part 1.

Part 2 Activities

Activity 1: Prepare one Norwegian recipe from each of the four categories listed below:

- Fancy Cake: for example, kransekake, bløtkake, etc.
- Bread: for example, flatbread, vafler, lefse, etc.
- Cookie: for example, krumkake, goro, sirupssnipper, smultringer, fattingmann, etc.
- Dessert or Candy: for example, karameller, marsipan, trollkrem, riskrem, fruktsuppe, karamellpudding, etc.

Complete a review form for each recipe prepared. Take a picture of each dish and include it with the recipe review form. The dishes that are prepared in this part may not be duplicated in Part 1. Recipes can be prepared at the same time or one by one.

Activity 2: Complete one elective activity. Elective activities are found on pages 25 & 26.

Submitting your work

Complete the Cooking Pin Application Form, including all of the following items:

- ☐ One review form for each recipe prepared (4 total)
- ☐ At least one photo of each recipe in process
- ☐ One photo of each recipe prepared (4 total)
- ☐ Elective activity requirements
- ☐ Unit evaluation form

Send materials by email to culturalskills@sofn.com (preferred) or by mail to:

Cultural Skills Program
Sons of Norway
1455 West Lake Street
Minneapolis, MN 55408

If you use traditional mail channels, please make and retain copies of all materials (including photos) prior to sending. Original items will not be returned.



FUN FACT

Flatbrød (flatbread) is often referred to as Norway's national bread. It has long-lasting freshness and consists of readily available wheat flour, barley and oats. Years ago, bark and moss (yes, really), along with liquids such as water, whey or buttermilk, were added to increase the amount of bread produced in each batch. Later on, breads made with yeast became more common.

LEFSE

Potatoes first came to Europe from the Americas in the mid-1500s, courtesy of the Spanish, and were being cultivated in Norway by about 1750. By the 1800s, the potato had become a staple food. The early 1770s were bad years for the Norwegian wheat crop, which seems to have accelerated the potato's popularity as an alternative. Potato lefse (lompe) was originally just a way to make flour go farther. Potatoes were mixed with only just enough flour to roll out and cook.

- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 2

RECIPE #1

Recipe Name: _____

Where did you find the recipe:

- ☐ From a cookbook (name and author): _____
- ☐ From a website (URL): _____
- ☐ From a family member/friend: _____
- ☐ From another source: _____

Is there a particular story or memory associated with this recipe? ☐ Yes ☐ No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe?

Would you prepare this recipe again? If yes, what changes would you make, if any?

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 2

RECIPE #2

Recipe Name: _____

Where did you find the recipe:

- ☐ From a cookbook (name and author): _____
- ☐ From a website (URL): _____
- ☐ From a family member/friend: _____
- ☐ From another source: _____

Is there a particular story or memory associated with this recipe? ☐ Yes ☐ No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe? _____

Would you prepare this recipe again? If yes, what changes would you make, if any? _____

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 2

RECIPE #3

Recipe Name: _____

Where did you find the recipe:

- ☐ From a cookbook (name and author): _____
- ☐ From a website (URL): _____
- ☐ From a family member/friend: _____
- ☐ From another source: _____

Is there a particular story or memory associated with this recipe? ☐ Yes ☐ No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe? _____

Would you prepare this recipe again? If yes, what changes would you make, if any? _____

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 2

RECIPE #4

Recipe Name: _____

Where did you find the recipe:

- ☐ From a cookbook (name and author): _____
- ☐ From a website (URL): _____
- ☐ From a family member/friend: _____
- ☐ From another source: _____

Is there a particular story or memory associated with this recipe? ☐ Yes ☐ No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe? _____

Would you prepare this recipe again? If yes, what changes would you make, if any? _____

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- For expedited processing, send materials by email to culturalskills@sofn.com. Reports and pictures can be sent as attachments.
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.
- Materials sent by mail may take additional time to process. Mail all materials to:
Sons of Norway
Cultural Skills Program
1455 West Lake St.
Minneapolis, MN 55408
- ★ Please make copies of materials sent by mail. Original items cannot be returned.

PIN APPLICATION FORM - TRADITIONAL NORWEGIAN COOKING PART 2

CONTACT INFORMATION:

Name: _____

Mailing address: _____ City: _____

State/Province: _____ Zip/Postal Code: _____

E-mail address: _____ Phone: (____) _____

LODGE AFFILIATION INFORMATION:

(Required) Membership #: _____

District #: _____ Lodge #: _____

Attached are (all required):

1. For activity 1:

☐ Recipe review forms (4)

☐ Recipe photos (4)

2. Elective activity # _____

☐ Summary about your elective, if required

☐ Any additional attachments required for this elective (photos, copies of patterns, articles, entry forms, etc.)

3. Evaluation Form

Have you received any Cultural Skills Program pins previously? ☐ Yes ☐ No

If yes, please list: _____

Signature (Cultural Skills Applicant)**

Date

***By signing this form and accepting awards you are giving Sons of Norway Headquarters permission to use your photos in future promotional materials.*

FOR LODGE CULTURAL SKILLS ADMINISTRATOR OR DESIGNATED LODGE OFFICER USE ONLY

(Signature and Printed Name of Lodge Cultural Skills Admin/Officer) _____ Date

Lodge Cultural Skills Admin/Officer Mailing Address: _____

City: _____ State: _____ Zip: _____

E-Mail address: _____ Tel: (____) _____

FOR SONS OF NORWAY HEADQUARTERS USE ONLY

(Signature of Evaluator) _____ Date



1455 W. Lake Street, Minneapolis, MN 55408
(800) 945-8851 or (612) 827-3611
www.sonsofnorway.com

UNIT EVALUATION FORM - TRADITIONAL NORWEGIAN COOKING PART 2

For each of the four questions below, please check the box that fits your opinion most accurately.

	Agree	Disagree
1 Instructions for this part were easy to follow.	<input type="checkbox"/>	<input type="checkbox"/>
2 Requirements for this part were reasonable.	<input type="checkbox"/>	<input type="checkbox"/>
3 Elective activities provided a lot of choices.	<input type="checkbox"/>	<input type="checkbox"/>
4 Required activities were interesting.	<input type="checkbox"/>	<input type="checkbox"/>

This part has (check all that apply):

- ☐ Helped me gain a better appreciation of Norwegian heritage & culture.
- ☐ Increased my involvement with other lodge members (such as participation in formal & informal discussions, presentations, formal group activities, etc.).
- ☐ Increased the interest of my lodge in the Cultural Skills Program because of my participation through special interest groups, presentations, or cultural fairs.
- ☐ Offered me an opportunity to involve or pass on this skill/interest to family members or other interested individuals.

I found these resources (cookbooks, websites, blogs, etc.) to be particularly valuable and would recommend their inclusion on a list for future participants:

FEEDBACK: To improve the unit, please add comments and suggestions. Your comments are confidential and in no way affect the awarding of your earned pin or bar.

Email this form to culturalskills@sofn.com (preferred) or send it by mail to:

Sons of Norway
Cultural Skills Program
1455 West Lake Street, 2nd Floor
Minneapolis, MN 55408





Norwegian cured lamb ribs, called pinnekjøtt, is now embraced as a national dish, but its true point of origin is Western Norway. The reason is simply that sheep were more widely cultivated in Western Norway than anywhere else. Many forms of salted, dried or cured meats are found in Norwegian cuisine, but perhaps more than any other dish, pinnekjøtt is and always was associated with holiday celebrations, especially Christmas. Lamb ribs are very fatty, and in old Norway, fat was hard to come by. Many local variations exist.

PART 3: MEAT & FISH DISHES

Of course Norwegians have never lived on lefse alone. Fresh fish has long been a Norwegian staple, and many seasonal favorites are made from pork, lamb and beef. In Part 3 you will explore some of these by making five meat and fish dishes. Dishes prepared in this part should not be duplicated from Part 1.

Part 3 Activities

Activity 1: Prepare 5 recipes for Norwegian meat and fish dishes. Two of the five choices must be chosen from the following:

- salmon
- lutefisk
- fiskeboller
- fiskepudding
- gravlaks
- kokt torsk
- får i kål
- ribbe
- sylte
- pinnekjøtt

Dishes including meat, like open-faced sandwiches, can be included. Take a picture of each dish and complete a recipe review form for each recipe prepared. Dishes prepared in this part may not be duplicated from Part 1.

Activity 2: Complete one elective activity. Elective activities are found on pages 25 & 26.

Submitting your work

Complete the Cooking Pin Application Form, including all of the following items:

- ☐ One review form for each recipe prepared (5 total)
- ☐ At least one photo of each recipe in process
- ☐ One photo of each recipe prepared (5 total)
- ☐ Elective activity requirements
- ☐ Unit evaluation form

Send materials by email to culturalskills@sofn.com (preferred) or by mail to:

Cultural Skills Program
Sons of Norway
1455 West Lake Street
Minneapolis, MN 55408

If you use traditional mail channels, please make and retain copies of all materials (including photos) prior to sending. Original items will not be returned.

Lutefisk: People in Scandinavia have been eating dried fish for at least a thousand years, but the origins of lutefisk are obscure. One widespread legend purports that lutefisk was discovered when a Norwegian fisherman's cabin burned down. His dried fish survived the fire, but was covered in ash. Soon it rained on the ruins and the ash - which is an alkaloid, like lye - turned the dried cod into lutefisk. Someone washed out the ash-soaked fish and found it tasted pretty good (or at least it didn't kill them). Another legend has to do with St. Patrick feeding lye-poisoned fish to Vikings in an effort to get them out of Ireland. This story appears to be more popular in America, or at least in English-language sources (most of which point out that St. Patrick is believed to have lived at least 300 years before the Viking Age).

- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 3

RECIPE #1

Recipe Name: _____

Where did you find the recipe:

- ☐ From a cookbook (name and author): _____
- ☐ From a website (URL): _____
- ☐ From a family member/friend: _____
- ☐ From another source: _____

Is there a particular story or memory associated with this recipe? ☐ Yes ☐ No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe? _____

Would you prepare this recipe again? If yes, what changes would you make, if any? _____

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 3

RECIPE #2

Recipe Name: _____

Where did you find the recipe:

- ☐ From a cookbook (name and author): _____
- ☐ From a website (URL): _____
- ☐ From a family member/friend: _____
- ☐ From another source: _____

Is there a particular story or memory associated with this recipe? ☐ Yes ☐ No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe? _____

Would you prepare this recipe again? If yes, what changes would you make, if any? _____

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 3

RECIPE #3

Recipe Name: _____

Where did you find the recipe:

- ☐ From a cookbook (name and author): _____
- ☐ From a website (URL): _____
- ☐ From a family member/friend: _____
- ☐ From another source: _____

Is there a particular story or memory associated with this recipe? ☐ Yes ☐ No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe? _____

Would you prepare this recipe again? If yes, what changes would you make, if any? _____

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 3

RECIPE #4

Recipe Name: _____

Where did you find the recipe:

- ☐ From a cookbook (name and author): _____
- ☐ From a website (URL): _____
- ☐ From a family member/friend: _____
- ☐ From another source: _____

Is there a particular story or memory associated with this recipe? ☐ Yes ☐ No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe? _____

Would you prepare this recipe again? If yes, what changes would you make, if any? _____

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 3

RECIPE #5

Recipe Name: _____

Where did you find the recipe:

- ☐ From a cookbook (name and author): _____
- ☐ From a website (URL): _____
- ☐ From a family member/friend: _____
- ☐ From another source: _____

Is there a particular story or memory associated with this recipe? ☐ Yes ☐ No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe? _____

Would you prepare this recipe again? If yes, what changes would you make, if any? _____

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- For expedited processing, send materials by email to culturalskills@sofn.com. Reports and pictures can be sent as attachments.
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.
- Materials sent by mail may take additional time to process. Mail all materials to:
Sons of Norway
Cultural Skills Program
1455 West Lake St.
Minneapolis, MN 55408
- ★ Please make copies of materials sent by mail. Original items cannot be returned.

PIN APPLICATION FORM - TRADITIONAL NORWEGIAN COOKING PART 3

CONTACT INFORMATION:

Name: _____

Mailing address: _____ City: _____

State/Province: _____ Zip/Postal Code: _____

E-mail address: _____ Phone: (____) _____

LODGE AFFILIATION INFORMATION:

(Required) Membership #: _____

District #: _____ Lodge #: _____

Attached are (all required):

1. For activity 1:

☐ Recipe review forms (5)

☐ Recipe photos (5)

2. Elective activity # _____

☐ Summary about your elective, if required

☐ Any additional attachments required for this elective (photos, copies of patterns, articles, entry forms, etc.)

3. Evaluation Form

Have you received any Cultural Skills Program pins previously? ☐ Yes ☐ No

If yes, please list: _____

Signature (Cultural Skills Applicant)**

Date

***By signing this form and accepting awards you are giving Sons of Norway Headquarters permission to use your photos in future promotional materials.*

FOR LODGE CULTURAL SKILLS ADMINISTRATOR OR DESIGNATED LODGE OFFICER USE ONLY

(Signature and Printed Name of Lodge Cultural Skills Admin/Officer) _____ Date

Lodge Cultural Skills Admin/Officer Mailing Address: _____

City: _____ State: _____ Zip: _____

E-Mail address: _____ Tel: (____) _____

FOR SONS OF NORWAY HEADQUARTERS USE ONLY

(Signature of Evaluator) _____ Date



1455 W. Lake Street, Minneapolis, MN 55408
(800) 945-8851 or (612) 827-3611
www.sonsofnorway.com

UNIT EVALUATION FORM - TRADITIONAL NORWEGIAN COOKING PART 3

For each of the four questions below, please check the box that fits your opinion most accurately.

	Agree	Disagree
1 Instructions for this part were easy to follow.	<input type="checkbox"/>	<input type="checkbox"/>
2 Requirements for this part were reasonable.	<input type="checkbox"/>	<input type="checkbox"/>
3 Elective activities provided a lot of choices.	<input type="checkbox"/>	<input type="checkbox"/>
4 Required activities were interesting.	<input type="checkbox"/>	<input type="checkbox"/>

This part has (check all that apply):

- ☐ Helped me gain a better appreciation of Norwegian heritage & culture.
- ☐ Increased my involvement with other lodge members (such as participation in formal & informal discussions, presentations, formal group activities, etc.).
- ☐ Increased the interest of my lodge in the Cultural Skills Program because of my participation through special interest groups, presentations, or cultural fairs.
- ☐ Offered me an opportunity to involve or pass on this skill/interest to family members or other interested individuals.

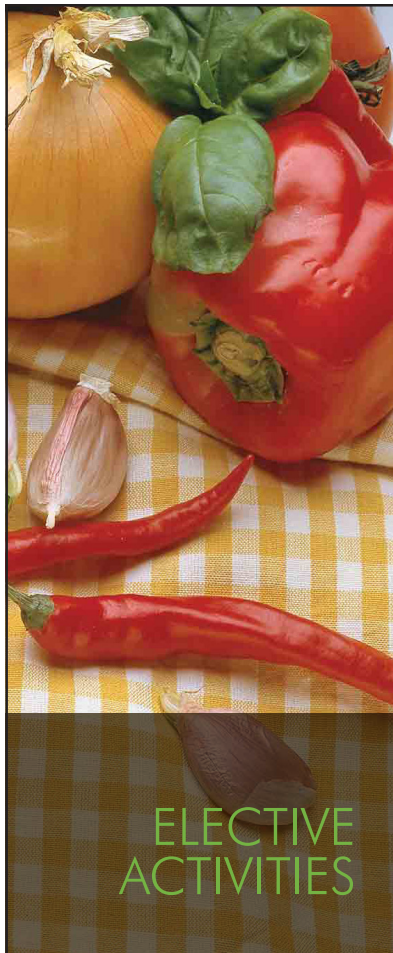
I found these resources (cookbooks, websites, blogs, etc.) to be particularly valuable and would recommend their inclusion on a list for future participants:

FEEDBACK: To improve the unit, please add comments and suggestions. Your comments are confidential and in no way affect the awarding of your earned pin or bar.

Email this form to culturalskills@sofn.com (preferred) or send it by mail to:

Sons of Norway
Cultural Skills Program
1455 West Lake Street, 2nd Floor
Minneapolis, MN 55408





WHAT'S A SUMMARY OR A REPORT?

The writing required by an elective activity is used to explain what you've experienced or learned. Focus on what you learned and not on spelling or grammar; your report is not graded. And, if it makes writing easier, just imagine writing a letter to a friend! A report may be around a page long. Feel free to elaborate beyond one page if you wish.

- 1 Prepare a traditional Norwegian luncheon for family or friends. Include a photo of the event and provide a one page summary that covers:
 - the menu
 - number of people in attendance
 - challenges experienced related to food preparation and/or presentation
 - what you learned about traditional Norwegian cooking from doing the project
- 2 Research the history of one of your chosen recipes. Write a one-page summary of what you have discovered: when is it served, what unique ingredients are used, does it vary by region, etc.
- 3 Select a Norwegian holiday (Christmas, Easter, Syttende Mai, etc.) or special event (wedding, birthday or name day) and prepare a few of the foods associated with the celebration. Share what you have prepared with lodge members, family and/or friends. Include a photo of the event and provide a one page summary that covers:
 - the menu
 - number of people in attendance
 - challenges experienced related to food preparation and/or presentation
 - why these foods are linked to this particular day
 - what you learned about traditional Norwegian cooking from doing this activity
- 4 Visit a Norwegian or Scandinavian restaurant or caterer or someone well known for his or her Norwegian ethnic cooking skills to discover how they incorporate Norwegian culinary traditions (ingredients, presentation, preparation, etc.) to appeal to a multi-cultural/multi-generational audience. Arrange for a 30-minute interview with the person. Write a one-page summary of the interview and what you learned, including quotes. Include a photo of the person interviewed, in action, if possible.
- 5 Create a Norwegian meal, focusing on meat entrees—for example, fôr i kål and potatoes, or ribbe, surkål and potatoes—to be served to a group (lodge members, family or friends). Elicit the assistance of volunteers to help serve the meal, if necessary. If several lodge members are working on Traditional Norwegian Cooking, consider making the meal a shared project. Include a photo of the event and provide a one page summary that covers:
 - the menu
 - number of people in attendance
 - challenges experienced related to food preparation and/or presentation
 - what you learned about traditional Norwegian cooking from doing the project
- 6 Create a Norwegian meal, focusing on fish entrees to be served to a group (fellow lodge members, family or friends). Elicit the assistance of volunteers to help serve the meal, if necessary. If several lodge members are working on Traditional Norwegian Cooking, consider making the meal a shared project. Include a photo of the event and provide a one page summary that covers:
 - the menu
 - number of people in attendance
 - challenges experienced related to food preparation and/or presentation
 - what you learned about traditional Norwegian cooking from doing the project
- 7 Plan a heritage dinner in your lodge using guidelines from Idea Bank #37, "How to Plan a Heritage Dinner." (You may download Idea Bank #37 from the members section of sonsofnorway.com under Programming: Idea Bank. Or request Idea Bank #37 by calling Sons of Norway Headquarters, 800-945-8851.) The dinner's purpose is to foster closer relations among members while they sample delicious Norwegian food. Dinners typically are limited to 8 to 10 people each. The host plans the menu and guests are asked to bring one item each. Serving as host for one dinner fulfills one elective activity. Include with your pin application an event photo and a summary of dinner that covers:
 - the menu
 - number of people in attendance
 - challenges experienced related to food preparation and/or presentation
 - what you have learned about traditional Norwegian cooking from doing this activity

- 8 Plan or participate in a cookie exchange. Bake seven kinds of Norwegian cookies. Set the date and place for the exchange. Include with your pin application a photo of the seven kinds of cookies that you made, along with a summary of the activity, including:
 - the types of cookies you prepared
 - the significance of preparing seven kinds of cookies
 - number of people in attendance
 - challenges with preparation and/or presentation
 - what you have learned about traditional Norwegian cooking from doing this activity
- 9 Create a dessert table of five or more Norwegian desserts to share with lodge members, family and/or friends. Include a photo of the desserts that you made, along with a summary of the activity, including:
 - the types of desserts you prepared
 - number of people in attendance
 - challenges with preparation and/or presentation
 - what you have learned about traditional Norwegian cooking from doing this activity
- 10 Research and write a one-page article about the history of rømmegrøt. Include information on how it is served and on which occasions it is served.
- 11 Research and write a one-page article on the julebord tradition and the foods traditionally included.
- 12 Research and write a one-page article on lefse. Include information on regional variations, different methods of preparation and variations of consumption.
- 13 Research and write a one-page article on Norwegian berries. Include such berries as cloudberries, lingonberries and blueberries, and detail the traditional ways of using them.
- 14 Take a cooking class featuring Norwegian delicacies. Write a one-page summary on the information you learn.
- 15 List some websites/blogs that have Norwegian recipes. Explain why you like/dislike each resource, what you have learned; what recipes, if any, you have prepared from the source(s), etc.
- 16 Create a booklet or recipe box of at least 15 favorite Norwegian family recipes. Include any family stories, special memories and/or traditions about the recipes. Make copies and give the booklet to relatives and friends. Include a copy with your pin application.
- 17 Share what you have learned. Select and make a Norwegian recipe with a family member (child, grandchild, niece, nephew, etc.), lodge member and/or a friend. Include a picture of the activity and write a summary of the experience covering:
 - the name of the dish/recipe prepared
 - who you are sharing the cooking experience with
 - challenges experienced related to food preparation and/or presentation
 - what you learned about traditional Norwegian cooking from doing the project
- 18 Share what you have learned. Do a program on traditional Norwegian cooking for the lodge. Possible presentations include demonstrating a recipe or presenting one of the research topics (elective activities # 5, 10, 11, 12, 13 or 14). Include a picture of you presenting the program, along with a summary of what was presented and your thoughts about the presentation.
- 19 Create a lodge cookbook with other members to sell as a lodge fundraiser. Include a copy of the cookbook with your pin application.
- 20 Create your own elective activity. Don't see the elective activity that you wish to do? Make a suggestion by emailing culturalskills@sofn.com or by calling 800-945-8851.

PARTIAL LIST OF RESOURCES

Looking for some recipes? Several can be found in the Sons of Norway recipe box on www.sonsofnorway.com. Below are a few of our favorite cookbooks, widely available in stores and online.

- "A Taste of Norway" by Arne Brimi
- "The Lost Norwegian" by Christin Drake
- "The Best of Norwegian Traditional Cuisine" by Ingrid Espelid Hovig
- "The Norwegian Kitchen" by Kjell E. Innli
- "The Last Word on Lefse" by Gary Legwold
- "The Last Word on Lutefisk" by Gary Legwold
- "The Great Scandinavian Baking Book" by Beatrice Ojakangas
- "Scandinavian Feasts" by Beatrice Ojakangas
- "Lutefisk, Rakefisk and Herring in Norwegian Tradition" by Astrid Riddervold
- "Care Enough to Cook" by Elsa Ring
- "Norwegian Cooking" by Solfrid Rørlien Save
- "Authentic Norwegian Cooking" by Astrid Karlsen Scott
- "Ekte Norsk Jul" (Authentic Norwegian Christmas) by Astrid Karlsen Scott
- "World Cooking Champion" by Geir Skeie
- "Kitchen of Light" by Andreas Viestad
- "Norwegian Recipes" by Norma Wangness