



Sons of Norway
HERITAGE PROGRAMS



IdeaBank#13

“VIKING-ON-A-STICK” (FUND-RAISER)

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“Viking-on-a-Stick”

(Fair Booth Project)

Viking (meatball) Recipe:

20 lbs. ground beef
12 eggs
6 c. coarse cracker crumbs (or dry bread crumbs)
3 c. finely chopped onions
3 T. salt
2 T. pepper
6 T. brown sugar
4 tsp. nutmeg

Mix all ingredients thoroughly and then form “Vikings” by rolling about $\frac{1}{3}$ cup of the mixture into a long meatball about 5 inches long and $1\frac{1}{2}$ inches in diameter. (Some of the lodges make round meatballs instead of the long ones, but we find that the longer ones work better for us). Bake at 350 degrees for 35–40 minutes or until done .

When we buy our ground beef, we have them package it in 20-lb. packages. We get approximately 110 “Vikings” from each 20 lbs. of meat. We buy the 85/15 ground beef, which is 85 percent lean and 15 percent fat, so the “Vikings” are not so dry.

We use about 10 lbs. of onions to each 100 lbs. of meat and approximately 15 lbs. of coarse cracker crumbs to each 100 lbs. of meat.

Dip the meatball into a good, thick corn-dog batter and deep-fry until golden brown. This is the way we handle our “Vikings” for our fair booth:

We use a 220 volt commercial type electric deep-fat fryer which holds 2 or 3 gallons of cooking oil. Any good quality cooking oil may be used. We happen to use “Red Label Shortening” because we can buy it in 5-gallon (35 lb.) containers.

We also use “Krusty Pup Batter Mix” and buy it by the case, consisting of six 5-lb. boxes per case. When the batter is mixed very thick—which is the way we find most people like it—we use a 5-lb. box of mix for approximately 65 to 75 “Vikings.” If a ready-made batter mix cannot be bought, you may make your own. A good recipe for batter mix is as follows:

4 c. Bisquick
2 T. cornmeal
2 large cans Carnation condensed milk

Mix well with spoon, let stand for a minute or so, mix well with electric mixer.

If you do a large volume of business, a handy way to fry the “Vikings” is to remove the two outside tines from a table fork and then bolt four of the forks to a wooden handle about a foot or so long to deep-fry the “Vikings” on. The forks are inserted into one end of the baked “Vikings,” dipped into the batter and then into the hot cooking oil. When it is done, the “Viking” is removed from the fork, a stick is inserted into it and then wrapped in a napkin for serving. However, we found this system a little cumbersome for our operation, so we tried a different technique and found that it worked much better. Instead of using the forks, we drilled holes through the top of large rounded spring steel paper clips. Then one handle of these clips was bolted to short strips of flat sheet-iron which were bent in an “L” shape.

The flat end of the wooden skewer is inserted through the hole in the paper clip and the sharp end inserted into a baked “Viking.” The “Viking” is then dipped into a thick batter and then into a holder fastened to the top of the deep fryer. This leaves your hands free to do other things while the “Vikings” are frying. When the “Vikings” are fried to a nice golden brown color, the tension on the spring clip is released and the “Viking” is wrapped in a napkin and served.

After they are baked, we lay them out on a table to cool and then we pack them in dress boxes that we obtain from a local clothing store. Other suitable containers may be used, such as ice cream cartons. The “Vikings” are then frozen until fair time.

When the fair starts, we open up a few boxes of “Vikings” each morning so that they will be completely thawed and warmed to room temperature before we open for business. We also have an electric roaster to help thaw them out if we should get rushed. To compensate for this, we lay them on a raised rack and then add a little water to the bottom of the roaster.