



Sons of Norway
HERITAGE PROGRAMS



IdeaBank#38

NORSKIES—FOOD FUNDRAISER

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“Norskies”

MATERIALS AND EQUIPMENT NEEDED:

1. Frozen bread dough
2. Sugar and cinnamon
3. Cooking oil
4. Deep-fat fryer (or large deep electric frying pan)
5. Heat lamp or warming oven
6. Pans for “rising” bread dough

“Norskies” are easy to make. Frozen bread dough is used and may be purchased in packages of five loaves, or by the case. At our Jotunheimen lodge fair booth, we purchase it by the case, as we use approximately 250 loaves during the fair. There are different methods of handling the “Norskies,” but we find the following method works best for us.

When the loaf of frozen dough has thawed just enough to soften sufficiently for easy cutting, we slice it into six equal parts. (Ends of the loaves are smaller in diameter than the center cuts, so remember to allow for this when slicing.) Lay the slices of dough in a shallow pan to finish thawing and to let rise. Grease each slice with cooking oil on all sides so they will not dry out when rising. We also cover each pan of dough with a piece of plastic, to help keep them from getting dry and crusty. Let the slices rise until they are like large buns or rolls. Then stretch out each slice until they are about six inches in diameter, and fry them in a deep-fat fryer (frying them on one side and then turning them over to fry on the other) until they are a golden brown. When stretching the dough prior to frying, be sure to stretch it so it is not too thick, as there is always the possibility of having them “doughy” on the inside if they are too thick.

After deep-fat frying the “Norskies,” roll them in a sugar and cinnamon mixture, wrap them in a napkin and serve.

“Norskies “ are best when taken fresh from the fryer, rolled in the sugar and cinnamon mixture, and then eaten immediately. However, if you do not have an immediate sale for them, they may be kept warm for a short time under a heat lamp or in a warming oven. If they are to be kept in a warmer, do not roll them in the sugar and cinnamon mixture until they are to be served.

Since it does take some time for the bread dough to rise, you have to start a couple of hours ahead of time to have them ready to fry when needed. So you have to anticipate your rush periods and slack periods. However, if you have several “Norskies” raised and ready to fry and no immediate sales, they may be set aside in a cold refrigerator and this will retard rising.