



Sons of Norway
HERITAGE PROGRAMS



IdeaBank8

NORWEGIAN FROKOST/BRUNCH

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1983

Norwegian Frokost/Brunch

Purpose

- To celebrate Norwegian culture and heritage by serving traditional Norwegian foods to members and the general public.
- Fundraising

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An annual *frokost*/brunch can be a major event in your lodge's work to present some of the Norwegian heritage to lodge members and other people in your community.

Trollheim lodge 6-110 organized this frokost/brunch to celebrate Leif Erikson Day, but it can, of course, be put on for any special occasion—or for no other reason than the wish to organize this type of event.

Food preparation was in this case done by individuals in their homes. Lodge members purchased the food themselves, prepared it and brought it to the place where the frokost/brunch was served. Your local health department regulations will decide whether or not your lodge can do the same.

The following is material designed by Trollheim lodge. The assembled material—menu, list of items needed, list of foods to be prepared, work schedule, news release, and ad/poster—can help your lodge organize a similar event.



Don't miss the second annual
TROLLHEIM FROKOST—Our Norwegian Brunch!

This event is open to all Sons of Norway members and friends interested in traditional Norwegian foods.

_____ and committees intend this frokost to be as good as last year's event.

The DATE: _____

The PLACE: _____

Serving Times: _____

Seating space limitations require that tickets be purchased for specific serving times.

The cost: \$_____ adults, \$_____ children under 12.

Call: _____, at: _____

or send check to: _____

Specify Serving Time!

Instructions for how to get there:

Sample of News Release from Trollheim Lodge

For Immediate Release

For more information contact:

Name _____

Phone _____

Trollheim Frokost—a Norwegian-style Brunch

_____ Lodge will be hosting a Norwegian-style brunch on October 23rd, at _____, for all members and friends interested in traditional Norwegian foods.

The second annual **Frokost** will be expanded to three servings: 10:30, 11:30 and 12:30. The menu will include: seven types of breads, jams and spreads, cheeses, meats, six types of fish, salads and eggs.

The event is one of the activities planned by the Sons of Norway to carry out our purpose: to preserve and continue the Norwegian heritage in the United States, and to share our culture and heritage with our community. The frokost is a fall event to celebrate Leif Erikson Day.

The cost is \$6 for adults. \$4 for children under 12.

Call: _____, at: _____

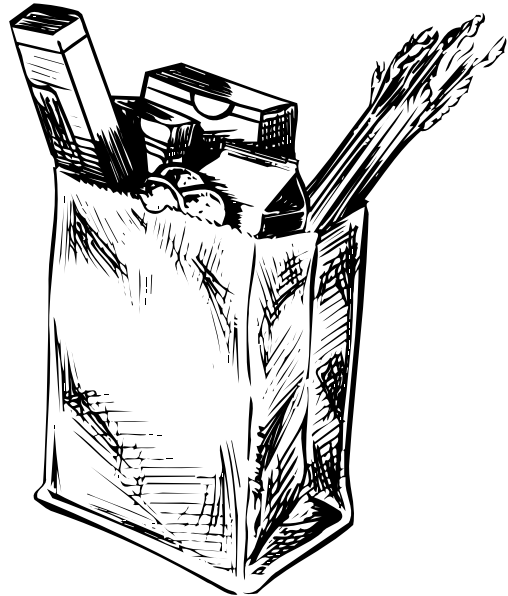
or

Call: _____, at: _____



Items Needed

White cloth napkins
White tablecloth
Blue runner
Table risers
Flags for dining room tables
Decorations for serving table
Small butter knives
Plates for serving eggs
Bread boards for cheese
Cheese slicers
Plates for fish molds
Miscellaneous baskets for breads, etc.
Coffee pots
Coffee pot for hot water
Coffee servers
Punchbowls and ladles for fruit soup
Large juice containers for water and juice
Trays to carry juice, etc.
Can opener
Containers for leftovers
Saran Wrap and Zip-Loc bags
Price tags and marking tape
Scale Soap and towels
Name tags and pens
Card tables for tickets and sale items
Folding picnic tables
Tables
Plates
Coffee cups
Juice cups
Fruit soup cups
Plastic silverware
Table paper place mats
Napkins
Doilies
Candles and holders for dining room
Serving spoons and forks
Norwegian music tapes and player
Signs for food
Sharp cutting knives



This list might be revised in accordance with the specific needs of your own lodge.

Sample Menu

This menu can, of course, be changed in accordance with the preferences of your lodge, the Norwegian food available in your district and the specialties of local “cooks.”

FROKOST:

Time and Place: _____

Serving times: _____

Breads

Coffee cakes
White bread
Rye bread
Flatbread
Wasabrod
Vafler

Meat

Salami
Ham
Liver paté

Beverages

Coffee
Tea
Orange juice
Cream & sugar

Jams

Strawberry jam
Orange marmalade

Fish

Herring—pickled
Herring in sour cream
Fish molds
Fish pudding
Creamed cod



Garnishes

Salt and pepper

Miscellaneous

Deviled eggs (12 doz)
Cucumber salad
Sliced cucumbers & sliced tomatoes
Fruit soup
Rice pudding
Cookies
Krumkaker
Homemade butter
Mustard
Mayonnaise
Horseradish



Sample of Work Schedule

Arrive to set up chairs and put on tablecloths, etc.

(Time) _____ (Name) _____

(Time) _____ (Name) _____

All other committee members arrive and be prepared to prepare food, tables, set up tables, set up chairs, etc.

(Time) _____ (Name) _____

(Time) _____ (Name) _____

List of people assigned to work 1st serving shift in:

Time: _____ to _____

DINING ROOM

SERVING ROOM

_____	_____
_____	_____
_____	_____
_____	_____

List of people assigned to work 2nd shift in:

Time: _____ to _____

DINING ROOM

SERVING ROOM

_____	_____
_____	_____
_____	_____
_____	_____

The Norwegian Brunch Committee is divided into two work shifts so as to give everyone time to eat and visit with their friends. If your time of assignment is not convenient, please call someone on the other shift and arrange a trade. Norwegian folk costumes should be worn by greeters or ticket takers only so that there is less of a chance for food to be spilled on them. Each lodge should decide what the desired dress code for all helpers should be.

Food Preparation

(Day and Time) _____

**Names of persons
assigned to the
various jobs:**

1. Breads—coffee cakes, flat-breads, vafler, etc. _____
Deviled eggs—arrange on plates..... _____
Arrange cheese blocks on table with fruit, etc. _____

2. Jams, spreads, sliced cucumbers, sliced tomatoes..... _____
Cucumber salad, pickles, pickled beets and other..... _____
Miscellaneous items _____

3. Meat and cheese trays _____
Fish pudding..... _____
Liver paté _____

4. Herring _____
Sardines _____
Fish molds..... _____

5. Creamed cod _____

6. Fruit soup..... _____
Rice pudding..... _____
Cookies _____

7. Beverages: Orange juice, tea and coffee..... _____

This list will avoid confusion. All helpers are limited to a certain area. Everyone is asked to help where needed.