

Cardamom Cookies



For cookies (makes approx. 2 dozen)

½ teaspoon baking soda
1 teaspoon ground cardamom
1 teaspoon ground cinnamon
1½ cups flour
½ cup (1 stick) butter, at room temperature
1 cup sugar
1 egg

For icing

4 tbsp. butter, at room temperature
1 teaspoon vanilla extract
½ cup milk
¼ teaspoon ground cardamom
¼ teaspoon ground cinnamon
4 cups powdered sugar

Directions

To prepare cookies: Preheat oven to 350 degrees and line baking sheets with parchment paper. In a small bowl, whisk together baking soda, cardamom, cinnamon and flour, and reserve.

In a bowl of an electric mixer on medium-high speed, beat butter until creamy, about 1 minute. Add sugar and beat until light and fluffy, about 2 minutes. Add egg and beat until thoroughly combined.

Reduce speed to low, add flour mixture and mix until just incorporated. Roll dough into balls and place 2 inches apart on prepared baking sheets. Carefully press dough with flat bottom of a drinking glass and bake until lightly browned, 14 to 16 minutes. Remove from oven and cool 2 minutes before transferring cookies to a wire rack to cool completely.

To prepare icing: In a bowl of an electric mixer on medium-high speed, beat butter and vanilla extract until light and fluffy. Add milk, cardamom and cinnamon, and beat well. Reduce speed to low and add powdered sugar to reach desired consistency. Spread icing on cooled cookies.

Star Tribune Taste Section

2008 Finalist: Matt Boisen of Owatonna, Minnesota

Cardamom, although not native to Norway, is one of the most popular spices in Nordic cooking. Norway consumes almost 30 times more cardamom per capita than the median country. It is the world's third-most expensive spice, surpassed in price only by vanilla and saffron.



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Auntie Ruth's Ginger Cookies / Molasses Crinkles

(a genuine Norwegian auntie!)

Mix thoroughly:

3/4 cup soft shortening (or butter if you prefer)

1 cup brown sugar packed

1 egg

¼ cup molasses

Stir in:

2 ¼ cups sifted flour

2 tsp soda

¼ tsp salt

½ tsp cloves

1 tsp cinnamon

1 tsp ginger

Instructions:

- Chill the dough.
- Heat oven to 375.
- Roll the dough into balls the size of large walnuts.
- Dip the tops in sugar and place sugared side up 3 inches apart on greased baking sheet.
- Sprinkle each cookie with 2-3 drops of water for a cracked surface.
- Bake 10-12 minutes just until set, but not hard.
- Makes about 4 dozen.

Ruth Hanson-Nelson
1920-2006

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Krumkake Cookies

Source: www.nordicware.com

Ingredients

- 2 eggs
- 1/2 cup butter, melted
- 1 and 1/2 cups flour
- 1 cup sugar
- 1 teaspoon cardamom or anise flavoring
- 1 cup of milk



Directions

- To prepare iron for use: Place iron directly over medium heat on top of stove. Alternately heat both sides of the iron until water sprinkled inside sizzles. Grease inside of plates when making the first few cookies.
- Beat eggs well; add sugar, butter and cardamom or anise. (*Whole cardamom seed that has been shelled and freshly crushed with a rolling pin makes for a more flavorful krumkake.*)
- Continue beating. Add flour and milk, beat until smooth.

To Bake

- Spoon about 1 tsp. of batter in center of baking surface. Close iron and gently squeeze handles together. (*Batter flowing out indicates too much batter being used and this surplus should be scraped off immediately before it burns.*)
- Bake 5-10 seconds before turning iron over to continue baking on other side. Bake until cookie is a light golden brown; open iron to check for doneness.
- Remove quickly with a spatula and roll immediately on cone to shape. Remove cone and cool seam side down on wire rack. When completely cool store in shallow airtight container, stacking carefully 1-2 deep.
- Makes about 50.



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Norwegian Waffles

From “We Love Waffles / The Heart of Scandinavian Culture,” by Stine Aasland (the Minnesota State Fair waffle lady!)

Makes 14 (from 7 cups batter)

Note: The batter can be refrigerated for up to 5 days, or frozen. For Scandinavian effect, use a waffler that makes thin, heart-shaped waffles.

Ingredients

3 eggs
1/2 c. sugar
1/2 tsp. salt
4 c. unbleached all-purpose flour
2 tsp. ground cardamom
4 c. whole milk
3/4 c. sour cream
12 tbsp. (1 1/2 stick) butter, melted



Directions

- Beat eggs and sugar together until light and frothy.
- In a separate bowl, whisk together salt, flour and cardamom.
- In another bowl, combine milk and sour cream, and whisk until thoroughly incorporated.
- Add part of the dry ingredients to the egg/sugar mixture. Then add part of the wet ingredients. Alternate with more additions until all has been combined. Beat for about 3 minutes to make a smooth batter.
- Beat melted butter slowly into the batter. Let the batter rest for at least 15 minutes before making waffles.
- Preheat waffle maker. Grease waffle maker and proceed with batter as appliance directions specify. (A 12-inch griddle uses about 1/2 cup batter.)

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