



Christmas Traditions of Norway

How to add festive Nordic fun
to your family celebration

- Learn about the unique Christmas customs of Norway
- Discover sweet and savory dishes you can make for Christmas





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Gledelig jul

There is no better time for you to share the traditions of Norway than at Christmas. This guide welcomes you to learn more about unique Norwegian Christmas customs. We've included activities, tasty foods and more ideas to help you enjoy the holiday with those you love.

Christmas, known as *jul* in Norway, is a magical time. Norwegians enjoy getting into the spirit of Christmas, or *julestemning*, with loved ones. Holiday greetings of *God jul* or *Gledelig jul* are shared. And it's common to get together for a friendly group dinner called a *julebord* with friends or coworkers prior to the holiday. Many Sons of Norway lodges in Norway and North America also take part in the *julebord* tradition.

Christmas itself is considered family time in Norway. Gifts (often handmade) are exchanged, usually on Christmas Eve after dinner. Most importantly, Christmas is a time to relax. It's followed by a low-key week between Christmas and New Year's—a welcome break from the hustle and bustle of everyday life, full of family fun like board games and skiing, time spent at a cabin or visiting with friends.



“I bring my niece and great niece to the [lodge] Christmas Tea, which they greatly enjoy.”

Do happy childhood memories of wonderful, Norwegian-inspired Christmases still bring a smile to your face? Do you recall...

...delightful aromas wafting from the kitchen as you waited...and waited...while Grandma cooked “her” special dishes? (Do you recall catching a mouthwatering whiff of fresh lefse or hearing groans of “uff da” if the strong smell of lutefisk was in the air?)

...laughter with an uncle who came up with a new Ole and Lena joke or two to share each year?

...merry Nordic music, games and more as cousins of all ages sang and played together, waiting for dinner, so at long last presents could be opened?

...handmade gifts and Scandinavian “not to be forgotten” touches around your home?

Now is the time to share Norwegian Christmas traditions. You can help your loved ones create new memories of their own.

Everyone is welcome to join in our celebration of Norway’s traditions!



Family stories and treasured Christmas heirlooms

If you or other family members decorate with cherished Norwegian Christmas heirlooms, Christmas is the perfect time to ask about or share the stories behind them. Family stories can not only inspire the next generation to take interest in these treasures, but also increase their desire to stay connected to their heritage.

Do you know why a worn knit stocking was hung by the front door each year? Was it one of a pair of stockings, sent as a caring Christmas gift, from a grandma who never left Norway? Perhaps she wanted to keep a beloved grandchild's toes toasty warm in the bitterly cold winter months. As the years passed, that lone stocking may have become a special keepsake, in remembrance of her love.

“We laugh at some of the things we may have done as children that are definitely Scandinavian—and we didn’t even know.”



Inspiration in *Viking* magazine

Are you looking for ideas to add family fun at Christmas? Do you want to find Nordic-inspired Christmas gifts? As a Sons of Norway member, you have members-only online access to the *Viking* magazine archive, with more than 10 years of searchable articles. Many recipes for sweet and savory goodies are featured, along with suggested Scandinavian gifts. Use your member login at sonsofnorway.com to read these articles:

Norway's Christmas Markets

Get in a festive spirit
[*Viking*, December 2019]

Food Gifts for Christmas

Three recipes to try
[*Viking*, December 2019]

A Very Scandinavian Christmas

A look at the traditions
[*Viking*, December 2018]

Orange Bliss

Citrus-inspired baking
[*Viking*, December 2017]

A Hygge-Inspired Christmas

Cozy and creative ideas for the holiday season
[*Viking*, December 2020]

Gift Guide

Nordic-inspired gifts
[*Viking*, November 2017]

Christmas Crafts

Twists on tradition
[*Viking*, December 2016]

Holiday Gift Guide

Must-have items for your list
[*Viking*, November 2015]

Christmas Cookies

Three holiday recipes
[*Viking*, December 2014]

Must-Have Books for Christmas

12 festive reads
[*Viking*, December 2020]

Ways to learn *Norsk* as you enjoy Christmas



Here's one of several Christmas carols you can log in and view online.

Snakker du litt norsk? If you are looking to learn the basics of Norwegian, Sons of Norway's online language lessons get you going with 37 installments, including how to pronounce a few *julesanger* [Christmas carols—Lesson 26].

Anyone can view the lessons, but only members can log in to hear native speakers pronounce each word and phrase.



Jul i Norge!

Christmas in Norway! It's a holiday celebrated by Norway's people since they converted to Christianity, around 1000 to 1100 A.D. Previously, there was a midwinter celebration of *jul* or *jøl* to celebrate the harvest and coming spring. Many of today's Christmas customs are rooted in ancient Norse winter celebrations.

In the early 1800s, Norway was one of the poorest countries in Northern Europe. Although only about 3% of Norway's land has ever been good for farming, Norway was an agrarian society that had changed very little since feudal times. Norwegian society was highly stratified, and nearly every citizen belonged to the state Lutheran church.

When immigrant Norwegians came to North America in waves from the early 19th century through the early 20th century, they often gathered in the new lands to celebrate Christmas with fellow Norwegian Lutherans. Services were conducted in *Norsk* (Norwegian), and familiar Norwegian hymns and carols were sung. These immigrants handed down Christmas customs to later generations and recreated foods "from home" as closely as possible in their new homes. Many of us who are descendants of these immigrants still carry on with some, if not all, of these customs today.

“I've been a member of Sons of Norway since I was a child in Baltimore. Some of my best memories are Christmas parties at the lodge.”

Juleøl

Brewing *juleøl* (Christmas beer) is a long-held holiday activity. The Vikings and old Norse prized their beer and kept plenty on hand during the holiday season. The symbol of the cross was often used during the process to protect or bless the brew. Sometimes crossed straws in the container or a cross of tar painted on or under each container would serve as enough to protect the special beer.

In most districts, the brewer—usually the master or matron of the household—worked alone and started two to three weeks before Christmas on a full moon night. The process had to be completed by St. Thomas Day (December 21) or winter solstice because brewing at the turning of the sun was considered to be tricky.



Make Merry Memories with Norwegian Traditions

Christmas traditions are a way to embrace your heritage and stay connected to family past and present. Please read on to learn more about Norwegian Christmas traditions you may want to add to your festivities.

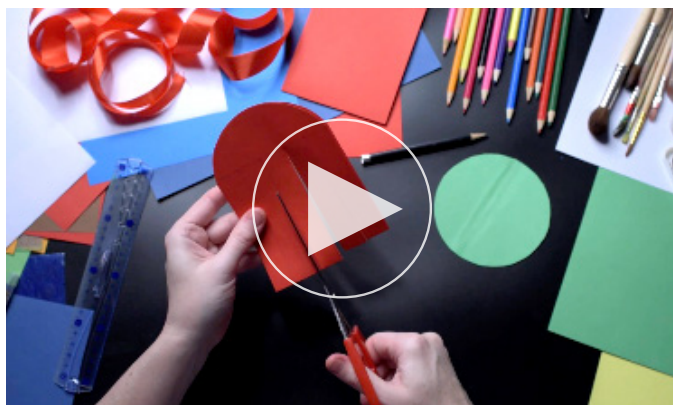


Advent

The Norwegian Advent tradition includes lighting special candles on the four Sundays before Christmas. During Advent, small gifts may be given on each of the 24 days leading up to Christmas. The gifts are sometimes given along with a chocolate-filled Advent calendar. These are known as *julekalender* or *adventskalender*.



Festive Decorations



Watch this quick video to see how a woven heart basket is made. (45 seconds)

A traditional Norwegian decoration is the heart-shaped woven basket called *julekurver*, which can be filled with nuts or candies and given as a gift or used to decorate a Christmas tree. This is an easy craft project for kids. Watch the video above to learn how to make a basket.

Another traditional ornament for a Christmas tree is a straw *julebukk*, or Yule Goat. The *julebukk* was a carryover from the old Norse midwinter harvest celebration. It was believed that the last sheaf of harvested grain contained the power of that year's harvest. This cut of grain was saved and made into a festive goat for Yuletide and was thought to keep evil spirits at bay. Other straw figures are also popular, along with strings of small Norwegian flags. More Nordic touches for your home include placing fresh spruce or fir boughs indoors and hanging a sheaf of wheat or oats outside for the birds. You also can't go wrong with a few well-placed candles to create a *koselig* (cozy) Christmas feeling in your home. This is a great time to display Nordic heirlooms like pewter or silver candle holders and serving pieces. You may want to show off folk arts you've made yourself. Wooden carved crafts, or *rosemaled* items, Hardanger table runners, knitted Christmas stockings and more will add to the festive feel of your home.



Christmas Markets, Gingerbread Towns, Holiday Bazaars... *Oi da! (Oh my!)*



A popular way to get in the Christmas spirit in Norway is to visit an open-air *julemarked* (Christmas market) or *pepperkakeby* (gingerbread town). You can shop for artisan-made ornaments, knitwear and crafts. Plus, you will find tasty treats—everything from marzipan or chocolate candies to gingerbread and traditional savory foods—that make wonderful gifts.

In North America, Scandinavian churches and other civic organizations host pepperkakebyer and Christmas bazaars. Norway House in Minneapolis, Minnesota holds their Gingerbread Wonderland annually, and Duluth, Minnesota features the pepperkakeby started by Norwegian-born Sons of Norway member Bente Soderlind. Many Sons of Norway lodges host holiday bazaars and festivals, too. You can contact a lodge, check the lodge website or refer to our online Sons of Norway Events Calendar for more information.

Find our events calendar online at sofn.com/events

The *Julehefte* Tradition

Along with these classic Norwegian Christmas traditions, here's another one you may enjoy: sitting by the fire with a big stack of comic books. For two centuries, Norway has had a tradition of releasing *julehefter*, or Christmas booklets, in late November. While the term *julehefte* has now become synonymous with comic books, these special releases were originally more literary journal than comic strip. In 1845, the first children's themes followed with *Julegaven for det barnlige sind*, or "The Christmas Gift for Childish Minds."



Publishers paid handsomely for the booklets, so many famous Norwegian writers contributed poems and short stories, including Hamsun, Undset, Bjørnson and Ibsen. These days there are around 50 Christmas booklets on the market, with some titles surpassing 150,000 copies sold. About half are Norwegian originals, including crime titles and political satire.



Seven Sorts of Sweets



A word of advice about Norwegian baking...you'll want to keep plenty of butter on hand as you get your baking underway! As tradition goes, many Norwegians bake no fewer than seven varieties of cookies or pastries in the weeks leading up to Christmas Eve. The meaning behind this delicious ritual differs from place to place but it is considered to be bad luck if the tradition is not kept. Baked goods often include *pepperkaker* (ginger cookies), *goro*, (ornate waffle cookies), *berlinerkranser* (Berlin wreath butter cookies) and *sirupsnipper* (syrup snaps). A holiday bread made with raisins, candied peel and cardamom called *julekake* is also popular.

During this same period, it's common for those of us in North America to try our hand at making a batch or two of that most popular traditional food—*lefse*. While a tasty delicacy any time of the year, having lefse at the Christmas table is an important tradition for many families. Though there is some debate over which is better—potato lefse or lefse made without potatoes—both are served in Norway. There are even a few intrepid bakers today using gluten-free lefse recipes that call for rice or other types of flour.

The lefse debate continues, as there are myriad ways to serve it: topped with butter only, topped with butter and white sugar or brown sugar, dabbed with

jam or even rolled up with lutefisk or sausage inside. Just remember, when it comes to lefse, there are no bad choices. Simply pick your favorite and enjoy! You'll find our popular recipe for potato lefse on page 13.

Celebrating Lille julaften



On *Lille Julaften* (Little Christmas Eve, December 23), Norwegian families typically decorate the *juletre* (Christmas tree), adorning the branches with handmade woven heart-shaped baskets, white lights, Norwegian flags and figures—like the Yule Goat—made from straw.

One of the more popular customs is to serve *risgrøt* (rice porridge) on Little Christmas Eve or Christmas Eve, often around the noon hour. A single almond is hidden in the mixture and whoever ends up finding it in their portion wins a prize—most commonly a marzipan pig.

In the evening, the main TV channel plays the exact same Christmas programs every year, so commonly watched in fact that many jokingly refer to the custom as “same procedure as every year.” The short film “The 90th Birthday—Dinner for One” is shown each *lille julaften* at 9 p.m.



Christmas Eve Morning = Festive Films



For many, the morning of Christmas Eve is spent cuddled up watching favorite Christmas films and cartoons.

Some of the regular features include “Three Wishes for Cinderella,” a Czech-German fairytale filmed in 1973; *Reisen til Julestjernen* (Journey to the Christmas Star), a 1976 Norwegian film that follows a royal family and a hunt for the lost Christmas star; and the Disney Christmas special “From All of Us to All of You,” a beloved cartoon with Jiminy Cricket, Mickey Mouse and Tinkerbell.

You can relax and enjoy these and newer releases, like *Hjem til Jul* (Home for the Holidays) via a streaming service such as Films of Norway. Available worldwide, Films of Norway offers a 7-day free trial and 25% off a subscription by using our members-only discount code. Or check out the growing list of Norwegian offerings and films on your preferred streaming service.



Exclusively for Sons of Norway members

Gifts for the *julenisse*



As a child in North America, you may have left milk and cookies for Santa Claus on Christmas Eve. Norway also has a Christmas elf or *nisse*. Known by various names (*tomte*, *tufte*, *gardvord*) and by their red hats, the nisse is usually understood to be a house or farm gnome that secretly oversees the household. One type of nisse, the *julenissen*, is the Norwegian equivalent of Santa Claus. On the night before Christmas he must be appeased with gifts of food, such as rice porridge topped with butter, or he may cause things to go awry.

Sámi Folk Stories

Today, Norway’s Sámi people celebrate Christmas much as other Norwegians do, but many old Norse customs lingered with the Sámi well into the 19th century. The *ruohdda*—“the night”—is a scary twist on the idea of leaving a gift to the *julenisse* on Christmas Eve. On this night, Sámi children were warned about encounters with ghosts and an evil troll called *Stallo* or *Juovlagállát*. Every family would set a post for Stallo’s sled and leave a cup of water sitting out in the home. That way, according to legend, he could easily come, quench his thirst, and go without harming anyone. The mischievous *julenisse* sounds quite tame by comparison to this frightening Christmas troll!



Christmas Eve & Christmas Day



Christmas Eve features the main Christmas dinner, a decorated Christmas tree and the exchange of gifts. The main course for dinner is likely to be *ribbe* (pork ribs or pork belly, bone in) or *pinnkjøtt* (dry-cured ribs of lamb). Depending on the region in Norway, you might also find *torsk* (boiled cod), *lutefisk* (rehydrated whitefish), ham or turkey served as the main course. Side dishes can vary, but cabbage and potatoes are likely to be on the menu, along with a creamy dessert.

The old Runic calendar features a drinking horn on December 25, symbolizing “drinking Jul,” and today you can still enjoy the tradition of a Christmas beer or ale, as well as a Christmas soda, known as *julebrus*, brewed only at this time of year.

Christmas gifts are usually opened after dinner is served and the post-dinner cleanup completed. Presents may be handmade (who doesn’t need another cozy knitted sweater or scarf?) or purchased at a Christmas markets, and children often make gifts as part of a crafts project at school.

Do you recall receiving a juicy orange as a Christmas gift? If so, you may already know it was considered a special Christmas treat. Said to be inspired by Norwegian sailors returning from sunny Spain

with oranges as gifts for Christmas, many immigrants shared this custom with their families in North America.

December 25 is usually a quiet holiday. It sees families celebrating privately, but it is common to gather with friends on December 26, to finish off any remaining Christmas leftovers!

Trick or Treat, Merry Christmas!



There is more to the Yule Goat tradition than just a straw ornament on the Christmas tree. The role of the Yule Goat has changed over many centuries. At one point in time, the julebukke distributed gifts after checking whether people had been on their best behavior. In the 1800s, revelers would go julebukking, roaming from door-to-door costumed as goats, playing pranks and demanding treats from their neighbors.

Today, during *romjul*, the period between Christmas and New Year’s, children dress up in costumes and go from door to door singing Christmas carols for their neighbors in exchange for candy or treats. This tradition is very similar to what other parts of the world do on Halloween, though, in Norway, adults tend to join in on the fun and enjoy drinks and snacks at each house. With its many interpretations, the julebukke has proven to be a lasting symbol, with one hoof in the ancient and one in the modern.



Member Memories of Christmas

What favorite memories do you have of family gatherings from past Christmases?

For our members, it's the scents and tastes of Christmas that often evoke unforgettable memories of loved ones and long-ago holidays—like these:

All I really need for Christmas is lefse, pickled herring, and that dark, nutty tasting Norwegian cheese! Some years, my cousin sends us homemade lefse at Christmas time, or the knotted cookies with sour cream in the dough. I also have an aunt, now in her 90s, who owned a café, along with my uncle, and she would offer a lutefisk dinner once a month. The funny part is that my uncle, who was the Norwegian in their family, didn't like lutefisk. Admittedly, I don't like it either, but my mostly English husband loves it!
—Member Jeanne H.



“ I still make lefse and krumkake. My mom made me promise I would keep those traditions alive.”



One Christmas, my stepmother decided to surprise my bestefar (grandfather) and make him a traditional Norwegian dinner. It was one of the most magical days, not because it was Christmas time necessarily, but because it made my bestefar so happy! ...I never understood why my Dad always bought a case of apples and oranges every Christmas. But as I've learned from being part of Sons of Norway, this is actually a tradition brought over from my bestefar's homeland.
—Member Denise O.



Norwegian Recipes

Does your family enjoy a favorite food at Christmas?

Because the flavors and scents of Norwegian cookery (lefse, anyone?) are so important to the Christmas celebration, as they help us build special memories, we have included a few favorites here. These classic Christmas dishes, along with the additional resources noted, will help you delight your family at Christmastime.

“I love learning more about the Norwegian culture and having the chance to cook Norwegian favorites, which I did as a child with my grandmother.”

Find our recipe box online at
sofn.com/norwegian_culture/recipe_box/

Sons of Norway Recipe Box: Find more recipes online

Here are just a few traditional Norwegian Christmas dishes you'll find online.

Gløgg—A favorite warm adult beverage to share with family and friends, especially if you are going julebukking—Skål!

Rosettbakkels—Rosettes are a crispy, deep-fried delicacy, dusted with powdered sugar.

Sirupsnipper—Thin and spicy syrup snaps topped with almonds pair perfectly with coffee, tea or even a mug of gløgg.

Lutefisk—A nostalgic favorite for many immigrants, it is a “wouldn't be Christmas without it” dish for some, served with melted butter or a cream sauce.

Juleskinke—With a heavenly aroma that fills your home, the custom of a Christmas ham is said to have evolved from the sacrifice of a wild boar to the Norse god Freyr during harvest festivals.

Kokte Melne Poteter—Boiled or steamed potatoes are another “must have” on the Christmas table.

Lefse

R. Naomi Dahl of Borup, Minnesota, recalls her parents making this together on an old wood-burning kitchen stove. Carrying on the tradition, Naomi makes batch after batch to share with friends across the country during the holidays.

Ingredients

6 cups riced or mashed russet potatoes
1 tsp. salt
3 Tbsp. margarine or butter
1 Tbsp. sugar
2 Tbsp. heavy cream or evaporated milk
1 1/2 cups all-purpose flour

Recipe

Step 1

Combine all ingredients except flour; refrigerate until thoroughly chilled.

Step 2

Add flour; mix well.

Step 3

Heat lefse or other griddle to 400 degrees. Form dough into long roll and cut into 12 sections. Form each section into a small ball.

Step 4

Roll out dough very thin with cloth-covered lefse rolling pin (or regular rolling pin) on cloth-covered lefse board or another surface. Dust board with flour when turning lefse dough.

Step 5

Bake on ungreased griddle until brown spots appear. Turn and bake other side.

Step 6

Stack lefse between 2 towels to cool. Store in refrigerator in plastic bags. Can be frozen. Makes 12 lefse rounds.

Recipe from *The Global Gourmet* by Concordia Language Villages



Watch this helpful how-to video, as Mike Nelson of Bothell lodge 2-106 in Bothell, WA makes lefse and offers his tips. (5:54 minutes)

Vaniljesaus Til Hverdags

Ingredients

1 1/2 cups milk
1 1/2 Tbsp. sugar
1 large egg
1/2 Tbsp. potato flour
1 1/2 tsp. vanilla sugar

Recipe

Step 1

In a heavy saucepan, combine milk, sugars, egg and potato flour.

Step 2

Over medium heat, bring the milk mixture almost to a boil, while stirring constantly. Don't let the mixture get to a boil.

Step 3

Remove from heat. Stir the sauce from time to time as it cools.

Step 4

Serve chilled. Makes 1 3/4 cups.



Recipe from *Ekte Norsk Mat—Authentic Norwegian Cooking* by Astrid Scott

Trollkrem

Here's a recipe the kids in your family can help you make. One member recalled, "*Trollkrem* (Troll cream) was a magical part of our New Year's Eve celebration. To us youngsters, it was truly wizardry because the volume expanded as we stirred. And we did not mind sitting and stirring as long as we had a good book in our hands."

Ingredients

1 1/2 cups lingonberries, or 1 cup red currants plus 1/2 cup strawberries or raspberries
1 cup sugar
2 egg whites from large eggs

Recipe

Step 1

Wash berries and remove all unripe berries and foreign objects.

Step 2

Combine all ingredients in a mixing bowl and beat until the volume quadruples, about 15 minutes.

Step 3

Serve in a crystal dessert bowl sprinkled with a few lingonberries. If available, add a few mint leaves. Top it off with *Vaniljesaus Til Hverdags*—Everyday Vanilla Sauce (see recipe on page 13). Cookies are a great accompaniment, or serve in *krumkakeskåler* (crisp wafer cups). Serves 8.

Recipe from *Ekte Norsk Mat—Authentic Norwegian Cooking* by Astrid Scott



Berlinerkranser

These *berlinerkranser*, or Berlin wreath cookies, are among the most favorite in Norwegian holiday baking. They are a little tricky to make, but if you persevere you will be rewarded with delicate little tidbits.



Ingredients

3 egg yolks, hard-boiled
4 egg yolks, raw
7/8 cup sugar
1/2 tsp. vanilla sugar
2 cups unsalted butter
3 cups flour
egg white
pearl sugar for dipping

Recipe

Step 1

Mash the hard-boiled, cold egg yolks and combine them with the raw yolks. Add sugar and vanilla sugar and beat well.

Step 2

Alternately add butter and flour to the egg mixture. Chill.

Step 3

Roll dough into thin "ropes" about 1/3" thick.

Step 4

Cut into 4" lengths and form small wreaths, overlapping ends. Press down lightly to make ends stick together.

Step 5

Preheat oven to 375° F. Dip first in beaten egg white, then in pearl sugar.

Step 6

Bake on greased cookie sheet about 10 minutes. Makes about 7 dozen.

Recipe from *Ekte Norsk Mat—Authentic Norwegian Cooking* by Astrid Scott

Rømmegrøt

Rømmegrøt, or sour cream porridge, with dried meats was a festive food in the olden days and is still considered that today. Rømmegrøt must be made from high fat (35%) natural sour cream, with no stabilizers or gelatin added. For the best results, use homemade sour cream—a recipe is included below.

Ingredients

1 2/3 cups 35% fat sour cream (Recipe for homemade sour cream in Step 1)
1 1/4 cups flour
5 cups full-fat milk
3/4 tsp. salt
1/2 cup granulated sugar
2 Tbsp. cinnamon

Ingredients for homemade sour cream:

1 cup whipping cream
2 Tbsp. buttermilk



Recipe

Step 1

To make sour cream, heat 1 cup whipping cream to 95° F/ 35°C, almost body temperature, then whisk in 2 Tbsp. buttermilk. Let stand at room temperature at least 8 hours, until thickened.

Step 2

Simmer sour cream, covered, about 15 minutes.

Step 3

Sift in 1/3 of the flour and stir. Simmer until the butterfat begins to leach out. Skim off the fat and set aside.

Step 4

Sift in the remaining flour, stir, and bring porridge to a boil. In a separate pot, bring the milk to a boil. Add milk to the porridge one cup at a time, whisking each time before adding more. Whisk porridge until smooth and simmer about 10 minutes. Season with salt. In a small bowl, mix sugar and cinnamon together. Enjoy the rømmegrøt with melted butterfat and cinnamon sugar sprinkled on top.

Ribbe

Pork ribs or pork belly, bone in—is served for Christmas Eve dinner in many Norwegian homes. It is easy to prepare and, if so desired, can be baked the day ahead and served cold. However, the thrill of Christmas Eve would vanish in our home if the heavenly aroma of ribbe or *skinkestek* (roasted fresh ham) and *surkål* (white or red cabbage cooked with vinegar and caraway seeds) didn't fill the air. Other accompaniments may include *tyttebær* (lingonberries), dried apricots cooked until barely tender and filled with currant jelly, stewed prunes, or apples. If cold pork belly is your choice, make certain that the boiled potatoes, gravy, and surkål are served piping hot.

Directions

The pork belly should be neither too lean nor too fat; find a happy medium. If the belly has surplus fat, trim, leaving about one-half inch for self-basting. Rub the belly with a generous amount of salt and pepper which has been thoroughly mixed (twice as much salt as pepper). Place in a roasting pan in a 450-degree preheated oven, reduce heat immediately to 350 degrees and roast 30 to 35 minutes per pound until nicely browned (about 45 minutes to 1 hour). Then add 1 cup boiling water and continue baking. Make sure every part of the roast is basted often. During the last half hour, no basting is required. When cooking is complete, place on platter and allow to rest 10 minutes before carving.



Recipe from *Ekte Norsk Mat—Authentic Norwegian Cooking* by Astrid Scott

Exclusively for Sons of Norway members



About Sons of Norway's Cultural Skills Program

Sons of Norway's Cultural Skills Program is a fun, hands-on way to get in touch with your heritage, make one-of-a-kind Christmas gifts for loved ones, and be recognized for your achievements!

We offer members a wide variety of topics—14 for adults and 5 for youth—to learn about traditional and contemporary Norwegian culture. These include folk arts like knitting, weaving, wood carving, Hardanger embroidery, rosemaling, and cooking traditional Norwegian foods. Each unit uses a framework with learning activities. You can complete the units on your own or with other members.



There are 3 levels of skill-specific activities to guide you as you learn. For each level, you'll complete a few activities and turn your records in to your lodge

cultural director—then you'll earn a beautiful pin in recognition of your accomplishments.



One of our most popular benefits of membership, the Cultural Skills Program is available exclusively to Sons of Norway members. You are welcome to invite nonmembers to join Sons of Norway to participate in this members-only program. However, we ask that you share the Cultural Skills packets only with current members and keep them out of the hands of nonmembers.

A full listing of topics in the Cultural Skills Program is available online at sonsofnorway.com in the Member Resources area, under the Cultural Programming menu. Just log in to see what topics you're interested in learning more about. You may also call Sons of Norway headquarters at 1-800-945-8851 or email culturalskills@sofn.com for more information.