Norwegian Fruit Soup (Sotsuppe)

Fruit dessert “soups” are very Scandinavian and can be made with

a variety of dried fruits with canned fruits added for variety.

Combine:

1 c. raisins

1 c. white raisins

1 c. prunes

1 c. dried apricots or mixed dried fruit. Dried apples are also good.

Simmer slowly in 1 qt. water for about 30 minutes until fruit is tender.

Add:

1 c. sugar

½ to 1 c. tapioca

Cook on low heat until tapioca is clear and transparent. Add more water if needed.

Then add:

½ lemon, sliced thin

4-6 cinnamon sticks

2 cups grape juice, white or purple

Cook slowly for another ½ hr. Other fruits can be added at this time if desired: canned pie cherries or mandarin oranges. Make ahead so flavors blend. Serve warm from crock pot or chill and serve cold.

Berlinerkranser

Butter ring cookies

Mix together:

1 c. softened butter

2 raw egg yolks (reserve whites)

1 t. cardamom (may be omitted)

Add:

2 cooked egg yolks which have been forced through a sieve or strainer

½ c. plus 2 T. sugar

Combine with:

3 c. flour

Split the dough into 4 long rolls and refrigerate until cold. Take out one roll at a time. Cut out small amount of dough; roll it into the size of a pencil about 3” long. Shape each piece into a circular wreath by crossing over the ends and place on cookie sheet. Beat egg white with fork; brush tops of cookie with egg whites and sprinkle with coarse decorative sugar, raw sugar, or crushed sugar cubes. Bake at 350° for 7 minutes or until golden color. Cool slightly and remove to cooling rack.

Lefse

All cultures have a flatbread and lefse is Norway’s signature flatbread.

4 c. riced Idaho potatoes (peel and boil potatoes, force through “ricer” or sieve)

1 T. sugar

1 ½ t. salt

½ cup melted shortening (¼ cup lard & ¼ c. butter flavored shortening)

2 T cream

2 c. sifted flour

Mix well. Divide into 1/3 c. sized balls, press down the ball making it easy to roll out. Roll into a large circle on a floured pastry cloth. Roll as thin as possible to make about a 14” diameter circle. The secret of making thin lefse is using a covered rolling pin. Temp controlled lefse grills are often used but any flat hot surface will work. It may take some trial and error, just as when making pancakes, to find the correct frying temperature. A thin piece of wood called a lefse stick is used to loosen and flip the lefse. Bake each side a minute or two, turning when bubbles and brown spots appear. Cool and stack between flour sack dishtowels. Fold into halves or quarters to store in a plastic bag. Makes about 15 lefse. Spread with butter to eat. Some folks like to sprinkle with sugar.

Rosettes

2 eggs

¼ T salt

1 T sugar

1 c. flour

1 c. milk

Quantity of good oil for deep fat frying

Beat eggs slightly with sugar and salt. Add milk and flour and mix only until smooth.

Heat rosette irons in oil before using. Heat oil to 350°. Blot irons, then dip hot iron into batter. Be careful not to let batter go over the top of the iron. Return iron to oil and keep iron completely submersed while frying.

Take rosette off the iron and lay on absorbent paper to remove excess grease. If some hangs onto iron, use a clean cloth to gently remove it. Makes about 40.

Sandbakkels

This traditional cookie requires sandbakkel tins, which can be purchased from Scandinavian giftware and cooking shops and websites.

1 c. butter, softened

1 c. shortening

1 egg

1 c. sugar

1 t. almond extract

3 c. flour

Cream ingredients together. Add flour slowly until all is well mixed. Press dough into sandbakkel tins. Be sure the dough is pressed very thin around the sides as well as the bottom. Trim off excess around the top edge so the cookie will pop out easily after baking. Place tins on cookie sheet. Bake 10-12 minutes at 350° until golden. Slide tins off sheet. Cool for a few minutes before tipping the cookie gently out. You may need to slightly flex the tin or tap the tin face down on a surface to get the cookie to release. They are fragile at this point, yet strong once fully cooled. Makes about 50 sandbakkels.

fattigmann

3 eggs, beaten until light

3 T. cream

½ T. butter

3 T. sugar

¼ t. salt

½ t. cardamom

1 ½ to 2 c. flour

Mix all ingredients together. If dough is thin and doesn’t roll well, add more flour sparingly until dough gets rubbery. Chill dough. Roll thin and cut crisscross diagonally in strips to make diamond shapes. Fry in deep fat heated to 350°. When dough rises to top turn them carefully. It will take 1 to 1 ½ minutes to make them a light golden brown. Drain on paper towels. Store in covered container. Sprinkle with powdered sugar before serving. Makes 5 dozen.