

OLE & LENA JOKE / FORTUNE COOKIES

Contributors: Krumkake recipe from Dena Iverson, Embla Lodge #2 (pg. 76, Nordic Cookbook) & Fortune Cookie Joke (Yoke)

Shape & idea by Mary Ashley, Sigrid Undset Lodge #32, Cupertino, CA

3 eggs
1 cup sugar
1/2 tsp. nutmeg
1/2 cup butter, melted (1 stick)
1/2 cup whipping cream
2 cups all-purpose flour
Ole/Lena Jokes cut into small strips of paper and folded to fit inside



Beat eggs until light and fluffy.

Add sugar, nutmeg, melted butter cream and enough flour to handle.

Let stand 30 minutes (or more) in refrigerator..

Preheat Krumkake grill* as directed.

Open iron; lightly brush inside top and bottom with shortening, oil or melted butter.

Spoon small amount of batter in the center of the grill (less than 1 Tablespoon batter).

Close iron.

Bake until lightly browned (about 1 - 2 minutes).

Insert tip of a knife under cookie to remove from iron; insert a fortune in center and quickly close into a half circle and place (fold side) over side of glass container (2 cup glass measuring cups work well) folding into the fortune cookie shape. Hold until cool enough to hold shape. Move to plate to cool further before packaging or eating.

*The electric Krumkake griddles (irons) for these cookies are available at many of the Scandinavian shops and other cookware places online. However a Pizzelle griddle with 2-4 shapes works terrific as well and increases time you take to do this.

Ole and Lena Jokes are available (Goggle it) on the internet or by purchasing books (Ole & Lena Jokes).

People enjoy the Norwegian tasting fortune cookies with traditional Ole & Lena Jokes. Instead of jokes, you can also do facts about Norway/etc. inside the cookie. Great for wedding favors, special parties and banquets.

You can also use your favorite Krumkake recipe for this instead of the one above.

SMØRBRØD (Open Faced Sandwiches)

Contributed by Katie Allen, Sigrid Undset Lodge #32, Palo Alto, CA

Basic Ingredients

bread*

butter or other spreads (cream cheese, etc.)**

topping (see options below)

garnishes (see options below)

toothpicks (optional)

Cheese Smørbrød Options

thinly sliced cheese such as geitost, Jarlsburg, Havarti, cheddar, Fontana, Lappi, etc.

thinly sliced: cored apple ring, tomato, cucumber radish, egg etc.

parsley sprig, lettuce leaf, etc. (optional)

Meat Smørbrød Options

thinly sliced meats such as salamis, sausage, roast beef, ham, turkey, etc.

thinly sliced or wedged: tomato, radish, cucumber, lemon pickles, etc.

parsley sprig, lettuce leaf, etc. (optional)

Fish Smørbrød Options

thinly sliced smoked salmon, cooked shrimp*, etc.

thinly sliced: egg, tomato, cucumber, lemon etc. or scrambled eggs

parsley sprig, lettuce leaf, etc. (optional)

wedge of lemon

Egg Smørbrød Options

thinly sliced hard boiled eggs

thinly sliced: tomato or cucumber

parsley sprig, lettuce leaf, anchovies filet, etc. (optional)

Veggie Options

cream cheese or other spread • veggies of choice

So many choices of Smørbrød!

Take one slice of bread (cut to size desired if desired) and add a light spread of butter or other spread (for shrimp, one can use a shrimp/cream-cheese dip mix spread)..

Arrange bottom layer using either topping or garnish first, and then adding another layer of the other item. Top with garnish decorations if desired. If you need to hold sandwich together, add a toothpick.

See photos on next page for some ideas on creating your smørbrød.

* Breads range from thinly sliced hearty whole-grains to white bread/buns of normal thickness.

** The butter or spread helps keep the bread from drying out and absorbing liquids from toppings in addition to adding flavor. Sometimes, the spread is more like sour cream consistency and just put in a dollop as above on lower shrimp photo. Horseradish is great with beef and veal!

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In Scandinavia, these open-faced sandwiches are served for either breakfast or lunch. In Sweden, they also have a fancier type of sandwich loaf that is decorated like a cake. It is called: Smörgåstårta (a Swedish sandwich cake). Goggle the name and find some amazing photos and recipes of this delight. Amounts of ingredients are up to individual cook's preferences.



OSLOPOLITAN

Attributed to Janet Rudd, Embla Lodge #2, Tacoma, WA

1 ounce Linie Aquavit
2 ounces Vikingfjord Vodka
1 ounce cranberry juice
1/2 ounce lime juice
1/2 ounce simple syrup
crushed ice
lime rind twist, curled (optional)

Add all ingredients except the lime twist into a drink shaker.

Shake.

Strain into a martini glass and serve with a twist of lime rind or slice of lime.

Drink at once!

This delightful cocktail was served at the Gala Friday Night at the 2008 Daughters of Norway Convention, Tacoma WA at the Glass Factory. It was a big hit!

Aquavit is a very Nordic beverage that is unique in flavor. It warms the heart!



SVELE

Norway's favorite Kaffi-Stund (Coffee Party) treats

Inger K. Saltonstall, Valkyrien Lodge #1, Seattle, WA / Recipe from Convention 2006

5 eggs

1 1/2 cups sugar

4 cups white flour

4 cups buttermilk

1 tsp. natron* (baking soda & salt)

1 tsp. hjortetaksalt* (Bakers Ammonia, hartshorn, or baking soda)

5 Tbsp. butter, melted

Whip eggs and sugar together, then add the remaining ingredients.

Fry on a griddle like pancakes (temperature on electric griddle around 375°).

Serve with sugar, goat cheese (geitøst) or sour cream and strawberry jam!

Note: These are delightful and very popular in Norway today and were a big hit at 2006 Daughters of Norway Convention. This is but one version of the recipe. It comes from "The Ferries" in Møre og Romsdal fylke (county), but was submitted to the Døtre Av Norge Newspaper (Jan./Feb. 2008, p.18) and tested by Inger, so she gets the credit!

*Natron and Hjortetatsalt can be bought in Norwegian/Euorpean food specialty stores or ordered online (see Nordic House (link at left) which has both products).



FATTIGMANN POOR MAN'S COOKIES

Contributed by Clara Forness, Stjernen Lodge #7, Astoria, OR

10 egg yolks
11 Tbsp. sugar
4 egg whites
1/2 pint whipped cream
1/2 tsp. vanilla extract or brandy
flour (as needed*)
powdered sugar (optional)

Mix yolks with sugar [until well blended and smooth].

Beat egg whites in separate bowl and then add to yolk/sugar mixture.

Gradually add enough flour* to make a soft dough.

Roll thin and cut into traditional fattigmann diamond shape. [If you don't have a fattigmann roller, try cutting diagonals with a pizza wheel-type cutter and cut a small slit in the center of each cookie. Tuck on pointed end through the slit to make a little bowl.]

Then fry in deep oil until light brown. [Drain on paper towel.]

[You can leave plain or sprinkle lightly with powdered sugar from a sifter.]

Fattigmann cutters are available at many of the Scandinavian shops and other cookware places online

It's been said, that these cookies were the average person's equivalent to rosettes made only by the upper class. These ingredients used to make the cookies were less expensive and more commonly used in the household. Check out hungrybrowser.com for more explanations and the history regarding the name.

Christmas-Cookies.com gives helpful reader input into making these.



KUMLER MED KJØTT

POTATO DUMPLINGS WITH MEAT

Contributed by Astrid Scott Karlsen, Prillar Guri Lodge #30, Lacey, WA and one from Ingrid Espelid Hovig's (Norwegian culinary expert & television chef) recipe as used in her home in Bergen. [Found in Astrid Karlsen Scott's book: Ekte Norsk Mat (Authentic Norwegian Cooking) p. 55 – 56.]

1 lb. raw potatoes, peeled (450g)
1/4 lb. boiled potatoes (115g)
1 tsp. salt
1.4 - 1 cup barley flour (1.75 - 2.5 dl)
2 - 3 Tbsp. flour
1 small rutabaga
Melted butter

Serves 4 – 6

Thyme

MEAT:

1.5 pounds salted & smoked mutton (675g)
ca. 1 lb. salt port (450g)
3 quarts water (3 liters)



Meat: Soak the meat and salt pork overnight. Bring to a boil, uncovered, in fresh cold water. Skim. Simmer meat and salt pork, covered, until tender, about 1 – 2 hours. Remove from pan and keep warm in a little of the stock.

Potato Dumplings: Grate the raw potatoes on the finest part of the grater or grind them in a food mill with the finest attachment. Mash or grind the boiled potatoes and mix the two. Add salt and flour at once to prevent potatoes from darkening. If the potatoes have a high water content you should pour off some of the water before the flour is added or you will have to add more flour and then the dumplings will be too firm. The amount of flour needed depends on the quality of the potatoes. Make a small dumpling to test this. The mixture should not be so thin that the dumplings spread out into the stock, nor should they be so firm that they are heavy and tough.

Shape the dumplings with a tablespoon dipped in warm stock and drop them into the simmering stock. The meat stock should simmer at all times while the dumplings are cooking. The kettle should be so large that there is plenty of room for the dumplings or they may stick together. Simmer for about 30 minutes or until they are cooked through. To test cut a dumpling in two. Peel the rutabaga and cut into bite-sized pieces. Boil tender in a little of the meat stock or in lightly salted water. If there is room in the kettle, the rutabagas may be cooked with the dumplings.

Cut the salt pork in slices and the meat in cubes. Place meat, pork and rutabagas on a platter with the dumplings. Serve, using the melted fat skimmed from the stock, or a little margarine [butter] as a sauce. The next day season the stock with salt and thyme to taste, and serve as a soup with the dumplings or alone.

Note: Some cooks put meat or salt pork in the dumplings, others serve the meat on the side. Some serve potato dumplings with a sauce made from Norwegian goat cheese, geitost, while others pour melted butter over their dumplings. Kumle recipes and traditions vary from place to place and from home to home.

Photo courtesy of Astrid Karlsen Scott.

POTEBOLLER

POTATO ROLLS / BALLS

Beret Johnsen, Gjøa Lodge #18, Oakland, CA

- 1 cake yeast*
- 1 cup scalded milk
- 2/3 cup shortening
- 1/2 cup sugar
- 6–8 cups white flour
- 1 cup lukewarm water
- 2 eggs
- 1 tsp. salt
- 1 cup mashed potatoes



Dissolve yeast in lukewarm water and add to lukewarm milk.

Mix mashed potatoes, shortening, sugar, salt and eggs. Cream well.

[Add the yeast/water/milk mixture to the potato mixture. Mix.]

[Add the remaining flour one cup at a time to the other mixture as dough forms. Mix well.]

Turn dough onto floured board and knead well. Put into a large bowl [grease bowl and top of dough] and let rise [covered with a cloth] until double in bulk.

Knead lightly. Place in refrigerator until ready to bake [if not making right away].

1.5 hours before baking, pinch off dough to form rolls. Brush tops with melted butter. Let rise until light.

Bake in preheated 350 – 375° (F) oven until brown. [Check when smells great or at about 12-15 minutes].

Note: These are easy and have a great flavor!

*Use 1 yeast packet instead of yeast cake if desired.

POTATIS KORV

Werts Potato Sausage

POTATO SAUSAGE

Attributed to Kitty Nelson & Mary Ashley, Sigrid Undset Lodge #32, Palo Alto, CA

Potato Sausage (prepared & uncooked) *
wateroil

Place whole sausages in pan with water to cover. Bring to boil, turn down heat and let simmer for 30 minutes. [Can stop and do step 2 later about 10 minutes before serving]

In frying pan, heat oil that slightly covers bottom of pan. Add the boiled sausages and fry. Turn so all sides brown a bit.

Slice into 1" slices and serve on plate.

Serve hot.

* Potato sausage is available from many stores during the Christmas holidays. Online stores sometimes carry it, but many independent grocery stores will carry it. Ikea's food department used to carry some sausages during the Christmas holiday, so check there too. Other places that sell it online listed on left.

IMPORTANT: Be sure to at least boil sausage within two days of purchase as it will not keep longer. Then continue with Step 2 when ready to serve it. Some mail-orders ship it frozen and special delivery, so follow their directions.

A few online sites and cookbooks have the actual recipe for sausages, but it requires you purchase casings online. Allow enough time for this if using this method.



PRINSESSTÅRTA

PRINCESS CAKE

Looking straight down on Princess Cake decorated for birthday celebration at Sigrid Undset Lodge #32, Feb. 1910.

Mary Ashley , Sigrid Undset Lodge #32, Palo Alto, CA

3 9" sponge cake layers** (recipe below or use your own)

Vanilla Custard Filling

Raspberry jam (seedless) 2/3 cups – topping layer 1 & 3

Vanilla Custard Filling (recipe below) – topping layer 2

Whipped Cream Topping – topping layer 3 after raspberry jam added

Marzipan Covering Layer

Decoration/Garnish (candies, chocolate, additional marzipan shapes, strawberries, berries, etc.

HOT WATER SPONGE CAKE RECIPE (for 3 pans):

6 eggs

1 1/2 cups granulated sugar

2/3 cup hot water or hot milk

2 tsp. vanilla extract

1 tsp. lemon extract

2 1/2 cup cake flour***

1 Tbsp.. baking powder

1 tsp. salt.

VANILLA CUSTARD FILLING:

1/4 cup sugar

1 tsp. unflavored gelatin

2 tsp. cornstarch

1.25 cups milk

2 egg yolks

1 tsp. vanilla extract

1/2 cup heavy whipping cream

Marzipan Covering Layer:

8-12 oz. almond paste*

1 egg white (divided uses)

ca. 1/2 cup unsifted powdered sugar

Green food coloring

Whipped Cream Layer:

1 cup whipping cream

1 tsp. vanilla

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Delicious Princess Cake
Decorated for Lodge Birthday!

1. HOT WATER SPONGE CAKE: Grease and flour 3 round 9^{***} round cake pans. Preheat oven to 350° F. Beat eggs in mixer bowl on high speed for 5 minutes; pour into large mixer bowl. Gradually beat in sugar. Then beat in water, vanilla and lemon extracts on low speed. Slowly add in dry ingredients (mix flour, baking powder and salt together ahead of time) as mixer is on low speed. When batter is smooth, pour into three pans squall amounts. Bake until top springs back when touched lightly in the center, 25-30 minutes. Cool on racks and remove cake from pans onto wax paper. Cover and store until preparing cake.

VANILLA CUSTARD FILLING: In the top of a double boiler, mix together the sugar, gelatin (part of a package will give you the 1 tsp.) and cornstarch. Stir in milk slowly until blended. Cook over boiling water, stirring until thickened. Beat the egg yolks and stir in some of the hot milk mixture. Return to the top of the double boiler and place over simmering water; cook, stirring for 2-3 minutes more. Remove from heat and stir in vanilla extract.

Cool. Beat until stiff the whipping cream; fold into cool, but not set custard. Chill covered; use when firm enough to spread thickly. [Note: make on day putting cake together with enough time for this to be ready for spreading.]

Cake Covering: Crumble almond paste into a bowl. Add 1 Tbsp. of egg white and 1/2 cup of powdered sugar and mix. Add 3 drops of food coloring or enough to tint mixture to light green color. Knead with your hands. If necessary add additional egg white in small amounts to make it softer or additional powdered sugar to make it thicker so that the frosting is fairly dry and not sticky. [Note, some eggs have larger whites than others, so you may not use entire amount shown in ingredients.] Form the mixture into a flat, round cake, and place between two sheets of 15" wide parchment paper that have been sprinkled lightly with powdered sugar. Use a rolling pin to roll out to form a circle about 15" in diameter (large enough to cover top and sides of filled cake which varies depending on diameter of pans used). Chill [keep flat] the topping until ready to use [so it stays firm enough to handle].

PUTTING IT TOGETHER: Place the first cake layer on a cake plate. Spread with 1/3 cup raspberry jam. Place second cake layer on top and spread with vanilla custard filling. Set the third cake layer on top; spread with the remaining 1/3 cup raspberry jam. Now it's time to whip the cream with some vanilla until stiff, and carefully spread over the jam-covered top layer. Remove marzipan from the refrigerator and peel off the top sheet of parchment paper. Making sure the marzipan is centered on the cake, flop it over onto the cake; peel off the other sheet of parchment paper. (Here it helps to have two people and four hands in doing this successfully.) Press marzipan gently against the sides of the cake, pleating extra into folds; trim the bottom edge to make things even. Use these scrapes and roll out again and then make leaves or flower shapes to decorate cake. Other decorations include melting chocolate to drizzle over cake or using other candies or cake decorations. If you use strawberries or other fruits, wait until near serving time to add (they melt the marzipan otherwise and bleed color into it). Chill, covered, overnight.

When ready to serve, take out of refrigerator and let sit about 15-30 minutes before serving (and add fresh fruit just before setting it out).

* Although you could use 8oz. of almond paste, 12 works better because you don't need to roll it as much and it is easier with more leeway to get the layer bigger and a little thicker and sturdier so that it's easier to lay on cake as well as roll out properly.

**The picture shows an 8" cake pan used which makes the cake higher and higher. It is easier to use the 9" cake pan if you have them because the layers will not be as high and are less likely to tilt. Mary stated the 8" layers got kind of top heavy. However, an 8" pan is ok to use if you don't have the 9" ones. No need to purchase them if you don't need them.

*** Mary sometimes uses 2 cups cake flour and 2 T all-purpose flour instead.

NOTE: This is another amazing cake that people will rave about! Worth the time and effort! If you wish to learn about how the cake came about, why it has it's name and the variations on it, this blog on the princess-cake (click here) should enlighten you!1

RØDGRØT MED FLØTE

RED PUDDING WITH CREAM

Unattributed, Stjernen Lodge #7, Astoria, OR

- 1 cup red currants
- 1 cup red raspberries
- 1/8 tsp. salt
- 1 cup white sugar
- 1 stick cinnamon
- 1 cup water (divided uses)
- 3 Tbsp. potato flour or cornstarch
- whipping cream



Cook fruit, salt, sugar and cinnamon in half the water, sugar in a covered pan for 15 to 20 minutes.

Allow to cool, then strain carefully and return juice to the heat.

Stir remaining water into the potato flour or cornstarch to make a smooth paste.

Add this paste to the hot liquid and stir constantly until pudding is clear and thick.

Pour into sherbet glasses or glass bowls [so people can see the color] and chill thoroughly before serving.

Top with cream.

Yields: 4-6 servings.

Carol Pease, of Valykrien Lodge #1, suggest that the Junket brand Danish Dessert with Raspberries, fixed according to directions for pudding, is a quick substitute for this recipe. You can google it and find many places that sell this dessert.

Lately, during the winter months, Trader Joe's has been carrying fresh red currants in their California stores. Other stores may also carry them during this time.

The photo is from Nancy Lopez's (of Embla Lodge #2) cookbook *The Cooking of Scandinavia, The Foods of the World* series by Time-Life International (Netherlands), ©1969.

KRANSEKAKE

Contributed by Randi Adams of Sigrid Undset Lodge #32, Palo Alto

1 pound almonds (half blanched* and half unblanched)

1 pound confectioner's sugar

(powdered sugar) plus some extra

2 tbsp. unbleached flour

2 medium egg whites (or 3 small)

Decoration:

1 egg white

confectioner's sugar (powdered sugar)



Before assembly decorated rings & sticks of Kransekake

Preheat oven to 375 degrees. Spray Kransekake rings (18 concentrate rings**) with oil [even the teflon coated versions].

Grind the almonds through an almond grinder until it is ground to cornmeal consistency. Combine both types of almonds together in a large bowl and mix thoroughly if ground separately. Add 1 pound sugar to almond mixture and mix thoroughly with wooden spoon or hands. Slowly add some of the egg whites and mix dough, add whites as needed until you create a firm dough. [Cover bowl with damp cloth to keep dough from drying out. If dough gets dry you can add a bit more of egg whites. If using extra large eggs, you will not need the entire amount.]

Combine a small amount of additional ground almonds and confectioner's sugar in a bowl and use to dust rolling surface if rolling dough. Take out a small amount of dough and make a 4" snake like roll out of it about the thickness of a pinkie finger. This will be your tester.

In preheated oven on greased or parchment lined cookie sheet cook the tester roll for about 8 minutes. You want to see if it comes out without any cracks and test for doneness. If the dough is too moist, you will need to roll another tester to test in about 30 minutes. Meanwhile, you can roll out the dough in rings that fit inside the cookie rings. Make sure rolls are not too thick as they will stick together. Each ring should try to have as seamless a connection as possible.

If you had to wait for the second tester to bake and see if it holds together as one piece without bursting with cracks, do so after the 30 minutes. If it comes out good, then you can bake remaining rings on cookie sheet(s).

Remember to cook for 8 – 10 minutes or less (depends on oven and thickness of the rings) until they are turning slightly golden. Place them on cookie racks. Let sit and cool slightly [about 5 minutes] and then turn them out of the rings onto the racks. Sit them upright on the racks and let them cool completely. [At this point you could pack them in tins and decorate later, or continue with decoration]

Make icing when ready to decorate: Use 1 egg white and add confectioner's sugar to make a thick icing. Either use a fork, whisk or electric mixer and whip the egg whites as you slowly add the sugar to make the frosting a consistency of marshmallow whip. Put icing in a zip lock bag and cut a small hole in 1 corner (or use a small icing bag with small tip inserted). Cover remaining icing in bowl with damp cloth to keep it moist.

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Place your cooled rings so you can begin frosting them and so they don't touch. Pipe on garlands of icing. Let this dry before putting together or storing in tins. Place remaining icing in another new zip lock bag and store in refrigerator until ready to place together. When finally assembling this you can add dots on the bottom of rings to cement layers together and keep it from falling apart. You can add Norwegian flag pins (see links on side for sources) to decorate the cake and or attach bonbons or candy according to the occasion.

*If you want to blanch your own almonds, do so 2 days prior to baking. You place almonds in boiling water in small sauce pan doing only 1/4 pound at a time. Cook one minute and remove with slotted spoon onto paper towels. Skins are now loose so you can remove them by squeezing them. Place blanched skin-free almonds on a cookie sheet to dry. Repeat with remaining 1/4# of almonds. Let the almonds dry in single layer for 2 days. Freeze them at that time if not using within the week.

**If you don't have rings, make a template with 18 concentric circles that progress from about a 2" diameter and up. Place wax paper over the circles and use this for forming the dough rings. Place on cookie sheet. Rings can be purchased at many Scandinavian stores (see left links for a few).

Yields: 18 rings

Some people use food processor to grind almonds, but this is not recommended. The food processor can over grind them into a paste or underground them which makes it difficult to roll them successfully (they don't hold together where the big chunks are).

Trader Joe's sells ground almonds which some people have used instead of doing half and half mixture and they had good results too with less work.

Today, Norwegians in Norway tend to make Kransekake less in rings (except for very special occasions). They tend to make logs about 6" long. Instead of frosting, they may dip them in dark chocolate instead.

Storing: Store at room temperature in airtight container (metal cookie tins are great) for up to 3 weeks. Put fresh crust of bread, or an apple slice, or piece of potato (these must be wrapped in waxed paper so they don't touch the rings) in the tin a few days before serving older kransekake so it gets it's "chewy" texture back. Do NOT refrigerate. You can freeze these for up to 6 months (bag well and separate rings with waxed paper so they don't touch). Some people say they are best after being frozen.

These are usually served for any special occasion in Norway such as weddings, May 17th celebrations, baptisms, confirmations and Christmas.

To serve these, you begin by taking the largest bottom ring and breaking that up into pieces for guests to take. Continue from the bottom so you don't lose the tower affect, you just make it shorter. However, in some of the older wedding traditions, the bride and groom would grab the top of the tower and pull up to see how many rings they would be able to take up. Each ring they broke off in this single pull would indicate the number of children they would have.

These are amazing to eat and well worth the trouble to make.



RICE IN CREAM (Glorified Rice)

RISKREM

Attributed to Adalaine Sather, Stjernen Lodge #7,
Astoria, OR

2 cups cooked rice*, strained
1/2 cup sugar
1/2 tsp. vanilla
1 cup whipping cream
1.5 – 2 cups red berry juice
Cornstarch or potato flour **
[1 whole almond (optional)] Prepare rice as noted below***

Strain and cool rice once it is ready.

Whip cream with sugar and vanilla, keeping mixture cold if not using immediately.

Fold cool rice into whipped cream mixture until evenly distributed.

Place rice into individual glass dessert dishes. [If using the almond, hide in one dish.] Chill.

Separately, boil juice with cornstarch or potato flour for a couple of minutes, stirring constantly, until sauce turns transparent. Chill thickened berry sauce. (Alternate recipe below ****)

Red sauce is served around the edge of the rice [& sometimes poured over the top of the rice-cream mixture so that it drizzles around sides of glass dish and riskrem].

* Rice to use: Various types can be used. Pearl rice or Jasmine Rice make the softest finished texture. Medium grained is sometimes used but long grain rice usually results in a chewier version.

**Carol Pease had recommended heating berry juice to a boil with thickener(3-4 tsp.). Raspberry or strawberries (and occasionally lingonberries) are used for berry juice. Do not over thicken the sauce. You want a very red and easy to pour liquid.

***TO COOK RICE: Various methods are possible:

Method A: Cook 1 cup rice in 1/2 tsp. salted water(1.5 cups). Rinse rice and drain before putting it into boiling salted water in a sturdy saucepan. Stir constantly to prevent rice from sticking. Once it returns to a boil, reduce heat, cover and simmer until liquid is mostly absorbed. Then, add warm milk (4.5 cups) and stir constantly until it comes to a boil. Reduce heat to a simmer and cover pot for then simmering it until absorbed, only cover pot and let it simmer without stirring for about 45 minutes. Measure out rice to be used for Riskrem. Unused cooked rice can be used for Rice Porridge, or Rice Pudding.

Method B: Again, rinse rice and drain. In heavy-duty saucepan, bring 4 cups of milk and 1 tsp. salt to a boil. Add the rice and bring to a boil. Lower heat once boil is reached. Stir mixture before covering and allowing it to simmer (low) until mixture is thickened. This may take up to 2 hours. Measure out rice to be used for Riskrem. Unused cooked rice can be used for Rice Porridge, or Rice Pudding.

****Suggested Alternate Sauce: Raspberry Sauce: . Either take fresh or frozen raspberries (about 1 – 2 cups) and place in bowl. Sprinkle a bit of sugar (to taste – up to 3 Tbsp.) on the berries and allow to sit for about 30 minutes. Stir berries and mash them up. Place them in a sieve and extrude liquid. If liquid is too thin you can use cornstarch (just a tad) to thicken it some over heat. A thin liquid makes a beautiful presentation when topping dessert.

At Christmas time, this dish is a favorite. At that season, one almond is added secretly to one of the dishes. They are served randomly and the person who finds the almond in their Riskrem gets a prize.

