



Midnight Sun

Measuring in the Kitchen

Canada has been metric, more or less, since the 1970s, but most Canadians still seem to be more familiar with the old, Imperial, measuring system. Many Scandinavian recipes will come to us with metric measures, so the aspiring master of Scandinavian cuisine might as well acquire suitable measuring tools - the sooner, the better.



Books, TV show

Stig Hansen: Cooking Danish: A Taste of Denmark

Sara La Fountain: Á la Sara

Tina Nordström: A Culinary Tour of Sweden

Andreas Viestad: Kitchen of Light: The New Scandinavian Cooking

Völundur Snær Völundarson: Delicious Iceland: Tales of Unique Northern Delicacies

www.newscancook.com/series-guide/



Theme:

Scandinavian Food

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Scandinavian Food in a New Century



“Ethnic” cooking has for decades been known as “cuisine” of this or that country or region. This should not be looked upon as affected or foolish. Inspiration from their local chefs has brought new dishes to people in kitchens and around lunch and dinner tables of our *Old Countries'* homes.

A group of food professionals have established “New Nordic Kitchen”, and here are excerpts from their Manifesto:

-To express the purity, freshness, simplicity and ethics that we would like to associate with our region.

-To base cooking on raw materials with characteristics especially excellent in our climate, landscape and waters.

-To combine the demand for good taste with modern knowledge about health and well-being.

-To combine the best Nordic cooking procedures and culinary traditions with impulses from outside.

-To combine local self-sufficiency with regional exchange of high-quality goods.

In this issue's News from Denmark, we are presenting one of the founders

behind this organization. Other chefs are appearing in the TV show *New Scandinavian Cooking*, one being Norwegian Andreas Viestad (picture). You'll find show information and lots of recipes online at the web address listed to the left. The show is shot on location, the cooking is done outdoors on a portable

kitchen, and it is all about embracing the ingredients of Scandinavia.

Any amateur cook knows that cooking can be about using what you have available. For inspiration, there are several cook books on new Scandinavian cooking. You'll find references to a small selection in the margin of this page.

Enjoy your cooking!



Members' Matters

Scandinavian Club
of Regina



Language Classes

Kjersten Hordern and Mildred Ihlen have both started up their fall semester of Norwegian Intermediate and Norwegian Advanced language classes. Swedish Beginners will start later this fall.

Information about language classes:

Kjersten Hordern,
586-6839.



Family Notice

Donna and Mike Holbrow are the proud grandparents of Fynn Darryn Holbrow, born August 16, 2011 at 10:30 AM, weighing in at 7 lbs. 9 oz. Happy parents are Darryn and Holly.

This is their first grandchild!!

Congratulations from all SCoR members!

Prayers and Roses for Norwegian Victims



Roses in the baptismal font.

On July 28th SCoR members let roses and candles bear witness of their compassion with the people of Norway following the tragic events on 22 July when a deranged citizen blew up a car bomb in Oslo and shot dead young people at a Labour Party youth camp

at the island of Utøya. 77 people were killed in the incidents.

The Prayer Vigil at Our Saviour's Lutheran Church on Massey Rd. was attended by many members and other Reginans who wished to pay their respects. SCoR President **Kim Gillies'** short opening words were very much to the point, stressing how this incident touched on every member of the Scandinavian community, not only those with Norwegian connections.

Officiant of the prayer vigil was Pastor Jeff Tank. Consul Heather Quale Goranson quoted Norwegian Prime Minister Jens Stoltenberg's words: "- We will defend the values that are Norwegian: Democracy, openness, solidarity." Readings were performed by Pastor Tom Nilson (in Norwegian), Lorna Pederson, and John Nilson (in Norwegian). Musicians were Sharon Solheim and Jonathan Achtzehner.

People appreciated the opportunity of spending some time together over coffee in the church lobby after the ceremony. Many thanks to the SCoR Board for arranging the vigil!



SCoR Corn Roast 2011

The weather was Great! We had approximately 66 adults and 9 children come out to enjoy the beautiful afternoon of fellowship and play. Our club always has a large number of volunteers to make our outdoor functions easy to organize. With the able assistance of Kelly on the bar-b-q and Kim helping me cook the corn and all the other helpers at the food tables, it made for a great afternoon. I don't think anyone left with an empty stomach! Thanks to all for your support and attendance.

Larry Bristol



Most important job at the Corn Roast!

More photos on SCoR website

President's Corner

It is hard to believe that autumn is here, but the club has had a wonderful summer. We had great weather for both the Midsummer Picnic and the Corn Roast. The Club will be holding the Salmon Supper on October 30th. The change in date is to ensure that the salmon is the best quality. The club will have an event in February. We are thinking a bowling party, perhaps not Scandinavian in flavour, but it will be fun.

As President I am amazed at the amount of work that our club members put into events and the support we have for events. It doesn't matter what's happening, there are always people willing to help out and for that I say thank you!

I've been a part of the club for about four years and I have seen more members at events and have watched our club grow. Larry Bristol, Director on the Board for Membership, says we have more paid members than we have had for many years. This is great news, our club is growing. We now have a thriving language class taught by Kjersten Hordern, and the beginnings of a cooking class spearheaded by Greg Swanson. These are all wonderful ways our members are giving back to the club and creating a more



dynamic club. I'm very excited about where our club is going, and I encourage everyone to think about what we could do to create a vibrant club for the future. If you have any ideas please share them and we will do all we can to support you.

Have a wonderful autumn everyone, see you soon.

Kim Gillies



Iceland

Calorie Count in Restaurants?

It would be desirable if the Icelandic government forced restaurant owners to include a calorie count in their menus for each dish. So says *Dr. Sturla B. Johnsen*, of the Reykjavik Health Protection Department. "This is a massively important issue for public health in Iceland," Johnsen states. He says his idea is not an attack on restaurants and would not damage them. In fact those restaurants which already count calories are praised by customers for caring about public health, he adds.

IceNews

Food = Culture

Language and food are two strong cultural expressions, and SCoR members are interested in both. Initiated by *Greg Swanson*, a group from Kjersten Hordern's language class want to test out a format for a cooking class which they will later present to the SCoR Board of Directors as a possible cultural activity for club members. Matters to take into consideration are group size, venue(s), suitable recipes, available ingredients, teachers, duration of each session and of the total course etc. Starting this month, with 5-6 "test students" they hope to come up with a conclusion within half a year's time.



Editorial

Cooking and eating constitute an important part of any culture, and all SCoR members' events involve food. When there's a potluck, the Scandinavian origins of the cooks are quite apparent. Many of the dishes presented are still popular in the Old Countries, but some have been almost forgotten as decades and even centuries have passed since our ancestors brought their traditional recipes over the ocean. Thus the immigrants' descendants play a role in preserving Scandinavian food culture. However, with increasing globalisation and a shrinking world new impulses are entering into cooking, adding new and exciting tastes and colours to

meals. Today's Scandinavian cuisine would be almost unrecognisable to our foremothers. Still, the tendency goes towards using locally grown and produced ingredients, but that does not seem to restrict the creativity of professional as well as amateur cooks. The recipes presented in this *Midnight Sun* issue, for the most part, fall into the more traditional category. One limitation has been the actual space available on our pages. But we have received loads of recipes that can go into the new SCoR Cook Book, and we want more! Thank you so far, all of you who have contributed. **Now is the time to challenge a friend to share her/his best recipes — old or new!**





Denmark

**Celebrity chef
Rene Redzepi
of Copenhagen**



has been widely credited for his contribution to re-inventing Nordic cuisine. In 2007 his restaurant **noma** (short for "Nordisk Mat" - Nordic Food) was awarded two stars in the Michelin Guide – only 3,5 years after opening. It was ranked as "World's best Restaurant" in both 2010 and 2011. Redzepi created Noma from a derelict eighteenth-century warehouse, and is presenting an array of Nordic ingredients. His search for these involves foraging amongst local fields for wild as well as cultivated produce. He is giving Noma guests a real taste of their food's environment by e.g. serving dishes on pebbles found in the same fields as the produce.

Finnish Mushroom Salad

You will need a metric measuring cup.



400 ml forest mushrooms, chopped
1 onion, peeled and chopped

Dressing:

200 ml cream
1-2 tsp lemon juice or vinegar
½ tsp sugar
Salt and freshly ground white pepper to taste. (Check the taste - it should have a slightly sharp tang)

Stir mushrooms and onions into the dressing.

Refrigerate.

This Finnish appetizer is traditionally prepared from salted milk cap mushrooms. The cleaned mushrooms are boiled in water for five minutes, drained and cooled. The mushrooms are then layered with salt in glass jars (salt content 10-15% of the weight of the mushrooms). The mushrooms are pressed down by covering them with a weight, and stored in a cold place.



Three countries have not officially adopted the International System of Units as their primary or sole system of measurement: USA, Myanmar (Burma) and Liberia. (Wikipedia)

Cream Stewed Red Cabbage and Onion

(for Old Fashioned Meat Balls)

Serves 4



4 ½ cups red cabbage (roughly diced)
1 large red onion (chopped)
1 garlic clove (pressed)
1 ½ cups cream
1-2 tsp. salt
white pepper (ground)
1-2 tsp. sugar
1 tbsp. lemon juice

30-40 meatballs (köttbullar). Use separate recipe or any ready made meatballs.

Lingonberry or Saskatoon berry jam

Cook or heat meatballs.

Simmer cabbage, onion and garlic in cream until soft. (See editor's note)
Add salt, pepper, sugar and lemon juice.

Place meatballs on cabbage/onion stew on each plate. Top with lingonberry or saskatoonberry jam. Serve with rice or mashed potatoes or pasta.

Barbara Wickstrom



Editor's note: Cream tends to curdle, and some cooks prefer a smoother sauce. You can use *Crème Fraîche* which can withstand higher temperatures before curdling, see p.7.



Scandinavian Recipes

Chicken in gjetost sauce

Serves 6



6 chicken breasts
2 - 3 tablespoons butter
salt and pepper to taste
2 cups dairy sour cream
4 oz (½ cup) shredded gjetost cheese



Place chicken breasts well apart on waxed paper; cover with another sheet of waxed paper.

Pound with a flat-surfaced mallet until uniformly about 1/2 inch thick.

Melt half of the butter in a large skillet over medium-high heat.

Add chicken, cook, turning once.

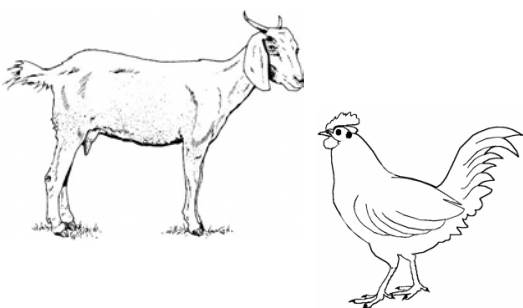
Season.

When chicken is cooked, remove from skillet, reduce heat to low.

Stir sour cream and cheese into drippings just until cheese melts (do not boil).

Pour sauce over chicken.

Donna Holbrow



Danish Leverpostejmad - Open Faced Liver Paté Sandwich



Danes use numerous toppings as supplement and decoration on top of their "Leverpostejmad" - open faced liver paté sandwich - such as:

Mushrooms, fried or raw
fried bacon
gravy jelly
red pepper
cucumber
marinated beetroot
pickled gherkin
onions
fried onions
salted meat
etc.



The best way to prepare this tempting "Leverpostejmad" as the Danes prefer it, is to spread a thick layer of lard (or unsalted butter) on a thin slice of rustic rye bread - then a bit of salt - then a lettuce leaf, solid layers of "Leverpostej" (liver paté) and the different toppings you have chosen.

You are right: You can hardly see the bread for all the delicious toppings!



Sweden

An Apple A Day - Healthy?



Homeowner *Per Johansson* in Sarö near Göteborg (Gothenburg) had a shock when he heard a roaring noise in the garden next door and found a drunken female moose stuck in his neighbour's apple tree. The animal was apparently on the hunt for fermenting apples when she lost her balance and became trapped in the tree. Other residents of Sarö had seen the moose on the loose during the preceding days. Mr. Johansson called emergency services, which helped him free the boozed-up beast by sawing off branches. She spent the night recovering in the garden. The next day she took herself off into the woods with her hangover.

Mr. Johansson said the moose appeared to be sick, drunken, or "half-stupid". It is not unusual to see drunken moose in Sweden during autumn, when there are plenty of apples about.

Associated Press

Scandinavian Recipes

**Roe,
roe,
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6

Swedish Gräddtårta

You will need a metric measuring cup.



This is the perfect birthday cake!

The recipe makes one round two litre pan. Double recipe for a 9" x13" pan.

- 3 eggs
- 300 ml sugar
- 100 ml hot water
- 300 ml flour
- 1½ tsp baking powder



Set oven at 350° F (180° C).

Grease the pan.

Whisk eggs and sugar until white and fluffy.

Add water, a little at a time, towards the end of the whisking.

Mix flour and baking powder and gently stir into the batter.

Pour batter into the pan.

Bake for 35 min. Let the cake cool before taking it out of the pan.

Cut cake twice horizontally, making three layers.

My favourite fillings are vanilla pudding and raspberry jam, but you can also use mashed banana or any other kind of jam or pudding.

Use whipping cream as your icing and decorate with berries, fruit or candy.

Ida LeRuyet

Pan Fried Pickerel

Icelanders settled around Lake Winnipeg after emigrating from Iceland, and these communities became known as *New Iceland*. This recipe is inspired by the pickerel from that lake.



- 2 lbs. pickerel fillets
- 1 egg, beaten
- 2 tbsp. milk
- ¾ cup flour
- Salt, pepper
- ½ cup cracker crumbs
- 2 tbsp. butter
- 1tbsp. olive oil

Prepare fillets and dry.

Beat egg and mix together with milk.

Combine flour and seasoning.

Toss fish in flour; dip into egg mixture and then dip into cracker crumbs.

Heat pan, melt butter with oil in pan.

Fry fish until golden brown and flakes with a fork.

Kim Gillies



Icelandic fishing boat on Lake Winnipeg



SCoR 1976-2011 35 years

Scandinavian Recipes

Fiskeboller (Fish Balls)

(Petra Johnsen's
Recipe)



2 ½ lbs. boneless fresh cod
2 eggs
2 tbsp. salt
2 tbsp. melted butter
2 tbsp. potato starch
1 cup warm milk OR ½ cup cream (warmed)
White pepper (to taste)
Dash of nutmeg

Process fish in food processor until smooth. Transfer to bowl in the electric mixer.

Add starch, seasoning and eggs, 1 at a time. Beat in thoroughly.

Add butter, then cream and milk, beating until light and fluffy.

Mold into small balls and poach them in fish stock.

Serve in a cream sauce:

2 cups milk
Cayenne (to taste)
1 tbsp. chopped onion
4 tbsp. butter
1 bay leaf
5 tbsp. flour
Salt (to taste)

Fay Johnsen

(Process modernized ca. 1999, by Warren Johnson, youngest son of Petra Johnsen)



Homemade Crème Fraîche

Many recipes I use call for Crème Fraîche which I have not been able to find in Regina grocery stores. It is very easy to make at home, and although it does take a while, it's certainly worth giving it a try.



1 cup (250ml) double cream
2 tbsp buttermilk

Pour the ingredients into a glass bowl, and mix well

Cover and leave at room temperature (20-21° C) for 12 to 24 hours, or until thickened.

Stir, cover with cling wrap, refrigerate and use within 10 days.

Editor

Aquavit cocktail

Every year Norwegian bartenders compete for the Linie Awards, the main idea being to use Nordic main ingredients. Here is Henrik Jakobsen's winning recipe from 2010:



Ibsen's Street

4 oz aquavit
½ oz sweet, white vermouth
½ oz red vermouth

Add a generous dash of orange bitters to the stirring glass. No ice.

Stir well, strain into cocktail glass, garnish with orange zest.

Skål!

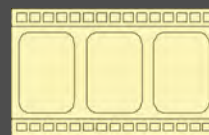
Corrections

Midnight Sun July issue:

P.2: **Consular Grove** is the correct name.

P.7: Name spelling in Lois L. Gibson's article:

Mildred Ihlen, Sindy Saunderson, Hellen Husum, Clara Tangjerd, Per Lindseth (not Lindness).



Picture credits

P.1: (Mustard herring) Kari Mitchell ; (Chef) New Scandinavian Cooking

P.2: (Corn) wpclipart.com; (Events) KariMitchell

P.3: (Kim Gillies) Jon Gillies

P.4: (Map) Wikipedia; (Tile) dutch.novelties.com

P.5: (Sandwich) Copenhagen Portal

P.6: (Cake) Fredrik Sandin Carlson ; (Fishing boat) Manitoba Archives

P.7: (Cocktail) Aftenposten

P.8: (Book) Kari Mitchell; (Salmon) life123.com

Other: Public domain



Last year our club member, Treasurer of SCoR board Fay B. Johnsen, issued her retrospective narrative **Reflections On Times Past**. With its 421 p. of detailed memories and many illustrations it is an outstanding document about life on the prairies.



Are you familiar with RPL's **A Little of Everything Armchair Travel Series** Mondays 2:00-3:00? On October 24th Kari Mitchell will be presenting **Norway**. Pre-registration not required.

Free admission.

Upcoming Events



Salmon Supper

Sunday October 30th at The Austrian Club, 320 Maxwell Cres.
Doors will open at 5:30 pm., supper served at 6:00

Tickets: Members: \$25.00; Members' guests: \$30.00; Children 7-12: \$10.00; Children under 7: free.

After the meal **Time of Our Lives** will entertain us for about an hour.

Bar will be open .



Christmas Party

... is scheduled for Sunday December 4th at Saint Mark's Lutheran Church, 3510 Queen Street.

Time: 2:00 to 5:00 pm.

Details to follow — check for updates on SCoR web and Facebook pages:

<http://www.scandinavianclubregina.com/>

<http://www.facebook.com/scandinavianclubregina>



Bring family and friends to SCoR events!

Midnight Sun Issue 4 October 2011

Quarterly Newsletter for the Scandinavian Club of Regina

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Membership Fees

Family membership \$ 30
Single membership \$ 20
Membership starts January 1, expires December 31.

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