

NORWEGIANS WORLDWIDE TUCSON CHAPTER NEWSLETTER – NOVEMBER 2019

SAVE THE DATE

2019

Sunday Nov 17 – OPEN HOUSE

Saturday 7 Dec- Nordic Fair

Sunday 15 Dec- Club JUL party

2020

Saturday 11 Jan 2020-
Norsk Folk-at Mona's
Danish Bakery



You're Invited to
Norwegians Worldwide
Open House

SUNDAY - 17 NOVEMBER 2019 - 2:00 PM

at- Streams of the Desert Lutheran Church
5360 E Pima St, Tucson, AZ 85712

Tucson's Leikarring Folk
Dancers
will be performing



Visit with other
Scandinavian
Clubs
that will be here



Come see what we are all about

If you don't like us

Uff Da

if you do, maybe you will
become a member



Meet our members
enjoy Norwegian Cookies and coffee
Stay for awhile, or stay for ever
VELKOMMEN



LEFSE making
Demonstrations



See Norwegian
Rosemaling
Demonstrations

17 November- Sunday 2:00-4:30

OPEN HOUSE - Streams of the
Desert Lutheran Church

5360 E Pima St, Tucson, AZ 85712

7 December – Saturday

38th Annual Nordic Fair

9:00-3:00 PM

Streams of the Desert Lutheran
Church

5360 E Pima St, Tucson, AZ 85712

15 December – Sunday

2:00 PM

Traditional JUL Party

Lutheran Church of the Foothills

5102 N Craycroft Rd, Tucson, AZ
85718

All members are requested to participate in our OPEN HOUSE as we greet new guests from all over Tucson and Southern Arizona. Please **Wear your BUNADS** and show your Norwegian Pride as we greet possible new members. There will be Lefse making demonstrations and Rosemaling demonstrations.

Erika Randolph with "FREYA's SANG" who will be providing LIVE Scandinavian music-

Our club will be providing Scandinavian cookies and refreshments.

Tucson's own LEIKARRING folk dancers will be performing Live.

Norsk FOLK will be our club members and others that are interested in just getting together at different Café's and pubs for a nice Time together once a month.

HAPPY THANKSGIVING

Traditions of JUL past

Christmas wasn't celebrated in Norway until about 1000 or 1100, when Christianity first came to the area. Before this people celebrated jul or jøl in the middle of winter. It was a celebration of the harvest gone and a way of looking forward to the spring. Lots of beer (juleøl) was brewed and drunk in honour of the old pagan Scandinavian gods.

From feeding the birds to trick-or-treating, our ancestors knew how to celebrate jul.-

Eating lutefisk and lefse, making sandbakkels and rosettes, and opening gifts on Christmas Eve instead of Christmas Day: These are all holiday traditions still practiced in many Norwegian-American families. But over the years,



other immigrant yuletide traditions have fallen by the wayside. Sharing a bundle of grain with the birds, brewing Christmas beer, and Christmas masquerading are, for most Norwegian-American families, lost traditions of past generations.

A Feast for the Birds

A popular Norwegian tradition with an unknown origin is the sharing of a julenek, or bundle of grain, as a Christmas feast for the birds. The first written reference to the

tradition is in 1753, when a prominent clergyman, Erik Pontappidan, described it as the “Norwegian peasant’s hospitality extending to the birds which he invites to be his guests by placing an unthreshed sheaf of grain on a pole against the barn door.”

This custom of providing the birds a special meal at Christmas time carried over to the new land. But while the tradition is still practiced widely in both rural and urban areas in Norway, it is not widely seen in the United States.

Christmas Brewing

Since Viking times, beer has played an important role in Norwegian celebrations. And while there may not seem to be an obvious connection between brewing beer and the religious holiday of Christmas, there is a long-standing association in Norway, stretching back to early Christian laws.

King Haakon the Good moved the mid-winter jól festival to coincide with the Christian celebration of Christmas in the 10th century. He also mandated that every peasant brew a supply of beer for the occasion. Medieval laws upheld the custom and imposed stiff fines on any landowner who didn’t brew an ample amount for the celebration. The local priests enforced these laws, going from farm to farm to inspect and test the quality of the beer. In time, a farm’s reputation within the community rested on the quality of the beer it produced, and brewing became an important part of Christmas preparations.

Norwegians were a superstitious lot, and brewing was no exception. They followed careful rituals to ensure the strength and quality of the beer, including consecrating the brewing vessel with hot steel or a burning branch, protecting the vessel with a knife or a piece of

steel, and screaming at the yeast to “startle” it into action

Norwegian immigrants continued the practice of brewing when they left the old country, and some maintained the folk beliefs of their Norwegian ancestors, according to Stokker. But the landscape of home brewing changed with the advent of Prohibition in 1920, banning the manufacture, sale, and transportation of alcohol, including beer made at home. While Prohibition was repealed in 1933, the legislation left out the home-brewing of beer, which remained illegal on a federal level until 1979.

Christmas Fooling

Maybe the most unusual bygone holiday tradition is to gå julebukk, or julebukking, as it is often called in America. A julebukk is literally a “Christmas buck”—a male goat. The name’s pre-Christian roots may refer to a goat that was slaughtered for the jól celebration, or the goats in Norse mythology that pulled the chariot for the God Thor. The custom is also known as Christmas fooling, masquerading, or mumming. Imagine Christmas trick-or-treating for entire families, or groups of adults, with the disguised, uninvited guests attempting to go unrecognized by their hosts.



memories of julebukking in North Dakota, during the 1880s and 1890s, are found in the archives of the Norwegian-American Historical Association: “At no other time of the year did sociability take over like Christmas. It might border on the hilarious when big and small groups would set out on what was called ‘julebukk’ parties. Both men and women would dress up in all sorts of disguises, like a bunch of buffoons. They would pile into bobsleds and drive from one farm to another to do their stunts of entertaining, dancing, and joking and trying to keep everyone from guessing ‘who’s who.’ Some kind of treats were expected at each place, as a slight sign of appreciation.”



The widespread practice of julebukking came to an end in most Norwegian-American communities in the late 1930s or early ’40s. Reasons for its demise, according to Stokker, include increased mobility, causing neighborhoods to be less homogeneous; a trend toward more standardized lifestyles; a growing suspicion of strangers; cars and tractors replacing the horse and sleigh (the traditional mode of transportation for julebukking); and the end of Prohibition, which eliminated alcohol as a motivating force behind the custom.

Julaften (Christmas Eve)

is the day when presents are exchanged and the whole family gets together for the main Christmas meal. Christmas Day is a

much quieter affair and often quite private.

This is followed by romjul. It's one of my favourite words in Norwegian as it's only six letters long yet we don't have an equivalent word in English! Simply put, it translates as: "that time between Christmas and New Year when no-one is really sure what they should be doing."

Julenisse

Nisse are quite a cute part of Norwegian culture.

Nisse come from the Norwegian forest and live in attics and stables attaching themselves to a particular family and caring for their stable and cattle. They are particularly kind to household pets, which is why they are often pictured with a cat on Christmas cards.



No-one ever sees the Nisse but they are quite mischievous and keep everyone on their toes – especially at Christmas time. It was thought that if the Nisse don't get their porridge or beer, they will steal your happiness and play havoc with your farm – their trickery could contribute to crop failure and sickness for both animals and people if he was not treated well. Many farms used to believe very strongly in this and would make up a bed for the nisse on Christmas Eve and the honorary place at the table stood ready and waiting for him.

Nisse are deeply ingrained in Norwegian culture and tradition and to this day, family members masquerade as "nisse" by putting on a mask and a costume on Christmas Eve asking the children "Are there any good children here?" – of which most children will say: "Yes, I am good". Families also leave out a bowl of porridge...just in case they pay a visit to the house!

While Norwegian children are most excited about the presents for Christmas, it's safe to say that grown-ups look most forward to the traditional Christmas meal on Christmas Eve.

A big part of Norwegian Christmas traditions is the food, and we usually repeat the same dishes every year. Here is a short list of typical meals and food Norwegians have for Christmas.

Ribbe is the most popular Christmas dinner. It consists of pork ribs and is very fatty. In the old days, this Christmas meal gave energy for the rest of the winter. There are several side dishes to the "Ribbe". Most common is sauerkraut, red cabbage, patties, sausages, and potatoes.

Lutefisk is dried cod that has been soaked in a lye solution for several days to rehydrate it. It is then boiled or baked and served with butter, salt, and pepper. Some people like it, but one rarely eats it more than once a year.



Julegrøt is a Christmas rice porridge with an almond hidden inside. Whoever gets the almond, wins a marzipan pig. Mixed with whipped cream, the porridge can also be eaten as a dessert.

Rømmegrøt

Rømme is a Norwegian word meaning a heavy sour cream made from cream or blend of whole milk and cream which is acidified; grøt translates as "porridge". Traditionally, rømmegrøt is a delicacy prepared for special occasions, including holidays. It is considered to be a traditional Norwegian dish.



Rømmegrøt is thick and sweet and is generally drizzled in butter and sprinkled with sugar and ground cinnamon. Because this is so rich, it is often served in small cups with a small amount of butter topped with brown sugar, cinnamon and cream.

LEFSE

It's hard to say when lefse originated. Maybe the Norse God Odin first had it served to the souls of the slain warriors who occupy Valhalla as a way to fortify them for their final battle. That's probably just a folk tale given the fact that the potato was introduced to Norway a little over 250 years ago.

The first lefse in Norway didn't contain potatoes, it was made from flour. Women would travel from house to house, village to village to make lefse to last the winter months. The flour lefse would cook up like a cracker and be able to last through the season. Many

households stored their lefse in wooden boxes covered in cloth or just stacked on shelves. When you were ready to enjoy some lefse it was dipped in water and soaked between damp cloth til softened. Like today it was enjoyed with butter and maybe some sugar.

Then the introduction of potatoes, abundant and easy to grow. The potato was incorporated into many Norwegian foods, even lefse! Like Ireland, Norway suffered from the effects of the potato famine in the mid-1800's, which is about the time that many Norwegians came to the United States. They brought their knowledge and rolling pins. The result is a Norwegian potato bread delicacy that's part of a special tradition replicated in many Norwegian-American homes for more than 150 years. A tradition that you can be part of once again.

This version of Lefse's history was submitted by Jim Berg from Albert Lea, Minnesota.

Now Den, vot you know bout dat....

Did you know that lefsa was invented by the norweigen Vikings...

Von day, dey vent and was going to raid Ireland.....

Vell they got over der, but they couldn't suprise dem Irish people cause they were making too much noise coming across the Nort Sea from Norway.

When they got to the shores of Ireland, they tried to land But couldn't. You see the Irish heard them coming and began throwing their potatoes at them darn vikings so dat the cud not land. Vel by golly,

do you know vat. They load that ship with all the potatoes dat got trowed at dem, pulled out their oars and finally got backto Norway. When they got there they played around with those potatoes and

came up with a bread, and called it LEFSA.

They had a big party that night, day got out that old foul smelling fish and put it on Lefsa and that is where the Lutefisk Supper was born.....My Grate, Grate, Grate, Grate, Granfodder was on that ship that raided Ireland.

I'm sure glad they brought it to America other wise we would not have Lutefisk Suppers Today.

My Lena makes the best darn lefsa in Minnesota. Corse I have to help otherwise she'd eat it all up while she was cooking it and we would not have any for supper that evening....

I'm sure glad they have Lutefisk Suppers around Thanksgiving and Christmas every year.

My mother Inga, made all the lefsa by herself. They wern't very round, but then she always said you could not taste the round.....

Your Friend..... Ole

The Norwegian Vaffel



Sour Cream Waffles (Vafflor)
Ingredients

- 5 eggs
- 1/2 c sugar
- 1 c flour
- 1 tsp cardamom
- 1 c sour cream
- 4 Tbsp melted butter

Instructions

Beat eggs and sugar for 7 minutes with mixer in large bowl. In separate bowl, blend flour and cardamom together. To egg mixture, fold in half the flour mix. Then fold in sour cream, then remaining flour and finally the melted butter. Let batter rest for 10 minutes. Cook in Scandinavian Heart Waffle iron. Serve waffles topped with whipped cream and dollop of lignonberries, Drizzle with maple syrup or dust with powdered sugar for extra sweetness.

Baking

Food is an essential component of the Norwegian Christmas and, luckily for those with a sweet tooth, this means a lot of baking. According to tradition, one should bake 'seven sorts' of pastry. The types in question vary from place to place, but- include gingerbread cookies (pepperkaker), 'good advice' waffles (goro), ginger nuts (ingefærnetter), 'Berlin wreath' butter cookies (berlinerkranser), sugary sand cakes (sandkake), doughnut-esque lard rings (smultringer) and syrup snaps (sirupsnipper). The best part of all this baking is that, not only do you end up with a wealth of delicious treats; you also fill the house with the heavenly scent of Christmas spice.

Lille Julaften

'Little Christmas Eve' takes place on 23 December – traditionally the day when the whole family get together to make the final preparations before Christmas Eve. One of the most popular customs is to serve rice porridge with an almond hidden in one portion – the lucky finder wins a prize.

Are YOU in the JUL MOOD yet ?

Cookies for Christmas

Pepperkaker

2/3 cup butter (I use salted)

2/3 cup sugar

1/2 cup golden syrup

1/4 cup cream

3 tps. ground cinnamon

1 1/2 tps. freshly-ground
cardamom

1 1/2 tps. ground cloves

1 1/2 tps. ground ginger

3 cups flour

1 tsp. baking soda

In a medium saucepan, mix the butter, sugar, and golden syrup over medium-low heat until the butter melts and the sugar dissolves. Cool a few minutes, then stir in cream and spices.



In a large mixing bowl, whisk together the flour and the baking powder. Add the butter mixture and stir until incorporated and dough comes together. Wrap in plastic wrap and refrigerate overnight.

Preheat oven to 350 degrees and line baking sheets with parchment paper. On a very-lightly floured surface, roll out a little of the dough very thin, about 1/8-inch thick. (Keep the other portions chilled while you work.) Cut the dough into the shapes of your choice and transfer to the baking sheets. Bake 5-7 minutes until the edges barely start to turn color. Cool on the baking sheets. Store in an airtight container.

Krumkaker

1 1/4 sticks of butter (10 tbsps.) (I use salted)

1 tsp. freshly-ground cardamom seeds

3 eggs

3/4 cup sugar

1 cup flour

up to 1/2 cup cold water, or as needed to thin batter to the right consistency

In a small pan, melt the butter over medium heat. Remove from the heat, stir in the cardamom, and let cool a bit.

Beat eggs and sugar together until light and fluffy. Mix in the cooled butter, then stir in the flour until the batter is smooth. Mix in cold water, a little at a time as needed, to thin the batter almost to the consistency of thick, heavy cream—it should pour well but still coat the spoon.

Heat your krumkake iron and lightly grease it. To bake the cookies, drop a teaspoonful of batter into the center of the iron. Bake until both sides are golden—this takes about a minute on my iron. To remove, slip a metal spatula—some people use the tip of a blunt knife—under the cookie and slide it off, then immediately roll onto a cone and set aside to cool.

Transfer to an airtight tin shortly after they've cooled, or serve immediately. They can also be frozen.

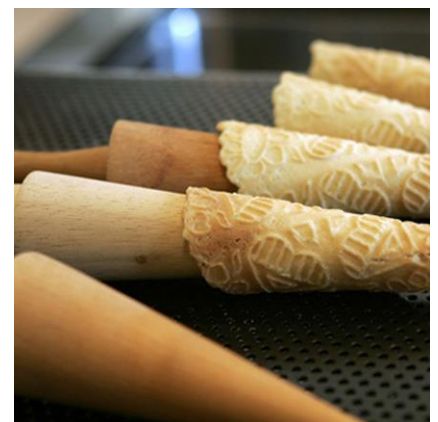
Tips:

Today's bakers have a choice: stovetop or electric irons. There are benefits to either type, with tradition and romance associated with the former and convenience, speed, and ease of cleanup with the latter. I personally use a dual-

krumkaker electric iron that Grandma Adeline gave me years ago. Whichever model you choose, they're available at many cookware and Scandinavian shops, as well as online. Don't forget to pick up a couple of cone rollers, too.

While everyone's technique, timing, and workflow will differ, I like to slide the cookies off the iron onto a piece of parchment paper and immediately put more batter on the iron; by this time my krumkaker have cooled just enough to be workable (though still hot), but not so much that they become brittle. By the time they've set enough to transfer off the cone rollers and retain their shape, the next batch are just about ready to remove and roll.

Be patient. It takes a little while to get the hang of the timing and rolling. Some krumkaker won't turn out just right, but that's okay—part of the fun is sampling while you go, and the imperfect cookies provide a great excuse to do so.



KRUMKAKE- above

Berlinerkranser

2 hard-cooked egg yolks

2 raw egg yolks

2/3 cup sugar

1 cup butter (I use salted), room temp.

2 1/2 cups flour

egg whites, lightly beaten
(reserved from the raw eggs
above)

1/4 cup pearl sugar

In a mixing bowl, mash the hard-cooked egg yolks (you can do this with a fork, or you can do what Magnus Nilsson does in *The Nordic Cookbook* and press the yolks through a sieve). Mix in the two uncooked yolks. When smooth, add the sugar and whisk vigorously until smooth. Next you'll add the flour and the softened butter, alternating, a little at a time, working as little as possible. It will still appear crumbly, but it will come together when you press it. Divide the dough into two thick logs, cover with plastic wrap, and lightly before you start shaping them—about a half an hour).

Divide each piece of dough into 14 even pieces. Put half of the dough back in the fridge to stay cool while you work on the first half—the dough can be challenging to work with as it gets warm. Roll each piece into a log about 1/3-inch in diameter and about 4-4.5-inches long. Form each into a wreath with edges overlapping, and press together. Place the cookies on the baking sheets, about two inches apart. Chill in the refrigerator for 15 minutes or so to help them keep their shape—if your baking sheets won't fit, you can transfer them very carefully on the parchment onto a surface that will. Dip the tops of the chilled cookies into the beaten egg whites and then into the pearl sugar. Bake in the middle rack of the oven for 8-10 minutes or until the cookies are very lightly golden.

Cool a little on baking sheet, then transfer with care to a baking rack—perhaps just sliding the

When you're getting ready to bake, preheat the oven to 375, line two refrigerate for a couple of hours or overnight.



baking sheets with parchment paper, and remove dough from the fridge (you want it to warm up whole sheet of parchment on. Store in an airtight container. Freeze if you're making them well in advance.

Makes about two dozen.

Fattigmann

5 egg yolks

1/3 cup sugar

1/3 cup whipping cream

1-2 tbsps. Cognac or brandy

1 3/4 cups flour

1/4 tsp. salt

1/2 to 1 tsp. freshly-ground

cardamom

1 tsp. baking powder

1/4 cup melted butter

Canola oil, for frying

Powdered sugar, for dusting



In a large mixing bowl, beat the egg yolks and sugar thoroughly. In a separate bowl, whip the cream

until stiff peaks form. Gently fold in cream and brandy. In a small bowl, whisk together flour, salt, cardamom, and baking powder. Add the dry ingredients a bit at a time, alternating with the melted butter, adding a little more flour if needed to make a dough that will roll well, but work the dough just as little as needed. Refrigerate overnight.

Roll out the dough on a lightly floured surface to about 1/8 inch thick. Cut using a fattigmann roller and separate the diamonds. Work one of the ends through the slit, repeating with each one.

Heat about two inches of oil to 350-375 degrees in a heavy pan. Working in batches, fry the dough, flipping them with tongs when one side is golden, and removing as soon as the other side colors. Transfer to a paper-towel-lined surface to drain and cool slightly, then dust with powdered sugar. Best the day they're made.

Fattigmann (English: poor man), also known as Fattigmann Bakkels (English: poor man pastry), are a type of Norwegian fried-dough cookie. They are also eaten in the areas of North America where Scandinavians settled during the nineteenth century and the beginning of the twentieth century. The dough is made from egg yolks, egg whites, sugar, cream, cognac, cinnamon, cardamom and flour. It's from the ingredients they get their name, the joke is that they were so expensive to make that they would leave you a poor man.

As immigrants from Norway over time forgot reading and writing Norwegian, the spoken word "fattigmannsbakkels" was transcribed into a "sound-alike", and the cookie is now also known as Futimonbuckles. The name may suit the cookies well, because of the buckled appearance they have.



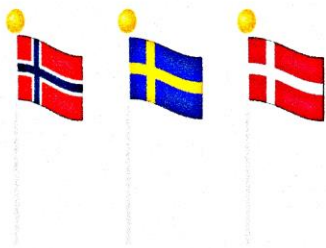
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Norwegians Worldwide-Tucson Chapter

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VELKOMMEN TO YOUR NORWEGIAN CONNECTION IN THE DESERT.

We are the TUCSON , Arizona chapter of Norwegians Worldwide / Nordmanns-Forbundet. Our chapter is a diverse network of Norwegian-Americans, Norwegians living here in Arizona, and anyone with an interest in Norway and Scandinavia. Founded as a registered non-profit organization, our chapter has been connecting our community and promoting the rich national and cultural heritage of Norway for over 40 years.

Welcome to a community for NorwegianAmericans, Norwegians living in Arizona, and anyone with an interest in Norway and/or Scandinavia. If you are looking to connect with your heritage, practice your language skills, meet new friends, explore Nordic culture, and more -- drop us a line or stop by our next event! We host family-friendly events throughout the year celebrating Norway's rich cultural heritage and current events.

NORWEGIANS WORLDWIDE-TUCSON

Larry Jensen – President

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Tucson, AZ 85745

TO: