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# Notably Norwegian: Recipes, Festivals And Folk Arts



## Synopsis

Over 100 traditional family recipes plus pages of interesting facts and useful contacts to help you stay in touch with your Norwegian roots. Recipes include lemon fromage with raspberry sauce, kiss pudding, almond candy, oatmeal flatbread, cranberry salad, potato dumplings and roast pork, and meatballs, among many others. Packed with beautiful full-color photographs sure to warm the heart. A real treat!

## Book Information

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## Customer Reviews

More than 90 Norwegian recipes, some more than 100 years old, are in this book. The recipes came to America from grandmothers, great-grandmothers, and others. All the recipes are authentic! The 88-page book features 24 pages of color photography by Joan Liffing-Zug depicting folk arts, events and foods centering primarily on Vesterheim, the Norwegian-American Museum in Decorah, Iowa. Contributions of recipes come from all over the United States. The book is dedicated "to all those who have helped to develop Vesterheim into one of the finest ethnic museums in America, where the descendants of Norwegian immigrants...can find the preservation on their heritage." The author traces her husband's family for thirteen generations. His ancestors came from the island of Byroe, near Fister, Norway. Liffing-Zug tells of her Norwegian roots and of a grandfather who settled near Decorah, Iowa, and a great-uncle who died in the Civil War. The cover photograph pictures Marilyn Skaugstad in her Norwegian grandmother's costume. Marilyn writes in the book: "Who would have thought as I sat with my elbows propped on grandma Olson's big

kitchen table, watching her bake, that 40 years later I would be recalling her Norwegian heritage....With flour and dough frying, she told me about her summers as a little girl spent high in the mountains above the Sorfjorden Fjord making flatbread on an old wood-fired cookstove in a little cabin where she tended the sheep for her family. With her `letter' in hand, she came to America in the early 1900s and worked for a family in Wisconsin. Eventually she married my grandfather, Ole J. Olson, whose family also came from Norway. They farmed a beautiful big farm in Humboldt County, Iowa. Stories of families are covered in the book along with their recipe contributions.

Not only does this little book have the wonderful traditional recipes of Norway and Norwegian Americans, it has a lot of terrific, older photos of Norwegian artifacts. For those who are researching Norwegian roots, this one is a gem.

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This is almost more like a booklet than a book. There are beautiful pictures and some nice recipes. I'm part Norwegian and have never learned much about my family history. But this book is easy to use and I've enjoyed just looking through it. I still haven't made any of the recipes in it.

AUTHENTIC!

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