

## A food guide

In this guide, we will delve further into Norway's food and beverage culture. Are you ready? 😊

### Supermarkets / chain stores

In terms of grocery stores and supermarkets, Norway has a standard selection, which you can find pretty much across all of the country.

You will soon become familiar with **KIWI, Rema 1000, Coop Extra and COOP Prix**. These stores cover most people's needs and offer affordable prices. Our campuses in the cities of Kristiansand and Grimstad have some of these shops nearby, at walking distance.



There are also some other stores that are a bit on the pricier side, that are also worth checking out. Some examples are **Meny** and **Joker**. Meny has a broader selection of products, and it covers some international foods as well. Jokers, on the other hand, are smaller shops that are open on Sundays too. It's worth mentioning that almost all shops close on a Sunday in Norway – Sundays are for rest so workers will take the day off.

There is an app that many Norwegians check once a week: **MatTilbud**. This app displays all of the above-mentioned chain grocery stores and their weekly offers. It is always of great help, as you can filter through all the newsletters to shop the best deals!



### Independent stores

Now that we have covered the chains-stores, we can tell you about some of the smaller local businesses. It has become quite popular amongst Norwegians to go to **Asian, Middle-Eastern and Eastern-European shops**. Each city and town will have at least one of these, and there you can find a wide variety of international products as well as affordable fruits and vegetables.

## Food dictionary

When arriving at a foreign country, shopping for ingredients can be a challenge. The best thing to do is to be prepared beforehand, by perhaps having a little 'norsk' shopping list!

Here, we have compiled a useful set of vocabulary that will definitely come in handy when you visit our 'matbutikken'!

- Dairy products:
  - Helmelk – whole milk
  - Lettmelk – semi-skimmed milk
  - Skummetmelk – low-fat kefir
  - Surmelk – sour milk
  - (Mat)Fløte – cream
  - Rømme – sour cream
  - Ost - cheese
  - Brunost – brown cheese, a sweet cheese that has a hint of a caramel flavour
  - Yogurt – yoghurt
  - Kesam – quark
  - Snøfrisk – cream cheese made with goat's milk
  - Kremost – cream cheese
  - Smør – butter
  
- Carbohydrates:
  - Brød – bread
  - Pasta – pasta
  - Ris – rice
  - Nudler – noodles
  - Bygg – barley
  - Havre – oat
  - Knekkebrød – Scandinavian seed crackers
  - Lompe – flatbread made with potatoes
  - Pannekaker – pancakes
  - Vafler – waffles
  - Hveteboller – slightly spiced sweet buns, sometimes found with raisins or chocolate chips
  - Grøt – porridge, sometimes made with rice, oats, sugar, butter, cinnamon...
  - Lefser – flatbreads often filled with sugar cream, and cinnamon
  - Poteter – potatoes
  - Kjeks – biscuits
  - Hvetemel – wheat flour
  
- Meat, fish and other animal products:
  - Kjøtt – meat
  - Fisk – fish
  - Egg – egg

- Kylling – chicken
  - Biff – beef
  - Kalkun – turkey
  - Skinke – ham
  - And – duck
  - Kaviar – spread made of fish eggs
  - Makrell – mackerel
  - Fiskekaker – fish cakes/burgers
  - Laks – salmon
  - Reker – shrimps
  - Fiskepinner – fish fingers
  - Ørret – trout
  - Torsk – cod
  - Pølse – sausage
  - Kjøttdeig – minced meat
  - Leverpostei – animal liver paté
- Fruits and vegetables:
    - Frukt – fruit
    - Grønnsaker – vegetables
    - Tomat – tomato
    - Salat – lettuce
    - Agurk – cucumber
    - Paprika – pepper, available in gul (yellow), rød (red) and grønn (green)
    - Mais – corn/sweetcorn
    - Sopp – mushroom
    - Grønnskål – kale
    - Kål – cabbage
    - Løk – onion
    - Hvitløk – garlic
    - Gulrøt – carrot
    - Erter – peas
    - Blomkål – cauliflower
    - Purre – leek
    - Spinat – spinach
    - Appelsin – orange
    - Eple – apple
    - Banan – banana
    - Pære – pear
    - Druer – grapes
    - Jordbær – strawberry
    - Bringebær – raspberry
    - Blåbær – blueberry
    - Skogsbær – fruits of the forest
    - Vannmelon – watermelon
    - Ananas – pineapple

- Nuts, beans and seeds
  - Mandler – almonds
  - Peanøtter – peanuts
  - Haselnøtter – hazelnuts
  - Bønner – beans
  - Svartebønner – black beans
  - Kikerter – chickpeas
  - Linser – lentils
  - Frø – seeds
  
- Herbs, spices, oils, and toppings
  - Salt – salt
  - Pepper – pepper
  - Krydder – spices
  - Kanel – cinnamon
  - Timian – thyme
  - Laurbærblader – bay leaf
  - Gressløk – chive
  - Ingefær – ginger
  - Kardemomme – cardamom
  - Gurkemeie – turmeric
  - Basilikum – basil
  - Olje – oil
  - Sennep – mustard
  - Syltetøy – jam
  - Eddik – vinegar
  - Pålegg – spread
  
- Supermarket vocabulary
  - Matbutikken – supermarket
  - Kurv – basket
  - Penger – money
  - Kvittering – receipt
  - Pose – bag
  - Mint – coin
  - Kort – card
  - Handlevogn – trolley

## The Lunch Culture and The Norwegian Meal Structure

One of the most noticeable things in work and school culture is the *matpakke* concept. *Mat* means food (you probably know this by now 😊), and *pakke* means package.

A Norwegian *matpakke* consists of several slices of bread that are topped with sliced tomatoes, cucumbers, ham, tomato mackerel, jam, cheese... It's a quick, convenient lunch that is affordable and tasty.



You can bring each ingredient separate and assemble it quickly at lunchtime, or you can make it beforehand and take it in a lunchbox or wrapped up in some foil.

Norwegian folk usually have their lunch at half eleven (pretty early if you are from Southern Europe!) and then they have their breakfast early in the morning and their hot dinner at around four o'clock.

## Weekly and Annual Food Traditions

Here in Norway there are lots of different food traditions – some are weekly, and some are annually.

A surprising tradition commonly seen in Norwegian households is 'Taco Friday'/'Taco Fredag'. On a Friday, there will be a big spread of different components on the dinner table. Some of those include Mexican spiced beef, refried beans, jalapeños, sour cream, salsa, nachos, grated cheese, sliced cucumber, sweetcorn, iceberg lettuce, cubed tomatoes, warmed flour tortilla wraps... Everyone will sit around the table and help themselves freely, and build their own meal. At the dinner table, everyone reaches out to grab things as they please. This is known as the 'Norwegian Hand' and it might come as a surprise to people from other cultures. Here the table-manners are a bit different and people do not want to bother anyone during the mealtime.



Another popular item in Norwegian households are waffles! Norwegian waffles are on the thinner side, but they are fluffy, soft and they have a tasty cardamom hint. You can expect to find different VaffleBuas hidden in the forest and mountains. That way, when you are on a hike, you might eventually end up by a waffle house, and then you can treat yourself to one (or two!).

The waffles are made in a special iron that shapes them into four hearts. The waffles are usually paired with a cup of black coffee, and some raspberry or strawberry jam or several slices of brown cheese. The best way to achieve nice slices of cheese is by using an osthøvlør – a common staple to have on you during your time here in Norway 😊



For those of you who spend the Spring Semester here in Norway, you will be able to celebrate Waffle Day on the 25<sup>th</sup> of March!

The 17<sup>th</sup> of May (syttende mai) is the official National Day of Norway in which Norwegians celebrate Norway's constitution and independence. The celebration is notoriously known for its food-culture. Norwegian children are allowed to have as much ice cream and as many hot dogs as they want! They will often eat these during the city parade, and perhaps they will also join a barbecue. On the other hand, the adults will have a champagne breakfast.



Norwegians love to be festive and to celebrate each season with joy. Christmas is a particularly nice time to be in Norway. There are beautiful decorations everywhere, trees outside every shop entrance, lights in the city, and baked goods in all shops.

These baked goods are well-known for their spices: ginger, cinnamon, clove, cardamom, nutmeg, black pepper... You can easily find big red boxes with lots of Christmas cookies inside. Keep an eye out for pepperkakker (gingerbread), snipps, kransekaker, kokosmakroner (coconut macaroons), and brune pinner! These will ensure that you have an authentic Norwegian Christmas experience!



For the Norwegian Christmas dinner, that takes place on the 24<sup>th</sup> of December, families will lay out a feast. They will include ribbe (pork ribs), lutefisk (cod cured in lye), pinnekjøtt (dry-cured lamb ribs), boiled cod, ham roast, turkey, potatoes, cloudberry sauce, parsnips and carrots...

Another nice Christmas tradition worth mentioning is *julebrus*. Brus means soda, and jule means Christmas. Different places across the country have a different soda, that you can only buy when Christmas approaches. The typical ones in Kristiansand and Grimstad are red and brown. According to Norwegian friends, these sodas 'taste like Christmas'!



## A few fun Recipes!

Last but not least, we want to suggest some fun recipe that you can make at home regardless if you are in Norway or not! Enjoy!

### Fårikål – takes 60+ minutes

Description: Fårikål is considered by many to be Norway's national dish and one of the autumn's gastronomic highlight.

For a vegan-friendly version, click on the following link: <https://ashleyparamore.com/vegan-farikal-week-10-norway/>.

Ingredients:

- 1.5 kg lamb meat (its preferable to have pieces of meat that have more fat for extra taste/more flavour)
- 1.5 kg of cabbage
- 2 teaspoons of salt
- 5 teaspoons of black peppercorns.
- 3.5 deciliters of water
- A little wheat flour to thicken, optional
- Potatoes (optional)

Procedure:

1. Chop the cabbage into thick slices.
2. Layer the meat and cabbage in a large saucepan, starting with the meat. Make sure to place the meat with the fatty side down.
3. Sprinkle salt and pepper between each layer
4. If you want a thicker sauce, sprinkle some of the flour between each layer as well.
5. Add water and bring the pan to the boil
6. Turn down the heat, and place the lid on the pan
7. Let the meat and cabbage cook with the lid on at all times. The meat should cook and separate from the bone. This procedure takes two to three hours.
8. Shake the pan occasionally.
9. Boil some potatoes in another pot until they are tender. Serve these with the fårikål. Make sure to make the most of the sauce!



## Risengrynsgrøt (Norwegian rice porridge)

Risengrynsgrøt is also a traditional Norwegian dish. It is associated with Christmas, and during December month 8 out of 10 Norwegians eat risengrynsgrøt at least once. It is also commonly served in the Student Canteen on Fridays 😊

### Ingredients (one portion)

½ dl porridge rice  
1 dl water  
¼ liter whole fat milk  
¼ teaspoon salt  
½ table spoon of butter  
Sugar and cinnamon

### Directions

1. Boil the porridge rice in water for approx. 10 minutes, until the water is almost gone.
2. Add milk little slowly whilst stirring and cook on low heat until the porridge is nice and thick.
3. Stir occasionally to make sure the porridge does not get burnt. Season with salt.
4. Serve the rice porridge Norwegian style, with sugar, cinnamon and teaspoon of butter.



## Lapskaus (Stew)

Lapskaus is a well-known traditional meal in Norway.

Funfact: In New York, the heavily Norwegian populated 8<sup>th</sup> Avenue is still known today as 'Lapskaus Boulevard'.

### Ingredients

1 x 200 beef stewing steak  
4 tablespoons of tomato puree  
4 floury potatoes  
(these will thicken the gravy)  
4 carrots  
1 celery stick  
2 onions

1 leek  
500ml beef stock  
Pepper and parsley

**Directions**

1. Cut the meat into small pieces. Fry the beef in a frying pan, use a bit of butter. Meanwhile peel and chop the vegetables into bite-sized chunks.
2. Add the onions and fry for one minute.
3. Add all the rest of the ingredients and simmer for at least 30 minutes. Take the beef out and shred it with a fork, then add back into the stew.
4. Eat with Norwegian flat bread

We hope you enjoyed reading our food guide!