



# NORWEGIAN CARDAMOM BUNS

*(Boller - plural; Bolle - singular)*

**Soft, sweet, and spiced with cardamom – a true taste of Norway.**



PREP TIME  
**2 HRS**



COOK TIME  
**12-15 MIN**



SERVINGS  
**12 BOLLER**

## Ingredients

- 1-1/4 cups lukewarm whole milk
- 2 large eggs, room temperature
- 4 cups flour, sifted (you may need an additional 1/4 cup for kneading)
- 1/3 cup plus one tablespoon sugar
- 1 tablespoon active dry yeast
- 2 teaspoons ground cardamom
- 1/2 teaspoon salt
- 1/3 cup butter, chilled, cut into small pieces
- 1 cup dark or golden raisins
- Crushed sugar cubes, optional

## Instructions

In a small bowl, whisk together the lukewarm milk and one egg. In a standup mixer with a dough hook or by hand, combine the flour, sugar, yeast, cardamom, and salt. Add the milk mixture and knead on low or by hand for 8 minutes. Add the butter and knead on medium or by hand for about 5 minutes or until the dough is smooth and elastic. Knead the raisins into the dough by hand. Transfer the dough to a lightly buttered bowl, cover it with a tea towel, and let the dough rise in a warm spot for about an hour, or until it has doubled in size. This can take up to 2 hours if the room is cool. Line a large baking sheet with parchment paper. Divide the dough into 12 equal pieces and shape each piece into a ball. Place the ball on the baking sheet, cover lightly with greased plastic wrap, and let rise for 30 minutes. Again, they may need more time, depending on the room's temperature. Preheat oven to 350 degrees F. In a small bowl, whisk the remaining egg. Using a pastry brush, lightly brush the egg on top of the dough balls. If you would like some additional sweetness on top, crush six sugar cubes and sprinkle the sugar on top of the egg wash. Bake for 12 - 15 minutes or until golden brown. Let cool slightly and serve warm. Many Norwegians enjoy slicing the warm Boller in half and serving them warm with brown goat cheese (gjetost) on top.

### Notes:

- Personally, I prefer them whole, with nothing extra. I think they're perfect, just as they are! Enjoy!



# NORWEGIAN CREAM CAKE

(Bløtkake)

*Bløtkake is the perfect dessert for a Norwegian Midsummer's Night feast! When you cut into your Norwegian Cream Cake, this is what you'll see!*



PREP TIME  
8-20 MIN



COOK TIME  
30-45 MIN



SERVINGS  
1 CAKE

## Instructions

To make the cake, preheat the oven to 165°C/325°F. Place a parchment sheet in the bottom of a spring form cake pan so that it fits just right (cutting it into a circular shape and greasing the bottom so it sticks) and grease the sides of the pan and top of the parchment sheet. For this cake, I used a 22cm/9inch pan. Blend the eggs and sugar together in a kitchen mixer on medium/high speed for 6-8 minutes, until it becomes stiff and light in color. This is really important because you want the sponge cake to rise when it bakes and become airy and light.

Sift the flour and baking powder over the batter and mix gently with a spatula. Pour the batter into the prepared spring form cake pan and place on top of a cookie sheet. Place in the oven and bake for 35-40 minutes.

When the cake is done, allow to cool. You can also freeze the cake for future use.

Begin making the custard by whisking together the sugar and egg yolks in a bowl. Add the cornstarch and blend until the mixture is pale yellow and thick. Place the whole milk in a saucepan and add the vanilla beans by scraping them from the pod and discarding the pod afterwards. Warm the milk just before it begins to boil, without letting it boil. Take it off the heat.

Steadily and slowly, add the milk to the bowl with the sugar mixture, whisking constantly to avoid any curdling of the eggs. When you have mixed everything together, pour it back into the saucepan and return to the stove. Over medium heat, cook the mixture until it has thickened. Remove from the heat and allow to cool completely. If you wish, you can transfer the custard to a strainer and push gently through to remove any bits of curdled egg.

To make the whipped cream, place the cream and the powdered sugar in a kitchen mixer and whip on medium/high for a couple of minutes until the cream is stiff.

To assemble the cake, take your sponge cake and cut it into 3 even and separate (horizontal) layers. On the bottom layer, spoon over some milk or juice (this will help soften the cake) then spread a layer of jam on top. Top the jam with a good amount of the custard, followed by the whipped cream and spread it out to the edges of the cake. Place the second layer of sponge on top and repeat with the milk, jam and custard and some more of the whipped cream (reserving enough to cover the cake). Place the final layer of cake on top and cover completely with the rest of the whipped cream, sides and all. Decorate the top with the berries.

### Notes:

- Bløtkake is one of those cakes that actually tastes better the next day because the custard and whipped cream has had some time to soak into the sponge cake. You can, of course, serve this cake immediately and it's still delightful, but seconds on the day after will be even better. Enjoy!

## Ingredients

### Sponge Cake/Sukkerbrød

- 5 eggs
- 175g (3/4 cup) sugar
- 175g (1 1/4 cups) flour
- 1 tsp baking powder

### Custard

- 2 egg yolks
- 55g (1/4 cup) sugar
- 2 Tb corn starch
- 5 dl (2 cups) whole milk
- 1/2 vanilla pod or 1/2 tsp vanilla extract

### Whipped Cream

- 650g (3 cups) heavy whipping cream
- 2 1/2 Tb powdered sugar

### Other

- Mix of blueberries, strawberries & raspberries (or other fruits/berries of your choice)
- Strawberry Jam
- Milk or juice



# TRADITIONAL NORWEGIAN WAFFLE COOKIES

(Krumkaker - plural, Krumkake - singular)

**Krumkake is a delicious traditional Norwegian waffle cookie.**



PREP TIME  
15 MIN



COOK TIME  
30 MIN



REST TIME  
30 MIN



SERVINGS  
30 COOKIES



#### EQUIPMENT

ELECTRIC KRUMKAKE IRON OR PIZZELLE IRON, WOODEN CONE FORM, OR TEACUP.

## Instructions

In a large bowl, combine flour, cardamom, and salt. In a separate bowl, cream together butter and sugar until pale yellow. Beat in the eggs, one at a time. Add the flour mixture to the liquid mixture and stir until well blended. Add 1 cup of cold water and mix well. Cover your bowl with a tea towel and let it rest for 30 minutes. Preheat your electric iron.

Stir your batter a couple of times. Then place  $\frac{1}{4}$  cup of your batter onto the center of each circle on your iron. (You may need a little more or a little less batter on each circle. You'll know once your first set of two krumkaker has baked.) Lower the lid. Your iron will tell you when your krumkaker are ready - approximately 1 minute. You want the color to be golden to medium brown. Add water, one teaspoon at a time, if the batter begins to thicken. You'll know by the thickness of the krumkake. You're looking for thin, not waffle cone thickness.

Once your krumkaker are ready to be removed from the iron, you will need to move quickly. Lift each krumkake off the iron with a knife (be careful; it will be very hot) and either roll it over your wooden cone or place it in a teacup to set the shape. If you're using the wooden cone, remove the krumkake as soon as the shape is set. Otherwise, the krumkake will set on the cone and can break when you remove it.

Cool your krumkaker on a wire rack. Once COMPLETELY cool, store them in an airtight container with paper towel or wax paper. Krumkaker are very sensitive to moisture so make sure your container is absolutely airtight. They will keep for two weeks, but I've never known anyone who was able to keep them that long. Once you eat one, you have to eat more!

#### Notes:

- You might enjoy filling your cones and cups with whipped cream and berries. Just make sure to fill them right before serving so your krumkaker don't become soft. And, of course, they are the perfect accompaniment with ice cream! Enjoy!

## Ingredients

- 1-1/2 CUP OF FLOUR
- 2 -1/2 TEASPOONS OF CARDAMOM
- 1/4 TEASPOON OF SALT
- 1-1/2 STICKS OF SOFTENED BUTTER
- 1 CUP OF SUGAR
- 4 LARGE EGGS
- 1 CUP OF COLD WATER



# SCANDINAVIAN ALMOND CAKE

(Mandelkake)

*This Swedish Almond Cake (Mandelkaka) is light, buttery, and infused with the delicate flavor of almonds, making it the perfect treat for a cozy afternoon coffee break.*



PREP TIME  
10 MIN



COOK TIME  
35 MIN



REST TIME  
10 MIN



SERVINGS  
12 SLICES



EQUIPMENT

ALMOND CAKE LOAF PAN OR 9X5 LOAF PAN.

## Instructions

Preheat oven to 350 degrees. Spray an Almond Cake Loaf Pan or a 9x5 loaf pan well with nonstick baking spray.

Whisk flour, baking powder, and salt in a medium bowl. Set aside.

In a large bowl, whisk together sugar, egg, almond extract, and milk. Add flour mixture and whisk until well mixed. Add butter and mix until fully combined.

Pour batter into prepared pan. Place the pan on top of a cookie sheet and place it in the oven. Bake for 35–45 minutes or until edges are golden brown and a toothpick inserted into the center comes out clean.

Let the cake rest in the pan for 10 minutes before inverting it onto a serving tray. Allow the cake to cool to room temperature. Glaze the top and sprinkle it with almonds or just sprinkle the top with powdered sugar. Both are beautiful and delicious.

### To make the glaze:

3/4 cup powdered sugar, sifted

1 1/2 – 2 Tbsp milk

1/2 tsp vanilla extract

1/4 cup sliced, toasted almonds

### Directions:

In a mixing bowl, combine powdered sugar, milk, and almond extract. Mix until smooth.

Drizzle icing over the cake and sprinkle with toasted or untoasted sliced almonds, your choice. Cut the cake along the ridges or into slices.

### Notes:

- When using a traditional Scandinavian almond cake loaf pan, it is extremely important to coat the pan well with a nonstick baking spray. Otherwise, the cake is likely to stick to the pan, even if the pan's surface is nonstick. If you are using a standard 9x5 loaf pan, coat the bottom and sides with butter and dust with flour.

## Ingredients

- 1-1/4 cup flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1-1/4 cup sugar
- 1 egg
- 2 teaspoons pure almond extract
- 2/3 cup whole milk
- 1 stick unsalted butter, melted and cooled

# TANTE RUTH'S NORWEGIAN HEART WAFFLES

(Hjertevafler)

*Hjertevafler are soft and sweet Norwegian heart-shaped waffles, typically enjoyed as a dessert or snack. They are often topped with ingredients like whipped cream, jam, berries, chocolate, or the traditional brown goat cheese (Gjetost).*



PREP TIME  
15 MIN



COOK TIME  
1 MIN PER  
WAFFLE



TOTAL TIME  
30-40  
MIN



SERVINGS  
30 HEART  
WAFFLES



#### EQUIPMENT

USE TWO BOWLS- ONE FOR DRY INGREDIENTS, & ONE FOR WET INGREDIENTS.

## Instructions

Heat your waffle maker. Mix dry ingredients. Mix wet ingredients. Whisk the wet mix into the dry mix and stir until well blended, but do not over-mix. When your waffle maker shows that it's ready to use, spoon  $\frac{1}{4}$  cup of batter onto the center of the waffle iron and close the lid. After the waffle iron light goes off, approximately 1 minute, remove the waffle and place it on a plate. Put a tea towel over your baked waffles while you're making the others.

## Ingredients

- 2 cups all-purpose flour
- $\frac{1}{2}$  cup sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2-1/2 teaspoons ground cardamom
- 6 large eggs
- 2 cups full-fat sour cream
- $\frac{1}{2}$  cup vegetable oil

#### Notes:

- In our family, the traditional way is to serve warm waffles with apricot and/or raspberry jam. However, I have seen them served with lightly sweetened whipped cream and fresh berries, which sounds delicious, as well as a favorite among many Norwegians, brown goat cheese (Gjetost).
- These waffles freeze really well. After they have cooled completely, wrap them in plastic wrap and slip them into a freezer bag. They will keep in the freezer for a couple of months. When you are ready to enjoy a waffle, unwrap the plastic, place it on a microwave-safe plate, cover it with a paper or small tea towel, and microwave for 15-20 seconds. Yum!!!



# AUTHENTIC NORWEGIAN KRANSEKAKE

(kranskekake)

This "wreath cake" is a tower of 18 almond cookie rings made of just three ingredients: ground almonds, powdered sugar, and egg whites. It is often served at Norwegian celebrations, such as Christmas and weddings. This is a fun cake to make with your children! They love making the dough ropes and helping decorate.

**90 MIN**  
PREP TIME

**10-12 MIN**  
COOK TIME

**30 MIN**  
REST TIME

**1 CAKE**  
SERVINGS

**EQUIPMENT**  
KRANSEKAKE RING FORMS, OPTIONAL- NUT GRINDER OR FOOD PROCESSOR, AND A SMALL PLASTIC BAG (FOR PIPING THE ICING).

## Instructions

Coarsely grind almonds in a nut grinder or food processor. Mix almonds and powdered sugar together in a large mixing bowl. Add three of the egg whites and knead the dough together with your hands until it comes together in a ball. Wrap in plastic wrap and chill in the refrigerator for at least an hour or overnight. If you are using kranskekake forms, grease them thoroughly. If you are making the rings without a form, either grease, use parchment paper, or a Silpat on your cookie sheet. When your dough is chilled and ready, preheat the oven to 400°F.



Now knead in the remaining egg white. You will be making 18 rings. Start by rolling out your first rope on a lightly floured surface. Your dough is a bit sticky, so you may want to lightly flour your rolling pin, as well. This first ring will be 10" long, approximately 1/4 "wide, and will be your bottom ring. Make each subsequent ring 1" shorter. This will ensure they stack well. You want to end with a 2" ring at the top. You will need at least 3 cookie sheets if you're making the rings freehand. Make sure to keep the dough that isn't being worked in its plastic wrap. Otherwise, it will dry out, and your cookie will be crunchy rather than chewy. Whether you're using the forms or making the rings freehand, pinch the ends together. Set the forms or handmade rings on a baking sheet and bake on the center rack for about 10 - 12 minutes, until the tops are golden brown. Don't over-bake.

### Decoration:

Mix the powdered sugar, egg white, and lemon juice together. Spoon into a plastic bag and cut a small hole in one corner. If you don't wish to use raw egg whites, you can substitute milk instead. Some people use royal icing to give their decoration more dimension.

Once your rings have cooled, decorate each ring with a zigzag or scallop-style pattern. When that icing has set, use the remainder to attach each ring to the next until your tower is complete. Now you are ready to add any other decorations and present your masterpiece! Have fun!

## Ingredients

Kranskekake:

- 1 pound blanched whole almonds
- 4 egg whites (set one aside for later)
- 1 pound powdered sugar
- 1 tsp. almond extract

Decoration:

- 2 cups powdered sugar
- 1 egg white
- 1/2 tsp. lemon juice