



# Norwegian Lunch Buffet

Oxford Symposium on Food & Cookery | 1th July 2010



Norway is a mountainous country with only small areas of arable land along the coast and in the valleys. The coastline is long, with fjords cutting deep into the land. The gulf stream provides a better climate than could otherwise be expected in a country situated between 58° and 71° north. Still, the growing season is short, and the soil unproductive during much of the year. Transport along the coast and to inland areas used to be difficult for much of the year. This made it necessary to rely on conserving almost all food for later use. The harvesting of foods from the ocean, lakes, forests and mountains was also seasonal. Fish, game and wild berries had to be conserved for use during the rest of the year.

This lunch relies heavily on the old traditions of cured, fermented and smoked foods. We present a lunch buffet with a variety of the best preserved foods available in Norway. The products have been sourced directly from nearly thirty small producers in ten counties. Our focus is on the many wonderful products, rather than on their transformation in cookery. Klipfish (baccalà), stockfish and smoked herring have been exported from Norway for centuries. Many of the other products are rarely seen or eaten outside Norway. Some have been selected as Slow Food Presidium products, indicated in this folder by 

The foods have been transported from Bergen via Cardiff in the most traditional and sustainable way, by sailboat. The 86-foot brigantine *Tres Hombres* set sail from Bergen on the 29th June. The transport was coordinated by Terje Inderhaug of Hordaland County Council.

Here in Oxford the lunch is prepared and served by St. Catherine's College head chef Tim Kelsey and his staff, under supervision of Pål Drønen and Margareth Tislevoll.

— Ove Fosså & Svein Fosså



*Tres Hombres* just after leaving the port of Bergen. For information on the ship, see [www.svtreshombres.com](http://www.svtreshombres.com). Photo Ove Fosså

## PRODUCTS & PRODUCERS

### COLD FISH DISHES

 **Sølvild / gullsild / hardrøykt sild – silver and golden herring, hard cured herring**  
Norwegian spring-spawning herring caught during February-March is salted for up to two months, then skewered and smoked. Depending on the method and length of smoking, it becomes either silver, golden or hard cured herring. There is only one company in Norway keeping the traditional production alive. These herring are recognized as a Slow Food presidium product.

Producer: Njardar AS, Leinøy. E-mail [post@njardar.com](mailto:post@njardar.com), web [www.njardar.eu](http://www.njardar.eu)

#### **Kryddersild – marinated herring**

Producer: H. J. Kyvik AS, Haugesund. E-mail [post@hjkyvik.no](mailto:post@hjkyvik.no), web [www.hjkyvik.no](http://www.hjkyvik.no)

#### **Rakørret – fermented trout**

Producer: Skarvheimen Fjellfisk, Ål. E-mail [post@fjellfisk.no](mailto:post@fjellfisk.no), web [www.fjellfisk.no](http://www.fjellfisk.no).  
Made from farmed (land based) mountain trout from Hardanger fjellfisk AS.

#### **Røykelaks «Lærdalslaks» – smoked salmon**

Producer: Sognefjord Gourmet, Årdal. E-mail [post@sognefjord-gourmet.no](mailto:post@sognefjord-gourmet.no), web <http://www.sognefjord-gourmet.no/>

#### **Røykt gjeddepølse, varmrøykt gjedde, raket gjeddekaviar – smoked sausage of pike, hot smoked pike, and fermented caviar of pike *Esox lucius***

**Gravet sik, varmrøykt sik, raket sikrogn – cured (gravet) and hot smoked whitefish, fermented caviar of whitefish *Coregonus lavaretus***

Producer: Villfisken AS, Hallingby. E-mail [mail@villfisken.no](mailto:mail@villfisken.no), web [www.villfisken.no](http://www.villfisken.no)

### HOT FISH DISHES

#### **Klipfisk – saltmatured cod, klipfish, baccalà**

The labour intensive production of high quality traditional klipfish has become rare. The best quality from a few producers in Møre & Romsdal county is recognized as a Slow Food presidium product.

Producer: Olga Godø AS, Godøy. E-mail [staale@lanode.net](mailto:staale@lanode.net), web [www.slowfish.no](http://www.slowfish.no)

#### **Tørrfisk – stockfish**

Stockfish is produced in a drier, colder climate than klipfish, and is dried without salt.

Producer: Lofotskrei, Ballstad. E-mail [post@lofotskrei.no](mailto:post@lofotskrei.no), web [www.lofotskrei.no](http://www.lofotskrei.no)

### **Rødsei – red saithe or old salted saithe *Pollachius virens***

This local product can only be made during summer, when the fish has eaten a lot of the copepod *Calanus finmarchicus*. The saithe is salted in barrels, retaining some of its blood and copepods. It is ready to eat after a minimum of six months.

Producer: Seløy fisk, Herøy. E-mail [augustbryggo@monet.no](mailto:augustbryggo@monet.no), web [www.seloyfisk.no](http://www.seloyfisk.no)

## COLD MEATS

### **Speket viltpølse – cured game sausage from reindeer, red deer, and lard**

Producer: Li gardstun, Aurland.

### **Speket geitepølse – cured goat sausage (100 % goat)**

Producer: Sturle Ryum, Gudmedalen Fellesfjøs, Aurland.

### **Fenalår og speket lammepølse – cured leg of lamb and lamb sausage**

Producer: Ekta Skåramat, Granvin. E-mail [post@skaaramat.no](mailto:post@skaaramat.no), web [www.skaaramat.no](http://www.skaaramat.no)

### **Spekeskinke – cured ham**

Producer: Ekta Skåramat, Granvin. E-mail [post@skaaramat.no](mailto:post@skaaramat.no), web [www.skaaramat.no](http://www.skaaramat.no)

## HOT MEAT DISHES

### **Saltet og røykt lammebog – salted and smoked shoulder of lamb**

Producer: Holo gard, Flåm. E-mail [post@hologardstun.no](mailto:post@hologardstun.no), web [www.hologardstun.no](http://www.hologardstun.no)

### **Røykt lammepølse – smoked lamb sausage**

Producer: Ekta Skåramat, Granvin. E-mail [post@skaaramat.no](mailto:post@skaaramat.no), web [www.skaaramat.no](http://www.skaaramat.no)

## NORWEGIAN CHEESES AND DAIRY PRODUCTS

(All cheeses are made from unpasteurised milk)

### **Pultost – a crumbly sour-milk cheese**

A sour-milk cheese made from skimmed cows' milk. The drained curd is crumbled and matured in room temperature for about two weeks, then salt and caraway seeds are added. The cheese can be eaten at this stage, or matured for a longer time, when it gradually takes on a stronger taste, the consistency changing from crumbly to spreadable. The farmhouse product from Hedmark and Oppland counties is a Slow Food presidium product.

Producers: Helen Davey, Vesterhaugen Gårdsysteri, Våler. E-mail [helen.davey@brednett.no](mailto:helen.davey@brednett.no). Tore Skarpnord, Høgda Gardsmeieri, Brumunddal.

E-mail [tore.skarpnord@hogda-gardsmeieri.no](mailto:tore.skarpnord@hogda-gardsmeieri.no)

### **Gamalost – a cooked sour-milk cheese**

Awarded a gold medal at the national farmhouse cheese show in 2009. A very rare cheese today, except in the industrial version. Producer: Maria Ballhaus, Sogn Jord- og Hagebruksskule, Aurland. E-mail [maria.ballhaus@sfj.no](mailto:maria.ballhaus@sfj.no), web [sjh.no](http://sjh.no)

### **Jærost – semi-hard cows' milk cheese** (10 months old)

Named 'Cheese of the year' at the national farmhouse cheese show in 2007. Producer: Voll ysteri, Voll. E-mail [ha-voll@online.no](mailto:ha-voll@online.no), web [www.vollysteri.no](http://www.vollysteri.no)

### **Kvit Undredalsost – semi-hard goats' milk cheese** (3-6 months old, and 2 years old)

Producer: Undredal Stølsysteri, Undredal. E-mail [geitost@online.no](mailto:geitost@online.no), web [www.undredalsost.no](http://www.undredalsost.no)

### **Brimost – brown goats' milk whey cheese** (fresh)

Traditionally made at mountain farms during summer, a little milk and cow's cream is added to the whey. This version from the district of Sogn is a Slow Food presidium product. Producers: Undredal Stølsysteri, Undredal. E-mail [geitost@online.no](mailto:geitost@online.no), web [www.undredalsost.no](http://www.undredalsost.no).

Rallarrosa Stølsysteri, Flåm. E-mail [post@rallarrosa.no](mailto:post@rallarrosa.no), web [rallarrosa.no](http://rallarrosa.no)

### **Tjukkmjølkk – 'thick milk', organic cultured milk**

Protected Geographical Indication (PGI). Producer:

Rørosmeieriet, Røros. E-mail [post@rorosmeieriet.no](mailto:post@rorosmeieriet.no), web [www.rorosmeieriet.no](http://www.rorosmeieriet.no)

### **Rømme og smør – organic sour cream and butter**

Producer:

Rørosmeieriet, Røros. E-mail [post@rorosmeieriet.no](mailto:post@rorosmeieriet.no), web [www.rorosmeieriet.no](http://www.rorosmeieriet.no)

## FLAT BREADS

### **Lefser – soft flat breads**

Producer: Leveld lefsebakeri, Ål. E-mail [post@leveldlefsebakeri.no](mailto:post@leveldlefsebakeri.no)

### **Flatbrød – crisp flat breads**

Producer: Veitastrond flatbrødbakeri, Veitastrond.

Producer: Gardsbutikken, Øystese. E-mail [gardsmat@fruktlageret.no](mailto:gardsmat@fruktlageret.no)

## DESSERTS

### **Molter – cloudberries *Rubus chamaemorus***

An amber-coloured berry growing wild in Arctic bogs and marshes.

**Hermetiske moreller og ‘Mallard’ plommer  
– preserved sweet cherries and ‘Mallard’ plums**

Producer: Nøring ANS, Øystese. E-mail [post@noring-ans.no](mailto:post@noring-ans.no), web [www.noring-ans.no](http://www.noring-ans.no)

**Hermetiske epler og pærer – preserved apples and pears**

Producer: Syse gard, Ulvik. E-mail [syse.gard@online.no](mailto:syse.gard@online.no), web [www.sysegard.no](http://www.sysegard.no)

**Sirupstynnkake – syrup wafers**

Producer: Brynhild Lervang, Rendalen.

For sale this summer at the Glomdalen museum, <http://www.glomdal.museum.no/>

**ALE AND AQUAVITE**

**Nøgne Ø India Pale Ale and Nøgne Ø Imperial Brown Ale**

Nøgne Ø was awarded Champion Exhibitor and Champion Small Brewery at the 2010 Australian International Beer Awards. Second place in the Washington Post 2010 Beer Madness tasting.

Producer: Nøgne Ø, Grimstad. E-mail [post@nogne-o.no](mailto:post@nogne-o.no), web [www.nogne-o.no](http://www.nogne-o.no)

**Lysholm Linie aquavit**

Norwegian Linie aquavit is famous for having crossed the equator twice.

Producer: Arcus, Oslo. E-mail [export@arcus.no](mailto:export@arcus.no), web [www.arcusbeverage.com](http://www.arcusbeverage.com)



From Holo Gardstun in Flåm. Photo ActionPhoto / Jorunn Kleven

# sakte

MATHANDVERK  
FRÅ AURLAND



Aurland  Sparebank



HORDALAND  
COUNTY COUNCIL



NORWEGIAN EMBASSY

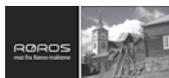
Mat i Hedmark



NJARDAR AS



Olga  Godø



Rørosmeieriet as  
- i takt med naturen



nøgne ø®



Sakte [www.sakte.no](http://www.sakte.no)

**Visit Flåm**, P.O. Box 42, 5742 Flåm. Phone +47 57 63 14 00, e-mail [flam.utvikling@visitflam.com](mailto:flam.utvikling@visitflam.com), web [www.visitflam.com](http://www.visitflam.com)

**Aurland Sparebank**, P.O. Box 13, 5741 Aurland. Web [www.aurlandsparebank.no](http://www.aurlandsparebank.no) - Sakte, Visit Flåm and Aurland Sparebank donates the majority of the products, part of the transport, and provides the means for Pål Drønen to supervise the event.

**Hordaland County Council**, P.O. Box 7900, 5020 Bergen. Phone +47 55 23 90 00, e-mail [hfk@post.hfk.no](mailto:hfk@post.hfk.no), web [www.hordaland.no](http://www.hordaland.no) - Hordaland County Council organises the transport on board the 'Tres Hombres' and provides the means for Margareth Tislevoll to take part in the preparations.

**Norwegian Embassy**, 25 Belgrave Square, London SW1X 8QD. Phone +44 (0) 20 7591 5500, e-mail [emb.london@mfa.no](mailto:emb.london@mfa.no), web [www.norway.org.uk](http://www.norway.org.uk) - The Royal Norwegian Embassy in London funds the transport from Cardiff to Oxford.

**Mat i Hedmark** / Glomdalsmuseet, P.O. Box 1270, 2405 Elverum. Phone +47 62 41 91 00, e-mail [mail@glomdal.museum.no](mailto:mail@glomdal.museum.no), web [www.glomdal.museum.no](http://www.glomdal.museum.no) - Mat i Hedmark donates pultost and sirupstynnkake.

**Njardar AS**, 6094 Leinøy, Fosnavåg. Phone + 47 70 08 66 86, e-mail [post@njardar.com](mailto:post@njardar.com), web [www.njardar.eu](http://www.njardar.eu) - Njardar donates smoked herring.

**Lofotskrei AS**, Øyaveien 31, 8373 Ballstad. Phone +47 76 08 05 03, e-mail [post@lofotskrei.no](mailto:post@lofotskrei.no), web [www.lofotskrei.no](http://www.lofotskrei.no) - Lofotskrei donates stockfish.

**Olga Godø AS**, 6055 Godøya. Phone +47 70 18 50 21, e-mail [staale@lanode.net](mailto:staale@lanode.net), web [www.slowfish.no](http://www.slowfish.no) - Olga Godø donates klipfish.

**Seløy fisk AS**, 8850 Herøy. E-mail [augustbryggo@monet.no](mailto:augustbryggo@monet.no), web [www.seloyfisk.no](http://www.seloyfisk.no) - Seløy Fisk donates rødsei.

**Rørosmeieriet AS**, Sollihagaen 2, 7374 Røros. Phone +47 72 41 35 00, e-mail [post@rorosmeieriet.no](mailto:post@rorosmeieriet.no), web [www.rorosmeieriet.no](http://www.rorosmeieriet.no) - Rørosmeieriet donates tjukk mjølk.

**Nøgne Ø** - Det Kompromissløse Bryggeri AS, Gamle Rygene Kraftstasjon, Lunde, 4885 Grimstad. Phone +47 37 25 74 00, e-mail [post@nogne-o.no](mailto:post@nogne-o.no), web [www.nogne-o.no](http://www.nogne-o.no) - Nøgne Ø donates ale.

**Arcus AS**, Export dept., P.O. box 6764 Rodeløkka, 0503 Oslo. Phone +47 22 97 55 00, e-mail [export@arcus.no](mailto:export@arcus.no), web [www.arcusbeverage.com](http://www.arcusbeverage.com) - Arcus donates aquavit.

Nearly 30 producers from 10 of Norway's 19 counties are represented on the buffet

