***Newsletter Service***

**July/August 2023**

**JULY ISSUE**

**Royal Homecoming for One Ocean**

The Statsraad Lehmkuhl, considered one of the world’s oldest and most beautiful square-riggers, recently docked in Bergen after a 22-month voyage around the world. The voyage began in August of 2021 as part of the “One Ocean Expedition” project, aimed at researching the oceans and collecting data. During the journey, the ship went to 24 different countries, 37 ports, and spanned 60,000 nautical miles. Aboard the ship, there were students, researchers, cadets, and crew. The main theme of the circumnavigation was to share knowledge about the role of the oceans and how humans affect it. The ship’s arrival on April 15, 2023, kicked off the first annual One Ocean Week, an event that will continue to share the ocean’s importance in sustainable development. The ship was also welcomed back to its home port in Bergen by King Harald, himself. The celebration included singing, a royal dinner on board, and a chance for the people of Bergen to go onboard the ship.

**Article photo for download:**

[**https://www.dropbox.com/s/kq9v9zx244sesyj/Statsraad.jpg?dl=0**](https://www.dropbox.com/s/kq9v9zx244sesyj/Statsraad.jpg?dl=0)

**4th of July in Oslo**

Fireworks, backyard barbecues and parades are just some of the ways Americans celebrate the United States’ birthday. But how do expats celebrate the holiday? For the last 35 years, Americans living in Oslo have held their Fourth of July celebration, growing from a backyard party to a major event in the capital city.

The Fourth of July celebration was the brainchild of Bruce Allen, the founder and longtime board member of the [American Coordinating Council of Norway](http://accn.no/#sthash.PseQEBFz.dpbs) (ACCN).

Entertainment has always played an important role in the Fourth of July celebrations. Early on, flag football games between the military and civilians were a great draw. Since then, it has evolved into a wide array of entertainment, including Civil War reenactors, a sky-diving team and an Elvis impersonator.

Even early on, the ACCN and its members made a commitment to giving back to local communities. In 1992, the group began a relationship with Norway’s National Cancer Hospital. Over the next seven celebrations, money raised benefited the hospital, specifically children and their families. In 1999, ACCN created its own foundation, increasing the scope of their giving and benefiting a great number of charities.

This year, for Independence Day 2023, ACCN is highlighting the ties between Norway and the U.S. with music, food and entertainment. Plus, there’s fun for the entire family, including children’s activities and a watermelon-eating contest.

**If you go:**

Sunday, July 2nd, 2023

12:00 pm to 5:00 pm

Frognerparken, Oslo

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[**https://www.dropbox.com/s/za28th5km0zmipu/4thofJuly.jpg?dl=0**](https://www.dropbox.com/s/za28th5km0zmipu/4thofJuly.jpg?dl=0)

**St. Olaf’s Day**
July 29th marks *Olsok*, or St. Olaf’s Day. Originally celebrated to honor the King—and later Saint—Olaf, the day has more than 900 years of history behind it. Who was Olaf II of Norway and why is he celebrated today?

Much of what we know about King Olaf comes from the sagas, written in the late twelfth century. Written almost two centuries after Olaf’s death, the *Heimskringla* contents are often questioned but recount the tales of many of Norway’s early Kings.

King Olaf was born sometime around 995 near what is now Ringerike. He was the great-great-grandson of Harald Fairhair, the first king of Norway. Olaf himself would take the throne in 1015 at about the age of 20. Within a few years, Olaf consolidated his power by eliminating rivals to the throne. But the wealthy men in Norway grew discontent with King Olaf’s strong-handed ruling and supported Canute the Great’s invasion of Norway in 1026. After a series of battles, King Olaf would eventually die in the Battle of Stiklestad in 1030.

King Olaf made several significant contributions during his short reign, most notably the spread of Christianity across Norway. For this he was eventually named the Patron Saint of Norway. His sainthood led Olaf to become a major figure in medieval literature in Norway.

St. Olaf continues to be a major influence in Norwegian culture. Olav/Olaf has been a popular name amongst Norwegian males for centuries. The St. Olav medal is the highest decoration the Norwegian crown awards. This year Olsok will be celebrated with festivals and feasts across Norway, to mark the official day of *Rex Perpetuus Norvegiae,* Norway’s eternal king.

**Article photo for download:**

[**https://www.dropbox.com/s/4j106s1aqova3y6/St-Olaf.jpg?dl=0**](https://www.dropbox.com/s/4j106s1aqova3y6/St-Olaf.jpg?dl=0)

**TRANSLATION**

**Feira bunadbruken**

I ettermiddag var det bunadfest hos Bondeungdomslaget i Oslo. Den Høgvørde Kronprinsesse Mette-Marit deltok i feiringa av den norske bunadbruken og arbeidet med å nominere bunadbruken i Noreg til UNESCOs liste over immateriell kulturarv.

Kronprinsessa kom til feiringa i sin hardangerbunad og vart helsa velkomen av ordførar Marianne Borgen, som var ikledd jubileumsdrakta for Oslo.

Gjennom tre år har Noregs Ungdomslag, Norges Husflidslag, Norsk Folkedraktforum, Norsk Institutt for Bunad og Folkedrakt og Studieforbundet Kultur og Tradisjon arbeidd med prosjektet "Bunadbruk, populært, men truet".

Prosjektet har hatt som mål å auke kunnskapen om bruk og tilverking av bunadene våre, særleg blant barn og unge. Sjølv om bunadtradisjonen i Noreg er sterk og bunad populært, er den òg trua ved at handverkskunnskapen gradvis vert svekka.

Gjennom dette arbeidet har det òg vore ein prosess for å nominere den allmenne bunadbruken i Norge til UNESCOs liste over immateriell kulturarv. Nominasjonssøknaden er no sendt inn til UNESCO.

Den norske bunadbruken, UNESCO-søknaden og prosjektet vart feira med helsingstalar, kaffi, vaflar og dans ved Leikarringen BUL Oslo.

Kronprinsesse Mette-Marit er særs interessert i handarbeid og immateriell kulturarv – ho er sjølv ein aktiv vevar. Nyleg besøkte Kronprinsparet Raulandsakademiet, ein av dei viktigaste akademiske institusjonane i landet innan tradisjonskunst og folkemusikk.
**TRANSLATION**

**Celebrating the Bunad Tradition**
This afternoon there was a bunad party at the Bondeundomslaget [the Farmers' Youth League] in Oslo. Her Royal Highness Crown Princess Mette-Marit participated in the celebration of Norwegian bunad use and worked to nominate the use of bunads in Norway to UNESCO's list of intangible cultural heritage.

The Crown Princess came to the celebration in her Hardanger outfit and was warmly welcomed by mayor Marianne Borgen, who was wearing the jubilee costume from Oslo.

For three years, Norway’s Youth Society, the Norwegian Folk Art and Craft Association, the Norwegian Folk Costume Forum, the Norwegian Institute for Bunad and Folk Costume and the Association of Culture and Tradition have worked on the project "Bunad use: popular, but threatened."

The project has aimed to increase knowledge about the use and manufacture of our bunads, especially among children and young people. Although the bunad tradition in Norway is strong and bunads are popular, it is also threatened by the gradual weakening of craftsmanship.

Through this work, there has also been a process to nominate the general use of bunads in Norway to UNESCO's list of intangible cultural heritage. The nomination application has now been submitted to UNESCO.

Norwegian bunad use, the UNESCO application and the project were celebrated with greetings, coffee, waffles and dancing with [folk dance group] Leikarringen BUL Oslo.

Crown Princess Mette-Marit is particularly interested in folk arts and intangible cultural heritage - she is an active weaver herself. The Crown Prince couple recently visited the Raulandsakademiet, one of the most important academic institutions in the country within traditional art and folk music.

**Bløtkake – Strawberry Cream Cake**

## **Ingredients:**

#### **For the Cake:**

3/4 cup cake flour
1 tsp. baking powder
6 eggs, separated
1 cup sugar

#### **For the Filling:**

3 egg yolks
2 Tbsp. butter
2 Tbsp. corn starch
1 1/2 cups half-and-half
1/4 cup sugar
2 tsp. vanilla extract
1/2 cup strawberry or apricot jam, warmed and strained
1 pint fresh strawberries (stemmed and quartered or sliced), fresh blueberries or blackberries

#### **For the Topping:**

1 1/2 cups whipping cream
2 Tbsp. powdered sugar
1 tsp. vanilla

## **Make the cake:**

#### **Step 1**

Blend the flour with the baking powder and set aside.

#### **Step 2**

In a large bowl, whip the separated egg whites until fluffy; add in the sugar to the whipped egg whites gradually. Beat the mixture until it gets to a stiff meringue-like consistency.

#### **Step 3**

In a separate small bowl, beat the egg yolks until frothy. Gently fold the egg yolks and flour mixture into the egg whites and mix until well combined.

#### **Step 4**

Preheat your oven to 350° F.

#### **Step 5**

Butter and flour two 9-inch round cake pans. Divide the batter between the two pans.

#### **Step 6**

Bake the 9-inch layers until the centers spring back when touched with finger, approximately 30 minutes.

#### **Step 7**

Set on a rack to cool, leaving the cake layers in the pans. When cooled the centers of the layers may sink slightly.

## **For the Custard Filling:**

#### **Step 1**

In a small saucepan mix the egg yolks, butter, cornstarch, half-and-half and sugar.

#### **Step 2**

Cook the mixture, stirring constantly over medium heat until it attains a smooth, thick and creamy texture.

#### **Step 3**

Remove from the heat, cover and cool. Once cool stir in the vanilla.

## **Assembling the Cake:**

#### **Step 1**

Cut the 2 9-inch layers in half horizontally. Place one of the layers on a cake plate or serving plate and spread with some of the custard and place some of the fruit and berries into the custard.

#### **Step 2**

Add an additional layer of cake and spread with the strawberry or apricot jam, adding more of the fruit. Add the third layer and spread again with custard and add berries.

#### **Step 3**

Top with the remaining layer of cake. An hour before serving whip the cream and flavor with the powdered sugar and vanilla. Spread the whipped cream on top of the cake and garnish with some of the strawberries.

**Article photo for download:**

[**https://pixabay.com/photos/small-cake-baking-tasty-2142072/**](https://pixabay.com/photos/small-cake-baking-tasty-2142072/)

**AUGUST ISSUE**

**Norwegians in Canada**

Norwegians have a history of migration to Canada spanning more than a thousand years. The Norse were the first Europeans to land in North America via Iceland, establishing a settlement called Vinland at L’Anse aux Meadows on the coast of Newfoundland around 1000 A.D.

The largest wave of Norwegian immigrants to Canada occurred much later. Between 1850 and 1915, nearly 681,000 Norwegians landed in both the eastern and western coastal provinces. Their reasons for leaving home included a lack of employment, little available land and political inequality.

Settlements sprang up on the prairies and in Western Canada. Settlers established churches, newspapers and communities based on ethnicity, and Norwegians who migrated north from the U.S. brought Norwegian-American organizations with them, such as Sons of Norway.

Norwegians streamed into the country between 1900 and 1915—over 18,000 from Norway and thousands of Norwegian-Americans. 21,500 Norwegians arrived between 1915 and 1929.

[The Canadian Encyclopedia](https://www.thecanadianencyclopedia.ca/en/article/norwegians) reports that today over 463,000 Canadians claim Norwegian ancestry. Nearly one-third of Norwegian-Canadians live in British Columbia and they are one of the largest European ethnic groups in the country.

Famous Norwegian-Canadians include: singer/songwriter Joni Mitchell (née Anderson); cross-country skier Herman “Jackrabbit” Smith-Johannsen, who lived to be 111; Torill Kove, film director, animator and Academy Award winner for her animated short *The Danish Poet;* Fred Stenson, writer of historical non-fiction and fiction; Martha Ostenso, novelist, screenwriter and poet.

**Article photo for download:**

[**https://pixabay.com/photos/canadian-flag-canada-maple-country-1229484/**](https://pixabay.com/photos/canadian-flag-canada-maple-country-1229484/)

**Bear Breakthrough**

For 13 years, researchers in Scandinavia have been studying hibernating bears and have drawn some very important conclusions regarding blood clots. Since 2010, they have drawn blood, fat, muscle and urine samples from 70 bears in both the winter and summer. The difference they discovered between samples was changed platelets while the bears were hibernating. This is notable as bears can be still for several months without blood clots, while humans are at risk sitting still for too long. From their studies, they have determined that bears produce less of a protein called HSP47 in winter, which can cause blood to coagulate. These findings are remarkable in that scientists now know which protein to focus on when creating medicines for blood clots. The researchers believe there are more important discoveries to be made from this project and thus will continue to study these hibernating bears.

**Article photo for download:**

[**https://pixabay.com/photos/bear-sleeping-bear-hibernating-5568729/**](https://pixabay.com/photos/bear-sleeping-bear-hibernating-5568729/)

**Famous Violin Awarded to Young Norwegian Talent**

22-year-old Norwegian-Swedish violinist Johan Dalene has accumulated a list of impressive awards and critical success. Despite his youth, he’s performed solos with orchestras in London, Berlin, Prague, Paris, Leipzig and Vienna, as well as Oslo and his home city of Stockholm. This spring, Dalene even played Carnegie Hall during his US debut tour.

Born to musician parents, Dalene got an early start with music and attributes his tenacity to his first violin teacher, who made his music lessons a joy. Beginning with lessons at age four, he was already performing professionally at seven.

The young talent has been recognized for his ability to reach audiences with his singular artistry.
He’s recently been the recipient of the Norwegian Soloist Prize, a distinguished award of 100,000 kroner (about US$ 10,000) for young musicians. The prize comes with the bonus of playing with the Bergen Symphony Orchestra and connects bright young musicians with other performance opportunities.

Now the rising star has received a new honor- he was chosen as the recipient of a rare Stradivarius, a 1725 ‘Duke of Cambridge’ violin. On loan from a Norwegian foundation, the violin previously was entrusted to performer and Oslo Royal Conservatory professor Camilla Wicks, who was knighted for her musical contributions to Norway.

“So happy and grateful to get to play this incredible instrument," Dalene posted on social media.

**Article photo for download:**

[**https://www.dropbox.com/s/lmtpw86dmqf9wtc/Violin.jpg?dl=0**](https://www.dropbox.com/s/lmtpw86dmqf9wtc/Violin.jpg?dl=0)

**Translation**

**Inkludering som smaker godt**

Hans Kongelige Høyhet Kronprinsen var med og laget is under åpningen av Cousins kafé i Oslo sentrum i dag. Cousins er en liten iskremfabrikk som ansetter unge med fluktbakgrunn.

Før Kronprins Haakon og ordfører Marianne Borgen gikk inn i de nye produksjonslokalene, ble de utstyrt med forklær.

Hussein Mahmoud, Sanaa Tamin og gründer Christoffer Naustdal Hjelm viste gjestene hvordan de lager is og inviterte dem med på å lage is og hakke nøtter.

Første issalg

Til slutt åpnet Kronprinsen kaféen ved å gjennomføre det første issalget på kassa – for sjokoladeis til ordfører Marianne Borgen. Siden det var åpningsdag, ble det slått inn null kroner på kassa.

Cousins (tidligere Sandwich Brothers) startet i 2016 for å gi unge, enslige flyktninger jobb. Siden 2018 har Kronprinsparets Fond støttet den lille iskremfabrikken.

Nye muligheter

På Cousins får flyktningungdom jobb, språktrening og nye muligheter. Jobben i Cousins blir deres første erfaring med norsk arbeidsliv, før Cousins hjelper dem over i andre jobber.

Gjengen har bakgrunn fra blant annet Syria, Somalia, Irak, Eritrea, Afghanistan og Etiopia, men alle jobber mot et felles mål: Et mer mangfoldig og inkluderende lokalsamfunn.

Den nye kafeen ligger i Glasmagasinet i Oslo sentrum og inneholder både iskremfabrikk og konditori. I tillegg til salg i kafeen, vil Cousins også produsere og selge økologisk sandwich- og pinneis til private og bedrifter.

**TRANSLATION**

**Inclusion That Tastes Good**

His Royal Highness the Crown Prince was involved in making ice cream during the opening of Cousin's Café in downtown Oslo today. Cousins is a small ice cream factory that employs young people with a refugee background.

Before Crown Prince Haakon and Mayor Marianne Borgen entered the new production premises, they were provided with aprons.

Hussein Mahmoud, Sanaa Tamin and founder Christoffer Naustdal Hjelm showed the guests how to make ice cream and invited them to help make ice cream and chop nuts.

First ice cream sale
Finally, the Crown Prince opened the café by making the first ice cream sale at the till - for chocolate ice cream to Mayor Marianne Borgen. Since it was opening day, zero kroner was deposited into the till.

In 2016, Cousins (formerly Sandwich Brothers) began giving young, single refugees a job. Since 2018, the Crown Prince Pair's Fund has supported the small ice cream factory.

New opportunities
At Cousins, young refugees get jobs, language training and new opportunities. The job at Cousins will be their first experience in Norwegian work life, before Cousins helps them find other jobs.

The group has backgrounds from, among other places, Syria, Somalia, Iraq, Eritrea, Afghanistan and Ethiopia, but all work towards a common goal: a more diverse and inclusive local community.

The new café is located in Glasmagasinet, [a mall] in central Oslo and contains both an ice cream factory and a pastry shop. In addition to sales in the café, Cousins will also produce and sell organic sandwiches and ice cream treats to individuals and businesses.

**Norwegian Gourmet Hazelnut Crusted Cod on Creamy Mushrooms**

This is one of the easiest recipes I can think of, yet I would be very happy to be served something like this in a restaurant. It’s made in under 30 minutes, so what’s not to love about this contemporary Norwegian dish?

The key to getting this recipe right is getting your hands on a totally fresh piece of fish, and pan fry it to perfection. While it can be made with practically any firm, white fish, like pollock, halibut and wolffish, I have used Norwegian skrei, which is in season in February and March:

*The Northeast Atlantic has the world’s largest population of cod. By far, the largest part of this population is the Northeast Arctic cod, as it is labelled by the ICES, or the Arcto-Norwegian cod stock, also referred to as skrei, a Norwegian name meaning something like “the wanderer,” distinguishing it from coastal cod.*

**Recipe summary**

* Dice the mushrooms
* Reduce heat and sauté the onions with the mushrooms
* Add the cream and let simmer until thickened
* Bread the fish in hazelnuts
* Fry the fish on medium heat to perfection

**Ingredients:**

**The fish**

* 4 x 180 g skinless back loin fillet
* Fine sea salt
* Flour
* Egg wash
* 50 g hazelnuts

**The mushrooms**

* 1 Tbsp. neutral oil
* 800 g mushrooms, diced
* 2 large shallots, finely sliced
* 300 ml whipping cream
* Fine sea salt
* 1/4 lemon, juiced
* Curley parsley, finely chopped
* Freshly cracked pink peppercorns

**How to make:**

Start by sprinkling fine sea salt on all sides of each fillet, and let sit in the fridge for 30 minutes, or more. Whatever suits your schedule. This will firm up your fish, and also make it retain far more moisture, making it *incredibly* juicy.

Next, cube or slice your mushrooms. Or both, for a more interesting texture. A mix of champignons and shiitakes is wonderful. If you are a forager, any bolete, slippery jack or slimy spike-cap is spectacular in this dish.

Add a small amount of neutral oil to your white hot pan and sear the mushrooms so hard they scream in agony. No kidding: you will *actually* hear them scream if your pan is hot enough.

Sprinkle with fine sea salt when they start catching a bit of color, and continue searing until they are nice and golden brown.

Turn down the heat to medium, and when the pan is medium hot, add the shallots and sauté for about 5 minutes. Add the cream and let simmer until thickened. When thickened, stir in 2/3 of the parsley and the lemon juice, put a lid on and keep warm.

As you fry the mushrooms, prepare three plates: one with flour, one with egg wash, and one with finely chopped, raw hazelnuts. (you could pulse the nuts in an upright blender instead of chopping, but not too fine!)

When you have added the cream to the mushrooms, pat your fish dry. Take one piece of fish and put the skin side down into the flour. Shake off excess flour, then dip into the egg wash so you just cover the flour, not the sides of the fish, then put it on top of the hazelnuts. Repeat this process with the remaining pieces of fish.

Add a good amount (like 1 mm, covering the entire base of the pan) of neutral oil to a medium hot cast iron pan, and place each piece of fish nutty side down.

With a very thick piece of fish, like in this recipe, you need to use a lower temperature. In this recipe, I have also used the hazelnut crust, which works as a heat barrier, making it cook much slower on the crusted side, so that is why I use medium heat on a cast iron pan. With a thinner piece of fish, or without the crust, I would sear it off like a steak at medium-high to high depending on thickness.

Never use a non-stick pan for frying anything, since high heat will destroy its non-stick layer; instead use a stainless steel or carbon steel pan for high heat searing, or a cast iron pan for lower heat searing (since cast iron has better non-stick properties at low heat.)

With the fish done, it is time to plate. Lift off the lid of the mushrooms and stir quickly. Divide the mushrooms between 4 plates or bowls. Sprinkle the remaining parsley over, then crack over a little bit of pink peppercorns.

Using a spatula, lift out a piece of cod and place on top of each mushroom mound.

Done and dig in!

Source: [**https://sailingselkie.no/norwegian-gourmet-hazelnut-crusted-cod-creamy-mushrooms.html**](https://sailingselkie.no/norwegian-gourmet-hazelnut-crusted-cod-creamy-mushrooms.html)

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