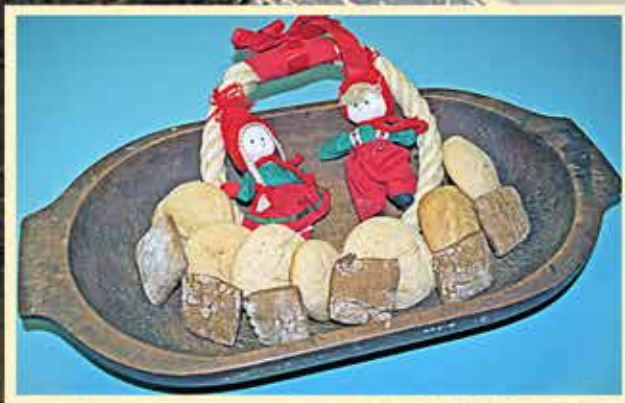


HISTORY ... NEVER TASTED SO GOOD!



FLAVORS OF THE FJORDS

EPUBLICATION EDITION

THE NORWEGIAN
HOLIDAY COOKBOOK

TRADITIONAL RECIPES
OF THE
FLADVAD-BJØRKE FAMILY
BY:

FAITH RAYMOND CONNORS

TRACY DANIEL CONNORS

TOVE JOHANSEN FLADVAD

BJØRN JOHANSEN FLADVAD

From Norway to Newport...
“History has never tasted so good!”

FLAVORS of the FJORDS

-2023 Digital Color-restored Edition-

Norwegian
Holiday
Cookbook

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Tracy Daniel Connors, Ph.D.
Tove Johansen Fladvad
Bjørn Johansen Fladvad



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I. Connors, Connors, Fladvad, Fladvad

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manuscript cookbook.

The faded cover was marked simply, "Marie T. Fladvad," and below that "Mrs. Cottrell." It was Marie's handwritten manuscript cookbook of Norwegian desserts, soups, puddings, and geles. Further review showed the booklet contained recipes written by three different individuals. In addition to Marie, we believe one of the the other authors was Marie's mother, Oline Bjerke (or Bjørke) Fladvad. The identity of the third hand which added some recipes in the very back of the book, may never be known.

The initial sessions with a Norwegian dictionary have stretched into years of steady discovery as Marie Flatvad Cottrell's cookbook gave up its secrets. And, its "secrets" included more than just the wonderful aroma of cardamom flavored holiday cookies. Eventually, the discovery of Bestemor's cookbook would send us back to Norway to locate distant relatives and to rediscover Marie's heritage.

The manuscript cookbook includes 207 recipes ranging from "Kavringer" to "Vafler" and "Brunekager" to "Smaakringler," many of them new to us. The Norwegian language of the late 19th century reflected a strong Danish influence, particularly in the spelling.

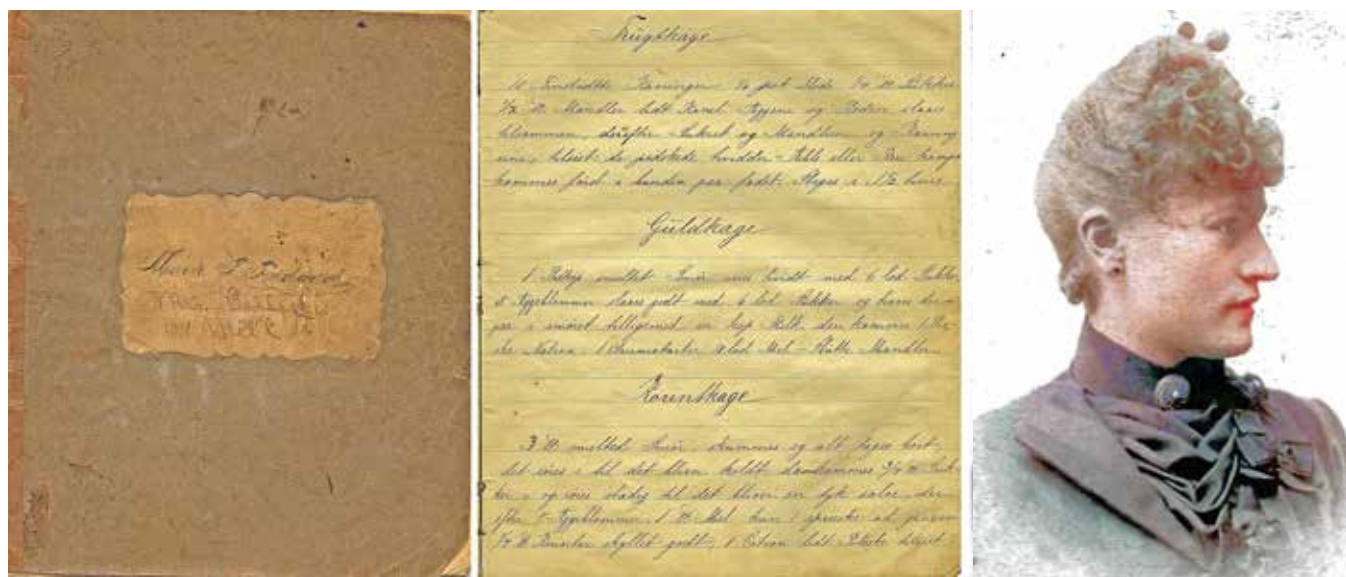
We were intrigued by the recipes and were determined to try them ourselves. That became a challenge which is not fully resolved to this day. First, there was the problem of translating the 19th century Norwegian text. With the invaluable help of Tove Johansen Fladvad, Marie's great niece, the recipes were translated. Next the problem of ingredient measures presented itself. From many sources we compiled the present day equivalents of the *gamle Norske mål*--traditional Norwegian measures.

The final problem was nutritional--many of the recipes were heavy on butter fat, lard, and other ingredients high in cholesterol. The challenge then was to develop recipes which retained the taste and consistency of the traditional recipe, but which were considerably reduced in fat calories.

Unraveling the Puzzles

As work and correspondence moved forward on Marie's Manuscript Cookbook, we continued to collect, sort, and organize the contents of the boxes Petie had kept for so long. As we did so, we felt ourselves begin to feel the tugs and pulls of interest and intrigue from Marie's experiences and the story of her life before and after she left Christiania (Oslo) for Newport in 1895.

Early in the process, we were helped immeasurably by the letters and research of Christian Willum-



(Left) Marie Fladvad's original manuscript cookbook. The name plate has been overwritten. "Marie T. Fladvad" was changed to "Mrs. Cottrell 104 Mill Street." (Center) a sample page with recipes entered in the Norwegian of the late 19th century. (Right) Marie Fladvad as she

sen, Marie's brother-in-law, husband of her younger sister, Jeanne. It was obvious that "Kiss" had devoted a great deal of time over many years to lay the foundations for the Fladvad family history.

His letters to Marie show him to be a warm, loving, and highly observant man, who took a great interest in her welfare. His annotated genealogy was the foundation on which the Norwegian history chapters were based. Later, the efforts of Bjørn Johansen Fladvad, were invaluable in adding a wealth of new information, resolving contradictions, and providing a better understanding of the history and times through which the Fladvad family lived.

The wealth of photographs Petie had saved led us to begin adding captions and explanatory information. Eventually, these needed to be organized and to have additional background provided to explain more fully their significance. For example, the autographed snapshots of Norwegian explorer Roald Amundsen required more information on his life and achievements.

The answer to one question inevitably led to another. For example, if we know that Marie returned with her sisters from Norway in October, 1907, how long was her visit?

One of the old books kept by Marie Cottrell Raymond was a yellowed copy of *Synnøve Solbakken* by Bjørnstjerne Bjørnson. We noted an annotation on its title page that Marie had purchased the book in Oslo and mailed it to Charlie as a Christmas present in 1906--"Charles M. Cottrell Xmas 1906 Christiania Marie." [Incidentally, Faith and I spent some memorable hours during Christmas, 1993 reading *Synnøve Solbakken* aloud to each other during the holidays. We felt we were somehow much closer to the spirit of Christmas 1906.]

Obviously, Marie was in Norway in December, 1906. Later, we discovered Charlie's anguished letter to his daughter Margaret indicating that Marie was still in Norway and had been gone for many months. When the information was finally in place, it showed that Marie had stayed in Norway from May, 1906 until October, 1907--a year and a half. What could explain such a long, drawn out visit? Did she return for health reasons (asthma), as some family information suggests, to visit her family, or to deal with marital stresses? Questions, then answers, led to more questions.

Over the years, a much clearer picture developed of Marie's life and history--a life time "polaroid" taking years to "develop" before it finally become a sharp image. Even so, there is much tantalizing detail missing from our understanding of Marie's life and experiences. Over time we know the story will continue to gain focus and clarity.



Roald Amundsen, the Norwegian explorer who discovered the South Pole, signed and dated October 15, 1907 this photograph with Marie's sisters Otilie (left) and Olise Fladvad (right) during a trans-Atlantic voyage on the SS Oscar II. At this time Amundsen had led the first expedition to successfully navigate Canada's Northwest Passage (1903-1906), but he would not undertake the South Pole Expedition until 1910. (Right) Marie with her sisters and daughters, Margaret, Eleanor, and Marie Theresa in a photograph that was taken at the same time and place of the Amundsen photograph at left.

and why the family refers to itself as "Fladvad," while the farm is called, "Flatvad."

Our Norwegian is limited, but their English was much better. We spent many wonderful hours with them on a subsequent visit in 1994. All are very special and precious to us. However, the two hours of our first visit with them remains one of our fondest memories. We had found Flatvad. We were visiting Marie's father's ancestral home. Incredibly, the Fladvad family was still there. And, we had met relatives whose warmth and welcome was as astonishing as it was treasured by us. We can only hope and wish for those readers who are exploring their Norwegian family roots that they are as fortunate as we were in finding and reestablishing the special relationships that once existed between family members.

Ibsen and the Grand Cafe

Marie Fladvad thought a lot of Henrik Ibsen, the internationally acclaimed Norwegian playwright and author. We found three photographs of him in her letters and documents. Certainly many of the dramatic themes around which he developed his plays were close to her heart. Ibsen's characters are commonplace, even prosaic. In the course of the plot, they are stripped of their various disguises and forced to acknowledge their true selves.

Marie was excruciatingly honest, and probably felt some empathy with Ibsen's characters, particularly Nora Helmer in *A Doll's House*. Nora is trapped in a stifling relationship with her husband, Torvald and three children. As the plot unfolds, Nora becomes disillusioned about her husband, a hollow fraud. The play concludes with Nora choosing independence from a weak, hypocritical husband.

Later in her own life, Marie would be forced to make a remarkably similar decision. When her husband, Charles Cottrell's health deteriorated, he finally decided to place himself in the care and control of his domineering older sister, Harriet. "Aunt Hattie" then gave Marie, married to Charlie for over twenty years and with four beautiful daughters, an ultimatum. Marie could live in the basement of their Greek Revival home on Pelham Street, and be the cook.

Like Nora, Marie chose independence and self sufficiency. It promised to be a road with more uncertainty, but it offered self respect and pride. Unlike Nora, Marie did not abandon her children. Instead, she



Oslo's [Grand Hotel](#) on Karl Johan. Even today it's hard not to look for [Henrik Ibsen](#), Norway's most famous playwright, the distinguished old gentleman in the frock coat, who enjoyed his kaffe there. (Right). One of three photographs of him found with Marie Fladvad Cottrell's effects after her death.

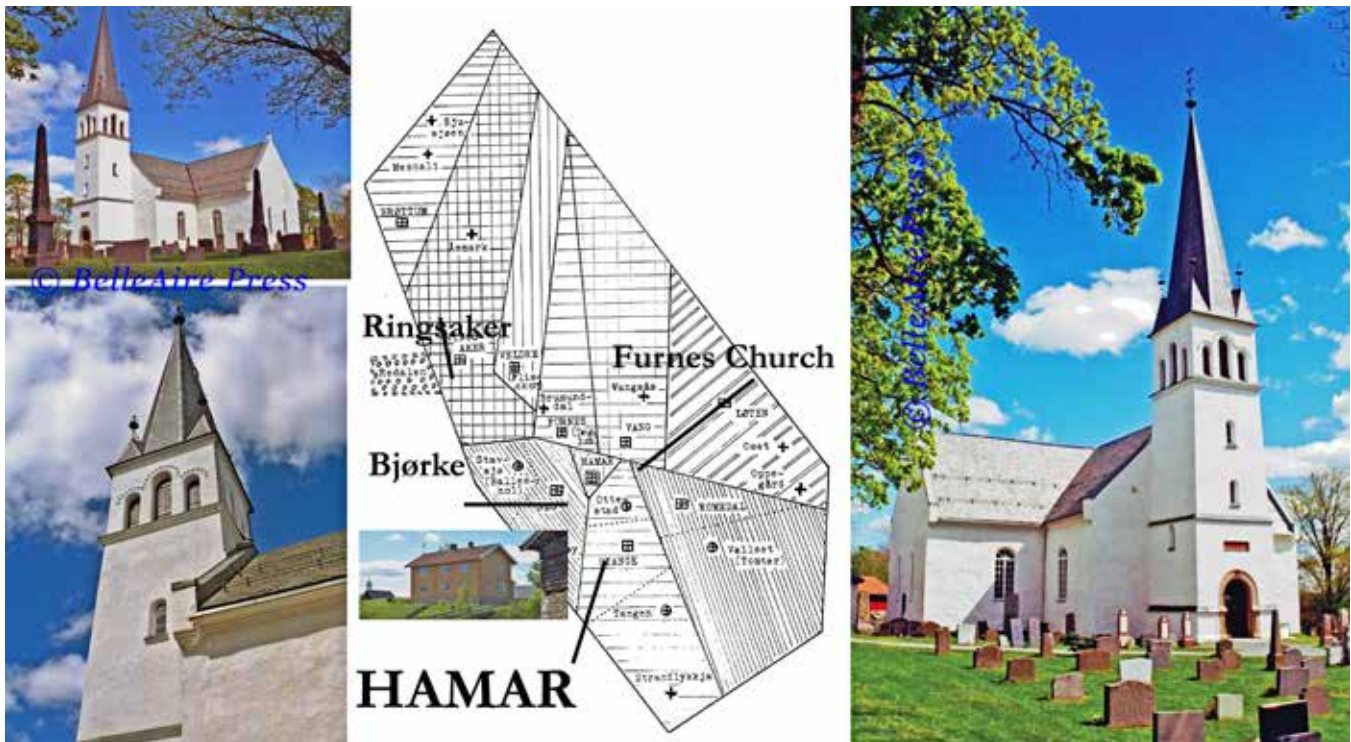
Fire was a very real danger to the residents of farms built in the traditional way as at Bjørke. At that time, farmhouses were typically built with living rooms having an open fireplace on the floor in the middle of the room, with a smoke vent in the ceiling. If the house had a chimney it would be over an open fireplace, now placed in a corner of the room. The chimney was built of stones and clay abutting the timberwall behind. Thus the timber was both dry and was easily exposed to fire if, for example, a piece of clay should be dislodged from the chimney.

It was only in 1776 that a new law was passed that required houses in the rural districts to have a chimney, but only if a house was rebuilt after a fire. At Bjørke, it was the buildings surrounding the main house which burned down. Since the roofs of these buildings were all covered by shingles, perhaps sparks from the fireplace in the living house started the fire. We will likely never know.

Another new law in 1767 established the first insurance company in Norway. It then became compulsory to insure buildings in towns. However, in the rural districts it was up to the individual to decide.

The costs involved with acquiring assessments and evaluations to determine premiums to be paid were so high that almost no farmer could afford it. Understandably, the cost of the fire insurance, and the consequences of a fire were real problems to the farmers. Therefore, they found their own solutions to these problems by establishing local mutual insurance companies – administered by themselves.

In 1816 farmers in Land, a municipality on the west side of Lake Mjøsa, established the first local mutual insurance company. In 1882, Ringsaker, a neighbour municipality to Land, established its own local mutual, as did Vang and Furnes somewhat later. At the end of this process 260 local mutuals insurance organizations were spread throughout Norway.



Parish map of the Hamar region showing the areas served by the various churches. The [Furnes Church](#) parish included the town of [Brumunddal](#). In 1963 the parishes were consolidated. (Parish map furnished by [Hamar Statarkiv](#))

Church record books in Furnes and Ringsaker reveal that Oline Andersdatter Bjørke, age 14 and again at age 16, accepted work on farms in both communities. It indicated the difficulty of finding work in one's home community. Many young people at that time had to leave their families to seek work on other farms. For their efforts they received room and board, some clothes—and very little money. In 1853, when Oline returned to Ringsaker seeking employment on another farm she presented a testimonial from her previous employer.

and its fine people remain the same.

It is not likely that the Cottrells knew Consul Gade. They had some infrequent ties with Midleton, Ireland, the family's original home there, but none in Norway. It is most probable that Consul Gade was invited to the wedding as a friend of the Fladvad family who met him during his service in Norway, sometime after they moved to Christiania in 1884.

The fact that Consul Gade accepted the invitation to attend the wedding suggests that he both knew and liked the family. By today's standards, travel in those days was highly inconvenience and uncomfortable. Arranging to attend the wedding was a major commitment.

To Andersen the "Christiania fiord" had none of the characteristics that made the western bays of Norway "celebrated for their grandeur of scenery..." However, he thought it was beautiful and would remind Americans of the "upper Hudson." In July, the sun shines for about 18 hours a day. So, when Anderson arrived in Christiania at midnight, there was "still light enough to see the vessels in the harbor, and to admire the old fortress of Akershus, that pretends to guard the town." His mooring site was probably in Pipervika, near the present Aker Brygge and the Oslo City Hall, the Rådhus. He hurried through customs, and took the short walk "through the deserted streets that brought us to the Victoria Hotel, one of the best inns in Northern Europe."

He found Christiania to be a "well-built city, beautifully situated about the head of the fiord, seventy miles from the sea." It had, he reported, a population of 80,000.

Christiania was then, and is now, the "first commercial port of Norway, and supplies nearly the whole of the southern part of the country with foreign imports. The harbor is without a rival, and the flags of all nations may be seen upon the shipping."

"Many of the public edifices are of imposing appearance, and the residences in the suburbs exhibit taste and wealth."

The hills in the vicinity "furnish many pleasing prospects, and the roads are excellent."

"Three miles from the city rises Froggersæter[en], from whence an extended and varied view may be had. The city, the silver fiord dotted with islands, the pine-clad hills, and the distant peaks, with their snowy caps, are presented to the eye.

Overlooking the fiord, and in a setting of emerald trees, is Oscar's Hall, a summer palace of the king. Here may be seen some of the master-pieces of Norwegian painters, landscapes by Gude, and pictures of peasant life by Tidemand."

Anderson found few railroad lines operating in Norway at that time. However, the system of "posting has been brought almost to perfection. At point seven miles apart, or as near that distance from each other as is practicable, posting-houses (*skys-stasjoner*) have been established, where the traveler may obtain fresh horses and lodging, if he require it, at prices fixed by the local government. These stations are, for the most



The view from [Froggersæteren](#) is as beautiful today as it was to Anderson over a century ago.

highway parallels its flight down the rugged valley. At Oppdal, the Driva curves to the West and continues carving away at the Sunndalen valley, a process that has continued for many thousands of years.

The Royal Road

Before the carriage track was built at the bottom of the valley in 1820, the old road to Nidaros (Trondheim) crossed the mountains from the settlement of Dovre, Gautstigen, since the Middle Ages. From Dovre to Hjerkin, the Royal Road passed the farms at Tofte, then cross the Hardbakken and descended to Fokstugu. Norwegian kings since Harald Håfagre used the road, first on horseback, then after 1704, in carriages.

It was a dangerous journey. Travelers erected a stone altar to kneel and pray for a safe journey or for a safe arrival. A rock heap at the highest point on the road near Hardbakken, still exists from the time when travelers would throw a stone on the pile to bring them good luck.

Probably Oline took the *Skibladner* for the first 60 kilometers along Mjøsa to Lillehammer, then went by road up the narrow Gudbrandsdalen for another 110 km. to Otta, when the climb up into the mountain plateaus of the Dovre begins. Then down from the mountains another 250 km to Trondheim. The land route was still maintained by farmers who helped travelers enroute to Trondheim. From there she probably went by ship to Namsos, a distance of about 200 kilometers. She would have spent at least several days on the journey.

Tron Olesen Fladvad Oline Andersdatter Bjørke

In 1860, Tron Fladvad left Sunndalen and set out for [Kolvereid](#), about thirty miles north of Namsos. Since his eldest brother would take over Flatvad, Tron knew he would have to leave his childhood home. He would need to develop other talents and skills to make a living other than inheriting the family farm.

Perhaps in his travels through Namsos enroute to Kolvereid, he met Oline Bjørke, and they fell in love. She had arrived some months before. On May 6, 1861, two years to the day since she left Ringsaker, Oline Bjørke married Tron Fladvad in the Kolvereid Church.

In the fall of 1861, Oline and Tron settled in Kolvereid and leased a farm called Sjølstad West. At the end of that year, their first child, a girl, Anna, was born.

In 1861, Oline and Tron were joined by her two brothers, Niels and Lars. Niels moved from Namsos in September, 1861, and leased the farm, Rokka. Lars married the eldest daughter of the farmer owning Sjølstad east.

In 1863, Tron bought Sjølstad West for 870 Daler.



The Royal Road Across the [Dovrefjell](#). After leaving the town of Dombås, Norway's main highway artery--E-6--begins to climb sharply through a series of switchbacks. The land changes quickly from pasture and farms, then highland plateau—the [Dovrefjell](#). Evergreens give way to barren rocks, covered in grey-green lichens.



In 1860, Tron Fladvad left Flatvad and the Sundahl and set out for [Kolvereid](#), about thirty miles north of Namsos. His elder brother, Endre would inherit Flatvad.

Oline and Tron had two more children while they lived at Sjølstad. Their first son, Ole Andreas was born on October 11, 1863, the same year the first paper mill went into operation at an Oslo suburb. By 1890, Norway had sixty pulp mills.

A second daughter, Marie Theresa was born on December 20, 1865.

Tron seemed to be more interested in trade and seamanship than in farming. At first he bought a *jekt*, a single masted Norwegian boat very common along coastal waters. Lars Bjørke was the skipper for the vessel. In addition, Tron became a partner in a sloop called the *Amalie*.

By 1867 however, over extension and an economic downturn forced Tron to liquidate his holdings. In 1867, he and Oline moved to Kristiansund that autumn.

A second son, Frederick was born in 1868. When he lived in Christiania, he worked as an office clerk. Later, he moved to Brooklyn, New York, where he died. He had no children.

Lars was also having difficulties. After trying with no success to save the Sjølstad, he sold it.

Niels came to an even sadder end. In the autumn of 1871, while floating timber down the River Kvista, he fell in and drowned. Later, when his body was found, it had no head.



Sunnдалen. Tron Fladvad took this road in 1860 when he left Sunndalen and set out for Kolvereid. He had known all his life that he would eventually have to leave the Sunndal. He could not inherit Flatvad since he had an older brother. There was no more arable land in his valley. He would have to develop other skills and move away.

Bløtkake I Soaked Cake

Ingredients

4 eggs, separated
1/8 teaspoon salt
1 cup sugar
1 cup cake flour or potato flour
2 teaspoons baking powder

Preparation

Preheat oven to 325° F.
Beat egg whites with salt until stiff.
Fold in half the sugar, fold in remaining sugar.
Beat egg yolks and blend into the mixture.
Mix flour with baking powder, then fold flour into egg mixture.
Bake in a greased, 9-inch round cake pan in a moderate oven for 20-25 minutes.
Test for doneness: insert wooden toothpick, which should come out clean of batter.
Remove from the oven and invert the pan on a wire cake rack.
Cool completely before removing from pan. Run a spatula or knife around the cake between the cake and the pan to loosen it if necessary.
Cut in three horizontal layers.
Spread each layer with Smør Krem, and rejoin.



Bløtekake prepared by Bjørn Fladvad. For the berry topping, he used hand picked wild strawberries individually frozen. The tart berries made a delicious complement to the sweet whipped cream topping.

Clabbered Cream

Soured cream has traditionally been used both in cooking and in sauces by Norwegian cooks. It has a very pleasant taste, and a smooth texture. If you add some confectioner's sugar, you can spoon it over fruit or puddings. It can also be whipped.

Ingredients

2 cups heavy cream
2 tablespoons buttermilk

Preparation

Heat cream in small saucepan to lukewarm (100°-105° F).

Remove from heat and pour cream into glass or plastic container. [We used a 3 cup plastic measuring cup, covered with plastic wrap and set aside on the kitchen counter top.]

Add buttermilk and stir.

Cover with plastic wrap and keep at room temperature (65°-75° F.) for about 24 hours or until it reaches the consistency of yogurt. It will be thick and creamy.

Keep covered and refrigerated. For a smaller amount, make half of the recipe.



Olise Fladvad's travel diary, her hand painted china, and her solje pin resting atop her diary. Tyske skiver and lace cookies, an oval photo of Olise's sister, Marie Fladvad Cottrell with baby Theresa, two-year old Eleanor, and five-year old Margaret in 1905.

Gudbrandsdaler

Gudbrands Valley Cookies

The Gudbrandsdal ("Gudbrand's valley"), in the Norwegian County of Oppland, extends for about 140 miles from Lesjaskogsvatn and Romsdalen southeastwards to Lake Mjøsa and Lillehammer. The river that shaped the valley and the people who have lived there for centuries is called the Gudbrandsdalslågen.

This is Peer Gynt country, the setting for Henrik Ibsen's 1867 masterpiece later set to music by Edvard Grieg. Always a lure to summer travelers, the Gudbrandsdal scenery is among the most picturesque in Norway with mountains, farmsteads, fish-filled lakes, wild game, and alpine flowers.

Oline Bjørke, Marie and Anna's mother, grew up in Furnes, on Lake Mjøsa, not far from the Gudbrandsdal.



Ingredients

1 cup cream
1 cup potato flour
1 cup butter, softened
1 cup sugar
2 cups flour
3/4 cup chopped almonds

Preparation

Preheat oven to 350° F.

Stir together cream and potato flour.

Add butter, sugar, flour, and almonds.

Stir well. Using the dough hook on your heavy duty mixer helps a great deal when working this stiff cookie dough. Once you mix the cream with the potato flour, it "sets up" into a very stiff dough. Voila!

The dough hook makes preparation much easier.

Roll the dough into 3/4-inch balls and press lightly with a fork to flatten.

Or, use a rolling pin to roll out dough on lightly floured surface to a thickness of approximately 1/4 inch.

Use cookie cutters to create desired shapes.

Place on an ungreased cookie sheet.

Bake for about 15-20 minutes until pale golden brown.

Makes 50-60 cookies.