

HISTORY ... NEVER TASTED SO GOOD!



FLAVORS OF THE FJORDS

*E*PUBLICATION EDITION

THE NORWEGIAN
HOLIDAY COOKBOOK

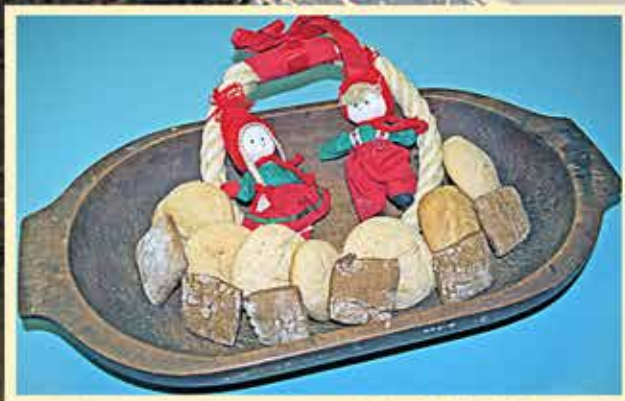
TRADITIONAL RECIPES
OF THE
FLADVAD-BJØRKE FAMILY
BY:

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

Faith Cottrell Raymond Connors
Tracy Daniel Connors, Ph.D.
Tove Johansen Fladvad
Bjørn Johansen Fladvad



The BelleAire Press
Gainesville, Florida

1995-2023

Published by BelleAire Pres, LLC, Gainesville, Florida

Copyright © 1995-2023 by BelleAire Press. Jacket illustration copyright 2021 by BelleAire Press. All rights reserved.

This e-book is licensed for your personal enjoyment only. This e-book may not be re-sold or given away to other people. If you would like to share this book with another person, please purchase an additional copy for each person. If you're reading this book and did not purchase it, or it was not purchased for your use only, then please purchase your own copy. Thank you for respecting the hard work of this author and other contributors.

Reproduction or translation of any part of this work beyond that permitted by Section 107 or 108 of the 1976 United States Copyright Act with the permission of the copyright owner is unlawful. Requests for permission or further information should be addressed to the Permissions Department, The BelleAire Press, Inc.

All rights reserved under International and Pan-American Copyright Conventions. By payment of the required fees, you have been granted the nonexclusive, nontransferable right to access and read the text of this e-book on-screen. No part of this text or images may be reproduced, transmitted, decompiled, reverse-engineered, or stored in or introduced into any information storage and retrieval system, in any form or by any means, whether electronic or mechanical, now known or hereafter invented – except in the case of brief quotations in articles or reviews – without the express written permission of BelleAire Press.

Website: <https://www.belleairepress.com/>

Instagram: #belleairepress

Facebook: <https://www.facebook.com/belleairepress/>

"Flavors of the Fjords," "From Norway to Newport," "History never tasted so good," "Fladvad," "Flatvad," "Bjerke," and "Bjørke" are all trademarks of the BelleAire Press, Inc. and protected by law.

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering professional services. If expert assistance is required, the services of a competent professional person should be sought. From a Declaration of Principles jointly adopted by a Committee of the American Bar Association and a Committee of Publishers.

The authors and editors who prepared this book have tried to make all the contents as accurate and as correct as possible. Ingredients, preparation, photographs, and text have all been carefully checked and cross-checked. However, due to the variability of local products, variations in preparation, and personal skill, neither the authors nor BelleAire Press assume any responsibility for any adverse outcomes, or for damages or other losses incurred that result from the material presented herein. Readers working with kitchen equipment and appliances must always be alert to their safety, as well as that of others in the area, and to the proper preparation of food. Particular care must be taken when working with hot pans and cooking oils.

Library of Congress Cataloging-in-Publication Data

Flavors of the Fjords: The Norwegian Holiday Cookbook, 2018 Digital Edition/Faith Cottrell Raymond Connors, Tracy Daniel Connors, Tove Johansen Fladvad, and Bjørn Johansen Fladvad.

Includes bibliographical b&w/color images, references, glossary and index.

ISBN-13 978-0-9640138-0-3 Hardback

ISBN-13 978-0-9640138-7-2 EPUB

Library of Congress Control Number: 2018944769

I. Connors, Connors, Fladvad, Fladvad

Printed in the United States of America

"My task which I am trying to achieve is, by the power of the written word, to make you hear, to make you feel--it is, before all, to make you see. That--and no more, and it is everything."

Joseph Conrad

"...let it be our pride that we ourselves may put meaning into our lives, and sometimes a significance that transcends death. If a man is fortunate he will, before he dies, gather up as much as he can of his civilized heritage and transmit it to his children."

Will and Ariel Durant

**In Loving Memory
of**

Anna Fladvad Johansen

Nina Johansen

Marie Theresa Fladvad Cottrell

Marie Theresa Cottrell Raymond,

our grandmothers and our mothers.

"Flavors of the Fjords" is a combination of cookbook and family history assembled by the Fladvad-Bjorke family. The book may be the most detailed history of a Norwegian-American family yet published, and it serves as a model of what many Norwegian-American families could do to preserve knowledge of their past and the stories of their ancestors' immigration."

News of Norway, Norwegian Embassy in Washington, D. C.

We agree with the Embassy's conclusion that Flavors "exemplifies what dedicated compilers and relatives can do to preserve knowledge of their family's complex past. This one family's legacy should inspire others as well."

What you are about to read and experience remains the most comprehensive history of a Norwegian-American family yet written and published.

The Table of Contents was prepared to give you an early and convenient understanding of the book and its contents. The range of topics is interesting, but far broader than you would expect based on its title.

Flavors is not likely to be a book that you will be able to read in one sitting. Further, the various chapters include family history, some genealogy, Norwegian holiday traditions, over 100 authentic recipes for Norwegian cakes and cookies, even a chapter chronicling life in occupied Norway during World War II.

The Table of Contents was below compiled and organized to provide you with a convenient overview of the book's contents and a way to easily find them either through hyperlinks or the search feature on your reading device.

The Big Picture...

Flavors of the Fjords the most comprehensive history of any Norwegian-American family yet prepared, including its holiday recipes, travels, photographs, and correspondence. The determination of family members to stay in touch now extend back over 150 years.

The authentic, mouth-watering, easy-to-prepare Norwegian holiday recipes originate from an original, 19th century manuscript cookbook prepared by Marie Theresa Fladvad, a beautiful, intelligent émigré who married into an established Newport, Rhode Island family at the turn of century.

Recipes for over 100 holiday cookies, cakes and breads, toppings, and puddings are interwoven with fascinating bits of Norwegian social history, including explanations of Norwegian Holiday traditions and customs, many of them kept alive to this day by millions of Norwegian-American families.

These dishes reflect authentic cooking of the old country, and those flavors, uniquely Norwegian, brought to America by nearly one million Norwegian immigrants.

Interesting and poignant family recollections shed light on life in Newport, Rhode Island at the turn of the century. All was not "Bellevue Avenue high life."

One chapter traces the history of the Fladvad and Bjørke family farms in Central and Western Norway from 1400-1900, using information obtained from Norwegian archives. Fascinating glimpses of life and times in Norway since written records were first kept are revealed.

In addition, it offers an unusual section of letters and photographs from family members describing the trials of life in German-occupied Norway during World War II.

Recipes are really interesting and fun to read. The Authors have included copious notes on Norway, its people, and its cooking. In addition, many of the recipes pages include period photographs of family members who were connected with the recipe.

Flavors includes a 1,800-word Norwegian-English glossary, with useful terms for foods and cooking, but also family, kinship, home, and utensils. The Glossary is the first designed specifically to help readers wishing to translate their family Norwegian recipes.

Contents

Preface

The "back story" for a nonfiction work such as Flavors of the Fjords helps the reader understand the circumstances and events that prompted the writers to invest so much of themselves in such a demanding project.

The Preface prepared by author Tracy Connors introduces you to the Cottrell-Fladvad-Bjørke Families. It explains how the authors began to unravel the puzzles surrounding Marie Fladvad Cottrell's manuscript cookbook and the boxes kept by her daughter, Marie ("Peter," as you will soon know why).

The family stories that unfolded over several decades of research and writing are often poignant. The Preface introduces you to the "mystery" photograph of the west central Norwegian farm in the Sunndahl Valley that helped them reconnect with the ancestral family home, as well as with the relatives still living there. This chapter introduces you to the research trail followed by the authors that ranges from Oslo, Ibsen and the Grand Café, to Kristiansund and the Dovrefjell.

The preface concludes with a section focused on Norway including a variety of statistics and facts to help you better understand this beautiful democracy.

Norwegian Holiday Traditions: Syttendemai and Juletid

Norwegians especially enjoy two major holidays each year. One commemorates their struggle to regain independence as a nation, the other celebrates the Christmas season. Both are family-oriented, combining national festivities and warm, convivial times with their immediate and extended families.

The story and numerous photographs help you experience a Norwegian Independence Day celebration in Oslo starting the day before the parades and feasting. In spirit you can join the marching school band parade of beautiful, enthusiastic young people marching down Karl Johan to parade past Slottet, the home of the Norwegian Royal Family, to waive and share for their king and queen.

Christmas in Norway is a treasured holiday for all Norwegians. Flavors explains treasured Norwegian traditions, Christmas stories, and Christmas foods, including recipes for the traditional Norwegian Christmas cookies. You will see Marie Fladvad's original manuscript recipe as well as the contemporary recipe developed by the authors from her original ingredients and measures.

Contents

Norwegian Holiday Traditions	23	Christmas Fun With Children	33
Syttendemai	23	Gnomes and Saints	33
Juletid	23	Julekake	35
Christmas Time in Norway	23	Christmas Bread	35
Constitution Day	24	Marie's Original Recipe	35
Bunad	25	Julekage	35
Syttendemaitog	25	Christmas Cookies	36
Arriving At Slottet	26	Berlinerkranser	37
Middag	27	Berlin Crowns	37
Christmas In Norway	27	Marie's Original Recipe	37
Yule Log Cake	29	Barlinerkrandse	37
Julenissen Brings Gifts	30	Fattigmann	37
Julekost	30	Fried Crullers-- "Poor Man's Cake"	37
Gledelig Jul	31	Pepperkaker	38
Merry Christmas	31	Gingerbread Cookies	38
Marsipangrøiser	32	Peppernøtter	39
Marzipan Pigs A Charming Christmas Tradition	32	Ball-Shaped Spice Cookies	39
Marzipan Pig	33	Peppernøtter	40
		Ball-Shaped Spice Cookies	40

Hvitt Peppernøtter	41
White Ginger Cookies	41
Bergen Peppernøtter	42
Bergen Pepper Gingersnaps	42
Sandkaker	43
Norwegian Sand Tarts	43
Smørpletter	44
Butter Dots	44
Norwegian Royal Crowns	45

Serinakaker	45
Serina Cookies	45
Sirupsnipper	46
Molasses Diamond Cookies	46
Mølsgraut	47
Møls Porridge	47
Får i Kål	48
Lamb and Cabbage	48

Fladvad Family

Marie Theresa Fladvad emigrated from Christiania (Oslo), Norway to the United States in 1895. She left behind in Oslo, her father Tron Fladvad and mother, Oline Bjørke Fladvad, plus several sisters and brothers. Settling in Newport, Rhode Island, she soon married and began a new life. The Fladvad and Bjørke families from which she came have been established in Norway since before written records were kept. The next two chapters tell the story of the Fladvad and Bjørke Families through family records, national archives, and photographs.

To better understand and appreciate the history of these two venerable Norwegian families, we begin with a brief overview of the historical background and the circumstances in which the Fladvad and the Bjørke families lived.

Tron's Fladvad family had lived on three neighboring farms in Western Norway near Sunndalsøra for several hundred years. Oline Bjørke's family was from Furnes, about six miles north of Hamar and about 30 miles south of Lillehammer, the site of the 1994 Winter Olympic games.

In many important respects, these two families and the land which they farmed represented the majority of Norwegians who emigrated to the United States. By following their story in so far as possible, we get a much better understanding of these families and times in which they lived.

The chapter includes a broad outline and summary of Norway's history and events—including some interesting information explaining different systems of taxation, weights, and money. Historical events are noted to provide more context for you between what was happening in Norway, and trends, developments, and changes taking place around the world.

Contents

The Fladvad and Bjørke Families	49
Church and Crown	50
The Black Death	51
Sweden-Denmark-Norway	53
The Reformation	54
Farmers and Cotters	54
Norway Under Sweden	55
The Landowners	56
The Land Rent <i>Landskyld</i>	56
The Land Register <i>"Matrikkel"</i>	57

The Named Farms and the Land Registered	
Farms	57
Taxes	57
Measures and Currencies	57
Flatvad & Bjørke	58
Flatvad	59
Traditional Names	60
Hoås	61
Bjørnhjell	62
Avalanche	63
Flatvad	64

Bjørke Family

The Bjørke Family has its roots in the Hamar area near Lake Mjøsa about 40 miles northwest of Oslo. The area was founded over a thousand years ago primarily to support and sustain pilgrims coming from throughout Europe on their way to St. Olav's tomb in Nidaros Cathedral in Trondheim. The first mention of the family appears in the oldest written records of the area from about 1300.

This chapter traces the family's challenging history as farmers and founders in the area, and includes photographs of the beautiful parish church and nearby farm that help bring the family's story to life. The journey follows Oline and Tron from the time they met in Kolveride until their final residence in Oslo, and includes historic

Contents Bjørke Family

Hamar	77	Oline Travels To Namsos	85
The Bjørke Family	78	Norwegian Horses Would Not Kick	87
Norwegians Retain Their Identity	78	Skibladner	87
Coaching Inn	78	Lillehamer	88
Nils and Kari	78	The Royal Road	89
Fire At Bjørke	79	Tron Olesen Fladvad	89
Anders and Marie	82	Oline Andersdatter Bjørke	89
Norway's National Day	82	Tron and Oline Move to Kristiansund	91
Oline Andersdatter Bjørke	83	Norway's First Kaffestue	92
Niels and Lars Bjørke	83	Life in Christiania	95
		Sources & Suggested Reading	97

Cottrell's of Newport

Charles Cottrell represented the third-generation of the Cottrell family who had made Newport, Rhode Island their home. James Cottrell, an Irish engineer, had arrived in Newport in the early 1820s to help construct Fort Adams. Soon he was heavily involved in building a new Catholic Church (later made famous as the site of the Kennedy-Bouvier marriage), and teaching classical languages. His son, Michael, would join a contingent of Newport would be gold diggers whose journey to California in search of gold brought only death to many and hardship to all. Michael would establish the family's mercantile store on Thames Street. His son, Charles, would marry a Norwegian immigrant, Marie Therese Fladvad, whose belongings included her manuscript cookbook full of recipes for delicious Norwegian cakes and cookies.

Their marriage seems happy at first, but soon faces many tests. Their story provides rare insights into the lives of an affluent, but not truly wealthy, Newport family buffeted by the deaths of their children, cultural differences, and fading fortunes as the famous city's Gilded Age came to an end.

Cottrell's of Newport Contents

Marie's Dilemma	99	Marie Returns To Norway	123
Marie Rejects "The Doll's House"	102	Between Polar Expeditions Roald Amundsen Explored	
Charlie Meets Marie	104	Shuffleboard	126
Newport Merchant	107	Move To Mill Street	129
The Cottrells Arrive in Newport	109	Life At 23 Catherine Street	131
Shipping Out on the Audley Clarke	109	Beginning Of The End For Charlie And Marie	133
Return To Newport: Business On Thames Street	110	Charlie And The Electric Spark	135
Michael and Catherine	111	Charlie Pays His Bills-With His Household	136
Marie Fladvad Arrives In Newport	114	"Mr. Cottrell Is Survived By Four Daughters..."	137
From Norway To Newport	115	Marie Is On Her Own	139
A New Century, A New Baby	121	Teens In The Teens	140

It's The 'Big Apple' For Theresa	143
Marie Becomes A Newport Business Woman	143
Establishing Theresa In New York	144
Marie's Apartment Building	145
Alone On Bellevue Avenue	146

The Storm Started to Get Bad in the Afternoon	147
Epilogue	154
Sources & Suggested Reading	155

Norwegian Cookies and Cakes

Over 100 authentic, mouth-watering, easy-to-prepare Norwegian cookie and cake recipes are included derived from the original, 19th century manuscript cookbook prepared by Marie Theresa Fladvad.

Recipes for holiday cookies, cakes and breads, toppings, and puddings are interwoven with photographs and fascinating bits of Norwegian social history, including explanations of Norwegian Holiday traditions and customs, many of them kept alive to this day by millions of Norwegian-American families.

Contents Norwegian Cookies and Cakes

Cakes, Cookies and Breads 157

American Cake 158

Arendalskaker 159

Berlinerkranser I 160

Berlinerkranser II 161

Bløtkake I 162

Bløtkake II 163

Bordstabel-bakkels 164

Clabbered Cream 165

Diagonaler 166

Eggedosis 167

Eplekake I 168

Eplekake II 169

Marie Theresa Cottrell Raymond's 170

Dutch Apple Cake 170

The Silhouette's Secret 171

Flatbrød 173

Fruktkake 174

Fyrstekake 175

Gjærbakst 177

Gjærbakst med Eple 178

Gudbrandsdaler 179

Guldkake 181

Hjortetakk 182

Honningkake 183

Hveteboller 184

Jødekaker 185

Julekake 187

Kaffebrød 189

Karamellpudding 190

Kardemommemuffins 191

Kassandrakaker 193

King Haakon's Coffee Cake 194

Kongevifter 195

Korintkake 196

Kransekake I 198

Kransekake II 199

Kringle I 200

Kringle II 201

Kringle III 202

Krumkake Background 203

Krumkake 204

Krydderkake I 206

Krydderkake II 207

Kvæfjordkake 208

Linser 210

Mandelflarn 212

Mandelkake 213

Mandelkake med Krem 214

Mandelstenger 215

Marabukaker 216

Mor Monsen's Kake I 217

Mor Monsen's Kaker II 218

Munker I 219

Munker II 220

Norsk kake 222

Norwegian Spice Loaf 224

Norwegian Pancakes 226

Pepperkake 227

Pepperkake 228

Peppernøtter 229

Peppernøtter 230

Pleskener 231

Potetlefse 232

Pritsar 233

Rømmegrøt 234

Rømmegrøt 235

Rømmebrød 236

Rosett-Bakkels 237

Rullekake [239](#)
 Sandkaker I [240](#)
 Sandkaker II [241](#)
 Sandkaker III [242](#)
 Sandkaker IV [243](#)
 Sandkake [244](#)
 Sandnøtter I [245](#)
 Sand Nuts [245](#)
 Sandnøtter II [246](#)
 Sitronkake [247](#)
 Sjokoladekuler [248](#)
 Skillingsboller [249](#)
 Smørkranser [250](#)
 Smør-Krem [250](#)
 Smørpletter [251](#)
 Smultringer [252](#)

Sølvkake [254](#)
 Sølvkake [255](#)
 Sukkerbrødkake [256](#)
 Sukkerbrød [257](#)
 Lemon Cognac Pudding [257](#)
 Sugar Bread Cake [258](#)
 Tebrød [259](#)
 Tosca kake I [261](#)
 Tosca kake II [262](#)
 Tyske skiver [263](#)
 Vanilla Custard Filling [264](#)
 Vaniljeboller [266](#)
 Waffles [268](#)
 Fløtelapper I [268](#)
 Fløtelapper II [269](#)

Born in Kristiansund in 1874, Olise, was the seventh child of Tron and Oline Fladvad. [Her Newport nieces pronounced her name "Ah-liss," but it was "O-lise" in Norwegian with a long "o."] She was about ten years old when her family sailed to Oslo in 1884. We know little more about her until the summer of 1897, when she was 23. Her older sister, Marie, had left for the United States in 1895 and had been married there that same year. Olise felt she also had to try her wings. The occasion was Queen Victoria's Jubilee--proclaimed to celebrate her then sixty year reign.

Contents of The Diary of [Datter Olise](#) [269](#)
 Queen Victoria's Jubilee [270](#)
 An English Wedding [271](#)
 To Oxford, England [271](#)
 Bicycle Touring in England [271](#)
 Windsor Castle [272](#)
 The Abbey...then Greenwich [272](#)
 To Bayeux, France [273](#)
 Paris: "I went only out of curiosity" [274](#)

Olise Meets Her Brother [274](#)
 Life in Bayeux [275](#)
[Orient Express](#) to Munich [278](#)
 Meet [Fridtjof Nansen](#) [278](#)
 Culture in Munich [279](#)
 Ending the Century and an Era [279](#)



Christian "Chris" (pron. "Kiss") Willumsen married Jeanne Fladvad, Marie Fladvad Cottrell's younger sister in 1913. She was 31, beautiful and intelligent. He had wanted to marry long before, but she said they must wait until he had made his business successful. He was handsome and entrepreneurial. His businesses were successful-until the German occupation government forced him out of business. They were a devoted couple until his death in 1949.

Contents

Christian and Jeanne Willumsen 280

Letters from German Occupied Norway 280

"...but these are disturbing times." 285

"View from Rognlihögda" 298



Jeanne and Chris Willumsen at "Rognlihögda," their "hytte" in the mountains above Drammen, Norway.

Norwegian Americans share a very special legacy in their family ties to a beautiful country, and in the delicious recipes developed over the years. This is especially true of Norwegian Holiday cooking and recipes.

From årfugl to ytterdor, the more than 1,800 words, terms, and phrases contained in the Glossary were selected based on their use in cooking, food preparation, household living, and family relationships. We hope they may be of some help to those of you who wish to translate family recipes or letters.

To assist readers translating family recipes, we have included various phrases and terms excerpted from Marie Fladvad Cottrell's manuscript cookbook. These are italicized (in quotes) and retain their original spelling.



Tove Johansen Fladvad

Contents

GLOSSARY of NORWEGIAN-ENGLISH FOODS, COOKING, FAMILY LIFE 302