

BACKGROUND Inger was married two years before she emigrated, and came from Norway in 1951 with her husband and 11 month old daughter. They stayed in the Parkland area for six years and then returned to Europe, spending five years in France and four in Germany. In 1966, they returned to Parkland because they liked this area the best of all.

ORGANIZATIONS Inger belongs to the Nordlandslaget, but not the Daughters of Norway. Nordlandslaget is a group of males and females that come from the northern part of Norway. She was asked to teach a class at the Daughters from 10 to 12 on Thursdays in Normanna Hall, but had a conflict. The Daughters teach cooking/baking, *e.g.* lefse, flatbread, stew, cookies. She was asked to demonstrate the cookie, Mor Monsen.

COOKING Inger taught Scandinavian cooking at Fort Steilacoom [Pierce College], mini-courses prior to Christmas, which included the preparation of berlinerkranser, sandbakkels, krumkake, goro, and kringle. The first class overwhelmed her; 84 people showed up. The next class had 53 students, and the third 47.

She prepared all the dough at home and brought the irons. With krumkake, for instance, she brought a double batch of dough, showed how to heat the iron properly for good results, and demonstrated the technique of baking and rolling. The students took turns baking a few krumkake to get the feel. It was a lot of work to prepare all the doughs and run the mini-classes, which ran three hours on a given night.

Several churches in the area still serve Scandinavian food, and Peninsula and Central have smørgåsbords. Many groups prepare the traditional meatballs and lapskaus [a Norwegian stew] for potlucks. The Mayfest at PLU [in which she participates] features lapskaus, lefse, rømmegrøt, etc. plus demonstrations of other foods.

In Inger's household, breakfasts are American to suit the family tastes. She hasn't adjusted to pancakes, waffles or French toast for breakfast. "Somehow it just isn't breakfast." Norwegian pancakes are served as a crepe with afternoon coffee in her house. Norwegian foods that she still buys or prepares are geitost and other Norwegian and Danish cheeses, lapskaus and fårikål. She mixes some lean beef into the fårikål, but it needs some good lamb for the essential flavor. They eat potatoes a lot; she believes potatoes are a better food than meat. Norwegians can't get all the fresh vegetables available in America, so the potato is very important in the diet.

Inger uses a Norwegian cookbook, which is based on the metric system. Most of her schoolmates in Norway attended a cooking school to learn basic homemaking and she did too. She has saved all her favorite recipes. She also uses American cookbooks and enjoys the style of cooking. American cooking has a wider variety of foods and recipes because of the exposure to other ethnic foods—Italian, Mexican, Chinese, etc.—which she likes.