

NORDTREFF24 COOKBOOK



This is the cookbook for Nordtreff 2024. Here you will find the menu for the week and cooking instructions for all the warm meals. The instructions and amounts are for 4 people, so you have to increase the amounts to fit the number of persons in your group.

The cooking instructions are given as an idea for what to make, you can make pretty much what you want with the ingredients you are given. For lunch, you can choose to make a warm lunch or do it the «Norwegian way»: Bread and different spreads.

On the last page you will find a list of utensils you'll need to make the food, this is what we think is a minimum of utensils you need.

Please be aware that the menu can be changed due to availability of groceries.

MENU

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		Bread / Porridge	Bread / Porridge	Bread / Porridge	Matpakke	Bread / Porridge	Bread / Porridge	Bread / Porridge
Lunsj	Bread	French Toast	Pasta with sausages	Eggsalad and wraps	Mapakke / Omelette	Minnestrone soup	Barley porridge	Packed lunch
Dinner	Fishcakes	Chicken curry	Vegitarian stew	Drytec / Chilli con carne	Cowboy stew	Fishsticks	BBQ and Picknic	

Vegetarian stew with root vegetables and barley groats

Served with white bread and aioli

Allergens: Barley, egg, milk (lactose)



- 1 celery root
- 1 turnip
- 4 carrots
- 2 cloves of garlic
- 1 yellow onion
- 3 tbsp. Olive oil
- 2 tbsp. dried oregano
- 2 tbsp. dried thyme
- 1 liter water
- 2 cubes vegetable broth
- 2 dl barley groats
- 1 can white beans



1. Peel and cut the root vegetables into cubes of approx. 1.5 cm and set aside.
2. Peel and finely chop the garlic and onion. Heat olive oil in a pan and fry the garlic and onion until soft and golden. Fold in the root vegetables, oregano and thyme and stir for 1-2 minutes. Pour over the water and add the stock cubes. Let it simmer for approx. 15 minutes until the vegetables are tender. Remove from heat.
3. Meanwhile, cook barley groats according to the instructions on the package. Drain the water and set aside.
4. Rinse the beans. Put barley groats and beans in the pot. Put back on the heat and stir for a couple of minutes.
5. Serve with white bread and aioli



AIOLI

- 2 dl mayonnaise
- 1 dl creme fraiche
- 1 clove of garlic
- 1 tablespoon lemon juice
- ½ tsp salt
- ½ teaspoon cayenne pepper/pepper

Finely chop the garlic, mix all the ingredients, and season with spices to taste

Chicken curry with coconut milk

Served with whole grain rice



Allergens: Peanuts

- 400 g minced Chicken meat
- 1 box chickpeas
- 2 tbsp olive oil
- 1 tsp salt
- 1 pc Yellow onion
- 5 cm Ginger
- 1 chilli
- 4 cloves of garlic
- 1.5 tsp Turmeric
- 1 can Light coconut milk (400 ml)
- 1 dl water
- 1/2 Chinese cabbage
- 1/2 pot Coriander
- 1 dl Salted peanuts
- 1 Lime
- Curry spice



Alternative without meat

Fry chicken mince separately and add at the end of the process.

Before the minced chicken meat is added, take the number of portions of the meat-free alternative you want.

1. Heat the oil in a frying pan over medium to high heat and fry the minced meat until it is golden and almost cooked through.
2. Roughly chop the onion and put it in the pan with a pinch of salt. Cook for a further three minutes, until soft and glossy. Turn the heat down to medium.
3. Grate the ginger and thinly slice the chilli and garlic. Add together with turmeric to the pan and cook for 4-5 minutes while stirring. Pour in the coconut milk and water and cook for a further 5 minutes until the sauce has thickened slightly. Add chickpeas, stir. Season to taste with salt.
4. Distribute Chinese cabbage in bowls and top with curry, chopped coriander, peanuts and a few sticks of lime.
5. Serve with whole grain rice

Chili Con Carne

Served with whole grain pasta, topped with sour cream and fresh chives.

Allergens: milk (lactose)



- 1 yellow onion
- 0,5 turnip
- 2 carrots
- 1 red pepper
- 2 cloves of garlic
- 1 tablespoon olive oil
- 1 tsp. chili powder
- 1 tsp. paprika powder
- 1 tsp. cumin
- 400 g minced meat
- 1 stockcube meat broth
- 4 dl boiling water
- 1 pk chopped tomatoes, 390 g
- 1 tsp. sugar
- 1 tbsp. tomato puree
- 2 pk Kidney beans



1. Cut the onion, turnip, carrot and paprika into small cubes and finely chop the garlic.
2. Heat the oil in a saucepan over medium-high heat. Fry the onion and turnip until they have softened but not coloured.
3. Add paprika, garlic and spices. Stir it well and cook the mixture for 5 minutes.
4. Stir the stockcube into the water and pour it into the pot together with the tomatoes, sugar and tomato puree. Let the pot simmer for 20 minutes, rinse the beans in cold water and put them in.
5. When the beans are heated through, the pot is ready. Season with salt and pepper to taste
6. Serve with wholegrain pasta, topped with sour cream and fresh chives.

Alternative without meat

Fry mince separately and add at the end of the process.

Before the minced meat is added, take the number of portions of the meat-free alternative you want.

Cowboy stew

Served with mashed potatoes



Allergens: milk (lactose), nutmeg

- 4 sausages
- 1 yellow onion
- 1 green pepper
- 1 tin tomato beans
- 1 can red beans
- 1 can chopped tomatoes
- 1 dl cream

1. Cut the sausages into slices, and fry in oil in the frying pan.
2. Coarsely chop the onion and fry lightly in the frying pan.
3. Add beans, chopped tomatoes and peppers, mix well.
4. Add cooking cream and let everything simmer for about 5 minutes, until the cowboystew is thoroughly heated.

Mashed potatoes

- 10 potatoes
- 5 tbsp. butter/margarine
- 2 dl milk
- Salt/pepper/nutmeg

Alternative without meat

Add the fried sausage pieces at the end of the process.

Before adding the sausages, take the number of portions of the meat-free alternative you



1. Peel the potatoes and boil in water without salt.
2. When the potatoes are tender, pour off the cooking water and let the potatoes steam off.
3. Mash the potatoes in the pot, add butter/margarine along the way, and add the required amount of milk, stir well to get an airy mash.
4. Season the potato mash with salt/pepper/nutmeg

Fish cakes in pita bread

Served with salad and Thousand Island dressing



Allergens: Egg, milk (lactose), fish

- 12 small fish cakes
- ½ iceberg lettuce
- ½ cucumber
- 1 can of corn
- 1 red onion
- 2 tomatoes

1. Heat the fishcakes in a pan.
2. Rinse and chop iceberg lettuce, cucumber, tomato and red onion. Mix together with corn.
3. Serve warm pita bread with warm fish cakes, mixed salad and Thousand Island dressing



Thousand Island dressing

- ½ red onion
- 1 tomato
- 1 spring onion
- 1 chili
- 1 dl mayonnaise
- 1 dl light cream
- 1 tbsp. lemon juice
- ¼ tsp. salt
- ¼ tsp. pepper

1. Wash and clean the red onion, tomato and spring onion
2. Finely chop the red onion, chilli, tomato and spring onion
3. Mix together mayonnaise and sour cream, and season with salt and pepper
4. Mix in finely chopped vegetables

Crispy fishsticks

Served with raw salad and mashed potatoes



Allergens: Egg, milk (lactose), fish, nutmeg

- 600 g fish fillet
- 1 dl wheat flour
- ½ tsp salt
- ½ tsp pepper
- 1 egg
- 4 dl cornflakes
- Oil for frying

1. Cut the fish into suitable pieces
2. Mix wheat flour, salt and pepper in a bowl. Lightly whisk the eggs together in another bowl. Put cornflakes in a freezer bag and crush finely with a rolling pin or other tool. Place crushed cornflakes in a third bowl.
3. Dip the fixed pieces first in the flour mixture, then in beaten egg and finally in crushed cornflakes.
4. Fry the fishsticks in a hot pan with added oil.

Mashed potatoes

- 10 potatoes
- 5 tbsp. butter/
margarine
- 2 dl milk
- Salt/pepper/nutmeg

1. Peel the potatoes and boil in water without salt.
2. When the potatoes are tender, pour off the cooking water and let the potatoes steam off.
3. Mash the potatoes in the pot, add butter/
margarine along the way, and add the
required amount of milk, stir well to get an airy
mash.
4. Season the potato mash with salt/pepper/
nutmeg

Raw saladsticks

- 2 carrots
- ½ turnip
- ½ cauliflower
- 2 stalks celeriac



1. Wash and peel the carrot and turnip, and cut in-
to sticks
2. Wash cauliflower and divide into florets
3. Wash celeriac and cut into sticks

Pasta and sausage

LUNCH MENU



Allergens: milk (lactose), wheat

- 3 tomatoes
- ¼ leek
- 100 g arugula
- 2 dl Kesam® 125 g TILNE Kremgo® Natural or a flavored variant
- ½ tsp salt
- ½ tbsp olive oil
- 500 g pasta
- 2 turkey barbecue sausages
- ¼ tsp oregano
- 4 tbsp grated parmesan

1. Boil a large pot of water.
2. Cut the tomatoes into smaller pieces. Finely chopped leeks. Mix tomatoes, leeks and arugula. Mix kesam and cream cheese to a smooth cream.
3. When the water boils, add salt and a little olive oil and then the pasta. Cook the pasta according to the instructions on the package. Drain the water, but leave the pasta in the pot.
4. Fry the sausage in a pan over medium-high heat and then cut it into bite-sized pieces.
5. Pour the tomato and kesam/cheese mixture over the hot pasta, add the sausage pieces and stir so that it mixes.
6. Pour onto a large dish. Sprinkle over herbs and parmesan.

Alternative without meat

Before adding the sausages, take the number of portions of the meat-free alternative you want.



Minestrone soup

LUNCH MENU



Allergens: wheat

- 4 potatoes
- 2 carrots
- 1/2 leek
- 1/2 squash
- 1/2 onion
- 1 clove garlic
- 4 tbsp oil
- 1 liter water
- 1 cube vegetable broth
- 1 can chopped tomatoes
- 2 teaspoons oregano
- 1 dl pasta
- 1 can white beans
- Salt/pepper

1. Rinse, peel and divide potatoes and vegetables
2. Heat oil in a pot. Add the split potatoes and vegetables. Let everything simmer for a couple of minutes
3. Add water, stock cube, tomatoes and herbs. Boil.
4. Add the pasta and let everything cook until the pasta is al dente and the vegetables are tender.
5. Add white beans, and season the soup with salt and pepper.



Okonomiyaki

LUNCH MENU



Allergens: wheat, egg, mustard

- 5 dl finely chopped cabbage
- 1 coarsely grated carrot
- 1 finely chopped onion
- 1 tsp of ginger
- 1 tsp salt
- 1.5 dl wheat flour
- 2 eggs
- 0.5 dl water
- 2 tbsp oil
- Hoisin sauce

1. Put finely chopped cabbage and salt in a bowl. Knead it well with your hands. It is only nice if the cabbage releases a little liquid. Mix in onion and carrot.
2. Mix flour, eggs and water together. Mix it with the vegetables. It will be a fairly thick batter.
3. Heat the oil in a medium-sized frying pan. Fry a thick large pancake or make several small ones. Fry them for 2-3 minutes on each side.
4. Feel free to use a lid or large plate to turn the pancake.
5. Top the okonomiyaki with thin strips of mustard mayonnaise and hoisin sauce.

Mustard mayonnaise

- 4 tbsp. mayonnaise
- 4 tbsp. mustard
- 1 tsp. lemon juice

Mix well for an airy mayo.



Egg salad and whole grain wraps

LUNCH MENU



Allergens: wheat, egg, mustard

- 6 eggs
- 1.5 dl mayonnaise
- 2 spring onions
- 1 tsp mustard
- 0.5 tsp sugar
- 1 tbsp. lemon juice
- Salt/pepper

1. Boil the eggs for about 10 min
2. Peel and roughly chop ready-boiled eggs.
3. Finely chop spring onions and mix with eggs in a bowl.
4. Add mayonnaise, and season with lemon juice, sugar, mustard and salt/pepper.
5. Mix everything carefully.
6. Serve with fresh salad, salami and wraps



French toast

LUNCH MENU

Allergens: wheat, egg, milk (lactose)

- 8 slices of white or other bread
- 2 eggs
- 2 tbsps. of sugar
- 3 dl milk
- ½ tsp cinnamon
- Jam for serving
- Butter for frying

1. Whisk together eggs, sugar, cinnamon and milk
2. Place the loaf slices on a tray, and pour over the egg mixture
3. Heat butter in a frying pan
4. Fry the moist loaf slices until golden in the pan
5. Serve warm with jam

Barley porridge

LUNCH MENU



Allergens: milk, barley, oats

- 2 dl barley groats (put in cold water the night before)
- 1 l milk or oat milk
- ½ tsp salt
- 2 dl oatmeal
- 1 tsp ground cinnamon
- 2 tbsp honey
- Raisins/berries/nuts/ butter for topping

1. Leave barley groats in plenty of cold water overnight. Pour off the excess water.
2. Put milk, barley groats and salt in a saucepan and bring to the boil while stirring. Let the porridge simmer for 25 - 30 minutes until the barley groats are tender. Add the oatmeal and simmer for a further three minutes.
3. Taste the porridge with salt.
4. Serve with raisins, berries, nuts and butter for topping



Kitchen utensils

List of utensils you should - at least - bring

- Potato peeler
- Measuring jugs (Liter and DL)
- Knives
- Pots
- Pans
- Box grater
- Whisk
- Scoop
- Ladel
- Work bowls
- Spatulas
- Potato masher
- Colanders
- Cutting boards