

Quick Bites International: Norway

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Crispy Norwegian Potatoes

Prep Time: 15 minutes

Cooking Time: 40 minutes

Cooking Equipment:

9 x 13 baking dish

Dutch oven

Colander/strainer

Measuring cups & spoons

Bamboo spoon

Ingredients:

1/2 cup olive oil

2 cups coarsely chopped onion

3 # potatoes, peeled & cut into 1/2" chunks (8 cups)

4 cups sliced carrot rounds

1/2 tsp. salt

1 tsp. nutmeg

1 1/2 tsp. coarsely ground black pepper

Directions:

Set oven rack to middle position. Preheat oven to 350 F.

Coat 9" x13" baking dish with olive oil. Set aside.

Bring 4 cups water to a boil. Add ¼ cup olive oil to a Dutch oven & add onion & cook until translucent, 5-7 minutes.

Add potatoes, carrots, salt, pepper & nutmeg. Cook 1 minute and stir.

Remove to prepared baking dish. Add enough boiling water to cover vegetables. Cover with foil and place in oven. Bake 40 minutes or until fork tender. Remove from oven. Drain vegetables in a colander. Line 11x17" sheet pan with foil, shiny side up and spray with cooking spray.

Arrange vegetables in even layer. Add remaining olive oil and return to oven & bake 55 min. or until brown and crispy.

Serving per recipe: 4-6

Serving Size: 3/4 cup



Norwegian Apple Cake

Prep Time: 10 minutes

Cooking Time: 60 minutes

Cooking Equipment:

9" square pan

Measuring cups & spoons

Apple wedger

Cutting board & knife

Hand mixer & spatula

Ingredients:

3/4 cup softened butter

1/2 cup sugar

1 1/2 cups self-rising flour

5 apples, peeled, cored and sliced (honey crisp)

2 eggs, beaten

1 tsp. cinnamon & 1 Tbsp. sugar

Directions:

Cream the sugar with the butter, until light, fluffy and pale golden. Slowly add the beaten eggs and then add flour, bit by bit-mixing well after each addition. Mix gently, pour mixture into a greased 9 inch square pan.

Using the apple wedger, wedge the apples into slices and then remove the peel with a paring knife and slice. Place slices on top of the mixture.

Place apple slices as close as possible to each other. Mix cinnamon & sugar. Sprinkle this topping over the apples.

Bake for 60 minutes in a 350 degree oven, until well risen and golden. This delicious apple cake can be served warm or cold with crème fraiche.

Serving per recipe: 6

Serving Size: 1 slice

Calories: 527

Total Fat: 25 g

Saturated Fat: 15 g

Carbohydrate: 72 g

Protein: 5 g

Sodium: 188 mg

Fiber: 3 g