



AUG-SEPT 2023

VIKINGS OF THE SMOKIES

KNOXVILLE, TN

WWW.TNVIKINGS.ORG

President's Report

I trust you all have had an enjoyable summer, traveling to see family and friends. My, but it went fast. Now that the schools are back in session, please be careful when driving and yield to the school buses.

Our cooking class was a big success with nine people learning the techniques involved with Scandinavian cooking and baking.

Here at VOTS we are gearing up for a Fall season of fun activity, starting with our next meeting on Sept 17th. We will meet at Shannondale of Maryville clubhouse, hosted by Trygve and Elizabeth.

The theme will be "Nordic Buffet and Fellowship", a time to enjoy each other's company and partake of typical Norwegian buffet, consisting of fish, meatballs, red cabbage, vegetable, dessert, and beverages.

October will feature a cornhole event with pizza and a "washer toss" game. We are planning a Torsk dinner for Nov 12th. And then in December there is the Juletrefest.

Exciting times. We look forward to seeing your participation.

Paul Abelquist

September Lodge Event Nordic Buffet & Fellowship

**Sunday, September 17th
4pm**

**Shannondale of Maryville Clubhouse
1507 New Providence Drive, Maryville**

The menu will consist of

Cucumber Salad

Fårikål (lamb & cabbage stew)

Poached Salmon

Meatballs & Gravy

Buttered potatoes

Green Beans & Red Cabbage

Dessert

Coffee, Iced tea and Water

\$10 per person. You must rsvp

Please rsvp to Linda Turmo at (865) 233-7411 or email at turmolat@charter.net no later than Thursday, September 14th so we may accurately plan for the meal.

NORWEGIAN BAKING CLASS 2023

Under the watchful eye of Dee Bumpers and Paul Abelquist, more than a dozen Lodge members and friends gathered at Faith Lutheran church on Saturday, August 19th for for a hands on baking class.



Participants learned tips, tricks and techniques to make nordic favorites such as fattigman cookies, lefse, krumkake and, waffles and even a kranskake! They were also introduced to such speciality items as a lefsa griddle, krumkaka iron, almond cake pans, and kranskake rings .

Elizabeth Myhre also provided a generous supply of almond cake for the group to enjoy along with a light lunch that was provided by the Lodge.

This event also allowed participants to work toward their culinary skills pin.



From the Treasurer:

Our net income for January through August 2023 was \$48 compared to a net income of \$231 for the same period in 2022.

The total income was \$782, which included \$535 from the SON for share of membership dues, \$127 for the sale of lefse at the Children's Museum International Festival, and \$120 from the Norwegian Baking Class. This compares to \$760 income last year from \$634 for our share of SON membership dues and \$126 for the Children's Museum International Festival. Note that our share of SON membership dues has decreased \$160 (34%) from last year at this time.

Total expenses of \$734 included \$251 for SON insurance, \$250 for Alyssandra Abelquist's Masse Moro fee, \$244 towards the next District 5 Convention, \$113 for Syttende Mai, \$25 for Wendell Leimohn's bereavement, \$64 credit balance for meeting refreshments, and \$85 donations towards the July 4th picnic expenses. No expenses yet been submitted for the this event, and we have not contributed to Faith Lutheran Church for use of their facilities this year..

This compares to \$530 expenses last January through August, which included \$333 for the next District 5 Convention, \$78 for Pizza & Movie, \$49 for Syttende Mai, \$44 for Refreshments, and \$25 for Ski-for-Light expense.

Our current assets are \$5,021 in the Regions checking account. This compares to \$5,033 for August 2022. The only current liability is a \$1,220 accrual for the next SON district 5 biannual convention compared to \$1,056 last year.

Respectfully submitted,
Trygve Myhre

Gloria Nelson

The Vikings of the Smokies send condolences to the many friends and family of Lodge member Gloria Nelson, who passed away on August 18, 2023



Fårikålens Festdag - Fårikål Feast Day



Fårikål has been Norway's national dish since 1972, and Fårikålens Festdag, Fårikål Feast Day, takes place on the fourth Thursday of September—September 28 this year.

Fårikål's ingredients reflect foods that are integral to the Nordic region. Sheep are a fixture of Norwegian mountains, and cabbage has a significant role in Nordic history—it's one of the oldest vegetables in the region, thought to be the only vegetable grown in the Viking age.

Though it mutes to a nondescript color as it cooks down, the cabbage remains flavorful, cozy, and nourishing. Served with boiled potatoes—red-skinned ones with flecks of green parsley, while flatbread and lingonberry preserves round out the meal.

For as simple as fårikål is, the results are fantastic. The challenge for many may be the cooking time - a long time for a weeknight. If you'd like to mark Fårikålens Festdag this month with a batch of homemade fårikål but don't have the time, feel free to make it in advance—it reheats easily and will taste just as good—perhaps even better—the next day.

Fårikål (serves 2)

1 ½ lbs. lamb (shoulder, shank, or neck), cut into 1 ½-inch pieces
1 ½ lbs. green cabbage, cut into wedges
1-2 tps. whole black peppercorns
1 tsp. salt
water to barely cover (approximately 4 cups)

In a large pot, nestle the lamb among the cabbage wedges. Sprinkle the peppercorns and salt over it, then add water to just barely cover. Bring to a boil, then lower the heat, cover, and simmer for about two hours, until the lamb is remarkably tender and pulls easily away from any bones.

To serve, carefully lift the cabbage out of the pot and arrange it in bowls with pieces of the lamb. Pour the broth over, and make sure to distribute peppercorns between the bowls.