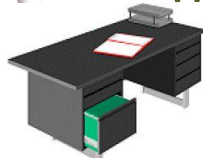


# The Samhold Utsikten

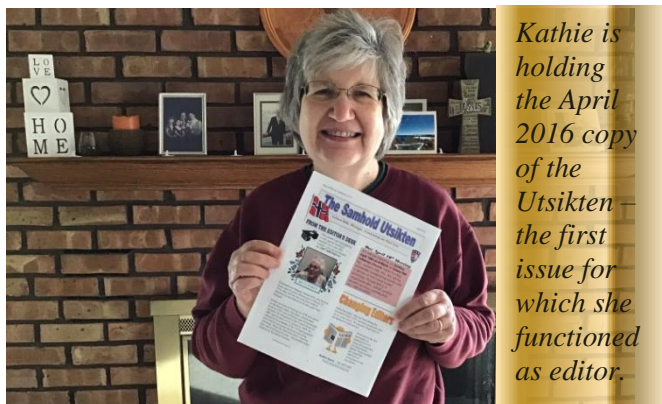
Auburn Hills, Michigan | Celebrating our 55th Year



## From the desk of the Newsletter Editor



Do we realize how fast time passes? Recently, I was reviewing the increasing stack of past Utsikten newsletters. I was surprised to realize that as editor this present issue completes three years for me. As with most things, there are aspects of fulfilling this roll that have not been as pleasurable as other duties (namely meeting publishing deadlines) but overall I have enjoyed being the Utsikten editor and now look forward to entering my fourth year at the helm.



*Kathie is holding the April 2016 copy of the Utsikten—the first issue for which she functioned as editor.*

I am thankful for all the positive praise and wonderful comments which have been lavished on me. It makes the job so much more enjoyable and rewarding when I know that my efforts are warmly received and appreciated. Thank you, thank you!

*Kathie Injerd, Newsletter Editor*

## Our MARCH 10th Meeting

We will be meeting on the second **Sunday, March 10th at 4:00pm** in the Fellowship Hall, **King of Kings Evangelical Lutheran Church** (1715 S. Lapeer Rd.; Lake Orion, MI).

Sherrie will be providing Corned Beef & Cabbage as the main dish; we are asking you to **please bring a side dish** (salad, veggie, pickles/olives, fruit, rolls, or such) and/or **a dessert**.

To help us get the food served promptly after the meeting, please refrain from bringing anything which needs to be heated or micro-waved prior to serving. Bringing the pre-cooked food in crock pots would be okay.

**ALL ARE INVITED!**

## Editor Information

Please contact the editor regarding additions or corrections to the newsletter.

Editor: **Kathie Injerd 586-909-7609**

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# Recipe Corner

As a native born-and-raised Norwegian, I grew up making and eating traditional Norwegian food. My mother taught me how to cook from I was just a wee little girl as I watched and stirred the pot with her. What a blessing to have had such a loving mother to teach me valuable life skills! One of the dishes frequently served as a mid-week dinner in Norway is "kjøttkaker", Norwegian meatballs. When searching online, many English-written recipes for Norwegian meatballs contain bread crumbs and pork and are not your typical Norwegian kjøttkake recipe. There may be some regional differences, and of course every person will do things their own way. But the recipe I'm about to share, however, is a typical old fashioned meatball recipe from Norway, a recipe as genuine and authentic as they get!

Traditional Norwegian kjøttkaker are usually all-beef, flavorful, and somewhat salty. Although Americans typically serve meatballs with BBQ or marinara sauce, Norwegian meatballs are served with brown gravy. Some Norwegians like to add a little bit of ginger to their meatball dough, and others will add chopped, raw onions. So you'll find slight variations in these recipes but in the end they are all quite similar to each other, and native Norwegians know what they're supposed to taste like.

*Terese, The Country Basket*

## Authentic Norwegian Kjøttkaker Meatballs

2 tablespoons corn starch (or potato starch)  
 1½ teaspoons all-purpose flour  
 1 teaspoon paprika powder  
 ¾ teaspoon salt  
 ¼ teaspoon black pepper  
 ¼ teaspoon ground nutmeg  
 ⅓ cup + 1 tablespoon milk (or water)  
 1 Lb ground beef  
 Oil or butter for frying

### GRAVY:

¼ cup butter  
 ¼ cup flour  
 1 teaspoon onion powder OR a sm. onion, finely chopped  
 2 cups water  
 4 teaspoons Better Than Bouillon Beef Base (or 4 bouillon cubes)  
 Drippings from the fried meatballs  
 ¼ cup heavy cream (Optional)

1. Put the corn starch, flour, paprika, salt, pepper, and nutmeg into a medium sized bowl.
2. Add milk and whisk well until no lumps remain.
3. Add raw meat and stir with a spoon until completely combined and sticky.

4. Add olive oil or butter to a frying pan on medium-low heat.
5. Shape meat balls with spoons or a meatball scoop, dipping your tool of choice in water now and again to keep meat from sticking.
6. Drop the meat balls on the frying pan, flattening them a little bit with a turner.
7. Cover and fry until browned on the top and bottom, a few minutes on each side.
8. Keep hot until ready to serve.
9. Serve with brown gravy, potatoes boiled in lightly salted water, and steamed vegetables such as a blend of cauliflower, carrots, and broccoli.

### GRAVY:

10. In a medium sized sauce pan on medium-low heat, melt butter.
11. Add flour and onion powder. Whisk together into a smooth roux, and cook while whisking now and again until the flour mixture has turned medium-brown. This should take 8-10 minutes.
12. Pull away from the heat and add all of the water while quickly whisking together to avoid lumps. But be careful, the flour mixture will be very hot and may hiss loudly when you add cold liquids. Alternatively, you can heat the liquid before adding.
13. Also add the beef base, and bring to a boil while whisking often. The gravy will thicken. Reduce the heat and boil gently for 7-10 minutes until smooth. Stir once in a while.
14. Add the meatball drippings from frying, which will add a lot of great flavor!
15. Add heavy cream and stir well. (Optional)
16. Serve over Norwegian meatballs.



Read More and see step-by-step pictures:

<https://thecountrybasket.com/authentic-norwegian-meatballs-kjottkaker-recipe/>

# Cultural Events



## 2019

**March 10:** A video about the life and art of Edvard Munch will be shown. Hopefully we will gain insight into this Norwegian genius.

**April 14:** Linda Stinson will speak about the art of Hardanger Embroidery.

**May 5:** Syttende Mai will be celebrated with a skit, followed by a parade around King of Kings!

**June 9:** Since June is such a colorful month, we will play a little "I Spy" with the newly-learned Norwegian color names presented that month.

**July:** NO MEETING

**August 11:** Samhold's Annual Picnic!

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## Retired

Olympic champion Aksel Lund Svindal retired from alpine skiing with a bang Feb. 9 as he won world downhill silver in a thrilling Norwegian one-two led by teammate Kjetil Jansrud. Afterwards Svindal commented, "The last couple of days building up to the race, I've been nervous. But I wanted to give it all I had on my last race. It was a great show."

His silver medal brings an end to a career that saw him win his first gold medals (downhill, giant slalom) in Åre, Sweden, back in the 2007 world championships. He won another downhill gold in Schladming, Austria, in 2013.

His silver meant Svindal joined compatriot Kjetil Andre Aamodt (seven) and Luxembourg's Marc Girardelli (six) as the only skiers to collect a medal at six world championships.

*Since then, U.S. skier Lindsey Vonn has also joined this elite group.*



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**1** Phyllis Skora  
**15** Raymond Olsen  
**20** Berit Willett  
**27** Mildred Kelly



Ole and Sven are working on a barn. The wind comes up and blows their ladder over. Ole asks Sven, "How are ve going ta get down?"

Sven looks around the roof for a while then says, "Well ders a manure pile on dat side a da barn ve could jump in to soften da landing."

Ole said, "OK Sven, but you go first, it vas your idea!" So Sven jumps off

into the manure. Ole yells down to him, "How deep is it Sven?"

Sven yells back, "Its only up to my ankles!" So Ole jumped down too and they both climb out of the manure pile.



Ole turns to Sven and said, "Sven vat da hell did you mean it vas only up ta your ankles? It vas up ta my EARS!"

Sven replies, "Ya, but I jumped in head first."

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**Sons of Norway, Samhold 5-473 Lodge**

c/o Kathie Injerd, editor  
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