

VIRTUAL NORWEGIAN COOKING CLASS COOKING WITH CONNIE AND THE KITTLESONS

February 15-March 22, 2021 (six weeks) Monday evenings 6 pm to 7:30 pm central time

Sons of Norway members \$25 for 6 classes

Non-members \$50 for 6 classes

Registration deadline February 12, 2021

The District 5 Cultural Committee presents experienced Norwegian cooks sharing traditional and experimental approaches to Scandinavian cooking. Learn the traditions of making lefse and rullepølse from family heirloom recipes handed down through generations. Explore modern adaptations of recipes and learn about cooking styles of generations of the past. Some featured recipes are Lapskaus, Troll Cream, Knekkebrød, Viking Bread, Hjerte Vafler, Open Face Sandwiches.

Guidance toward earning the first level Cultural Skills Cooking pin will be offered. Work beyond class is required to earn an award. Recipes and cultural award program information will be sent to registered students prior to the first class. The Zoom connection will be sent to registered students close to the time of the first class.

In addition to recipes provided for the class, two cookbooks are available for purchase. **The Norwegian Kitchen** (email judy62ghastin@gmail.com) and **Baking the Norway Way** (bakingthenorwayway.com) are available in limited quantity.

MEET OUR COOKS

Connie Aiello has been cooking and baking for as long as she can remember. As a daughter of a restaurant owner and a home economics teacher, she could always be found in the kitchen learning traditional ethnic recipes from the skillful hands of family members. For the last 16 years, she has been honing her skills with traditional Norwegian dishes. Recently, she has been exploring contemporary Norwegian cuisine.

Connie currently serves as Vice-President and Cultural Skills Program Director of Nordlyset Lodge in Racine, Wisconsin. She enjoys teaching, mentoring, and guiding members as they complete specific cultural activities. She recently mentored a group completing their Norwegian Cultural Cooking Pin Levels 1 & 2. The group has one more entrée to complete for Level 3.

Connie has presented Norwegian cooking at local schools and cultural events. She was honored to present a Norwegian Cooking Demonstration at Marquette University's Innovation Kitchen. In August 2016, Connie led a Sons of Norway Youth Heritage Trip to Norway, where they explored the country, customs, and cuisine. While staying with relatives in Røros, she experienced local traditional foods. Connie was thrilled to come back home with 100-year-old family recipes!

Connie is currently an elementary/middle school substitute teacher. She enjoys teaching students at all skill levels, imparting the tips and tricks of the trade from her parents. Her enthusiastic and easy-going style inspires everyone to enjoy cooking.

Nancy and Duane Kittleson carry on cooking traditions from both of their families. They grew up in homes with lutefisk, lefse, krumkake (or stryll, depending on who you talk to) and Norwegian coffee.

They have been members of Vennelag 5-513 in Mt. Horeb, Wisconsin for more than 20 years and have served in various offices of leadership within the Lodge, have chaired major fundraising events, and have been delegates to many District and International conventions. The fundraising events involved making 10 or 12 rullepølse for many years for the fall breakfast (Frokost), organizing a crew of 12 or more making and selling about 45 dozen lefse for the Christmas holiday, and teaching at the

lodge annual Norse baking workshop. In addition, Duane has served on the District Five Board as Publicity Director and as Treasurer.

Duane is interested in genealogy; Nancy loves Norsk baking and Hardanger embroidery. The Kittlesons are proud of their Norwegian heritage and have traveled to Norway three times.

Judy Ghastin D5 Cultural Director

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Cooking Class Registration Form

Name: _____

Street Address: _____

City: _____ **St** _____ **Zip** _____

Phone: _____

Email Address: _____

Lodge: _____

Membership #: _____

Non-Member: _____

Registration for the class is first come, first served by date received. The maximum number of students is 20. Arrangements will be made to accommodate more students at a different time.

The Registration Deadline for classes is February 12, 2021.

Class Registration Fee: \$25 Sons of Norway member _____

\$50 Non-member _____

Recipes and Cultural Awards information will be emailed upon paid registration.
Zoom information will be sent close to the time of the first class.

Make checks payable to Nordic Legacy Foundation.
Mail registration to Judy Ghastin, 7130 Century Ave., Middleton, WI 53562