

# P10 – Our footprints in our country

**ROOTS AND WINGS**  
Erasmus+ project



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# Two learning activities:

**Make local and traditional food**



**Take a look at old traditional construction methods**







# Make local and traditional food: Svele and potetocakes

Anne, retired teacher, came and told us about food in old days.





# Aim:

Learn about traditional Norwegian food that can be similar to dishes in other European countries.

## Recipe for MRF - svele

about 20 pieces / Time: 30-40 min

### You need:

5 eggs  
2 dl sugar  
1 liter of sour milk  
About 1 liter of halibut flour  
1 tsp baking soda  
1 teaspoon salt  
75 g butter + extra for frying

### How to do it:

1. Melt the butter
2. Whisk eggs, sugar, baking soda and deer salt well together.
3. Mix in the sour milk.
4. Mix in the flour.
5. Mix in the melted butter.
6. Let the mixture swell for 20 minutes under a kitchen towel.
7. The batter should be thicker than a waffle batter, but always so runny that it flows outwards when you have it on the frying pan. You may need to adjust with a little more flour to get it just right.
8. Heat the frying pan and grease well with butter. Fry on medium-high heat, until the swells turn golden on both sides. You may need to adjust the temperature of the grate along the way, this varies from grate to grate.
9. Cool the swallows on a wire rack and serve lukewarm with butter and sugar, or butter and brown cheese.

<https://kvardagsmat.no/2018/01/06/mrf-svele/>







6-8 pupils from two groups participated in the learning activity.  
The pupils were active participants in the activity. There were tastings for many pupils and staff at the school 😊

## Recipe for potatocakes

about 20 pieces / Time: 30-40 min

### You need:

1.5 kg of potatoes  
1.5 dl milk  
450 g wheat flour

### How to do it:

1. Boil the potatoes. Peel them and mash them while they are hot (use a meat grinder, potato press or hand mixer, but then as short as possible, otherwise the mashed potatoes will be sticky).
2. Stir in milk (sour milk can also be used) and knead in a little and a little wheat flour while the mashed potatoes are still warm, until you get a loose dough.
3. Divide the dough into equal pieces and roll out into thin circles (about 18 cm in diameter). Use extra wheat flour for baking, but as little as possible. Or you can pat the pockets flat with your fingers directly on the frying pan, but then make sure to cool the frying pan a little now and then, so that you do not burn yourself.
4. Fry the loaves in a dry frying pan on medium heat. Turn them often until they get light brown spots on both sides.
5. Lay the warm pockets on top of each other with a kitchen towel over, so that they stay soft.
6. Eat with butter and sugar!



<https://www.detsoteliv.no/oppskrift/potetkaker>











Take a look at  
old traditional  
construction  
methods.





# Aim:

Learn about old constructions methods who maybe is the same in other European countries.





A group of pupils visited the local museum in Molde:  
<https://www.romsdalsmuseet.no/>











