

## Norway: Food & Drink

Many basic food prices are similar to the UK, except that you pay VAT on top, making them more expensive. Some sample prices are given (Oct 2007 average). While many foods can be recognised without knowing the Norwegian names, you may need a phrase book or dictionary to translate some. Some foods like Marmite and real peanut butter (only peanuts with nothing added) are difficult to find, so if you can't survive without these, take them with you.

Allergies (*allergier*): Foods often have allergy labels but always check ingredients.

Cow's milk and derivatives	<i>ku melk, fløte, krem, smør, ost</i>	Nuts	<i>nøtter</i>
Celery	<i>selleri</i>	Sesame seeds	<i>sesamfrø</i>
Egg	<i>egg</i>	Soya	<i>soya</i>
Gluten (barley, oat, rye, wheat)	<i>gluten (bygg, havre, rug, hvete)</i>	Sulphites	
Mustard	<i>sennep</i>		

Norwegian Food Safety Authority <<http://www.mattilsynet.no>> for additives information.

Vegetarians (*vegetarianer*): The vegetarian movement in Norway is very small. Some foods may be labelled organic (*økologisk*), but very rarely vegetarian and never vegan. It is necessary to read ingredients carefully, but difficult to be certain, even with a good dictionary. Fresh vegetables, fruit, nuts and grains are easily obtained for cooking for oneself. Most towns have a health food (*helsekost*) store. Debio is the organic certification organisation <<http://www.debio.no>>.

Baby Foods: A similar range to the UK. Porridge kr14.71/370g, vegetable puree kr5.18/125g, infant formula kr71.01/90g.

Baking & Cooking Ingredients: The range is similar to the UK. Wheat flour kr7.61/kg, wholemeal flour kr9.22/kg, sugar kr13.97/kg.

Bread (*brød*): Both supermarkets and bakeries have many varieties of good quality bread, some made with rye (*rug*), always supplied fresh in a paper bag — UK-style polythene-wrapped sliced tasteless cotton wool bread is not available! Very many varieties of crispbread are available. White bread kr13.90/500g, whole grain bread kr15.00/500g, rye bread kr19.30/750g, crispbread kr11.50/400g, biscuits kr8.13/200g.

Cereals: Breakfast cereals are similar to the UK. Corn flakes kr22.54/750g, oatmeal kr9.07/750g.

Desserts, Confectionery & Snacks: A smaller range than the UK. Ice cream, vanilla kr13.50/litre, milk chocolate kr16.20/100g, crisps kr17.79/300g, unshelled peanuts kr15.40/300g.

Dairy, Fats & Oils: Milk is available in 1l cartons, some varieties also in 500ml and 2l cartons. These include full cream milk (*helveik*), semi-skimmed (*lettveik*), skimmed (*skummet*), sour milk (*surveik*), *kefir* (a type of fermented milk), yoghurt (plain or with fruit). *Fløte* is pouring cream; *krem* is whipped cream. Butter (*smør*) and several oil-based spreads, eg sunflower, are available. Some cheese (*ost*) is curdled with salts rather than rennet, giving it a hard consistency similar to Edam and Gouda. The main varieties are *fløtemysost* (cow milk and cream), *geitost* (goat cheese), the slightly sweet Gudbrandsdal (mixture of goat and cow milk), Jarlsberg, *mysost* (brown whey cheese), Norvegia, *nøkkelost* (with cloves). Some are available as reduced fat (*lettere*), mature (*vellagret* or *ekstra vellagret*). Blue cheeses are Fromage Bleu, Norzola, Normanna and Royal Blue. Other cheeses include Brie, Camembert, Cheddar (but nothing like real English Cheddar), cottage cheese, cream cheese (plain or with herbs, spices, pepper, pineapple/mandarin, onion, Thai or pesto), Edam,

Gräddost, Mozzarella, Norbo, Port Salut, Prim cheese spread and other spreads (*smørbar*) plain or with bacon, ham or prawns, *pultost* (soft fermented cheese, sometimes with caraway seeds), Ridder, St Paulin, Snøfrisk (cream cheese with 80% goat milk), Sveitser. British cheeses are not available. The range of olive and cooking oils is similar to the UK. Eggs are expensive.

whole milk kr12.22/litre	cheddar £39.90/250g	margarine kr14.84/500g
low fat milk kr11.25/litre	blue castello kr18.57/100g	butter kr15.86/300g
skimmed milk kr11.32/litre	brown cheese kr38.63/500g	olive oil kr63.00/litre
yoghurt kr12.80/0.5 litre	white cheese kr72.33/kg	soya oil kr33.16/litre
large eggs kr28.00/12		

Fruit (*frukt*) & Vegetables (*grønnsaker*): Many are the same tasteless Spanish imports as in the UK; the country of origin may not be displayed. There is usually only one variety and there seems to be little interest in what it is – you may find it on the box label. Apples, for example, are labelled merely red (*rød*), green (*grønn*) or yellow (*gul*). In summer, good local vegetables are available, especially in markets. You can pick bilberries in the countryside but this is time-consuming and messy unless you buy the special scoop with a wire comb from a hardware store (*jernvarehandel*). Tinned and frozen vegetables are also available.

oranges kr17.90/kg	aubergine kr42.81/kg	lettuce kr13.30
bananas kr16.56/kg	carrot kr8.90/kg	iceberg lettuce kr15.10,
grapes kr19.90/kg	cabbage kr8.27/kg	tomatoes kr24.12/kg
apples kr29.37/kg	chinese cabbage kr23.65/kg	red pepper kr40.43/kg
pears kr22.09/kg	onion kr13.79/kg	
pineapple fresh kr20.43	new potatoes kr9.81/kg	spinach tinned kr14.01/375g
pineapple tinned kr11.54/560g	mashed potatoes kr8.71/90g	sweetcorn tinned kr6.00/340g

Fruit Juice & Squash: Both are labelled as *saft* or *jus*, but squash for diluting is in bottles while juice and juice drinks are in cartons – read the label to determine if it's 100% juice. A juice label does not necessarily mean pure juice. *Brus* is a carbonated drink. Soft drinks kr11.05/0.35 litre bottle.

Jams (*syltetøy*) & Spreads: The range is similar to the UK. Marmalade, orange kr25.51/400g.

Meat (*kjøtt*) & Fish (*fisk*): You will find beef (*okse*), good mutton (*fåre*), pork (*svine*), chicken (*kylling*), salmon (*laks*), trout (*ørret*), cod (*torsk*), halibut (*kveite*), herring (*sild*), prawns (*reker*) and many other fish and shellfish (*skalldyr*). Fish in coastal areas is always very fresh. Seek advice on food safety if offered local coastal mussels (*blåskjell*).

rump steak beef kr189.83/kg	hamburger, raw kr41.90/500g	salmon slices kr82.24/kg
t-bone steak kr166.47/kg	boiled ham kr27.32/100g	salmon fillet, kr76.19/500g
stewing beef kr 149.89/kg	bacon, slices kr32.33/150g	herring fillet kr49.94/kg
minced meat kr36.90/450g	corned beef kr20.06/340g	cod for frying kr43.20/400g
rump steak pork kr139.04/kg	frankfurter kr50.46/560g	cod fillet kr157.92/kg
loin of pork kr79.86/kg	salami kr26.80/150g	cod fillet, frozen kr78.43/600g
pork chops kr60.98/kg	grilled chicken, whole kr29.00	deep-fried cod kr26.07/400g
minced pork kr37.31/400g	chicken fillet kr94.25/480g	mackerel fillet/oil kr11.26/110g
leg of lamb kr89.59/kg		sardines/oil kr16.14/125g

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Pasta & Grains: Both fresh and dried pasta are available. Spaghetti kr9.28/500g, rice kr11.37/kg, couscous kr23.42/500g.

Ready Prepared Oven or Microwave Meals: You will find some but nothing like the variety available in the UK.

Sauces (*sauser*) & Condiments: There is a wide range of cooking sauces for barbecues,

casseroles, pastas, pizzas etc. It may be better to take your own salt, pepper, herbs (*urter*) and spices (*krydder*), rather than buy expensive large packets that you won't use up. Ketchup kr20.32/870g, sweet-and-sour sauce kr19.54/500g, pasta sauce kr15.22/500g, salt kr19.71/kg.

Soups (*supper*): Available in tins, as powder in packets and single portion cup soups, sometimes in cartons; fruit soups are also popular. Cauliflower/broccoli soup kr16.72/packet, pea soup kr17.23/packet, vegetable soup kr20.22/packet, tomato/macaroni soup kr 16.10/packet.

Tea (*te*) & Coffee (*kaffe*): Tea bags, including herbal and fruit teas are available; rosehip/hibiscus (*nype*) is popular. Tea is usually made in the cup rather than a teapot. Ground coffee (good quality but mostly strong blends, rather than single varieties) is available for filter coffee makers as well as instant coffee. Norwegians drink more coffee than any other nation. Ground coffee kr17.10/250g, instant coffee kr40.37/100g, black tea kr17.63/25 bags, green tea kr23.40/25 bags, mint tea kr17.94/20 bags.

Alcohol: Apart from the drinks available in supermarkets, the *vinmonopol* and restaurants, some Norwegians have their own illegal stills. Refuse all offers – it may have an extremely high alcohol content and a three-day hangover is not uncommon, perhaps worse! Note that in some areas, drinking alcohol in public is prohibited – with a hefty fine! Lager kr13.39/0.33 litre, malt beer kr6.62/0.33 litre, red wine kr89.90/0.75 litre.

Books: The Norwegian Kitchen, edited by K Innli (KOM Forlag 2003 ISBN 978 829 082 364 6) £19.99