

# A Few of Norway's Cultural Symbols

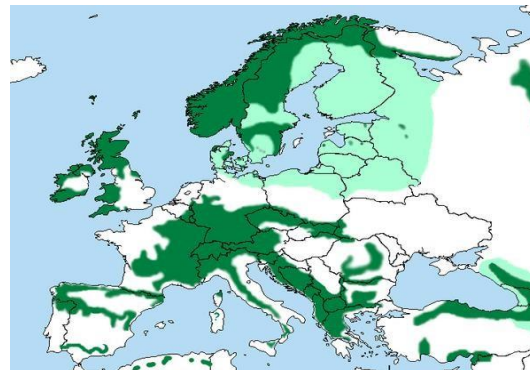
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Norway has a variety of national symbols, a few of which are covered in this study: the national bird ([Dipper](#)), mammal ([Moose](#)), fish ([Cod](#)), flower ([Purple Heather](#)). Also attention is given to the chief ingredient of *Lefse*, the [Potato](#).

## **DIPPER**

The official bird of Norway is the **White-throated Dipper** (a/k/a European Dipper: *Cinclus cinclus*). As the range map shows, this little bird is known to range over all of Norway, as a year-round resident. This passerine (i.e., perching songbird) bird is also deemed an "aquatic" bird, due to its familiar habit of dipping into freshwater for food.



Specifically, this dipper has two behavioral movements that fit its name: **(1)** as it perches near quick-flowing stream-waters, it often (and suddenly – some say "spasmodically") **bobs**, with its tail propped up (somewhat like a wren), near the splashing water; and **(2)** it dives into such lotic waters, sometimes after wading into the water's edge: then **submerges** itself by quickly plunging in (or diving in), with a small splash. While underwater it seems to swim, though its wings actually "fly" underwater.



The Dipper can also use its strong prehensile toes (i.e., it can grip with its feet, almost like a human hand) to grab onto projecting substrates on the bottom of a stream, while simultaneously straining its muscles (and keeping its head bent down so that it can see what is on the streambed) to prevent it from rising to the water's surface – thus giving the appearance that it is “walking on the bottom” of the stream!

While underwater the dipper collects its food (which is often “epibenthic”, i.e., located on top of the stream-bottom sediments), such as caddisfly larvae (and other insect larvae), as well as small freshwater molluscs, fish, and amphibians – and a favorite freshwater crustacean, the thin amphipod shrimp (of the genus *Gammarus*, a genus containing marine “scud”, estuarial, and freshwater shrimps known for their detritivorous/scavenging habits).

## MOOSE

The official mammal of Norway is the **Moose** (*Alces alces*), but in Norway it is called the “Elk” (elg). **The largest member of the deer family, worldwide, is the moose** (*Alces alces*). Years ago mammalian taxonomists classified the American moose as *Alces americana*, and the Eurasian moose (“elk”) as *Alces alces*, as if they were different species, as opposed to mere varieties based on interbreeding populations resulting from gene pools separated from each other due only to geographical barriers. More recent analysis, however, has recognized of the moose “family” as being one species, with any local variations now being dubbed “subspecies”.



Of course, the only criterion that is ultimately reliable for non-arbitrary taxonomy is “**inter-breedable kind**”, a biogenetic grouping based upon the ability of a population of animals to successfully interbreed, i.e., the total potential gene pool of “like-kind” animals that can genetically reproduce a next generation of their “kind” (technical term: **baramin**).

In this creature the word “largest” means up to 8 feet tall (at the moose's shoulder), from 7 to 10 feet long, with a weight of 1,000 to 1,800 pounds (i.e., from about a half-ton, to about 3/4 of a full ton), and with a “rack” spread of up to six feet! A mature bull moose is easy to recognize. Perhaps the best-known of the moose's physical traits are their over-hanging snout, pendant throat “bell” (“dewlap”), high-humped shoulders, and the bull moose's prominent antler “racks”.

The bull moose's “rack” is described as “massive, palmate, flat antlers with small



prongs projecting from the borders". (Quoting Burt & Grossenheider's **A Field Guide to the Mammals of North America**, page 219.) Here "palmate" means shaped like a palm, i.e., like a human hand.) Moose also have an equine-like head, sporting large ears, a huge and powerful neck, split hooves, and a stumpy tail. Cow moose (i.e., female moose) are similar, except they are smaller (about 800 to 1200 pounds), have no dewlap, and have no antler "rack". Moose are *herbivores* – that means their diet is a mixture of various plants. These plant-eating giants freely range – taking huge strides of two to five feet – in northern ("boreal") forests of North America.

The typical moose habitat is called the "boreal forest". In Norway this forest may feature Norway spruce and other evergreens, so this habitat is sometimes called (by English speakers) a "**spruce-moose** forest", due to the typical presence of those two life-forms as biome "indicators". The boreal forest biome habitats of Northern Eurasia (often also called "taiga" in Russia) and North America are typically dominated by needleleaf evergreens – such as fir, spruce, and pines, – mixed with larch family trees – such as paper birch, quaking aspen, and tamarack. Moose are found in large numbers in the northern forests of Eurasia (e.g., in Scandinavia, Germany, Northwest Russia, Siberia, etc.), but in northern Europe (including England) the moose is called "**elk**". (To avoid confusion with the "American elk", some call "American elk" by its American Indian name, *wapiti*; in Europe these are called "red deer".)

**What do moose like to eat?** Moose prefer marshy areas in spring and summer, thriving on various forms of green vegetation, such as plant shoots (buds and other new growth) and aquatic plants. New plant growth in spring – such as willow shoots – are a moose's



favorite. In summer moose feast on grass, sedges, herbs, leaves (from bushes and from accessible tree branches), as well as aquatic plants (such as "pond weeds") which grow abundantly in palustrine shallows (marshy pond-waters). Some of the minerals needed by moose are contained in aquatic plants that grow as pond emergents or submergents. Moose will even eat salty soil (such as soggy earth in salt marshes) to obtain the necessary minerals they need. Most eating is done at dawn and dusk.

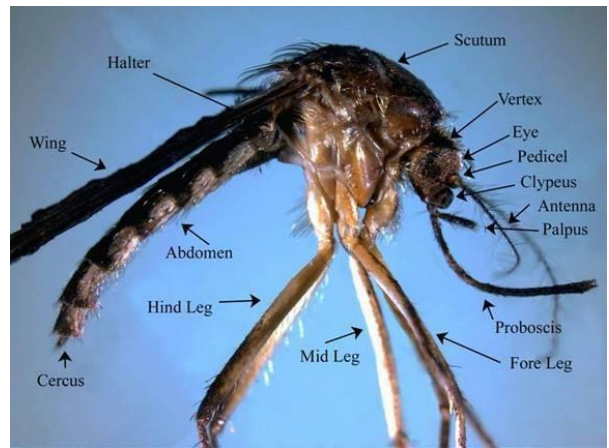
Often-times, in autumn the cold temperatures begin, with winds that drive moose to higher ground dominated by evergreen trees, with the thicker forestation providing a windbreak from the cold-driving winds. Moose then like to eat vegetation from trees, such as twigs from aspen, willow, and birch. In winter moose eat whatever plant-life is available, such as woody plants, twigs, tree-bark, and saplings visible above or found beneath the wintertime snow-cover. Foraging in deeper snow can be hazardous to a moose's health, even to a robust bull moose with a 12-point rack. If the moose's weight causes the moose to sink into deep snow, and get too stuck to move, the snow-locked moose is a "sitting duck" for a pack of hungry wolves.

**Who, in the Norwegian forests' food-chains, likes to eat moose?** As noted above, wolves eat moose when they can successfully team up against one, especially one vulnerable



due to weakness, snowdrift imprisonment, or the like. In this classic example of a prey-predator relationship, the growth in moose population is a boon to the wolf population. Of course, the predatory **wolf** kills the moose to eat it, just as a human moose-eater (another moose predator) does. Another predator of moose, especially in spring (when the newly-born moose are just starting to learn about essential “forestsmarts” defenses), is the hibernation-awakened, protein-starved, red-meat-hungry **bears**. Of course, there are a number of carrion birds who would eat any moose “leftovers”.

But, another moose “eater” (actually a “drinker”) is its ubiquitous ectoparasite: the dreaded **mosquito** *Culicidae* family). Why? The mature female mosquito needs special nourishment to produce her eggs, so she stabs into moose, like a hypodermic needle, to drink from the moose's large blood supply, -- to the great frustration and discomfort of the blood-sucked moose. Moose are known to vigorously roll in mud or muddy waters to get relief from the pestilent mosquitoes.



In addition to mosquitoes – which torment moose – Norway hosts many other insects that seasonally plague moose (but not in winter), such various biting flies, including varieties of **black flies** (*Cnephia pallipes*; *Metacnephia lyra*; *Prosimulium hirtipes*; etc.) and **deer flies** (a/k/a “horse flies” or “gadflies”: *Tabanidae* family).

**What are the social habits of moose?** Other than the parenting care of a mother moose for her calf (or calves), the adult moose generally live a solitary life, with the one seasonal exception being the “rut” (mating season), which occurs from in the autumn. Thus, unlike “herds” of reindeer, moose are typically encountered in a forest one at a time, or else a moose mother is encountered along with her young progeny. In August, just before the mating season, adult males (like other adult males in the deer family), rub and shed their antler's dead skin (called “velvet”), in response to hormone stimuli. During the fall “rut” (which lasts during September and October each year) the adult males compete for mating access to the adult females, emitting loud mating calls.

The cow moose also call to indicate their readiness for mating. (Often moose hunters imitate the cow moose's call in order to attract an unsuspecting bull moose toward the waiting hunter.) Occasionally two bull moose may get their racks locked together so that they cannot extricate themselves from one another. This is rare, but when it occurs, it may mean death (by starvation or, more quickly, by wolves or bear) to both of them. More

typical is a one-to-two-month mating season in which no (or few) moose receive serious injuries from the competitive tensions and stare-downs.

**What kind of life cycle does the moose have?** A moose is usually conceived during the autumn "rut" (mating season) during September to October.



The intrauterine moose develops within his or her mother for a gestation period of about 240 to 250 days (i.e., about 8 or 9 months), to be born sometime during April to June. The mother moose usually gives birth to one calf.

Older moose cows sometimes give birth to twin calves, from 15% to 60% of the time, and instances of moose triplets are known. Moose calves, like all mammals, are nourished at birth by maternal milk, for about 5 months. These calves are reddish-brown in color, in contrast to their dark-brown parents.

After about a year, the young moose calf is weaned (old enough to "graduate" from mother's milk to other food and water). The weaned moose calf will eat solid food, drink from freshwater streams and ponds, yet will stay with his or her mother for protection (and for role-model education). When the moose mother is about to give birth she chases her older calf (or calves) away, to secure privacy for birthing. After the new calf (or calves) appear mature enough, the mother will allow older siblings to return to her care, especially if she and her newborn(s) move on to another location, perhaps a new willow thicket with nutritious new spring-induced plant growth. This movement is not a true "migration" in the sense of rotating from ranges for summer or winter. Rather, these movements are merely intended to locate feeding areas when a current feeding area appears foodexhausted. The young moose reach procreative maturity at about 16 to 28 months, or sometime between 1.5 and 2.5 years old (with males reproductively maturing earlier). The moose usually live for 10 to 15



years, yet often for more than 20 years. In fact, moose are known to live even to age 27.

**How does the moose respond to the cold and snow of Norway's winters?** As noted above, the moose does not "go south for the winter". Rather, it goes a bit higher in elevation, from the wind-blown marshy areas nearer to the coast, up to the hillside turning into mountainside forests that contain trees with concentrations that both block harsh winter winds and which provide edible twigs visible above the snow-cover. In other words, the moose just "tough it out" during winter. Another wintering strategy of some moose has caused problems – some have taken on a habit of visiting nearby towns (including backyards, alley-ways, and streets) in hope of finding some food to help them through the winter!

**Moose look awkward (some would say "ungainly" or "goofy"); but, are they?** Don't let a Norwegian moose's clumsy-looking appearance fool you! The moose is well-designed and beautifully built. (Surely God enjoyed designing the moose – and preprogramming its inner workings.) The moose's body design is a perfect fit for its land and water-related habitats. Moose can run (i.e., trot) through a not-so-dense forest at up to 35 m.p.h.! Moose can swim well, at a rate of up to 6 m.p.h. (i.e., as fast as two men paddling a canoe!), so an angry moose on the chase – either on land or in water – has an advantage on any human target! (According to England's **Dr. Bill Cooper**, a member of NST's *Troll Hjem* chapter, the British **Bill-winkle** variety swims well and often.)

The moose's piston-like up-and-down stepping habit is helpful for overcoming snow-drifts and snowmelt-produced mud. In fact, the moose's hooves are specially designed to accommodate the frequent challenges of boreal forest snowfall – the moose's large "dewclaws" (2 small hoof-like appendages adjunct to the back of each of the moose's four ankles) actually spread out, as if snow-shoes, to aid the moose in moving on and in snow, mud, and uneven tundra terrain. Very deep snow, however, can be a serious problem for a moose. Sometimes a moose will walk on or alongside a snow-cleared highway at nighttime, to avoid getting stuck in deep snow. Sadly, such moose trade one risk for another – becoming roadkill (and such accidents are a great risk to humans too).

**Are moose dangerous?** In a word, YES. Regardless of whether a moose is legally "protected", moose don't recognize humans as being legally "protected"! Great caution should be used by anyone near a moose. Bull moose injure many humans when they feel challenged, and even trains have been charged by bull moose that apparently mistook the train whistle for a competitive mating call of another moose!



Cow moose should not be underestimated either, for a cow moose protecting her calf (or calves) will prove a ferocious and perhaps fatal attacker! If you ever meet a moose in the forest, withdraw immediately (and in a non-threatening way). So, let the moose have the right of way! If necessary, climb a tree, or keep behind something strong enough to protect you — and pray fervently for God's protection, as if your life depends upon it, because probably it does!

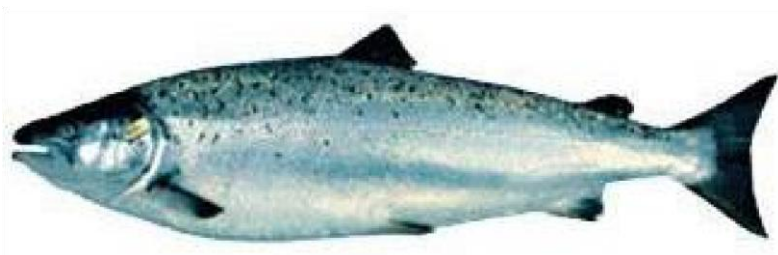
This author has experienced that very situation (in a wooded part of Jackson Hole, Wyoming), and I'm glad the moose eventually tired of my unplanned adventure (of dodging left and right to keep the tree between me and him), -- as I earned the nickname "Dances-with-Moose"!

So, if you get the opportunity, enjoy viewing the moose of Norway (or wherever else you find one) – but be sure to enjoy your moose-viewing from a safe distance. Norwegian moose, like many other wild animals, should be seen – but not disturbed.



## COD

The official fish of Norway is the **North Atlantic Cod** (*Gadus morhua*). Norway's natural environment (and its ecology), including its fishing industry and agriculture, is dominated by its coastal/marine context, being bordered mostly by sea-waters, on the west by the North Atlantic's North Sea, and on the north by the frigid Barents Sea, with its south facing the North Sea waters that flow into the Baltic Sea. Also, that coastline is indented in jagged deep-water inlets — fjords — which jab like watery claws inland, with curving, crooked fingers, connecting the ocean-flowing water from each Norway's bay (vik) to the snow-melt-watered mountain streams which flow frigidly downward through Norway's montane forests.



Of course, it would be hard to think of Norway's natural environment apart from its fjords and other coastal waters (and their fish). Norwegian fishermen have harvested the North Sea waters for centuries, as well as those of other parts of the North Atlantic and the Baltic Sea. Prior to the earth's modest cooling (sometimes called the "Little Ice Age") which occurred during the 1300s and 1400s, Norwegian fishermen traded primarily in HERRING, the prize fish of the Hanseatic League. Also, as subarctic temperatures dropped slightly, the herring migrated south, to the warmer waters besides the Netherlands, much to the delight of Dutch fishermen. Although Hanseatic League politics had controlled the fish in Norway for about 200 years, global changes in the 1500s revolutionized the European-Atlantic fish market, due to the cod bonanza off the coasts of New England and eastern Canada. Thereafter, the Norwegian fishermen's primary North Sea groundfish (i.e., fish inhabiting the coastal waters above the oceanic continental shelf, such as those by Norway's Lofoten Islands) has the **CODFISH**.

So, when the Baltic herring market declined in Scandinavia, during the 1400s, it was the North Atlantic cod (***Gadus morhua***) that rose to the occasion, especially in the 1500s (when Cabot and others reported cod galaxies in the waters of the "New-found-land", which would soon be settled by Pilgrims and Puritans, who would illustrate this phenomenon in places like Cape Cod). Even before the Columbus-and-Cabot generation, though, Viking fishing boats netted in huge hauls of cod, off the shores of Norway, Iceland, Greenland, and eventually from Vinland (North America, from New England northward) found what would be rated the largest population of fish in the North Atlantic Ocean.



Cod, containing less oil than herring, retained its "shelf-life" longer, especially if dried, smoked, or salted. It was the North Atlantic cod that funded the pioneer economies of both Iceland and New England, and barter-like arrangements in transAtlantic trade (or trade with the Caribbean colonies) would by-pass the need for official currency, often cutting out taxes and bank charges.

Another advantage for cod fishermen: cod are famous for their reproductive success, populationally speaking. The contrasting reproductivity of codfish and chickens has been observed and humorously heralded in this poem: [The](#)



codfish lays a thousand eggs      *the homely hen but one*. The codfish never  
cackles      *to tell you what she's done*. And so we scorn the codfish      *while*  
*the humble hen we prize*, Which only goes to show you  
*that it pays to advertise!*

Quoting from Mark Kurlansky, **Cod: A Biography of the Fish That Changed the World** (London: Penguin Books. 1998), page 29.

Of course, despite the largeness of the North Atlantic Ocean, and despite the prolific procreativity of the Cod, -- the Cod could not endure the unmitigated overfishing it was subjected to, especially as that over-fishing ramped up in the latter half of the 19<sup>th</sup> century (AD). In short, over-fishing has taken its toll on the codfish. This ecological reality is a sober fact in this present (i.e., fallen) world.

The ecological crises affecting our planet today should make every thinking Christian groan over the enormous burdens that have been placed on the world God made due to the devastating consequences of sin. The Bible reminds us that the natural world is groaning [see **Romans 8:22**] as it waits for the Creator to restore the earth to a fully redeemed condition. . . .

Evolutionists, of both the atheistic and theistic varieties, are quick to declare evolution's concepts of "survival of the fittest" and "might makes right" as *natural law*. With a fetish for such "selfish gene" behavior patterns, it is no wonder that Darwin's bulldog, Thomas Huxley, encouraged the unrestrained and irresponsible over-fishing practices that have abusively crushed the population dynamics of the **North Atlantic cod** (*Gadus morhua*), which was once so plentiful. [See Mark Kurlansky, **Cod: A Biography of the Fish That Changed the World** (London: Penguin Books Ltd., 1998), 121-122.]

How did evolutionist dogma doom future generations of codfish? Huxley, as chief cheerleader for "survival of the fittest" propaganda, argued to a British government commission that more aggressive fishing of cod would only cull out the "less fit" cod (i.e., the evolutionary "losers" that would be caught in the British fishing nets). This would keep their habitat's edible resources for the "better fit" cod, which then would reproduce so that future generations would descend from those "fittest" cod--a win-win result for both cod and mankind, it was argued.

But the decimated cod population realities of the North Atlantic have actually falsified (i.e., proven as false) Huxley's irrational dream of nature as the ever-resilient and "evolving bigger and better" mythical phoenix rising from the ashes.

If **codfish** could speak, no doubt they would protest Thomas Huxley and his "survival of the fittest" attitude toward God's creatures.

Biblical respect for the Creator entails honoring Him in all aspects of life, including by our conduct as *stewards* of His now "groaning" earth. Yet ecological self-restraint is a concept literally as old as Moses, and in fact as old as the human race. [Moses' law included restrictions on excessively hunting wildlife (**Deuteronomy 22:6-7**) and imprudent deforestation (**Deuteronomy 20:19-20**), yet environmental protection laws are always balanced to value human life over nonhuman life forms (**Matthew 6:26-30**; **Psalm 8**; **Jonah 4:8-11**). Even Adam was put into Eden "to dress it and to keep it" (**Genesis 2:15**), and Noah managed the greatest biodiversity protection project ever (**Genesis 6-9**).]

Quoting James J. S. Johnson, "Misreading Earth's Groanings", **Acts & Facts**, 39(8):8-9 (August 2010), posted at [www.icr.org/article/5510/](http://www.icr.org/article/5510/) . (See also, regarding the practical

aspects of the North Atlantic codfish depletion, James J. S. Johnson's "Genesis Science Is Practical, Not Just Academic", **Acts & Facts**, 43(3):17 (March 2014), posted at [www.icr.org/article/7910](http://www.icr.org/article/7910) .)

## **PURPLE HEATHER** (and PYRAMIDAL SAXIFRAGE)

The official flower of Norway is the **Purple Heather** (a/k/a "common heather": *Calluna vulgaris*). Some also consider the rosette-displaying **Pyramidal Saxifrage** (*Saxifraga cotyledon*) as a second national flower of Norway, as of AD1935. The Purple Heather, however, is, at the popular level, recognized as "the" national flower of Norway. Purple Heather is a perennial (because its life cycle exceeds two full years) shrub. As a rule of thumb, plants that grow taller than a full-grown man are called "trees", so large plants that don't grow that tall are classified as "bushes" or "shrubs". The Purple Heather is "shrub" because it is a medium-sized woody plant, with multiple stems, so that its overall shape is "bushy". As a shrub the Purple Heather is short – i.e., it grows low-to-the-ground, to a height of about 8-to-20 inches high, rarely reaching as 3 feet in height.

The Purple Heather grows well in soil that is somewhat acidic, such as acidic pine-dominated woodland or heathland (well-drained acidic shrubland such as British moors or California chaparral). Heather often grows well in the acidic soil of cool temperature-dominated bogs (wetlands dominated by moss). Many heathlands are formed by human deforestation – sometimes intentionally – by clearing preexisting trees to produce open fields (due to timber harvests, livestock grazing, and/or burning) facilitate shrub growth that otherwise might be squelched by forest trees.

Historically, honey bees have used heathlands (and moorlands) to produce "heather honey", a honey known for a distinctive (and stronger-than-usual) taste, and having a "thixotropic" consistency – i.e., it gels (into a honey-jelly) until it is stirred – then becoming a thick syrup (like other honey) – then firming up, as before, after a while. Supposedly it is helpful for the human health, especially the urinary tract and kidneys.

Of course, honey is often noted as a natural food that promotes good health (see, e.g., 1<sup>st</sup> Samuel 14:25-43; Proverbs 16:24 & 24:13 & 25:16; Mark 1:6; Luke 24:42; etc.) – obviously, a land "flowing with milk and honey" is a good thing!




The Pyramidal Saxifrage is also a short yet beautiful flowering plant. It grows in arcticalpine tundra (e.g., in Scandinavia and Iceland), i.e., it grows in the austere grassyrocky places above timberline. After blooming the flower rosette fades and dies off.

Norway's cultural symbols often blend with **feasts**, such as **flags** displayed with **food**!


## POPULAR FOOD

**Fish and seafood are very popular, though they have cheeses, dairy products and meat too.**


Smoked salmon



**Lefse, a traditional flat bread**



**The traditional Christmas dinner consists of Lutefisk, cod or halibut.**





## **POTATO**

The unofficial root vegetable of Norway is (or at least should be) the humble Potato. After all, **where would Norway be without LEFSE?**

Potatoes are a “native” of the Western hemisphere. However, as transplanted migrants, potatoes have so blessed the world (**Acts 14:17**), as a staple food, that the global potato production is now dominated by countries in the Eastern Hemisphere, with Russia at the top of the list.

**Ironically, potatoes were not accepted quickly by Norwegians** – or by many other Europeans, although the introduced potato eventually saved multitudes -- in Norway and elsewhere in Europe -- from starvation. In Estonia, a land accustomed to hard times, potatoes (which were introduced during the AD1800s) have replaced barley as the primary staple. In Russia, the foremost potato producer in the world today, Russian Orthodox priests objected to growing potatoes because the word “potato” is not specifically mentioned in Scripture.<sup>1</sup> Also, in several other countries, potatoes were rejected for many years, being suspected as health hazards!

As food, the **potato** is a nutritional blessing: no surprise to Biblical creationists! Next to rice, it is the world's leading food crop, with annual production approaching 300,000,000 tons of the humble spud --- a truly providential gift to this hungry planet! In many countries, potatoes have provided the main food staple to prevent starvation during bad crop years -- so much so that a couple years of bad potato crops (e.g., the Irish and Norwegian potato blights, during the 1800s) can produce a national food crisis.

Potatoes are famous for providing complex carbohydrates, i.e., starch. Ironically, potatoes contain no fat, yet the human digestion system routinely converts its complex carbohydrates into human fat. Potatoes contain water and fiber, and many other nutrients. Also, potato farming provides lots of serious exercise, for men, women, and children --- in many places around the world!

Many do not know that the potato also provides a serious amount of Vitamin C. In fact, for centuries Spanish sailors have been eating potatoes to prevent scurvy). However, beware: eaters of skinned potatoes! -- most of the potato's Vitamin C is located immediately under the potato skin, so skinning a spud is likely to result in loss of most of its value as a serious source of Vitamin C.

Potatoes, sometimes called “**tatties**” in Great Britain (and *pommes de terre*, i.e., “ground-apples” in France), also provide minor amounts of some minerals (including potassium, phosphorus, iron, sodium, calcium, and magnesium) and small amounts of

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<sup>1</sup> Larry Zuckerman, *The Potato*, page 82 (noting that Russia's empress Catherine the Great overruled the Russian Orthodox priests on this matter, and that a later czar, Nicholas I, further institutionalized the potato as a solid mainstay in and for Russia's agricultural economy).

various vitamins besides Vitamin C (including Vitamins B1, B2, B3, and B6). Potatoes provide helpful fiber and even some protein, but that protein is not enough to contribute to any real “protein diet”!

The huge variety of food dishes, that feature **potatoes** as a prominent ingredient, include the following (among many others not listed here):

**Breton Fish & Potato Chowder** (using sardines and potatoes, with garlic, shallots, onion, butter, and spices, --- SMITH-TWIDDY, page 10)

**Breton “Pot au Feu” Beef & Potato Stew** (mixing stewing beef, potatoes, leeks, carrot, turnip, rutabaga, rice, nutmeg, pepper, and other spices, --- SMITH-TWIDDY, page 9)

**Cornish Fish & Potato Gazy Pie** (this pie features mackerel or herring, with potatoes, cream, and spices, --- SMITH-TWIDDY, page 31)

**Cornish Lobster Vegetable Soup** (including potatoes, celery, carrot, onion, fish stock, and cubed lobster meat, --- SMITH-TWIDDY, page 12)

**Cornish Miner’s Pasty** (this is a “pot pie” for tin and copper miners; besides potatoes, this “pasty” includes mutton, onion, carrot, parsley, and spices, --- SMITH-TWIDDY, page 53)

**Cornish Seafood Chowder** (featuring potatoes and bacon, with a generous amount of any kind of shellfish, --- SMITH-TWIDDY, page 11)

**Cornish Watercress Potato Soup** (SMITH-TWIDDY, page 13)

**Czech *Brámborová Polévka* Potato Soup** (includes potatoes with cut-up onion, egg, lots of butter, flour, milk, and salt, with chopped celery as an extra option for added seasoning, --- Dvoracek & Kral, pages 181)

**Czech *Brámborové Hůlky* Potato Sticks** (includes potatoes with flour, shortening, egg, caraway seed, and salt, -- Dvoracek & Kral, pages 189)

**Czech *Brámborové Lívance* Potato Pancakes** (includes potatoes with hot milk, eggs, crushed garlic cloves, flour, sweet marjoram, grated onions, caraway seed, pepper, and salt, plus oil for frying, -- Dvoracek & Kral, pages 191)

**Czech *Brámborovy Knedlíky* Potato Dumplings** (includes boiled potatoes with Cream of Wheat, eggs, flour, and salt, to produce a dumpling dough that is rolled and boiled, -- Dvoracek & Kral, pages 189)

**Czech Potato Salad** (using potatoes boiled in their skins, carrots, peas, sliced water chestnuts, and mayonnaise, --- Dvoracek & Kral, pages 185)

**English Fish and Chips** (traditionally deep-fried codfish and French fried potatoes, sometimes served with malt vinegar; due to the price of codfish, haddock and other whitefish are sometimes substituted for the cod)

**Estonian *Kartulisalat* Potato Salad** (using peeled potatoes, dill pickles, boiled eggs, scallions, and salt, served with a dressing made from mayonnaise, sour cream, mustard, and various seasonings, --- Kärner, page 145)

**Finnish *Rösti* Potatoes** (a simple preparation of grated, seasoned, and oil-sautéed potatoes, --- TANTTU, LARSEN, KIIVERI, & LUNDSTEN, page 29)

**Finnish Rye Potatoes** (cut-up potatoes deep-fired in rye flour, salt, and oil, --- TANTTU, LARSEN, KIIVERI, & LUNDSTEN, page 37)

**Icelandic Potato Leek Soup** (using potatoes, leeks, chopped chives, butter, chicken stock, and simple spices --- Berry, page 24)

**Irish Apple & Potato Cake** (using a mix of mashed cooked apples and cooked mashed potatoes, with eggs, milk, flour, and seasonings that include nutmeg, lemon, and cinnamon, --- SMITH-TWIDDY, page 125)

**Irish Potatoes & Leeks Soup** (SMITH-TWIDDY, page 17; this is similar to “Scotch Leek and Tattie Soup”, noted below)

**Irish Seafood Chowder** (featuring potatoes, onion, and a variety of seafood, e.g., mussels, clams, cockles, and/or whitefish, --- SMITH-TWIDDY, page 18)

**Norwegian *Lefse*** (this potato-based flatbread, which somewhat resembles a flour tortilla, is a traditional favorite of

all true Norwegians, --- as well as being the subject of many “Ole and Lena” jokes)

**Manx Ham & Vegetables Broth** (featuring ham with potatoes, onion, rutabaga, carrots, and pearl barley, --- SMITH-TWIDDY, page 16; notice how these vegetable ingredients are similar to those in Breton *Pot au Feu*)

**Manx “Isle of Man Hot Pot”** (this hot dish blends mutton, potatoes, leeks, carrots, onion, and spices, --- SMITH-TWIDDY, page 55)

**Manx Layered Dinner** (this is a multi-layered “pot pie” featuring bacon, potatoes, beef stock, and many kinds of vegetables, --- SMITH-TWIDDY, page 55)

**Manx Priddhas & Herrings** (this is a traditional favorite of the Isle of Man,<sup>2</sup> blending herring and potatoes, with onion, --- SMITH-TWIDDY, page 34)

**Moravian Moravské *Lívanec Brámborové* Potato Pancakes** (using cream or half-and-half, chopped onion, flour, egg, salt and pepper, plus oil for frying, -- Dvoracek & Kral, pages 199)



**Scotch Leek & Tattie Soup** (featuring chopped leeks and potatoes, with lots of butter, grated cheese, spices, and flour, --- SMITH-TWIDDY, page 22)

**Swedish *Stuvad Potatis* “Creamed Potatoes”** (using boiled potatoes with a white sauce made from lots of butter, with milk, flour, dill weed, salt, and pepper, --- Wright & Thompson, page 101; another recipe for *Jansson’s Temptation* appears at Ojakangas, page 121)

**Swedish *Janssons Frestelse*, a/k/a “Jansson’s Temptation”** (a quintessential holiday and smorgasbord dish in Sweden, featuring potatoes, with onion, Swedish anchovy fillets,<sup>3</sup> heavy whipping cream, butter, etc., --- Wright & Thompson, page 92)

**Swedish *Potatiskorv* Potato Sausage, a/k/a “Potato Baloney”** (this unusual usage of potato involves filing a long baloney casing with a mix of potatoes, lean ground beef, lean ground pork, chopped onion, and seasonings,<sup>4</sup> --- Wright & Thompson, page 130)

**Ukrainian-style Borchst** (this is a favorite among all Slavic peoples, so this Ukraine-style dish can be varied to local preferences, such as the Czech version indicated here --- featuring a mix of potatoes, tomatoes, butter, chopped onion, chopped garlic cloves, grated beets, chopped celery, fresh parsley, grated turnips, sugar, vinegar, beef stock, chopped cabbage, boiled beef, sour cream, and various seasonings, --- Dvoracek & Kral, page 180)

**Welsh “*Potes Mis Medi*” Harvest Pot** (including lamb, bacon, potatoes, carrots, onion, leeks, turnips (or rutabagas, a/k/a to the Welsh as “swedes”), butter, and spices, --- SMITH-TWIDDY, page 63)

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<sup>2</sup> The traditional Manx rhyme (quoting Helen Smith-Twiddy at page 34) brags on this simple food:

*I’m a native of Peel, and I think for a meal,  
That there’s nothin’ like priddhas and herrin’; I  
was reared on the quay, and I followed the say  
And it’s mighty good fishin’ I’m getting’.*

<sup>3</sup> Disagreeing with the conventional (Swedish) wisdom regarding **Jansson’s Temptation** (which insists that only Swedish anchovies be used), Dr. Margaret Mattson of Upsala College (a Swedish Lutheran college in New Jersey, closed in 1995) said: —Contrary to what is written, ordinary anchovies [such as Norwegian anchovies, but add a bit of —salty brinell] make very good Jansson’s [Temptation].

Just do not include the oil they are canned in. (Quoting from David Wright & Martha Wiberg Thompson’s *Swedish Touches, Superbly Swedish Recipes & Traditions*, page 92.)

<sup>4</sup> Lorraine Anderson, the contributor of this Swedish recipe, notes: — Also needed is a funnel with an approximately 1/2–inch opening to work the ground mixture into the casing. Some electric mixers now have an attachment for this, but my mother and grandmother used a piece from the horn of a cow for the funnel. (Quoting from Wright & Thompson [see footnote #3, above], page 130.)

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