

## FOOD DICTIONARY

<b>Milk products</b>	<b>Norwegian</b>
Whole fat milk	Helmelk
Semi fat milk	Lettmelk
Low fat milk	Skummetmelk
Sour milk, natural flavor	Kefir
Sour milk	Cultura / Surmelk
Cream	Fløte
Sour Cream	Rømme / Lettrømme
White cheese, mild flavor	Norwegia / Jarlsberg
Brown cheese, sweet	Fløtemysost / Brunost
<b>Bread and grains etc</b>	
White bread	Loff
Semi white	Kneipp brød
Dark bread, medium content with whole grains	Mellomgrovt brød
Dark bread, high content with whole grains	Grovt brød
Dehydrated, square pieces of bread, Scandinavian origin	Knekkebrød
Thin, flat and soft bread, made of potatoes, look like Mexican tortillas	Lompe
Pre-cooked rice which needs only a few minutes to get ready	Hurtigris
Common rice which requires regular cooking procedure	Middagsris
Rice for making rice porridge	Grøtris
Dessert cakes	Vafler
Sweet wheat bun	Boller / hveteboller

<b>Oils and fats</b>	
Olive oil	Olivenolje
Sunflower oil	Solsikkeolje
Cod liver oil (not for cooking)	Tran
Butter made from milk	Smør
Butter made from vegetable / plant oils	Margarin
<b>Fish products</b>	
Mackerel in tomato sauce	Makrell i tomat
Spread made of hard roe (fish eggs)	Kaviar
Fish forcemeat, in different shapes	Fiskeboller / fiskepudding
Fish burgers	Fiskekaker
Fish fingers	Fiskepinner
Shrimps	Reker
Cod filets	Torsk filet
Coal fish / Pollack	Sei
Trout	Ørret
Salmon	Laks
Spread made of pork liver	Lever postei
Sliced ham/sausages, used on bread	Skinke/servelat/pølse
<b>Meat and poultry products</b>	
Sausages / hot dogs for dinner	Pølse
Meat ball	Kjøttkake
Chicken	Kylling
Beef, from cows	Biff
Spread made of pork liver	Leverpostei
Minced meat with added water and salt	Kjøttdeig

<b>Fruits and vegetables</b>	
Cucumber	Agurk
Corn	Mais
Mushroom	Sopp
Carrot	Gulrot
Couiflower	Blomkål
Cabbage	Kål
Turnip/kohlrabi	Kålrot
Peas	Erter
Onions	Løk
Garlic	Hvitløk
Yellow/red/green pepper	Gul/rød/grønn paprika
Leek	Purre
Ginger	Ingefær
Apple	Eple
Pear	Pære
Grapes	Druer
Oranges	Appelsiner
Pineapple	Ananas
Strawberries	Jordbær
Raspberries	Bringebær
Blueberries	Blåbær
Cloudbberries	Multer

## **Lunch in Norway**

Bringing a «matpakke» (a packed lunch) to work or school is common among most Norwegians.

A typical Norwegian “matpakke” consists of slices of bread or a sandwich. Easy made salads are also common to bring.

Bringing your own food will also stop you from spending small amounts here and there and is therefore an excellent way to save money. Here is a few lunch ideas:

### **Slices of bread with “pålegg”**

You will find that many Norwegians have slices of bread with different kinds of “pålegg” for lunch. “Pålegg” is anything you can put on top of a slice of bread, like cheese, ham, jam, caviar, mackerel in tomato sauce, spread made of pork liver or anything else you might think of.

Only imagination sets limits to what a “pålegg” is.

Instead of normal bread, you can also buy bread rolls. You can buy frozen bread rolls in most grocery stores. Heating them up in the oven is quick and easy.