

norway

# A Taste of Norway

Buffet dinner

on the occasion of the state visit of  
Their Majesties King Harald V and  
Queen Sonja of Norway  
to the Republic of Singapore

Shangri-La Hotel, 29 October 2004



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## Norwegian culture, food and its importance

There are few things that play such an integral part in our lives as food. We need food to survive; with food we celebrate the festive seasons and mark special moments of happiness or sorrow, and we use food to show gratitude and friendship. Good food is a prime source of well-being and joy, and it provides an important introduction to Norway when presenting our country and culture abroad.

Norway has excellent conditions for producing food for a varied, all-round, healthy diet. Seafood from Norway is raised in cold, clear waters, slowly growing, patiently maturing. A rich variety of seafood, which can be eaten fresh or conserved in a good old fashion style, or with a modern flair.

Our meat comes from healthy domestic livestock, while our game, fruit and wild berries come from Norway's extensive forests and vast mountain expanses, and is packed with the taste of unspoilt nature. Norwegian dairy produce is of prime quality, and our long-standing baking traditions are still thriving, especially as regards food that is rich in nutrients and fibre. Norwegian fruit and vegetables are packed with vitamins and taste delicious.

Seen in the context of a global community in which borders are fast disappearing and distances becoming increasingly shorter, all this provides a unique starting point for a great culinary experience.

Bon appétit



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## A Taste of Norway

Norway currently has three Bocuse d'Or winners, or culinary world champions, a situation that would have been unthinkable a mere fifteen years ago. Through long-term commitment and hard work the country has built up the culinary skills and self-esteem required to reach this goal.

The part played by the high level of culinary skills and high quality of Norwegian food in the total Norwegian experience is an important element in the presentation of Norway and its culture abroad.

"A Taste of Norway" is the result of a collaboration between:

The Ministry of Agriculture and Food  
The Ministry of Fisheries and Coastal Affairs  
The Ministry of Foreign Affairs  
The Ministry of Trade and Industry.

## Norwegian Fruits and Berries



Apples from the Hardanger district embody aspects of the area itself. In this cool climate, the fjord arms produce unique growing conditions. The soil and the intense summer sun combine with the cold autumn nights just before harvest time to bring out a very special taste and freshness of colour. And, believe it or not, these apples contain up to eight times as much vitamin C as fruit produced further south in Europe.

### Lukewarm Hardangerfjord Apple Tart

#### Steamed chocolate pastry

100 g eggs  
50 g sugar  
20 g flour  
15 g cornflour  
15 g cacao

Beat eggs and sugar. Sift flour, cacao and cornflour and fold into egg mixture. Spread batter in an even layer on a greased baking paper. Cover with plastic (for use in kitchen). Steam at 100°C for 8 – 10 minutes. Cut pastry and put it in a cake tin.

#### Caramelised apple

140 g sugar  
4 Hardangerfjord Apples  
20 g Tine butter  
20 g chopped pistachios

Make caramel from sugar and water, golden to dark brown. Add the apples, in small pieces, to the caramel. Add butter and heat until the apple is tender. Then add chopped pistachios. Take out the apple and leave to cool.

If you want to make a caramel cream sauce just add 70 g liquid cream and 10 g butter to the caramel. Use water to adjust the sauce.

#### Hardangerfjord Apple jelly

400 g Hardangerfjord Apples  
40 g sugar  
1 tablespoon water  
1 g karagen (E407)

Cut the apple into chunks with the peel on. Boil in sugar and water until it is tender. Make a purée of the apples. Add karagen, not over 50°C. Bring to boil, stir all the time. Cover the chocolate pastry in the cake tin with the jelly.

## Buffet

One of the buffet's cooking stations will prepare this dish step-by-step, in addition to an extensive selection of Norwegian apple dishes such as:

Poached Hardangerfjord Apples with Sour Cream

Hardangerfjord Apples in a Traditional style  
with Snøfrisk® Cream Cheese

Cones with Cream of Hardangerfjord Apples

## Norwegian Meat and Game



Reindeer meat is one of the wonders of the culinary world. It is amazing how the barren Arctic climate can provide enough food to flavour this beautiful meat, making it an exclusive, tasty delicacy. Chefs describe it as rich, delicate and tender, not to mention the fact that it is low in fat and cholesterol.

### Filet of Norwegian Reindeer on Fondant Potato, Sauce Aigre-Doux with Dried Fruit

720 g filet of Norwegian Reindeer  
Butter for frying

Season the filet with salt and pepper. Heat a frying pan, add the butter and the filet, fry for approx 2 min. on each side, leave it to rest for 3-4 min.

#### Fondant Potato

2 big potatoes (peeled)  
1 dl chicken stock  
150 g unsalted butter  
2 garlic cloves  
Salt, pepper and fresh thyme

Start by making a cylinder of the potato, cut the cylinder in two. Put the potatoes in a small oven proof dish and pour the chicken stock over the potatoes, add the butter, some salt, pepper and thyme and bake in pre-heated oven at 200 degrees for approx 45 min.

#### Sauce Aigre-Doux with Dried Fruit

2 dl demiglace of Norwegian Reindeer  
2 oranges (the juice)  
1 tbsp sugar  
2 tbsp dried fruit and berries (blueberries, redcurrants, blackcurrants, prunes, apricots)  
1/2 tbsp unsalted butter

Soak the berries in water for 1-2 hours. Make caramel of the sugar, add the juice and reduce to thick syrup. Add the stock season with salt and pepper, stir in the butter and add the dried berries.

## Buffet

One of the buffet's cooking stations will prepare this dish step-by-step, in addition to an extensive selection of Norwegian meat and game dishes such as:

Pâté Pantin à la Norwegian Reindeer with Caramelised Pineapple.

Sausage of Norwegian Lamb on Toast with Potato Aioli.

Terrine of Cured Leg of Norwegian Lamb, Mushrooms and Snøfrisk®

Norwegian Lamb Kebab in Filo Pastry.

Confit of Norwegian Lamb Shoulder, Apple and Onion Chutney.

## Norwegian Dairy Products



Compared with its small population of only 4.5 million, Norway is a very large country. It has beautiful fjords, mountains and untouched Nature. Only three per cent of the land is cultivated. Conditions in Norway are particularly well-suited to producing first-class dairy products.

There are only 15 cows on the average Norwegian farm, and farmers therefore know their livestock individually. Norwegian milk is among the freshest and purest in the world, forming the basis for the high quality of Norwegian dairy produce.

### Crostini with Gratinated Jarlsberg® and Honey Marinated Tomato

200 g Jarlsberg®  
25 g rocket salad green  
1 baguette cut in 1/2 cm. thin slices

Toast the baguette slices. Arrange rocket salad and 1/4 of a marinated tomato on each slice of toast, and top with a slice of gratinated Jarlsberg®. Pour some of the marinade over each slice.

#### Honey marinated tomato

5 plum tomato, skinned and deseeded.  
1 tbsp Tine Butter  
2 tbsp honey  
1/2 lemon, zest  
1/2 vanilla pod  
salt and pepper

Bring the butter, honey, vanilla and lemon zest to a boil. Cut the tomatoes in quarters, and add the tomatoes to the saucepan. Season with salt and pepper to taste. Leave to cool.

## Seafood from Norway



Seafood from Norway inspires culinary innovation. Norway's treasures of the sea have given life to the coast and fjords for thousands of years and inspiration to people worldwide. Norwegian Salmon has been integrated within authentic ethnic cuisine – earning a significant role in the ever-changing culinary global environment. Each day Norwegian Salmon's versatility takes people on their own culinary journey, bringing out the flavour in ethnic cuisine – while maintaining its unique taste.

### Steamed Norwegian Salmon and Bean Shoot Dumplings

#### Filling

225 g Norwegian Salmon fillet  
150 g shrimp meat  
150 g bean shoots  
37.5 g Chinese parsley  
37.5 g carrot (peeled)  
1/2 tsp salt  
1/3 tsp granulated sugar  
1 tsp cornstarch

Cut Norwegian Salmon into dices and mash the shrimp meat slightly. Parboil the bean shoots and squeeze excessive water out. Cut carrot and Chinese parsley very finely. Mix in all ingredients and seasoning.

#### Dough

300 g wheat starch  
300 g cornstarch  
900 g water

Mix 150 g of wheat starch and 300 g of cornstarch with 300 g of water. Bring the remaining 600 g of water to boil and pour over the dough. Add the rest of the wheat starch and continue to mix well. Knead until smooth.

Roll 11,25 g of the dough into thin circular piece and wrap with filling. Pinch into star shape. Steam at high heat for 5 minutes.

## Buffet

One of the buffet's cooking stations will prepare this dish step-by-step, in addition to an extensive selection of Norwegian dairy produce dishes such as:

Jarlsberg® Canapés with Cured Leg of Lamb  
Jarlsberg® Canapés with Pistachio and Honey  
Marinated Jarlsberg® with Fried Garlic, Orange and Roasted Walnuts  
Jarlsberg® Polenta with Mushrooms and two types of Salsa  
Toast with Ridder® and Red Wine Marinated Figs

## Buffet

One of the buffet's cooking stations will prepare this dish step-by-step, in addition to an extensive selection of dishes integrating Norwegian seafood within authentic ethnic cuisine such as:

Indian; Tandoori Salmon  
Malay; Salmon Satay  
Thai; Thai Green Mango, Monkfish and Chilli Salad  
Singaporean; Black Pepper King Crab  
Western; Salmon Koulbiac

## menu

### Cold Dishes

- Sweet & Sour Norwegian Salmon Trout
- Norwegian Salmon Trout Tartare
- Norwegian Gravlax Tartare
- Cold Poached Norwegian Salmon Trout & Medallions
- Norwegian Gravlax Carving Station
- Norwegian Hot-smoked Pepper Mackerel
- Norwegian Cold-smoked Mackerel
- Norwegian Shrimps with Orange and Basil Vinaigrette
- Variations on Norwegian Herring: Smoked, Tomato, Pickled, Curry and Red Wine Matjes Herring
- Variations on Smoked Salmon: Szechuan Pepper, Apricot, Thai Style, Alaska Style
- Smoked Norwegian Salmon and Snowfish with Nori
- Spinach Salad with Pickled Norwegian Mackerel and Asparagus
- Norwegian Klippfish Mousse with Tomato Concasse and Tarragon
- Norwegian Shrimp Salad
- Carpaccio of Marinated Fresh Norwegian Salmon with Dried Seaweed & Fresh Herbs.
- Millefeuille with Norwegian Crab and Tomato
- Thai Green Mango, Norwegian Monkfish and Chilli Salad
- Salted Norwegian Cod with Garlic and Potatoes
- Sushi: Ama-ebi, Salmon, Salmon Roe, Saba
- Sashimi: Ama-ebi, Salmon, Saba
- Assorted cheeses with Garnish: Jarlsberg®, Matured Jarlsberg®, Ridder®, Snøfrisk® Cream Cheese, Ski Queen®, Port Wine Marinated Raisins, Honey, Rye Bread and Norwegian Kviteseid Butter
- Jarlsberg® Canapés with Cured Leg of Lamb
- Jarlsberg® Canapés with Caramelised Kumquat
- Jarlsberg® Canapés with Tapénade
- Jarlsberg® Canapés with Pistachio and Honey
- Marinated Jarlsberg® with Fried Garlic, Orange and Roasted Walnuts
- Marinated Jarlsberg® with Olives and Spring Onions
- Marinated Jarlsberg® with Piquillo and Herbs
- Reindeer Carpaccio with Cabbage and Cloudberry
- Salad of Smoked Reindeer, Heart and Tongue, Semi Soft Scrambled Eggs, Served in the Eggshell.
- Pâté Pantin à la Norwegian Reindeer with Caramelised Pineapple.
- Sausage of Norwegian Lamb on Toast with Potato Aioli
- Terrine of Cured Leg of Norwegian Lamb, Mushrooms and Snøfrisk® Cream Cheese.
- Cured Leg of Norwegian Lamb

### Main Cooking Stations:

- Filet of Norwegian Reindeer on Fondant Potato, Sauce Aigre-Doux with Dried Fruit
- Crostini with Gratinated Jarlsberg® and Honey Marinated Tomato
- Steamed Norwegian Salmon and Bean Shoots Dumplings
- Lukewarm Hardangerfjord Apple Tart.

## menu

### Hot Dishes:

- Norwegian Salmon Confit Sweet and Sour Daikon, Cress
- Nutty Norwegian Halibut Artichoke Purée, Nyon's Olive Oil
- Steamed Norwegian Shrimp Passion Fruit, Tomato and Tarragon Nage
- Warm Salad of Sautéed Norwegian Langoustine with Grand Marnier.
- Norwegian Scallops and Spinach Dumpling with Ginseng and Wolfberries Mayo
- Steamed Norwegian Cod Medallion with Leek, Tomato, Garlic and Black Olives, Eight-hour Stock
- Wok Charred Norwegian Salmon with Sea Urchin Glazed
- Barbecued Norwegian Salmon with Capers Cream and Scallop Salsa
- Steamed Norwegian Monkfish with Leek and Yellow Mushroom Mousse
- Baked Norwegian King Crab Timbale with Spicy Orange Butter
- Norwegian Mussel au gratin with Celeriac and Cilantro Hollandaise
- Saba Teriyaki
- Norwegian Shrimps with Cauliflower and Chives
- Norwegian Saithe and Scallops Boccuse d'Or 1999
- Steamed Norwegian Salmon and Crab Meat Dumplings
- Steamed Norwegian Salmon Buns
- Steamed Norwegian Salmon Dumplings
- Baked Norwegian Salmon and Turnip Pastries
- Baked Norwegian Salmon and Abalone Sauce Pastries
- Norwegian Salmon and Egg Custard Crystal Cake
- Norwegian Salmon and Pumpkin Dumplings
- Deep Fried Norwegian Mackerel and Taro Puffs
- Steamed Norwegian Mackerel Dumplings
- Tandoori Salmon
- Norwegian Saithe - Fish Curry
- Norwegian Salmon Satay, Peanut Sauce with Traditional Condiments
- Norwegian Catfish and Clam Thai Green Curry
- Black Pepper King Crab
- Norwegian Salmon Parcels with Lobster and Mango
- Whole-baked Norwegian Salmon with Fresh Herbs and Lemon Butter Sauce
- Norwegian Salmon Koulibiac
- Jarlsberg® Polenta with Mushrooms and two types of Salsa
- Toast with Ridder® and Red Wine Marinated Figs
- Tart of Jarlsberg® and Norwegian Smoked Salmon
- Reindeer Medallion in Herbal Tonic
- Norwegian Lamb Kebab in Filo Pastry.
- Confit of Norwegian Lamb Shoulder, Apple and Onion Chutney.
- Norwegian Lamb Korma
- Norwegian Reindeer Rendang
- Spring Onion and Ginger Reindeer
- Braised Norwegian Lamb Shankrub with Pesto and Parsnip Sauce

### Desserts:

- Poached Hardangerfjord Apples with Sour Cream
- Hardangerfjord Apples in a Traditional style with Snøfrisk® Cream Cheese
- Cones with Cream of Hardangerfjord Apples
- Hardangerfjord Apples Natural
- Asian Variation on Hardangerfjord Apples
- Hardangerfjord Apples Natural
- Lingonberries Sorbet
- Cloudberry Tartlet
- Apple tart
- Chocolate Truffle Tart
- Pralines



# chefs

This buffet is a result of a collaboration between chefs from both Norway and Singapore, blending skills and tradition from the two countries.

## Main coordinators:

Frank Arne Næsheim, WACS Continental Director, WACS - ASIA

Halvor Hedenstad, F&B Manager, The Culinary Institute of Norway

## From Singapore:

William Ng, Executive Sous Chef, Raffles The Plaza Swissotel The Stamford

Ivan Yeo, Executive Chef - Equinox, Raffles The Plaza Swissotel The Stamford

Justin Quek, Executive & Owner, JQConcepts

Daniel Koh, Executive Chef, Sheraton Tower Singapore

Benton Toh, Executive Sous Chef, The Ritz Carlton Singapore

George Baird, Executive Chef, Shangri-La Hotel Singapore

Robert Blackborough, Executive Sous Chef, Shangri-La Hotel Singapore

## From Norway:

Terje Ness, Bocuse d'Or winner 99, Haga Golf Park AS.

Thomas Hoøy, F&B Consultant, The Culinary Institute of Norway

Thomas B. Nilsen, F&B Consultant, The Culinary Institute of Norway

Siv Støfringstøl, F&B Consultant, The Culinary Institute of Norway

Endre Gabrielsen, F&B Consultant, The Culinary Institute of Norway

Inger Lise Kundsén, Junior Consultant, The Culinary Institute of Norway



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