

Name: _____

Period: _____

Scandinavia Study Sheet

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1. What four countries make up Scandinavia?

Denmark, Norway, Sweden, and Finland

2. What does the statement "*Land of the Midnight Sun*" mean?

These are Scandinavian regions that are above the Arctic Circle where the sun does not set for about 2 months in the summer.

3. Define "*fjords*" and where do you find them?

They are slender, deep bays that cut deeply into the land. They can be found in Norway.

4. What is the Finnish name for Finland? Swomi

and what does it mean? It means swamp because the glaciers formed large marshy areas in Finland.

5. Which country has the most moderate climate? Denmark

6. Who were the ancestors of the Scandinavian people? The Vikings

7. Which of the Scandinavian countries is the most prosperous agriculturally? Denmark

What do they mainly produce? Pigs, cows, chickens produce bacon, dairy products and eggs.

8. What 3 major factors affect Scandinavian cuisine? Name the factor and explain how each has influenced the cuisine.

Factor

A. Geography

B. Human Isolation

How it influenced the cuisine

A. It is hard to produce food; worked hard to gain foods from forests, water and tillable land

B. Mountains and sea separate from rest of Europe and from each other; foods are local or regional

C. Climate

C. Growing seasons are short; preserve foods; pickled, dried, and salted foods are common.

9. Danish foods are the richest of the Scandinavian foods. What ingredients do they use in large quantities? They use butter, cream, cheese, eggs, pork, and chicken.

10. Describe the Danish terms.....

- a. *Smørrebrød* – open-faced sandwiches made with thin, sour rye bread spread with butter; toppings are meat, fish, cheese, or vegetables. Danish blue cheese with raw egg is a typical topping; sliced pork garnished with fruit and smoked salmon and scrambled eggs garnished with chives are also popular toppings
- b. *Aquavit* – a clean potent spirit distilled from grain and potatoes and flavored with caraway seeds
- c. *frikadeller* – meat patties made from a mix of ground pork with ground veal
- d. *koldebord* – cold buffet similar to a smorgasbord
- e. *Ymer* – a high protein milk product
- f. *weinerbrod* – layers of buttery pastry filled with fruit or custard and sprinkled with sugar or nuts

11. Why have Norwegians relied so heavily on seafood as a staple for their diet?

Because of their nearness to the sea

12. What is *lutefisk*? It is a cod that has been soaked in a lye solution before cooking; a traditional Norwegian dish

13. Describe the following Norwegian foods.

A. Lefse- a thin potato pancake

B. får I Kål – a stew made from mutton and cabbage

C. *Krumkaker* – thin delicate cookies baked on a special iron and rolled around on a wooden spoon while still warm; cooled cookies are filled with whipped cream and fruit

D. *Rosettes* – light and airy cookies cooked on the ends of special irons in hot fat

E. *Fattigman* – diamond-shaped cookies, are also fried in fat

F. *Kringla* – rich with sour cream or buttermilk and tied in figure eights or knots

14. What is a *smörgåsbord*? It is a buffet that includes hot and cold dishes. It means bread and butter table. They include herring dishes; cold fish, meats and salads; hot meals, eggs of fish; breads; cheeses; and desserts

15. Define *husmankost*- it is the everyday style of cooking and is very simple

16. What are *lingonberries*? They are red, tart berries.

17. What is one way of preparing reindeer in Sweden?

Reindeer meat is prepared by shaving the meat into hot fat and frizzling it.

18. Describe the Swedish desserts.

A. *ostkaka* – a rich pudding like cake, from milk, heavy cream, eggs, sugar, rennet, and flour

B. *spettekaka* – a delicate cake made of eggs, sugar, and flour. The bakers pour the batter onto a cone-shaped spit placed in front of a fire. As they rotate the cone, the batter dries in layers and forms a pattern.

19. What types of berries are gathered by the Finns? Raspberries, strawberries, lingonberries, arctic cloudbberries, Finnish cranberries and *Mesimerja*- small delicate fruits similar to raspberries

20. Describe.....

A. *vatkattu marjapuuro* – a popular fruit pudding made by whipping fruit juice, sugar, and a cereal product similar to farina

B. *vorshmack* – ground mutton, salt herring, and beef combined with onions and garlic

C. *mämmi* – a pudding made of molasses, bitter orange peel, rye flour and rye malt; served at Easter with sweet cream

21. Describe the two popular dishes that were a result of Russian rule in Finland.

Pasha – a type of cheesecake

Piirakka – pastries or pies that are filled with meat, fish, vegetables, and fruits; served as appetizers, side dishes or desserts

22. What is a *sauna*? It is a steam bath in which water is poured on hot stones to create steam. Finns follow a sauna with a quick dip in a chilly lake or swimming pool