



The Eco-
Gastronomy
project

AN INTERNATIONAL
KNOWLEDGE EXCHANGE
INITIATIVE ABOUT FOOD
& FOOD SYSTEMS

Norway

Oslo & Ås

Week of Daze (Norwegian Food from Monday to Monday again)

In honor of my lovely, brilliant, and giving hosts—Nordic gastronomes, generous as ever anyone has been—I recall here a little of what Anne Siri and Francisca shared with me. I cannot possibly express the feelings of warmth, satisfaction, and groundedness that this food brought into my body and psyche. But maybe because of what is left out, between the words and images, a little bit of that feeling will be induced.

(mandag)

Spud soup, foraged greens
Salt-baked beets with real roast cod
Oslo welcomes me.

(tirsdag)

National Day dawns
prosecco bright and bubbly
red/blue ribbons dance.

Gammel Dansk aplenty
toasts! and soothing beer flows on—
Lots of herring, too.

Fjord-facing condo
Serves strawbs and dogs and (more!) fizz.
Dizzy from the height?

Somewhere in there,
brown cheese and butter! Flat bread!
Sandwiches, more beer.

Onwards, dusky din:
Smoked trout, fricadell', salads
Stories, Kransekake. Sleep.



(onsdag)

Crumbly pultost toast
Caraway roma haunts my
Fingers smell all day.

Cooking for my host,
nearby shop, Norsk packaging
(thanks translation app...)

Leek/bacon/apple
A risotto of the North!
Tap-tap-tap the plate.

Peru-mauve taters,
(American farmed?) catfish
And some wine, of course!

(torsdag)

Big party supper
All around the round table
Friends, family, food.

Reindeer hearts, cured whale (!)
Lingonberry sour cream
Chick'n calf livers...

(fredag)

...a meat hangover
while driving to the country:
Dairy farm visit.

Nýr: is new and good
Cultured milk from happy cows.
All-purpose labneh!

Glass of whole raw milk
Wipes away all trace of ache
Now I'm happy too.

A simple supper
later on: poached halibut
cuke salad, butter.

(lørdag)

boiled egg, brown cheese
(again!) and berry conserve
sardines with pepper

A walk through town shows
Tourist Food: smoothies, bánh mì!
I watch the world eat.



Fran cooks with grace and
I receive amazingness.
Ex-profs are lucky.

Smoked mack'rel rillettes
Soft-boiled seagull egg with...
O! ramp vinaigrette

Then: King Pepper Crab
Long live his soy-laced freshness.
(What fermentation!)

More reindeer—but loin.
With softest, three Cs purée:
choke-cauli-celer'

And now that it is...
midnight?! Spoons to ladled bowls.
Rhubarb, vanilla, cream.

(*søndag*)
Can this continue?
Simple breakfast: lompe, coffee.
Prepare for dinner.

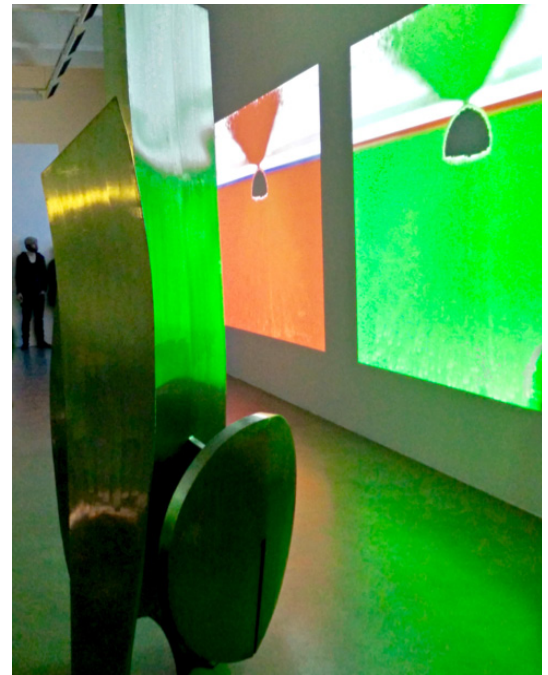
To end this strong week
We go for loco-local
One great restaurant.

Arakataka
Means nothing in Norwegian,
but really good food.

(*mandag, igjen*)
Ås workshop lunch is...
a salad constellation!
Vitenparken fare.

And dinner? One last.
Very sweet, a little sad.
Keeping it for me.

D. Szanto
July 1, 2016
Montreal, Québec



University of Gastronomic Sciences
Università degli Studi
di Scienze Gastronomiche


Slow Food®