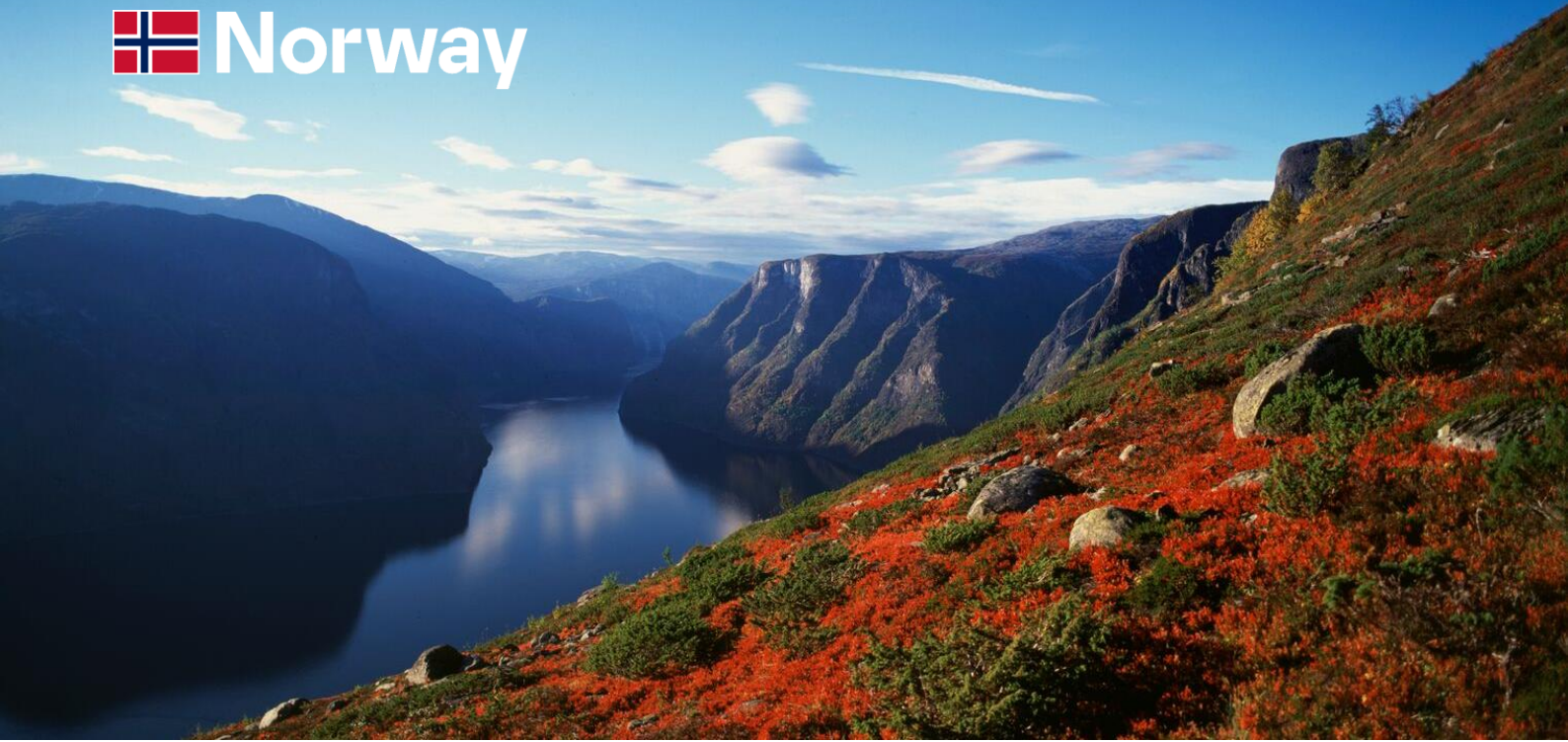


A taste of Norway

Recipes from south to north and east to west

... and exclusive travel trade tips





Welcome to Norway

In this recipe book you can find tips for making **real Norwegian food** as well as you can get a taste of which special tips the different Norwegian regions have to offer to your foodie-guests.

This wonderful country is worth a visit year-round. If you are enjoying good food while travelling, the kingdom of Norway is the right destination for you! From sweet treats like berries, waffles and ciders, to cured meats and some of the world's best cheeses. And don't forget the fresh seafood: king crab, salmon and the famous Atlantic cod. Enjoy the new and traditional flavors of Norway.

When it comes to food and drink in Norway, a **culinary revolution** has quietly taken place in the last few years. In particular have both restaurants and ordinary kitchens seen a rise in **local and organic food**. This has a lot to do with the general increase in prosperity and willingness to spend money on high-quality products, but also with a new-found pride in Norwegian food traditions and ingredients.

What really characterizes Norwegian cooking is to a large degree found in our rather unique agricultural customs: Sheep and goats that graze in outlying pastures along the coast and in the mountains.

A **cold and largely unpolluted climate** ideal for growing vegetables and fruit and berries without extensive use of pesticides. Modest farms and smallholdings that produce milk, cheese and beef in healthy environments, virtually disease-free and subjected to strict laws and regulations when it comes to animal welfare. And of course the **extensive coastline with long and rich seafood traditions**. The hard work to instil pride in all levels of the food chain has given immediate results. Local products are seeing increased market shares in supermarkets, while new, **small-scale producers** of commodities such as cheese, honey, pastries and ecologically produced meats are popping up all over the country. Not to mention the hundreds of **microbreweries** experimenting with different styles and recipes for beer. And as Norway is among the world's top three coffee consuming countries, it's not so strange that we are constantly trying to brew the best coffees on the planet.

At the same time, **Norwegian chefs have obtained a reputation worldwide**, with several wins and podium finishes in the international cooking competition Bocuse d'Or. And in 2016, Maaemo became the first Norwegian restaurant to get three out of three possible stars in the Michelin guide.

More information about food and drink can be found on our webpage:

www.visitnorway.com/things-to-do/food-and-drink/





Travel Trade Information

Is Norway part of your product portfolio, or do you plan to include Norwegian travels in the future? In either case, you have come to the right place. On the following webpage you will find everything you need to sell Norway:

<https://business.visitnorway.com/en/travel-trade>

Here you can sign up for our Newsletter, events and e-learning program "Norway Expert", get in touch with our travel trade managers around the world and to our Norwegian partners. If you need pictures or films, you will get access to our film database here as well.

You can find general information about Norway as a travel destination on:

www.visitnorway.com.

Velkommen til Norge - Welcome to Norway

Your Visit Norway Travel Trade Team



Table of Contents

Content	Page
<i>Welcome to Southern Norway</i>	7
<i>Salmon Wrap</i>	8
<i>Welcome to Visit Oslo Region</i>	12
<i>Fish Soup</i>	13
<i>Welcome to Fjord Norway</i>	17
<i>Veiled peasant tears</i>	18
<i>Welcome to Trøndelag</i>	22
<i>Fish balls</i>	23
<i>Welcome to Mountains of Norway</i>	27
<i>Moose tenderloin</i>	28
<i>Welcome to Northern Norway</i>	32
<i>Crispy potato waffle</i>	33

Welcome to Southern Norway



Salmon Wrap

Ingredients

Smoked salmon

Flour tortilla

Cream cheese, softened

Red onion

Ruccola

Directions

Cut the smoked salmon in small pieces.

Spread cream cheese and smoked salmon on each tortilla.

Sprinkle over chopped red onion and a bit of rucola.

Roll tightly and put it in the refrigerator for a while.

Cut the wrap in small pieces and enjoy!

Salmon wraps are a popular appetizer for kids and adults.

Small bite-sized portions make them easy to enjoy at cocktail parties.

In Norway we use the local “potetlefse” a tortilla made of potato instead of flour.

We recommend to taste them next time you visit Norway!





Southern Norway

The restaurants in Southern Norway are proud of the traditions and local produce, and love to tell you about it. Try some local beer from the local breweries Nøgne Ø or Lindesnes Bryggerhus, Norway's southernmost brewery. And when you travel through Setesdal Valley, you should look for products marked 'Smaken av Setesdal' (a taste of Setesdal) – these products are produced locally in Setesdal Valley.

Visit the local fishmonger to buy fresh prawns and other delicacies from the sea. The lively fish pier in Kristiansand is an experience in itself! See fish and shellfish swimming in tanks, the small boats chugging through the canal.

At Reinhartsen, they serve homemade fishcakes and their smoked salmon have won several medals in Norwegian championship in Seafood.

Southern Norway received its first Michelin star when Under, the underwater restaurant was awarded one star in the edition for 2020 and 2021 of the prestigious Michelin guide.

At Under you dine five meters below sea level in a beautiful concrete structure sunk into the sea. Everything is designed by the famous architect firm Snøhetta and most of the interior is manufactured by local suppliers.

At Under, an "immersion menu" with accompanying wines is served and chef Nikolai Ellitsgaard uses local produce that is often harvested just outside the restaurant.

www.visitsouthernnorway.com



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Welcome to Visit Oslo Region



Fish soup

Recipe from the head chef Geir Skeie from the restaurant Brygga 11 in Sandefjord

Ingredients (4 people)

Soup base

200 g vegetables

(onion, celery, fennel, carrots, leek)

1 tsp fennel seeds

1 tsp coriander seeds

1 bay leave

30 g butter

1 kg fish bones

0,5 liters of water

0,4 liters cream

0,2 liters milk

1 oranges (zest and juice)

Dill stems

Salt

Corn starch

Per person serving

300 ml soup

120 g fish filet

30 g peeled shrimps

6 mussels

Directions

Sauté the vegetables and the spices in the butter.

Add the fish bones and the water and slowly bring to boil.

Bring the cream and milk to boil in another pot and then add it to the fish stock.

Let everything simmer for 30 minutes.

Remove the bones by using a slotted spoon. Add the orange juice and some dill stems.

Let it simmer for another 5 minutes.

Thicken the soup a little with cornstarch and season with salt. Strain the soup and finally add the orange zest.

When serving, heat the amount needed of soup. Add fennel, carrot, celery stalk in 3 mm slices + mussels and boil for 3 min. Add the fish in 2 cm cubes or slices and boil 1 min.

Put peeled shrimps in the serving bowl and pour the hot soup over together with the vegetables and seafood.





Geir Skeie, head chef



Visit Oslo Region

Sustainable culinary adventures in Eastern Norway

About Brygga 11

The restaurant Brygga 11 is a seafood Restaurant, serving local delicacies by the waterfront, run by the Winner of Bocuse d'OR 2009, Geir Skeie.

The surroundings are perfect for some seafood or a drink. Brygga 11 offers a informal atmosphere to taste the treasures of the ocean, to a good price.

The main focus of Brygga 11 restaurant is simple and tasty food provided by the ocean.

What about fresh oysters with lemon? Or boiled Skagerrak-shrimps with mayonnaise? Blue mussels with seasonal vegetables, homemade side dishes, smoked salmon - or “lutefisk” during christmas season?

Eat local in the Oslo region

The region of Norway's capital lets you explore all the good things Norway has to offer. Urban life and rural charm, cutting-edge architecture and Viking landmarks, world-class dining and local markets, cultural happenings and pristine nature – all close by.

The Oslo region's booming food scene is born from a rare closeness between urban life and nature. The energy and diversity of the region's cities inspire excellence and innovation in cooking. With farmlands, forests and the fjord nearby, even the most urban of restaurants have access to fresh ingredients that have traveled a few hours – at most. The result is modern food with a quality and distinctive touch that attracts foodies from all over the world.

Please enjoy! www.visitoslo.com/en/osloregion/eat-local

www.visitosloregion.com



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Welcome to Fjord Norway



Tilslørte bondepiker

Veiled peasant tears

Local dessert with rhubarb and apple

by Anders Isage, CEO at Restaurant Jaja and Restaurant Skyscraper on Mount Ulriken

Ingredients (4 people)

Rhubarb

500 g rhubarb/ apple/ other suitable fruit

50 g diced butter

100 g sugar
(depending on how sour the rhubarb is)

½ teaspoon ground cinnamon

2 teaspoons lemon zest

½ teaspoon fresh ginger, grated

Crumb lid

100 g soft butter

50 g almonds or other nuts
(flakes or coarsely chopped)

75 g sugar

50 g oatmeal

50 g wheat flour

Directions

In this variant of veiled peasant tears, the classic apples are joined by fresh rhubarb, for a new twist. This is a traditional Norwegian dessert that evokes childhood memories in many. Serve hot with local sour cream or ice cream.

Rinse and cut rhubarb and apples into coarse pieces with the skin on. Preheat a frying pan to boiling hot, put in the fruit pieces and fry them a little dry in the pan before adding the butter. Continue to fry the pieces until they get a little color, and then add the sugar a little at a time. Taste how sweet you want it, and taste with cinnamon, lemon, ginger or other spices as desired. When the rhubarb and apples begin to soften, it is done.

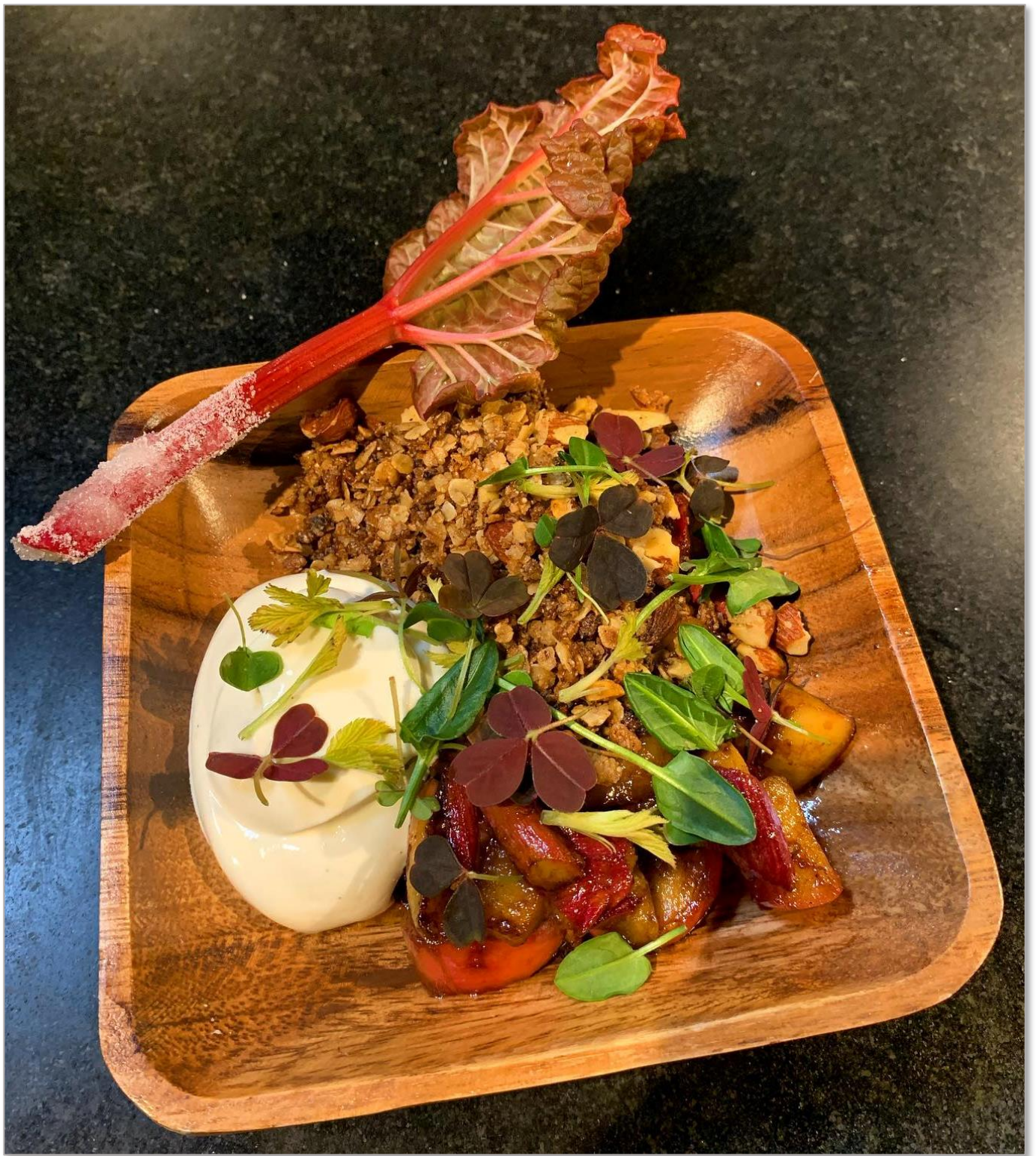
Melt the butter in a frying pan on medium temperature, add the almonds and oatmeal and fry until it starts to get a little color.

Add the rest of the ingredients and continue to cook until everything is golden brown. Alternatively, everything can be mixed together in a refractory form and baked golden in the oven at 160 degrees.

Feel free to decorate with "weeds from the garden" - such as wood sorrel, edible flowers or the like. Serve hot with whipped cream, sour cream, yoghurt or good ice cream.

Fresh strawberries also taste very good with rhubarb, and often they are in season at the same time. This recipe also goes very well with apple, pear, plum and gooseberry. In other words, use what is local and in season.

View a film how to make it: matarena.no/portfolio/tilslortebondepiker





Anders Isage, CEO



Fjord Norway

About the region

Fjord Norway, on the west coast of Norway, is a region full of contrasts. Known for its stunning fjord landscape, with glaciers, roaring waterfalls and charming fjord cities, most people know it as a summer destination. The region offers a great diversity in cultural experiences, history and heritage and exciting local food and drink. The Viking heritage, great collections of art – from Norwegian painters like Munch and Astrup, exciting architecture along the National scenic routes and 2 Philharmonic orchestras have their home in the region – and quite a few well known artists like Kygo, Sigrid and Aurora come from the region. Local food like the best seafood in the world, lamb, cheese and fruit and berries are among our specialties. Visit the Fjord Norway region in the wintertime and the experience will be very different: You will get close to nature, experience the season and the weather travelling in the fjords in an unfamiliar season gives different, but exciting experiences.

More information about the taste of Fjord Norway can be found on:

www.fjordnorway.com/planning-your-trip/food-and-drink/taste-of-fjord-norway

Company profile

Fjord Norge AS/Fjord Norway is the regional tourist board of the region of Fjord Norway - the site of the world famous fjords! Our expertise is invaluable in your planning, and helps secure the quality of your trips to the fjord region. Fjord Norway can assist with fam. trips as well as press tours for travel correspondents. Our product manual, travel brochure, posters and newsletters are necessary tools for your planning. Fjord Norway's Internet presentation contains detailed information as well as a wide selection of photographs for you to use free of charge (www.fjordnorway.com/imageshop).

Fjord Norway is located in Bergen, Norway and is owned by transport companies, hotels, tourist organizations as well as activity and adventure providers in Western Norway.

www.fjordnorway.com



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Welcome to Trøndelag



Fish balls

with mashed swede and potatoes

Award-winning recipe from Espen Falkensten, apprentice chef at Britannia Hotel

Ingredients

Fish balls

400 g haddock fillet

12 g salt

225 g cream

75 g tempered butter

Potatoes in cream sauce

8 small potatoes

200 g cream

Chives

Mashed swede

1 swede

2 carrots

100 g butter

50 g cream

Salt

Crispy bacon

200 g bacon

Directions

Fish balls

Cut the haddock into large cubes and place it in the freezer for 15 minutes so it cools down properly. Add the fish and salt to the bowl of a food processor or blender. Process until a smooth and thick mixture is achieved. Add the cold cream and then small cubes of the tempered butter. Continue blending until the butter is mixed in. It is important not to process the mixture for too long. Shape the mixture into small balls using two tablespoons. Dip the spoons in water between each time to avoid the mixture sticking. Put on a pot of water and add a little salt (or you can use fish stock). When the water boils, reduce the temperature so the water only simmers. Simmer the fish balls in lightly salted water for 5-6 minutes or until they start to float.

Crispy bacon

Cut the bacon into small pieces and place it in a cold pan. Turn on a high heat so the bacon starts to sizzle, then reduce to a low temperature and leave it until all the fat is released. Leave it to stand for about 20 minutes and you will have completely crispy bacon.

Mashed swede

Peel and chop the swede and carrots into equal sized pieces. Boil the swede and carrots until tender and strain the water. Add the butter and mash by hand with a masher or using a hand blender. Add in the cream and season with salt.

Potatoes in cream sauce

Heat the cream in a saucepan over a medium heat and reduce until it thickens. Meanwhile, peel and boil the potatoes until tender. Stir them into the reduced cream and add the chopped chives just before serving.





Espen Falkensten, apprentice chef



Trondheim-Trøndelag

Explore Europe's official Region of Gastronomy

Trondheim-Trøndelag is the European Region of Gastronomy in 2022. You will find world-class ingredients here along with some of Europe's most up-and-coming chefs.

Food has been important in Trøndelag ever since the Viking Age. It was well known that if you were to control Norway, you had to have control of Trøndelag. The meal was an important part of making decisions and hosting guests. However, the Trøndelag “feast” consists of much more than food.

Likewise, the status of the European Region of Gastronomy deals involves more than the Michelin-starred restaurants in Trondheim, even though we gladly talk warmly and at great length about them. Despite not being a large city by international standards, Trondheim has six Michelin distinctions, divided among Credo, Fagn and Speilsalen. The latter is the newest pride of Trondheim and constitutes the tenderloin of the five-star Britannia Hotel.

The European Region of Gastronomy is just as much a tribute to local food and local specialties. It's a tribute to the farmers, fishermen and breeders who conjure up the most delicious produce with tender love and care in every nook and cranny of Trøndelag. Nowhere else in Norway has as many products bearing the highest Norwegian hallmark of quality, the Spesialitet (specialty) label. What do you say to pinnekjøtt (steamed salted and dried ribs) of reindeer, granola made from ancient grains, beer brewed with rhubarb and lingonberries, or aquavit made exclusively from Norwegian ingredients?

The best thing of all is that you can travel around the entire region and visit the small-scale producers, watch their production, join them to catch crabs or try your luck at deep-sea fishing. One of the most popular excursions is “The Golden Road”, which is certified as a Sustainable Destination. You can travel between numerous food, beer and aquavit producers with their own farm shops and sales outlets. You can top it off with an overnight stay at Øyna, which was recently named one of the 101 finest hotels in the world by Fodor’s Travel.

Travelling in Trøndelag is an experience for all your senses.

www.trondelag.com



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Welcome to Mountains of Norway



Moose tenderloin

Ingredients

The moose

500 g tenderloin of moose or other game
Garlic
Butter
Salt
Twings of thyme

Cauliflower puree

500 g cauliflower
5 dl milk
15 g butter
1 g salt

Roasted potato puree

500 g potatoes
1 dl sour cream
4 twings of rosemary
50 g butter
Salt

Red wine sauce

1 bottle of red wine
2 l of water
200 g carrots
200 g parsley
200 g celery root

Directions

Potato puree

Brush the potatoes with oil, salt and pepper. Bake it together with the rosemary at 175 deg. for aprox. 45 minutes. Peel and add the potatoes into a saucepan. Heat the butter and milk together, whip it slowly with the mashed potatoes until you have a creamy consistency.

Red wine sauce

Stock: Pour cold water into a saucepan together with all the veg cut into pieces and boil until the veg is soft. Take away the veg and reduce the stock until 20% is left.

Pour the redwine into a saucepan. Add shallots, sugar, garlic, rosemary and thyme. Reduce the wine until aprox. 25 % is left, pour the stock in, and continue to reduce in half and finish with cold butter.

Cauliflower puree

Cook the cauliflower and milk until the cauliflower is soft, pour off the liquid and blend the veg into a smooth pure.

The moose

Clean and dry the meat. Wrap the meat firmly into a roll to shape it. If you want to keep the shape you can store the meat into the fridge for 2 hours. Heat up oil and fry the meat at a high temperature for 2 minutes on each side (4 sides and 8 minutes in total). Finish the heating with butter, and let the meat rest for a minute off the heat before serving.





The perfect getaway in Skåbu

Modern luxury and authentic experiences

The place

Skåbu Fjellhotell is a homely and family-run boutique hotel situated in the authentic mountain village of Skåbu - Norway's oldest village and the highest settlement in Northern Europe. The hotel is decorated with attention to detail and love for history and nature, and has deep ties to the local community. This well-kept secret offers spectacular food experiences in idyllic surroundings, with plenty of peaceful forest trails leading to beautiful viewpoints.

Sample local delicacies at Lykkja mountain farm, and get a guided tour of the picturesque and family-owned mountain farm, which has more than twenty original and historical buildings dating back to the 15th and 17th century.

The people

The hosts, Jannicke and Henrik, are passionate ambassadors of their community. They will share stories of the past and present, teach you more about the local culture & history, and let you in on all the best and hidden places to visit in the area.

The food

Skåbu mountain hotel is well-known for its spectacular cuisine based on local produce, which is carefully prepared and served with a modern twist. Their food philosophy is a result of their love and enthusiasm for local produce. The kitchen uses wild sheep from their own farm, fish and game from local hunters, berries and mushrooms from the forest, and dairy products from local farms.

www.skabufjellhotell.no



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Welcome to Northern Norway



Crispy potato waffle

Ingredients

Potato waffle

2,5 dl wheat flour

1 teaspoon baking powder

1 teaspoon sugar

2,5 dl cultured milk

1 egg

1 egg white

2 boiled potatoes

50 g browned butter

½ teaspoon salt

Fried yeast

4 dl neutral oil

10 pk fresh yeast

Redfish

400 g diluted red saithe

Fresh cream

250 g cream cheese

100 g sour cream

40 g oil (use oil from fried yeast)

Pickled shallots and mustard seeds

100 g mustard seeds

150 g of water

100 g wine vinegar

100 g sugar

100 g finely chopped shallots

Directions

Crispy potato waffle

Mix the wet in the dry ingredients, run in the potato with a hand mixer at the end.

Put the batter in an espuma bottle and fry in a waffle iron.

Fry the waffle at 150 degrees.

Redfish

Cut into thin slices, brush with browned butter and season with lemon. Burns easily with a ski burner.

Fried yeast

Oil and yeast are heated in a saucepan, heated on low-medium heat.

Stir often with a whisk until the yeast is crispy.

Fresh cream

Whisk lightly and season with salt and lemon

Pickled shallots and mustard seeds

Cook mustard seeds, water, vinegar and sugar until the mustard seeds are soft.

Put in the shallots and cool down.





Northern Norway

The food is half the journey

Northern Norwegian food is extremely simple. Why would you want to overwhelm all those delicious ingredients with powerful spices and sauces when you are enjoying the freshest possible produce of the ocean, rivers and mountains? With winter cod in February, boiled pollock on the beach in the summer, king crab you've caught yourself, traditional Norwegian flatbread on the ferry and reindeer meat in a Sami lavvu tent, your taste buds will be kept busy when you visit Northern Norway.

Fresh fish

The fjords and ocean off Norway are the world's richest, as this is where the cold and warm ocean currents meet. The winter cod comes into coastal waters during the period after Christmas, and this is the season for "skreimølje", a gastronomic orgy of fresh cod, liver and roe – typically served with cod cheeks and tongues – which leaves the diner blissfully drowsy and content. Pollock is the summer fish, often eaten au naturel with crispbread. At Christmas, many Norwegians eat halibut, a firm and tasty fish.

Dried fish

Dried cod is Norway's oldest export and is enjoyed in the form of "lutefisk" (treated with lye and boiled) just before Christmas. The outside walls of many homes in Northern Norway are strewn with cod being home-dried before it is taken down (semi-dried) as "boknafisk", boiled and served with bacon bits. Unbled pollock is matured in a barrel for up to a year in order to make a dish known as "gammelsei" ("Old Pollock").

New ingredients

"Bait" is the term old fishermen use with a certain disdain about shrimp, scallops, horse mussel, blue mussel and sea urchin that is brought ashore. The notion of eating such things is rather new in Northern Norway, as the locals have always been so spoiled with regards to fresh fish nowadays, however, fresh and juicy shellfish are being served in restaurants along the entire coast of Norway, and their meat is firmest in the winter.



King crab

The king crab actually originates from the Pacific Ocean, but it was released into the Barents Sea by the Russians in the 1960s. These monster crustaceans are now crawling westward along the Finnmark coast, and are already being caught off Troms County. The most extensive fishing for them, however, is east of the North Cape. On a king crab safari in Finnmark, the crab is served with mayonnaise and bread along with some white wine, but the gourmet restaurants serve it with delicious sauces and spices.

Reindeer is an old tradition

At a Sami wedding with a thousand guests, they serve “bidos” – reindeer stew – with potatoes and carrots. “Finnebiff”, which consists of thin slices of reindeer meat in a cream sauce flavoured with juniper, is another favourite. Dried reindeer heart is extremely sought after and hard to procure. If you are in a Sami home, it is common for a dried leg of reindeer to be passed around, and then one generally cuts a piece of dried meat to have with coffee.

Northern Norway Tourist Board

Northern Norway Tourist Board is the marketing and PR company of Northern Norway, including Svalbard. We hold detailed tourist information about the region, various offers, routes and activities all year. We assist in planning trips to and in Northern Norway, information and PR material. We have three offices; in Bodø, Tromsø and Alta and we have a wide and solid competence about the whole region.

www.nordnorge.com



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