

# A Student's Food Guide

Grocery stores, smart shopping and food dictionary





Moving to a new country can be both an exciting and a challenging experience. You meet with new cultures and habits that differ from what you are used to from home.



Some of the Norwegian culture you will experience as you go, but when it comes to food, that is an experience you have to dive into starting from day one. Navigating through all the different types of Norwegian food is part of the journey, but we hope this booklet will make the first days and weeks easier and more exciting.

This booklet contains a guide to the different grocery stores you will encounter in Oslo, as well as some easy recipes. We have also included a food dictionary, making it easier to understand the Norwegian names of food.

Finally, we would like to take this chance to remind you to take extra care during the winter months. As the days turn shorter and the sun comes out less often, it is important to keep your energy level up by eating reasonably and healthy. Little sun also means less vitamin D, and we recommend that you supplement with this vitamin in order to keep your bones strong and healthy.

## Grocery stores

There are many low price chain stores in Norway, and there you will find most of what you need everyday. Here are some examples of low price chain stores:



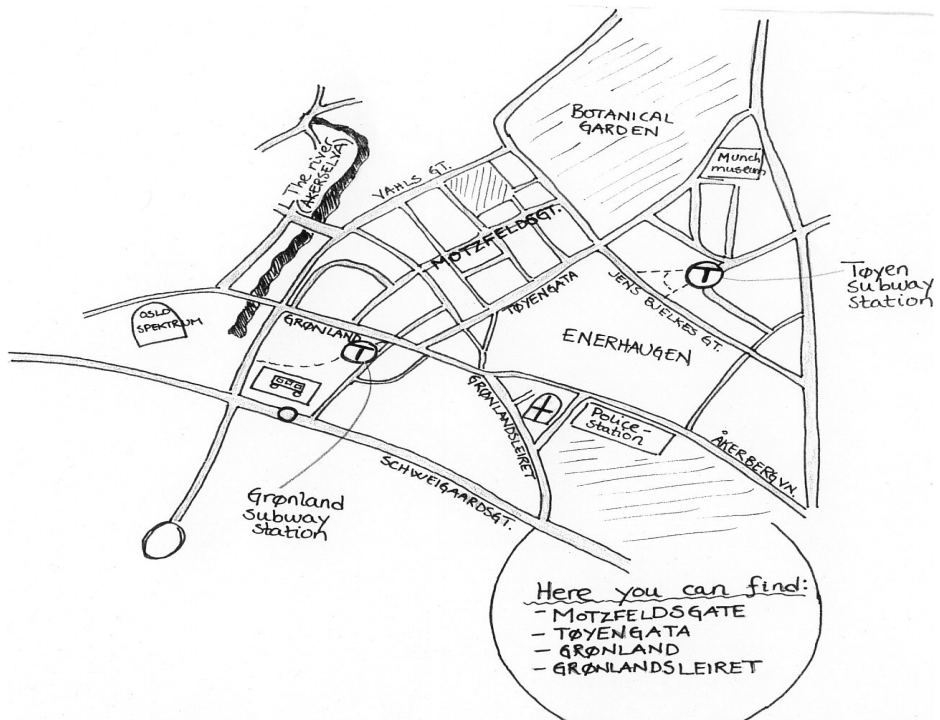
You will also find more expensive chain stores. Some of these have larger assortments and different brands of each product, a lot of fresh fruit, vegetables, fish, meat and special products. Here are a few examples:



# Independent shops

If you are looking for nice seasonings, delicious fresh food and vegetables, nuts, olives, beans or some special food from a certain area (Africa, Asia, Middle-East etc.) you should go to a shop that is not part of a chain. There are all kinds, but they have some things in common: 1) They are usually cheap. 2) The quality of fruit and vegetables is excellent 3) They are situated mostly in the centre of the city - but if you use the T-bane you will be there in no time!

Grønland and Tøyen - This is on the eastern side of the city centre. Grønland, and Grønlandsleiret, Tøyengata and Motzfeldsgate are all streets where you can find different shops.



# Smart food shopping

## Making your food last

Most food is marked with a **“best før”** (best before) date. This means that the food will still be safe to eat after the date stated, but the quality of the food might be reduced.

Some food is marked with a **“siste holdbarhetsdato”** (last expire date). This means that you should be cautious about eating the food after the stated date. This marking usually appears on some milk products, meat, fish, chicken and other kinds of food that are perishable.

Milk is a “best før” product, but it is important that you **store it in your fridge**, or else it will go stale in less than a day.



## Cheap products

Rice

Pasta

In-season fish

First Price-products. This brand can be found in most grocery stores and they have a large line of cheap products.

Remember that meat can be expensive. Some grocery stores sell off packs of meat if they are close to the “siste holdbarhetsdato”, and this can be an excellent way to save money. You can also freeze the meat right after you have bought it, saving it for another day.

Kg price. Remember to look at the Kg price when buying meat and fish. This will give a better indication of how much you will need to pay for the product.

# Food dictionary

## **Milk products**

helveik = whole fat milk

letteik = semi fat

ekstra letteik = low fat milk,  
fortified with vitamin D

skummetteik = low fat

kefir = sour milk, natural flavour

Cultura/surmeik = sour milk

fløte = cream

rømme/letteømme = sour  
cream

Norgeia/Jarlsberg = very mild  
flavour, white cheese

brunost = “brown cheese”, a  
sweet cheese made from milk

## **Bread and grains etc.**

loff = white bread

kneipp = semi white

mellomgrovt = dark bread, me-  
dium content of whole grains.

grovbrød/grovt = also dark,  
high content of whole grains.

knekkebrød = dehydrated,  
square pieces of bread. Scan-  
dinavian origin.

lompe = Thin, flat and soft  
bread, made of potatoes. Look  
like

pancakes or Mexican tortillas.  
Often enjoyed with hot dogs.

hurtigris = pre-cooked rice

which needs only a few min-  
utes to get  
ready.

middagsris = “dinner rice”,  
common rice which requires  
regular

cooking procedures.

grøtris = rice for making rice  
porridge, which is enjoyed with  
sugar and  
cinnamon.

vafler = dessert cakes, enjoyed  
with marmalade etc. Typical  
European.

boller/hveteboller = sweet  
wheat buns.

## **Oils and fats**

olivenolje = olive oil

solsikkeolje = sunflower oil

tran = cod liver oil, not for cook-  
ing, used as a Vitamin A and D  
supplement.

smør = butter made from milk.

margarin = made from vegeta-  
ble/plant oils. Comes in differ-  
ent brands

and types, like Vita, Soft Flora,  
Olivero etc.

## **Fish products**

makrell i tomat = mackerel in tomato sauce  
kaviar = spread made of hard roe (fish eggs)  
fiskboller/fiskepudding = fish forcemeat, comes in different shapes  
fiskekaker = fish burgers  
fiskepinner = fish “fingers”, cod covered in flour and spices. A ready to fry product found in the compartment for frozen products.  
reker = shrimps  
torsk/torskefilet = cod filets  
sei = coalfish/pollack  
ørret = trout  
laks = salmon

## **Meat and poultry products**

leverpostei = spread made of pork liver.  
skinke/servelat/pølse = there are many types of sliced ham and sausages, used on bread.  
pølse = sausages/hot dogs for dinner.  
kjøttdeig = minced meat with added water and salt.  
kjøttkake = meat ball  
kylling = chicken  
biff = beef, from cows

## **Fruits and vegetables**

agurk = cucumber  
mais = corn  
sopp = mushroom  
gulrot = carrot  
blomkål = couliflower  
kål = cabbage  
kålrot = turnip/kohlrabi  
erter = peas  
løk = onions  
hvitløk = garlic  
gul/rød/grønn paprika = yellow, red, green pepper  
purre = leek  
ingefær = ginger  
eple = apple  
pære = pear  
druer = grapes  
appelsiner = oranges  
ananas = pineapple  
jordbær = strawberries  
bringeber = raspberries  
blåbær = blueberries  
multer = cloudberry

# Lunch

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 basically 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.



## **Super easy turkey rolls**

### **Ingredients**

2 tortillas

6 slices of turkey "pålegg"

Snøfrisk naturell (a type of cream cheese)

Rocket salad/arugula

### **Directions**

1. Spread an even coat of Snøfrisk on one side of the tortillas
2. Cover the Snøfrisk with rocket salad/arugula and the turkey slices.
3. Roll up the tortillas and cut them in half.

## **Simple chicken salad**

### **Ingredients**

1/5 of a crispy salad head

½ box of kidney beans

½ box of corn

½ pepper

½ grilled chicken (this can easily be purchased in any store with a hot food section)

### **Directions**

1. Cut the vegetables in the size you want them.
2. Cut the chicken in small dices
3. Mix and enjoy!

# Risengrynsgrøt (Norwegian rice porridge)

Risengrynsgrøt is also a traditional Norwegian dish. It is associated with Christmas, and during December 8 out of 10 Norwegians eat risengrynsgrøt at least once.

## Ingredients

½ deciliter porridge rice

1 deciliter water

¼ liter whole fat milk

¼ teaspoon salt

½ tablespoon of dairy butter

Suger and cinnamon

## Directions

1. Boil the porridge rice in water for approx. 10 minutes, until the water is almost gone.
2. Add milk little by little and keep cooking on a low heat until the porridge has a nice thickness.
3. Stir occasionally, to make sure the porridge doesn't get burnt. Season with salt.
4. Serve the rice porridge in a proper Norwegian style, with sugar, cinnamon and a teaspoon of butter.

# Lapskaus

Lapskaus is a well-known traditional meal in Norway.

Funfact: In New York, the heavily Norwegian-populated 8th Avenue is still known today as 'Lapskaus Boulevard'.

## Ingredients

1 x 200g beef stewing steak  
4 tablespoons of tomato puree  
4 floury potatoes  
(these will thicken the gravy)  
4 carrots  
1 celery stick  
2 onions  
1 leek  
500ml beef stock  
pepper, parsley

## Directions

1. Cut the meat into small pieces. Fry the beef in a frying pan, use a bit of butter. Meanwhile peel and chop the vegetables into bite-sized chunks.
2. Add the onions and fry for one minute.
3. Add all the rest of the ingredients and simmer for at least 30 minutes. Take the beef out and shred it with a fork, then add back into the stew.
4. Eat with Norwegian flat bread

Håper det smaker og  
vel bekomme!

