

Glossary list: food products

Milk products

helveit = whole fat milk

letteit = semi fat

ekstra letteit = low fat milk, fortified with vitamin D

skummetit = low fat

kefir = sour milk, natural flavour

Cultura/surmeit = sour milk

fløte = cream

rømme/letteit = sour cream

brunost = "brown cheese", a sweet cheese made from milk

smør = butter made from milk.

Bread and grains etc.

loff = white bread

kneipp = semi white

mellomgrovt = dark bread, medium content of whole grains.

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

knekkebrød = dehydrated, square pieces of bread. Scandinavian 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 minutes 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 = sweet wheat buns

Oils and fats

olivenolje = olive oil

solsikkeolje = sunflower oil

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

margarin = made from vegetable/plant oils.

Comes in different brands and types, like Vita, Soft Flora, Olivero etc.

Fish products

makrell i tomat = mackerel in tomato sauce

kaviar = spread made of 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 = shrimp

torsk/torskefilet = cod filets

sei = coalfish/pollack

ørret = trout

laks = salmon

Meat and poultry products

leverpostei = spread made of pork liver

skinke/serelat/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.

kjøttbolle = meat ball

kylling = chicken

biff = beef, from cows

Fruits and vegetables

agurk = cucumber

mais = corn

sopp = mushroom

gulrot = carrot

blomkål = cauliflower

kål = cabbage

kålrot = turnip/kohlrabi

erter = peas

løk = onions

hvitløk = garlic

paprika = pepper

purre = leek

ingefær = ginger

eple = apple

pære = pear

druer = grapes

appelsiner = oranges

ananas = pineapple

jordbær = strawberries

bringebær = raspberries

blåbær = blueberries

multer = cloudbberries