

HHG Njord Húsel Menu 2024

The menu for the Njord's Húsel feast is inspired by Scandinavian dishes popular in North America and by traditional Newfoundland cuisine. Thus, while there is seafood to honour Njord, we also honour him with the foods eaten by those whose lives has been intertwined with his for generations. (Fun Viking Fact: Sauerkraut was a Northern sailor's main remedy for scurvy before the citrus fruit trade or modern medicine.)

Drinks

- ~ *Swish Switchel* – A non-alcoholic drink made with malt vinegar and molasses. [GF, Vegan]
- ~ *Ægir's Ale* – An ale made from honey and barley malt.

Smears & Breads

- ~ *Iðunn's Apple-Flesh Smear* – A spread made from caramelized apples and bacon [Paleo, GF] (Recipe: <https://www.youtube.com/watch?v=AXXaFj8nang>)
- ~ *Iðunn's Cinder-Folk Smear* – A spread made from caramelized leeks and apples [GF, Vegan]
- ~ *'Salmon-in-the-Grave' (Gravad Lax)* – Cold-cured, pink-fleshed fish with dill, salt, and honey [GF] (Recipe: https://www.youtube.com/watch?v=2FWbPHH_mOw&t=222s)
- ~ *Cinder-folk 'Salmon-in-the-Grave'* – A mock gravad lax made with carrots wrapped in kelp, that is salt-baked [GF, Vegan] (Recipe: <https://www.youtube.com/watch?v=yHPZdJ79Xcc>)
- ~ *'Fox-piss' Sauce* – A wonderfully sharp mustard sauce flavoured with dil. [Vegetarian, GF] (Recipe: https://www.youtube.com/watch?v=2FWbPHH_mOw&t=222s)
- ~ *Breads & Crackers* – A selection of breads and crackers, including vegan and gluten-free options.

Metes

- ~ *Boiled Salted Meats* – A selection of boiled hams and salted beef. [GF]
- ~ *Pease Pudding* – A savoury 'pudding' made by boiling split peas and seasonal herbs in a meat broth [GF]
- ~ *Cinder-Folk Pease Pudding* – A savoury 'pudding' made by boiling split peas and seasonal herbs in a vegetable broth [GF, Vegan]
- ~ *Pictish 'Neeps* – Parsnips baked in butter [GF]
- ~ *Cinder-Folk Pictish 'Neeps* – Parsnips baked in butter [GF, Vegan]
- ~ *Jomsvikings' Sauerkraut* – A naturally-fermented pickle of cabbage, flavoured with juniper berries and caraway seeds. [GF, Vegan] (Recipe: <https://www.youtube.com/watch?v=yGLM-65kuWM&t=287s>)
- ~ *Ægir's frumenty* – Toasted barley 'risotto', cooked with dark ale, seasoned with seaweed-salt [Vegan]
- ~ *Horseradish sauce* – Grated fresh horseradish, fortified with vinegar [GF, Vegan]

Sweets

- ~ *Blueberry Pudding* – A sweet, steamed bread full of blueberries [Vegan]
- ~ *'Samak Murzibanian'* ('Fish Marzipan', in Arabic) – A Cordovan marzipan made from honey and almond flour, shaped like fish [Vegetarian, GF]