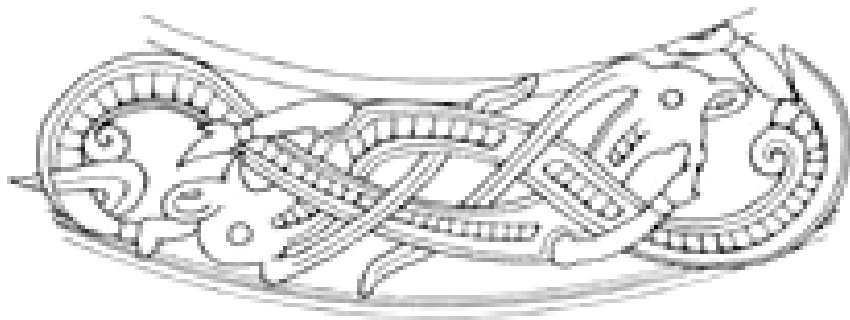


Welcome to Viking Dinner buffet



Introduction

This menu is based on the knowledge we have of ingredients and cooking methods available to the Vikings. Knowledge obtained through archaeology and few written sources. As there are no complete accounts of menus, this dinner is a journey into the taste universe of the Vikings as it might have been, but served in a modern style and familiar setting.

MENU

Viking beer-beef stew from the cauldron

Beef cooked in beer and cream with herbs, vegetables and grains of wheat sprinkled with fresh herbs.

The iron cauldron, from which this dish is served, is a copy of the great cauldron found in Norway in a ship burial for a Viking queen.

Vegetarian stew from the pot

Vegetables cooked with beer, cream, herbs and grains of wheat sprinkled with fresh herbs.

Grilled wild boar

From our own stock.

Grilled Dexter roast

The closest thing we get to Viking cattle.

"Planked Salmon"

Grilled by the fire on wooden planks and seasoned with thyme and onion, (Beware, it might be Loke in disguise!)

"Viking salad"

If Vikings ate salad it could have been made of salted cabbage, walnut, dried cranberry, and onion dressed with a colza oil dressing. Eating vegetables wasn't a common thing to do until the 18th century.

"Lefser" - Bake as many as you like!

The Viking "flat breads" made of rye, wheat, beer, honey, and salt, baked directly over the fire on iron pans, just ready to eat.

The iron pans have been found in several Viking graves as grave goods for the deceased. Sometimes burnt bread is still visible on the pans and these remains show ingredients like the kinds of flour and the use of fine flour and yeast as a raising agent.

To drink

Viking beer – as it might have tasted!

This beer production is based on archeological findings and knowledge of the brewing methods and ingredients available during the Viking time. It is unfiltered and consists of: barley malt, the old wheat grain type Spelta, Hop, Pors, yeast, and water.

Spring water

Søbogård eco berry and fruit sodas

Elderberry, Blueberry (Huckleberry), Apple, and Apple with Blackcurrant.

Wine

There is no evidence of the Vikings drinking wine in Denmark, but since Vikings were guards of the emperor I Constantinople, some Vikings may very well have tasted wine.

AND FOR DESSERT

“Iduns Apples”

Baked apples with dried grapes, honey, and nut flakes served with a sweet and sour Skyr-cream.

Skyr is a sour milk product the Vikings made. It is still made in Island - a nordic island inhabited by Vikings around 800 a.d.

Idun is the Viking goddess of youth and she guards the apple tree in Valhalla, the home of the gods. The apples give the Viking gods eternal life without ageing – as long as they eat the apples.

To drink

Mjød (Mead)

A rather strong alcoholic drink made of honey, water, and yeast.

According to the Viking myths the goat Heidrun who lives on the roof of Valhalla and from where she eats the leafs on the world tree Ygdrasill, provides the goods with Mjød. From her breast runs the mead, with which every day she fills a cauldron.

In the Viking time Mjød was thought to give those who drank it an incredible good mood and poetic skills!



Coffee/te



The music

Gny plays music from the distant past of the North. Gny tries to put new life into the oldest known Nordic music: the folkmusic and not least the Danish folksongs.

The Nordic countries, including Denmark, holds a treasure of folksongs. The main part of these were written down during the Renaissance, but many of the songs have roots stretching even further back in time. Characteristic for the folksongs is that they have no composer but belong to the people singing and playing.

Hence it is not possible to know in which way they were originally performed, and there exists no correctionlist for future performing. Often folksongs are interpreted in a nationalromantic way and many people have combined the songs with jazz, techno etc.

Gny is trying to go back in search of the original starting point, using reconstructed medieval instruments. At the same time they try to make the traditional music present and come alive to the audience, as they think the best way to keep the music alive is by communication and understanding

Not all the songs originate from the Middle Ages, but they all take part of the popular tradition of musical storytelling, singing and dancing. A tradition having roots far, far back in the mists of the past.

Gny is an old Nordic word for noisy or squeaky sounds,

Spis godt!*

With Greetings from Sagnlandet Lejre

*Enjoy your meal!

