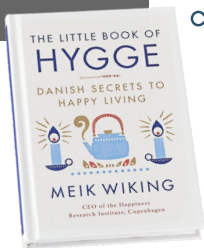


The Hyggekrug

A CASCADE CULINARY INSTITUTE DANISH EXCHANGE PROGRAM NEWSLETTER

Inside:

- Hygge All Year 'Round Calendar
- Gløgg Recipe



With the culinary exchange on hold, CCI volunteer Laura Becker is highlighting some fun hygge insight for Winter with Meik Wiking's book, The Little Book of Hygge: Danish Secrets to Happy Living. Meik Wiking is CEO of the Happiness Research Institute, located in Copenhagen, Denmark. Look for each episode of this newsletter to cover part of the book!

"In this segment, I will share the book's hygge calendar with you, so you can begin your hygging at the beginning!"

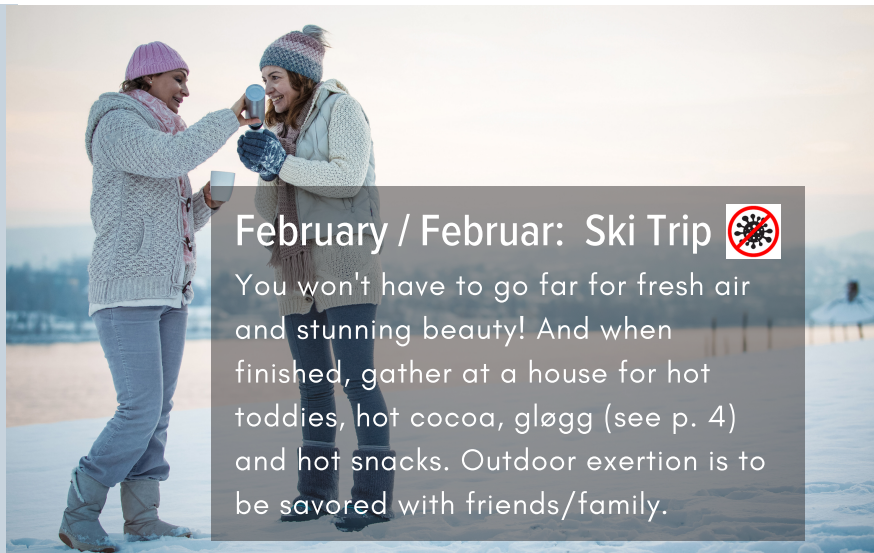
LAURA BECKER, VOLUNTEER COORDINATOR
FOR STUDENT INITIATIVES AND EXCHANGES



Hygge All Year 'Round Calendar


January / Januar: Movie Night

Relax with friends and family with everyone providing some snacks. Choose a movie classic, one you've all seen, so that it doesn't matter if people chat a bit during the film. You might add an interesting twist to the hygge activity, by asking everyone to come up with the shortest way to explain the movie's plot. "Home Alone" as "Spoiled rich kid thwarts stupid thieves by utilizing Three Stooges tricks."



February / Februar: Ski Trip

You won't have to go far for fresh air and stunning beauty! And when finished, gather at a house for hot toddies, hot cocoa, gløgg (see p. 4) and hot snacks. Outdoor exertion is to be savored with friends/family.

COVID-19 Alert!  The Danes have spent most of this past year in lockdown, so they have explored hygge through group chats, wearing masks and safe social distancing. We need to continue to do the same. You will see this COVID-19 alert symbol at each activity as a reminder to learn now, but plan to do later when we're all vaccinated, or within the safety of your household bubble.

March / Marts: Theme Month

If a family vacation is coming up, take this time to plan it together: activities, lodging, transportation. If you're not going anywhere special, plan some nearby outings that you can enjoy. Or relive a prior family vacation by digging out the photo albums. Speaking of photo albums, what about starting a new one, spiffing up old ones and/or starting a family tree?

May / Maj: Weekend Cabin

With daylight lengthening, a cabin is on the horizon. Plan on cooking over a fire, talking late into the evening, and playing board games, everyone wrapped in blankets if it is cold.

April / April: Hiking and Cooking Over an Open Fire

You can jump start summer by picking a hiking trail where there's little to no snow. Hopefully you can find a fire safe area where you can cook up a special fire pit meal. Pass the drinks and savor the open sky together.

June / Juni: Elderflower Cordial and the Summer Solstice

Ok, you probably don't have access to elderflowers, but you might make a cordial out of something else. In the meantime, mark June 23rd, St. John's Eve, on your calendar. On the night of the summer solstice, light lingers in the sky, the sun finally setting at 11:00 p.m. if you live in Denmark. Channeling the Danes, have an evening picnic celebrating the happiness of light.

July / Juli: Summer Picnic

The days are longer and warmer, the perfect time to picnic in a meadow, at the sea, in the mountains or in a nearby park. No matter the place, gather a small group of friends for a potluck, which is more hyggelig, more egalitarian. This is about sharing food and the responsibility of chores.



August / August: The Perseid

Meteor Shower 🚫

Mid-August is the height of the meteor shower, so collect blankets, friends, some food and drink and sit back to watch nature's light show. The Perseus constellation includes Andromeda and Cassiopeia, so take along a book on Greek mythology to share in a read-aloud.

September / September:

Mushroom Hunting 🚫

High in hygge factor is any food you have grown, caught or foraged yourself. Autumn is a great time for fungus-among-us, a quiet activity of seeking out the delectable delights. Swap mushroom stories afterward, with everyone taking part in prepping, cooking and consuming.



Up Next:

In the next episode, you'll learn the origins of the word hygge and how it is used.



October / Oktober: Chestnuts

Adults: Buy edible chestnuts. If not already prepped, cross score them on the pointy end, roast in a 400 degree oven 15-20 minutes, cool, and slip shells and skins from nutmeats. Add a bit of butter and salt.

Kids: Take them chestnut hunting and use the chestnuts to make animal figures. Quality time alone: Mandarin oranges, roasted chestnuts and a copy of *The Moveable Feast* by Hemingway.

November / November: Soup Cook Off 🚫

Friends arrive, each with ingredients for a soup to feed one person. Everyone goes to work preparing his/her soup. This takes time, time spent together. This is very hyggelig. Homemade bread adds to the hygge factor.

December / December: 🚫

Gløgg and Æbleskiver (Pancake Puffs)

Both of these are traditional fare during the holidays. What follows is Meik Wiking's recipe for gløgg. Get a head start on it by soaking the raisins in port wine well in advance. Since December is hygge high season, plan on lots of candles, confections, fireplace gatherings, muted lighting and blankets, all in the intimate company of close friends and/or family.



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Hygge Recipe # 1:

Gløgg

Mulled wine, especially enjoyed during the Christmas and New Year's holidays

Cooking time: 20 minutes, plus soaking time for the raisins.

Serves 6 to 10.

INGREDIENTS

For the gløgg essence:

- 4 handfuls of raisins, soaked 24 hours prior, in 10 oz. of port
- 8-10 cinnamon sticks
- 20 g allspice (whole)
- 1 cup brown sugar
- 20 g cloves (whole)
- 10 g cardamom (whole)
- 1 bottle of heavy red wine, such as Beaujolais or Côte du Rhône

For the gløgg:

- 2 bottles of heavy red wine, such as Beaujolais or Côte du Rhône
- ¾ cup rum
- ¾ cup akvavit (or vodka)
- peel of 1 orange
- ¾ cup freshly squeezed orange juice
- 1 cup chopped almonds

Steps:

1. Pour the bottle of red wine into a pot, add the sugar, cinnamon sticks, allspice, cloves and cardamom.
2. Heat to just below boiling point.
3. Turn off heat and allow to cool.
4. Strain out aromatics.
5. Add the additional bottles of red wine, spirits, orange peel and juice to the gløgg essence.
6. Reheat to just below boiling and then add the raisins soaked in port and the almonds. Serve warm.

(Quote credit to Morgan at The Drink Blog <https://thedrinkblog.com/glogg/>)

“Gløgg is liquid hygge. It’ll make you feel warm, cozy and let any worries or problems slip away, if only for a little while.”

