



Rømmegrøt - the old and easy way

“A proper grøt starts with patience and ends with a full belly,” — or so would I say, stirring the pot with one hand and waving off hungry guests with the other. This creamy, rich porridge is a highlight of summer gatherings and feast days — best served with spekemat, stories, and a hint of nostalgia.

Ingredients:

- 2 cups (5 dl) full-fat sour cream
- $\frac{3}{4}$ cup (90 g) all-purpose flour
- 2 cups (5 dl) whole milk
- $\frac{1}{2}$ tsp salt
- Sugar, cinnamon, and butter = for topping — and no skimping ;-)

Instructions:

1. **Simmer the sour cream**
Let it bubble gently in a heavy pot — about 5-10 minutes. Low and slow, like the old days.
2. **Add flour with care**
Sprinkle it in slowly, stirring all the while. When the butterfat starts to separate, skim some off — I always save it for drizzling.
3. **Stir in the milk**
Bit by bit, stir in the milk until it smooths into a silky, thick porridge. Let it cook another 5-10 minutes, just enough time to gossip or polish the silver.
4. **Season and serve**
Add salt, then ladle into bowls. Top with that reserved butter, sugar, and cinnamon — the holy trinity of grøt toppings.

More Tips:

- Pair with spekemat and flatbrød for a feast worthy of a Sunday.
- No rushing. Good rømmegrøt waits for no one ;-)

Madam Budeie

From Fjord to Fork



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