



Production Area

Norway

Hedmark and Oppland counties, southeastern Norway

Producers

Björg Karin Hagen

2870 Dokka
tel. + 47 90 84 95 39 - lyhagen@online.no

Inger Holen

Holen Gårdsysteri, 2651 Østre Gausdal
tel. + 47 61 22 33 26 - ie-holen@frisurf.no

Tore Skarpnord

2380 Brumunddal
Tel + 47 62 34 00 22 - tore.skarpnord@hogda-gardsmeieri.no

Helen Davey

2436 Våler
tel. +47 62421016 - helen.davey@brednett.no

Hans Brimi

2685 Garmo
tel. + 47 91 13 75 58 - post@brimi-seter.no

Björg Trønnes

2476 Atna
tel. + 47 91 31 39 26 - bjorg.tronnes@imsdalen.no

Marie Skjellund

2864 Fall
tel. + 47 45 60 86 58



Printed on recycled and ecological paper



ENG092009 - Photo Slow Food Archive

The **Slow Food international** organization involving more than 100,000 people from 153 countries on five continents-promotes taste education, fights for the preservation of agricultural biodiversity, organizes events and publishes books and magazines.

Slow Food **Presidia** are local projects that work to protect small-scale producers and to safeguard quality artisan products. Their objective is to guarantee a viable future for local communities by organizing producers, searching out new economic outlets and raising the profiles of tastes and regions.

The **Slow Food Foundation for Biodiversity** promotes and coordinates over 300 Presidia in the world.

Presidium coordinators

Tove Lauten
tel. +47 62551200 - tovelauten@yahoo.no
Helen Davey

tel. +47 662421016 - helen.davey@brednett.no

www.slowfoodfoundation.com



Pultost from Hedmark and Oppland Counties



Slow Food Foundation
for Biodiversity

A new time for old traditions

Pultost is a traditional Norwegian cheese that has a long history spanning several centuries. It was once a popular product across most of Norway, but most typically produced in the southeastern inland counties of Hedmark and Oppland.

This cheese was produced in *sæter*, (the summer farms in the mountains) and conserved throughout the winter. The cattle grazed the fertile pastures while the producers were occupied in the cheese and butter production, and the large variety of pastures available resulted in a very tasty and particular milk. Traditionally, butter was the most marketable product of the small dairy farms and pultost was considered a by-product, and thus a poor food mostly for family use.

Pultost is a sour milk cheese made from cow's milk without the use of rennet. The milk is skimmed immediately after milking, while it is still warm. Adding a self-produced culture of old strains of lactic bacteria



starts the acid coagulation. The milk is then slowly heated to a temperature between 45°C and 65°C (depending on the local tradition and producers' recipes). When it reaches the required temperature, it is left to rest for one hour and the curd is then ladled into cloths and left to drain for two days. It is then crumbled and allowed to ferment at room temperature. Traditionally the maturation took place in wooden containers called *nøler*.

The unique taste of pultost results from the addition of salt and caraway seeds, which stop the process of fermentation. Pultost can be eaten fresh or matured for up to one year. It is light yellow in colour and has a strong taste that becomes more intense and sharp with aging. It is usually served with boiled potatoes or spread on *flatbrød* (the traditional Norwegian flatbread) together with butter. The cream, which is separated from the fresh milk at the beginning of the cheese making process, can be either used to produce sour cream or artisan butter.

The Presidium

Since the proliferation of industrialized dairies, production of dairy goods has been taken over by these industries and traditional cheesemaking has been slowly disappearing. Industrial cheeses with an anonymous taste and made with pasteurised milk and commercial bacteria cultures dominate the market.

The Presidium has been created to preserve the traditional production techniques of pultost. In 2006, the co-operative Pultost BA was created in order to bring together seven producers interested in keeping these traditions alive.

The cheesemakers who are part of the Presidium only use milk produced in their farms from their cows (some of them are traditional Norwegian Dairy Cattle breeds). During the summer, four of the producers take their herds up in the mountain pastures, where they can produce pultost in traditional *sæter*. The aims of the Presidium are to encourage the members to preserve this artisan production technique, to promote the traditional cheese and to strengthen the market at the local and national level.

