

Yummy Food!

Get ready for a delicious trip and a tasty time at the Úlfljótsvatn campsite!

- Are your taste buds ready for the national cuisine?
- Will you be trading your homemade snacks at the National Jamboree?
- Are you looking for some new international recipes to show off?



Then pick up your dining utensil of choice and dig into this second newsletter!

In this newsletter:

- **The Menu - What will we eat at the National Jamboree?**
 - **Þorramatur - What is Icelandic food like?**
 - **Commonly asked questions**
 - **Registration**
-

Feel like trying out some Icelandic recipes?



Check out the back of this newsletter for two Icelandic recipes for Icelandic flatbread and Lamb Stew (Which is on the Jamboree menu!!)



Traditional Icelandic food



We have a lot of particular (and sometimes peculiar) food here in Iceland. We celebrate it during the season of Þorri, which is celebrated all over the country, in February.

People gather around for Þorrablót, a type of party with a very “unique” buffet of liver sausage, blood pudding, sheep heads, ram testicles and fermented shark, which has a strong smell of ammonia.

We do this to honor our humble past for in the olden days it was hard to survive the winter in Iceland and Icelanders had to eat everything available. This type of food is however almost only eaten during the season of Þorri and will not be on the menu for Landsmót 2024... or will it?

But normally our menu is more international, as is typical of many Western countries. Fish, chicken, pasta and potatoes are items you normally see people eat and you can't forget the famous Icelandic hot dog, a real classic!

The Best Lunch to Pack

A common lunch to bring on a hike in Iceland is Icelandic flatbread (flatkökur) with butter and sliced smoked lamb (hangikjöt/hangiálegg). Another great food to pack for lunch is skyr, an Icelandic type of yoghurt that's high in energy and protein. Dried fish jerky is also a common snack to bring along and can be bought in most grocery stores and stays good for a long time. You should definitely try it!



Q&A

Here we will answer some of the most asked questions we have received

Activity requests at Úlfjótavatn:

A lot of groups are planning activities before and/or after the jamboree, with help from Matthew at Úlfjótavatn. Since there were so many activity requests it will take some time to get back to you and it might be a few weeks until you get your confirmation. We ask you to please be patient until Matthew can get back to you. If you haven't booked any activities but plan to do so you can contact [Matthew](#).

Transportation to and from Úlfjótavatn:

If you haven't booked your transportation to and from Úlfjótavatn, please contact matthew@skatarnir.is as soon as you can. For those who booked transportation before you booked your flights, please let Matthew know as soon as you have your flight information so he can finalize your booking.

T-Shirts!:

We have had a lot of questions about T-shirts, and you can pre-order them now! T-shirts will also be sold on-site, but pre-orders include the logo with the year. You can order them here: [Landsmót T-shirt with year - preorder - Skátabúðin ehf \(skatabudin.is\)](#)

International day:

Some groups have been asking about the international day that will be on the Thursday of the jamboree and what will be happening. In short, during the international day scouts are encouraged to put their nationality and culture on display, walk between camps and learn about all the different cultures that are attending the jamboree. It's a great time to make some international friends and widen your perception of the world. So, if you have anything you want to present from your country or scout group this is your chance. This can be a game, some crafts, food or whatever you think of! 😊

Jamboree Menu

12. July Friday	13. July Saturday	14. July Sunday	15. July Monday	16. July Tuesday	17. July Wednesday	18. July Thursday	19. July Friday
B R E A K F A S T							
	Bread/Cereals /Dairy	Bread/Cereals /Dairy	Bread/Cereals /Dairy	Bread/Cereals /Dairy	Bread/Cereals /Dairy	Bread/Cereals /Dairy	Bread/Cereals /Dairy
L U N C H							
	Chili con carne	Bacon & egg sandwich	Vegan Balls w. rice and sauce	Beef soft taco, rice & salad	Pan fried fish, rice & curry	Pita w. ground meat & veg.	Pita w. ground meat & veg.
A F T E R N O O N T E A							
Cake/Biscuits	Cake/Biscuits	Cake/Biscuits	Cake/Biscuits	Cake/Biscuits	Cake/Biscuits	Cake/Biscuits	
D I N N E R							
Hot dog	Spaghetti Bolognese	Chicken and cous cous	Vegan patty w. potatoes	Lamb stew	Pork steak	Hamburger	
R E F R E S H M E N T S							
Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	

Vegan Menu

12. July Friday	13. July Saturday	14. July Sunday	15. July Monday	16. July Tuesday	17. July Wednesday	18. July Thursday	19. July Friday
B R E A K F A S T							
	Bread/Cereal /Vegan milk	Bread/Cereal /Vegan milk	Bread/Cereal /Vegan milk	Bread/Cereal /Vegan milk	Bread/Cereal /Vegan milk	Bread/Cereal /Vegan milk	Bread/Cereal /Vegan milk
L U N C H							
	Chili con carne	Grilled vegan cheese sandwich	Vegan balls w. rice and sauce	Falafel soft taco, rice & salad	Mushroom stroganoff	One pot vegan chili mac	Quinoa vegetable verde
A F T E R N O O N T E A							
Cake/Biscuits	Cake/Biscuits	Cake/Biscuits	Cake/Biscuits	Cake/Biscuits	Cake/Biscuits	Cake/Biscuits	
D I N N E R							
Vegan hot dog	Spagetti veganballs	Falafel, cous cous and salad	Vegan patty with potatoes	Red beans & rice stew	Creamy broccoli pasta	Vegan hamburger	
R E F R E S H M E N T S							
Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	

Icelandic Recipes!

Kjötsupa (Lamb Stew)

(Recipe from yourfriendinreykjavik.com)

Ingredients

- 1kg soup meat (lamb shoulder or neck), preferably with bones
- 1,8-litre water
- 1 tablespoon salt (more or less depends on taste)
- 1-2 tablespoons dried herbs
- ½ onion
- 500gr turnip (rutabaga)
- 500gr potatoes
- 250gr carrots
- 100gr white cabbage
- Fresh black pepper

For 4-6 people

Method

You can add more vegetables and rice and boil them with the soup. If you feel like rice, add some; if not, skip them.

You start by trimming the meat of any excess fat. You then place the meat in a large pot with water and heat slowly to a boil. Skim the broth and add salt, herbs, and onion. Let the soup simmer for about 40 minutes. Peel the turnip, potatoes, and carrots and slice them into fairly chunky pieces, but not too big for a spoonful. Add them to the pot and let simmer for 15 minutes. Then add the cabbage and let it simmer for 5 more minutes. Add salt and pepper as you wish. If you feel the soup has gotten too thick or lacks liquid, just add some water. The soup gets better if you let it simmer for a while to let the ingredients gel together.

You can serve the soup with all the ingredients or, like many people, take the meat out from the soup and serve it separately. That makes it easier for people to cut the meat and add it to their bowl of soup themselves.



More Icelandic Recipes!



Flatkökur (Icelandic Flatbread)

(Recipe from [recipes.saladmaster.com](https://www.recipes.saladmaster.com) and [allthatcooking.com](https://www.allthatcooking.com))

Ingredients

- 2 cups rye flour (316 g)
- 1 cup whole wheat flour (158 g)
- 1/2 teaspoon salt (3 g)
- 1/2 teaspoon baking powder (2 g)
- 1 cup boiling water (240 mL)
- Additional whole wheat flour for rolling out flatbreads

For 6 flatbreads

Method

1. Place flours, salt, and baking powder in a large mixing bowl and mix well.
2. Slowly pour in boiling water and knead ingredients for approximately 5 minutes until dough is smooth.
3. Divide dough ball in 6 pieces and let rest for approximately 10 minutes. Cover dough with damp cloth to prevent drying out.
4. After dough has rested roll out each piece with rolling pin until very thin. Cut each piece into a 9-inch (22.9 cm) round, using a plate as guide. Prick flatbread with a fork all over surface to prevent air bubbles during cooking.
5. The traditional way to cook these is directly on the stove burner. Just make sure your stove is good for that. If you are not sure, just use a pan. Heat the burner to medium high. Place the dough on the burner and prick the top with a fork to avoid big bubbles forming. Cook for about a minute or two, until the bottom is brown. Flip and cook the other side until brown. Adjust the temperature so as not to burn the bread. In general it takes about 2 minutes to cook each round. Your time may be different. (If you do not want to cook directly on your stove you can use a non-stick pan instead).
6. Cover your stack of breads with a clean kitchen towel and serve them when they have cooled to just room temperature
7. Cut flatbreads into 4 quarters and serve plain or with your choice of toppings (we recommend salted butter, cheese, smoked ham, smoked salmon, cucumbers and/or bell peppers)

Enjoy!