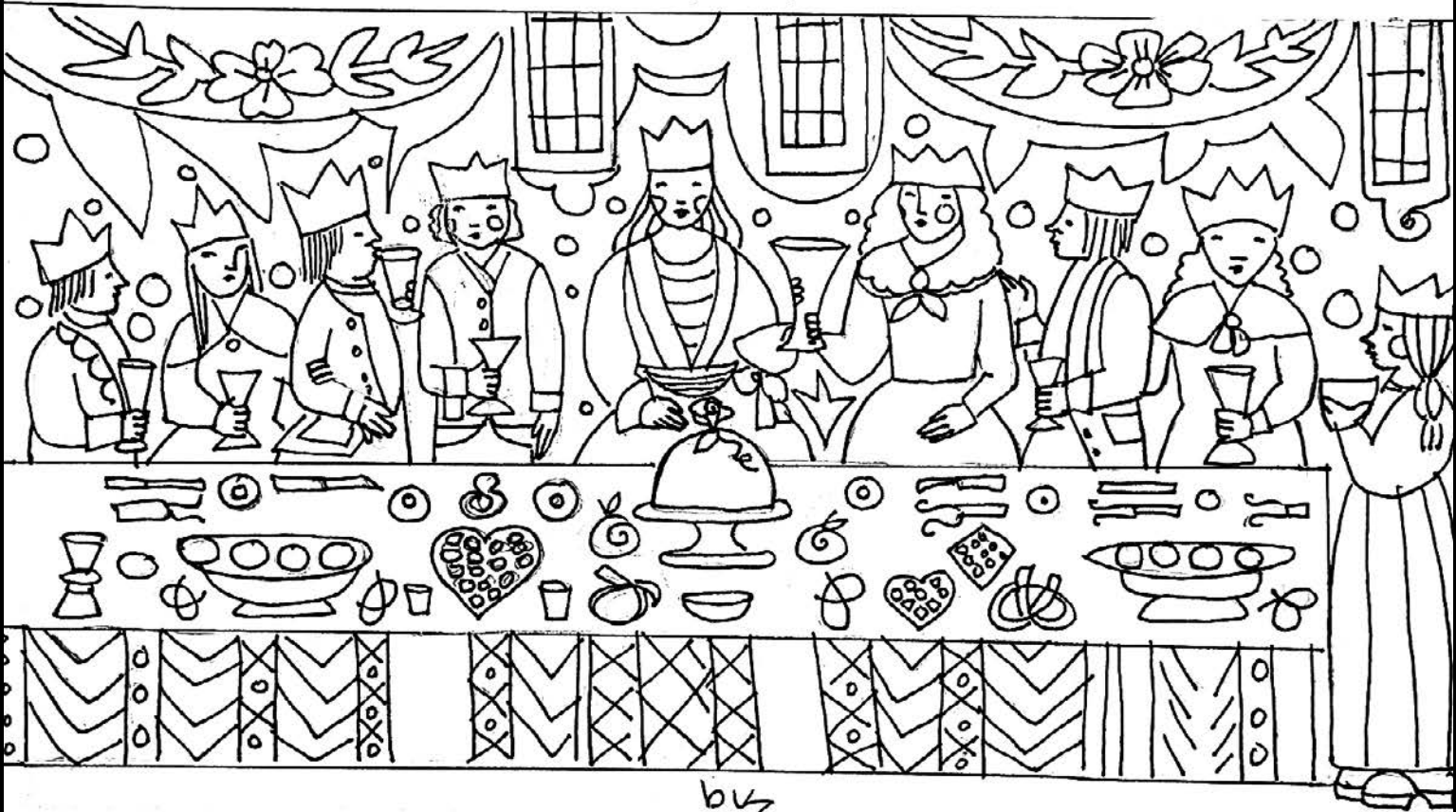
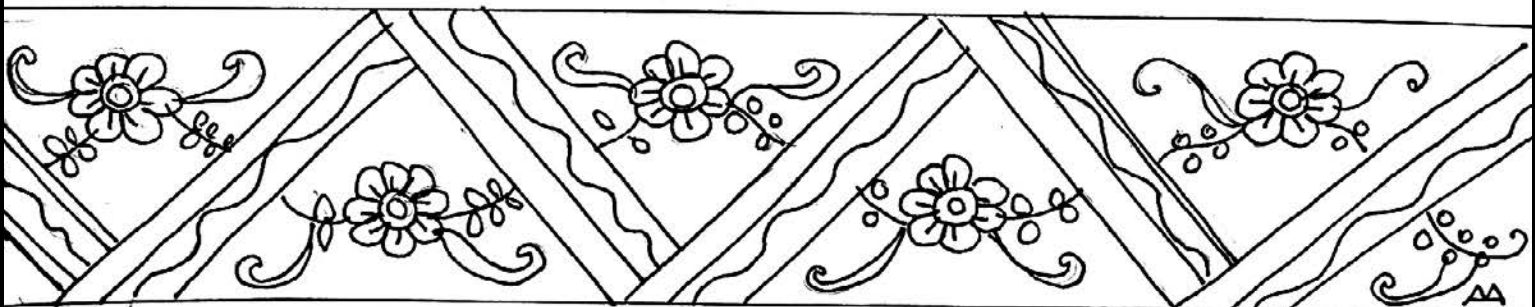


Prinsesstarta Kids Activity Book



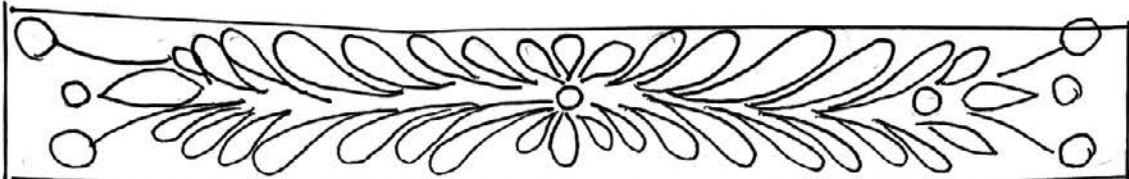
by

Alison Aune and Emilie Bowman



Coloring Book

©2021



Gröna Tårta

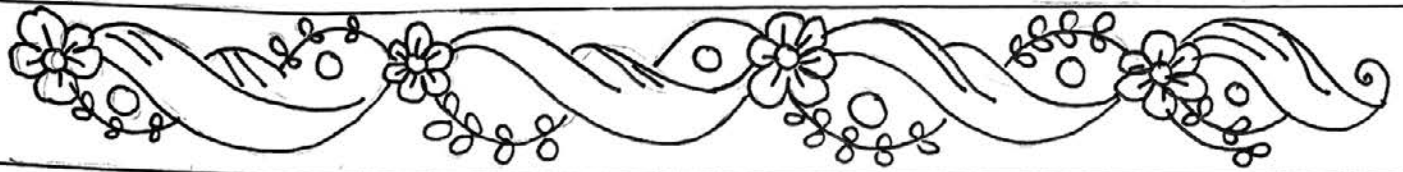
Swedish Princesses Margareta, Märta, and Astrid loved cake! Do you?

They went to an all-girls school in Stockholm and their home economics teacher, Jenny Åkerström, named a special cake she created just for them because they loved it so much. It was called *Gröna Tårta* (Green Cake). No one knows why it was green but today over 500,000 green cakes are sold each year in Sweden!

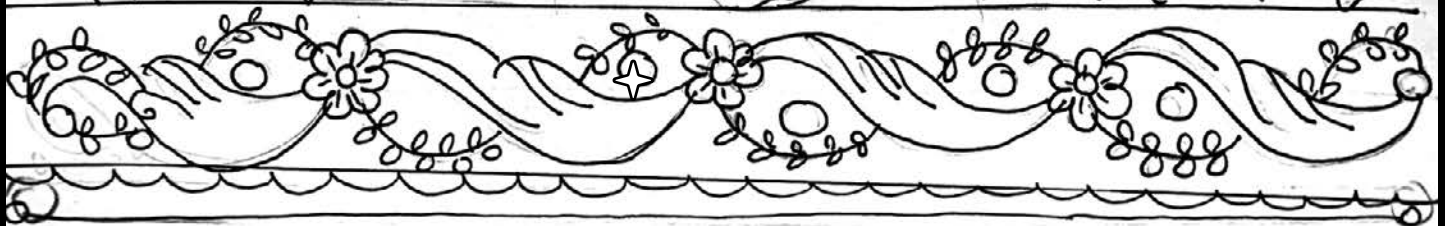
Also, no one calls it *Gröna Tårta* anymore. It is called *Prinsesstårta* (PRIN-sess TOHR-tuh): Princess Cake. Please learn about, create, and taste, this special cake! Look carefully at Carolyn Olson's amazing paintings in her exhibition at the Nordic Center! You can look at them also online in the video and in the online gallery. With this exhibition and community programming we are also celebrating the 10-year birthday of the Nordic Center in Duluth, Minnesota!

Cake for Everyone!





Prinsessorna Margareta, Märta och Astrid



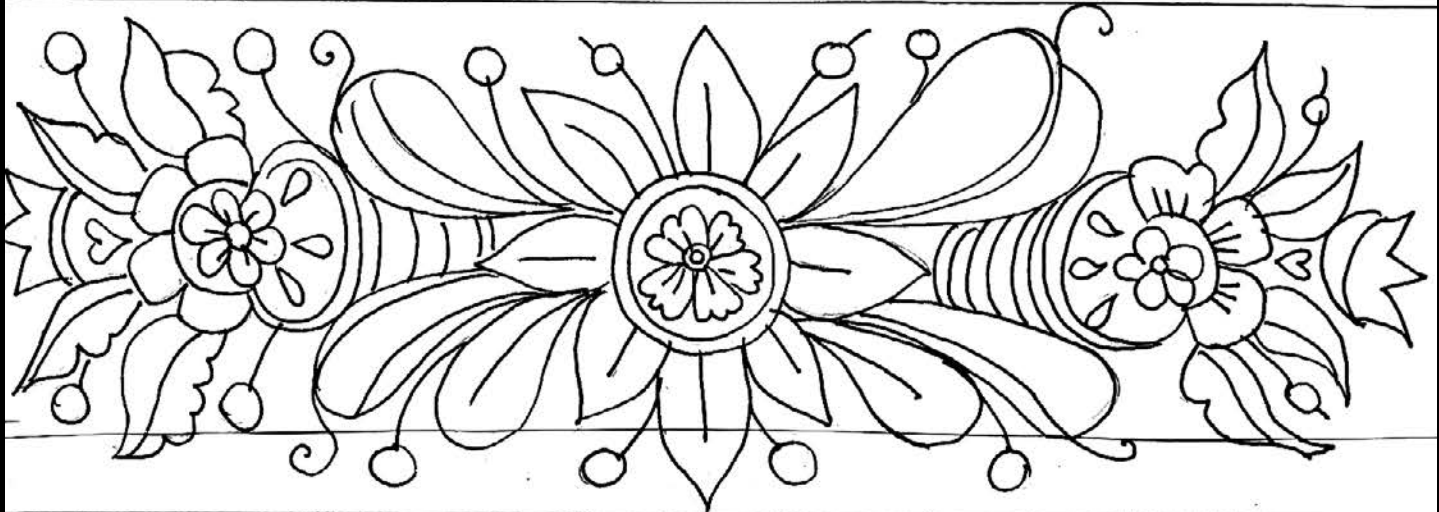
FUN FACTS

The princesses were daughters of Princess Ingeborg of Denmark and Prince Carl, Duke of Västergötland, who was the younger brother to King Gustav. Their uncle was the King of Sweden! They had a brother too. His name was Prince Carl Bernadotte (1911-2003). He was the youngest child and was the Duke of Östergötland. He became a prince of Belgian nobility.

Princess Margareta (1899-1977) became the Princess of Denmark.
Princess Märta (1901-1954) became the Crown Princess of Norway.
Princess Astrid (1905-1935) became the Queen of the Belgians.

Did you Know?

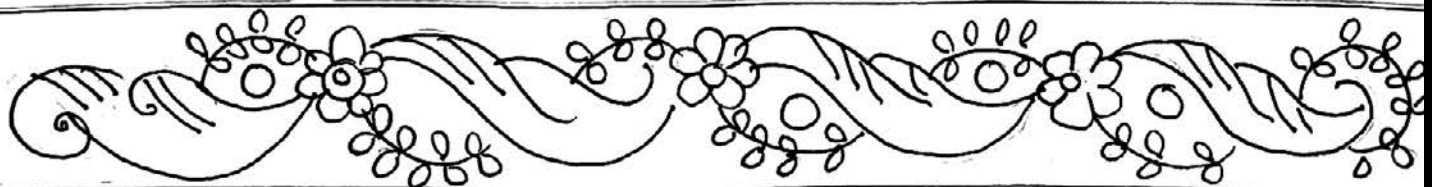
Märta* came to Duluth! She came with her husband King Olav of Norway to dedicate Enger tower in 1939! Her son, King Harald V also came to Duluth in 2011. He came with his wife Queen Sonja and they went to Enger Tower, Norway Hall, and they even saw The Nordic Center!



Princess Cake Week

The 3rd week in September is Princess Cake Week in Sweden. \$1.50 from each cake goes to the Crown Princess Victoria's Fund that benefits sick children, social isolation, and health issues. These cakes have a golden crown stenciled on top.

(*Märta was also called Martha. See the NRK TV series, available through PBS, Atlantic Crossing).



Princess Cakes Today

In Sweden, Princess or Prince Cakes are eaten at special occasions such as birthdays, name days*, last day of school parties, weddings, and other celebrations! Hip Hip Hurray!



*Name days (*namsdagar*): This is rooted in the Christian calendar of Saints. Every Saint has a feast day. People with names of Saints have a celebration on their name day. Today, new names have been added to the list. It is like a second birthday!

Rosa
Marsipanros



Pink
Marzipan Rose

Grön marsipan



Green Marzipan

vit
Vispgrädde



white
whipped cream

ljusbrun
Tårtskikt 3



Light brown
cake layer 3

Gul
Vanlijskräm



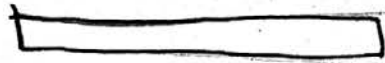
yellow
vanilla custard

vit
Vispgrädde



white
whipped cream

ljusbrun
Tårtskikt 2



Light brown
cake layer 2

vit
Vispgrädde



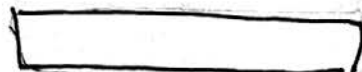
white
whipped cream

Röd
Hallonsylt



Red
Raspberry Jam

ljusbrun
Tårtskikt 1



Light brown
cake layer 1

En färgglad tårta

A colorful cake!

Have a Tea Party! Make Papier Mâché Princess and Prince Cake Hats!

Materials: bowl, spoon, scissors, water container (big yogurt container), smock, plastic tablecloth, paper plate.

Hat: 1 big round balloon, cheap white flour, water, newspaper, green (or yellow, blue, and white) and brown tempera or acrylic paint, paint brush, paper plate, pink tissue paper, pipe cleaner, hot glue gun and stick and pin (with adult help only).

General Directions:

Blow up the balloon and tie it. Mix flour and water together to be like Swedish pancakes (not too thin, or it will not stick and not too thick or it will not spread: 2 parts of flour to 3 parts of water).

Ripe up newspaper into strips. Dip each strip into the flour mixture and cover the balloon several times. Let this dry! Once dry, pop the balloon with a pin. Now cut the balloon in half to make 2 hats.

Mix your green, or use a prepared green, with a little water with your brush on a paper plate palette. Once you have a smooth consistency paint the hat green. Let this dry.

Make a pink rose: Cut out 6-10 squares of pink tissue paper (4" x 4" or smaller). Layer them and fold them like an accordion. Put a pipe cleaner in the middle and trim each end into a half circle. Now open each layer of tissue paper up, one layer at a time, to the center pipe cleaner. Do this on both sides to create your petals.

Hot glue the flower onto the top of your Cake Hat. Optional drizzle brown paint around the top (see *Prinsesstårta* pictures online).

Wear your hats while you eat you Princess Cake in a Jar!



Princess Cake in a Jar

Recipe:

This recipe can be "homemade" or entirely store bought! It is up to you! Get the following ingredients at your local grocery store or co-op. Try to buy organic! This recipe makes at least 6 jars.

Sponge Cake

- 1 Box white cake
- Eggs (amount per cake directions)
- Vegetable oil (amount per cake directions)
 - OR premade mini sponge cakes

Vanilla Pudding

- 1 box vanilla instant pudding mix
- Milk (amount per instant pudding directions)
 - OR vanilla pudding cups

Raspberry jam or preserves

Whipped Cream

- 1 Cup heavy whipping cream
- 1 Tbsp powdered sugar
- 1 tsp vanilla extract
 - OR premade whipped topping/whipped cream

Marzipan

- $\frac{3}{4}$ + 1 Tbsp almond flour
- 9 Tbsp powdered sugar
- 1 $\frac{1}{2}$ Tbsp water
- $\frac{1}{4}$ tsp almond extract
- Green food coloring
 - OR premade marzipan

Instructions:

Sponge Cake:

Prepare the box cake according to the directions, but separate egg whites and whip them separately until fluffy and double in size. Combine other ingredients (including egg yolks) in a separate bowl.

Gently fold in egg whites with the other ingredients. Bake cake in a $\frac{1}{2}$ sheet pan until a toothpick comes out clean. Let the cake cool completely. Use the top rim of a mason jar like a cookie cutter to cut the sheet cake to the correct size for the jar.



Vanilla Pudding:

Prepare vanilla pudding according the directions on the box.

Whipped Cream:

Combine all ingredients in a large bowl and whip with an electric beater until stiff peaks form.

Marzipan:

Combine almond flour, powdered sugar, water, and almond extract in a bowl with a spatula until a dough consistency forms. Add 1-3 drops of green food coloring and knead until color is consistent. Wrap the marzipan in plastic wrap and cool in the freezer to make it easier to handle. Once cool, roll out the marzipan with a rolling pin between two layers of plastic wrap. Use the top rim of a mason jar like a cookie cutter to cut the marzipan to the correct size for the jar.

Assembly:

Fill the mason jar with a layer of vanilla pudding. Add a pre-cut piece of cake next. Follow with a thin layer of raspberry jam. Top with a layer of whipped cream and a pre-cut piece of green marzipan.

(optional) Make a marzipan rose: Add 1 drop of food coloring to marzipan mix. Roll out in between two sheets of plastic wrap. Make one small ball and squeeze it into a mini pyramid and set it aside. Using a dinner spoon, press in the marzipan to form leaf shapes and cut them out. Take these shapes and gently bend them into curved petals. Place these around the pyramid until you have created a rose. Cut off the bottom of the pyramid. Place your rose on your Cake in a Jar!



