

HEIDI HERMAN

heidi@heidiherman.com / 605.681.6959 / www.heidiherman.com



Event Proposal

"Homestyle Icelandic Cooking"

Abstract

The food and cultural history of Iceland is unique to Scandinavia and dates back to the time of the Vikings. Author Heidi Herman will prepare two dishes from her cookbook while sharing the history and trends of food in Iceland from settlement (former days) to present. She partnered with her mother, Icelandic immigrant Ieda Jónasdóttir Herman, to develop this presentation from their co-authored cookbook.

During the cooking demonstration, Heidi shares her mother's childhood stories and experiences with food in Iceland and her own experiences from visits to the country. Samples for taste testing are included as part of the demonstration.

Dishes prepared and shared vary depending on the facilities available but may include Remoulade (Brown Sauce), Fiskur Með Ostur (Cheesy Fish), Kleinur, Bolludagur, Pönnukökur, or Rúgbrauð Brúnt (brown bread) .

"Heidi was a pleasure to work with, was knowledgeable about the subject matter, and was able to work through any technical hurdle during the recording. She is an experienced public speaker, who exhibited passion for the subject of which she spoke." - Julie DeStefano, Belmont Gallery of Art

Learning Objectives

1. Discover the history of Iceland and its modern-day culture and how food is a part of the lifestyle.
2. See the demonstration of food preparation
3. Learn how the diet of Icelanders was impacted by the land and what foods were used to create balanced nutrition.
4. Gain an understanding of how food is a reflection of the culture and lifestyle of the Icelandic people.