

Thank you for your interest in my book!

The celebration of Yule, the ancient Pagan festival that became the Christian holiday Christmas, was traditionally a 12 day celebration. I am deeply drawn to the lore of European history and mythology and so I spent the last several years finding ways to celebrate the full 12 days with my family. This is the result. I hope this little guide helps you and yours enjoy this time of year (what I like to call “The Holly-Daze”) a little more.

Many modern people, including Pagans, celebrate the Winter Solstice, as the turning point where the daylight hours begin to get a little longer. If you already celebrate the Winter Solstice, but don't yet celebrate the full 12 day festival, this guide will help you to do that. If you already celebrate for 12 days, this book will give you some extra ideas and inspiration.

Even if this is your first time celebrating the Winter Solstice, don't be daunted. Somewhere down the line your ancestors celebrated this festival of light, and so it is already written in your DNA. You will also already be familiar with many of the traditions, since most Christmas traditions are based on this older, more ancient festival.

I hope you enjoy the first 2 chapters, and if you do, you can [learn more](#) about the full book and where to buy it.

If you know someone else who might enjoy this type of guide, please tell them about my website and invite them to sign up for the newsletter so they can receive their own copy.

Thanks,

Jenn

jenncampusauthor.com



And if you need more help around celebrating this holiday season, feel free to get in touch with me, or start a discussion on my [Facebook Page](#).

A Guide To Celebrating the 12 Days of Yule

by Jenn Campus

Newsletter Subscriber Exclusive Book Preview

A Guide to Celebrating the 12 Days of Yule

(Heathen-style!): Folklore, Activities and Recipes For The Whole Family to Enjoy For 12 Days!

By Jenn Campus

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Introduction

For most Pagans of any denomination, Yule is a high holy season. We always hear that it is a 12 daylong celebration that begins on the eve of the Winter Solstice, known to most Pagans as Yule, and ends at the new calendar year. This celebration was so important in ancient times that it was converted by the Christians to the 12 Days of Christmas.

Many Pagans, especially those devoted to the Norse and Anglo Saxon Gods and Goddesses try to find some way to keep these 12 days, and so does my family. However I have been asked over and over again for several years running - How do you celebrate? What do you do exactly? What activities, what rituals, what prayers and celebrations?

I began by sharing our daily activities on my Facebook page a few years ago and have continued to do so, but I still get questions about it every year, especially in the few weeks leading up to Yule because people want to be prepared and have things planned out and all the materials they might need.

Therefore, this little guide to celebrating the 12 Days of Yule is a result of my creating family traditions for this special and most sacred (not to mention FUN!) time of year. I decided to put it all together into one little, handy and easy to follow guide, so that you and your family can celebrate the 12 Days of Yule together, with a little inspiration from what our family has been doing.

We have a young girl and an infant and have been celebrating the 12 Days of Yule since before my daughter was born, so this guide is meant for anyone including families with children of all ages.

I hope you find this guide helpful and fun.

Blessed Yule and Merry Winter Solstice to you and yours!

In Preparation

In preparation for the 12-day long celebration, I try to gather everything that we will need to have it on hand, so that we can truly settle into the holiday without running out to get a lot of last minute things. This makes everything more relaxing and enjoyable.

Some things I make sure we do in preparation are:

- Shop for all the needed foodstuffs - for all the important festival meals, baking, parties with friends and family etc.
- Clean the house - make sure things are tidy and the energy flow is good in the home.
- Decorate the house - we tend to do this sometime during the second week of December. My birthday is the second week of the month and I generally like to wait until **AFTER** that to do holiday decorating, but that is just our personal preference, you can do it whenever you like.
- Designate a Yule Log - if you have a fireplace or woodstove or somewhere to safely have a fire, it is a good idea to pick out your Yule Log ahead of time so you know where it is when it is time for that ritual.
- Put up and decorate your Yule Tree - some years we have done this on the eve of the Solstice, but I find that day is super heavy with other activities and some years it feels rushed if we wait that long to do it. So generally I like to get the tree set up the second week of December.
- Be prepared to leave a small offering of food and drink each night to the Gods, Goddesses, Ancestors or other spirits you have a relationship with or want to honor this time of year. I think of these entities in my own life as family or very good friends and I want to engage them in our celebrations by giving them the very best of what the season has to offer. Our family, therefore, does offerings of food and drink on each night of the 12 days. We usually burn the offerings in our wood stove or fireplace, but you can also bury them outside or place them in a tree.

Let's get started.



First Day - December 20

- **W**hat is Mother's Night and Why & How We Celebrate
- **C**reate a Disir Altar
- **B**ake Cookies
- **L**eave Offerings

Mōdraniht, or “Mother’s Night” in modern English. The Mothers we are talking about here are female ancestors, especially of the maternal line that some Pagans, especially Heathens, believe watch over a family or clan indefinitely when they pass on. These could be very old ancestors from millennia past, or other more recent ancestors who have taken on that duty since they have crossed over.

Ancestors or the Beloved Dead are powerfully allies, since they were all human once, or at least lived their lives on this earthly plane (like animal companions). They understand more than the Gods and other spirits what it is like to be human: the struggles, the triumphs, the little hurts and frustrations. Ancestors therefore can be some of our greatest helpers when the help we seek is more mundane in nature or has to do with our own families, especially. Nothing is truer of our Disir, the female ancestors that watch over our families and clans. That is why this night is so important to the season and dedicated to them.

Truth be told, this is one of my very favorite of the 12 Days and so it seems fitting that it kicks off the festivities. Mother’s Night is usually celebrated on the eve of the Winter Solstice. But we always celebrate it on the 20th, like most Heathens, because if you are doing the full 12 days, the traditional end is New Year’s Eve, or December 31 no matter where the actual Solstice falls.

For my family it is a sweet celebration, honoring all the women that have gone before us and celebrating their lives as they live on in us.



Growing up in my family baking cookies was always a big event at this time of year. I come from a large family and so my grandmother spent many weeks before the winter holidays baking cookies in preparation. Some were for our family celebrations, others were to give away to family and friends, but I think mostly she just loved doing it. She had a deft and precise hand and her cookies always looked professionally made. They were also delicious.

I think many of us have stories of grandmothers, mothers or other female relatives baking cookies at this time of year. It seems a common theme. And before our recent ancestors and the popularity (and ingredients) for cookies, special treats were always a part of these celebrations at this time of year. So this day, we can honor our female ancestors by baking cookies (something that strikes as very maternal) and leave the cookies as offerings to those ancestors.

This night can be used to remember and celebrate all of our female ancestors, but I tend to focus my attention on those from my female line - so my mother and her mother and her mother before and so on.

You can take it a step further and think of traditional cookies from the place or places that your maternal ancestors hail from originally (or more modernly) and make those. For example, in my case my maternal line is mostly Scottish, (with some Danish thrown in) so I always make shortbread and aebleskiver. I am also adopted and so I also make Cuccidati, or Sicilian fig cookies because my grandmother always made those too.

These are activities that all the members of the household can join in on. Ask everyone in the family what cookies they remember from their childhood, or which female ancestors they wish to honor. The more cookies the merrier, right?



DISIR ALTAR

Set up an ancestor altar for the women of your family who have passed by placing pictures of them, or prayer cards, or symbols that remind you of them, or mothers in general, on the altar.

(If you don't have fond memories of female ancestors, then place symbols of what having a good relationship with a mother figure would look like and then you can ask more ancient ancestors to come to your aid, or make themselves known to you so you can work with them. Or you can choose to dedicate this night, altar and offerings to Frigga, the All Mother).

Place a candle, an offering plate or small dish and a small cup on the altar to hold your cookie offerings and a libation. I like to give turmeric or saffron infused milk as my libation offering.

Milk has an obvious deep association with motherhood and the golden color is a nice addition to kick off a solar celebration (Winter Solstice).

You may also choose to add incense. Many of my ancestors were Catholic, so I choose to use Frankincense and Myrrh, scents they would be familiar with from holy days when they occupied this earthly plane.

Both substances are also good at keeping away negativity or malicious spirits that may be hanging out near the doorway when you invite your ancestors to join your celebration. But you can choose anything you like. Other common incenses for working with ancestors are sandalwood and copal.

BAKE COOKIES & LEAVE OFFERINGS

Bake your cookies & leave the offering on your altar.

This is a prayer I wrote to use after I light my candle and incense and welcome my ancestors by name (using their full names or specific genealogy so other spirits can't be confused by who you are calling forth).

Spirits of all the Mothers who have come before me, {state your full name}

Great Disir, Ancestors, Mothers

Going back to the beginning of my female line,

I honor you today.

I thank you for your gifts of Body & Blood.

Strength & Hope

I thank you for life, itself.

Help me to do right by you,

To honor you with this life you have given me,

Let me never take for granted all of the blessings & abundance

Which surrounds me & my family.

Help me to be a good Mother, Wife, Daughter and Sister

Help me to pass a legacy of kindness, love, hope & strength of spirit to my descendants.

Thank you, thank you, thank you.

So shall it be.

Second Day - December 21

Winter Solstice Celebrations Around the World/History

Sun Vigil

Prayer to Sunna

Cleansing of Ritual Tools

Butter Offering

Sun Salutations

Yule Log Traditions

Nisser, Tomten and Yule Elves

Winter Solstice Ritual

Offering to the Holly King

Winter Solstice Feast

WINTER SOLSTICE CELEBRATIONS AROUND THE WORLD/HISTORY

Winter Solstice usually falls on the 21st of December, but it can be on the 22nd or 23d as well. Many Pagans of different faiths choose to celebrate Yule proper on this day regardless of the actual solar event. You can choose to go that route, or if you want to celebrate on the actual Winter Solstice celestial event, you can just substitute the activities over the next few days for one another based on what works best for you and your family.

Winter Solstice has been celebrated for thousands of years, spanning many cultures. If most of us traced our family trees back far enough (and for some we might not have to go that far) we would likely find many ancestors who celebrated this feast of light - the return of the sun after the darkest times of the winter, when the days begin to lengthen, so it is part of our personal histories.



The actual event, Winter Solstice is just a moment in time. But the celebration that comes from it marks the shortest day and the longest night of the year. Many cultures celebrate this day and night and celebrations vary from culture to culture.

The ancient Romans knew the celebration as Saturnalia, the Hindus call it Diwali, and the Jewish festival of light is called Hanukkah. For those of us who follow the pathways of our ancient Northern European ancestors, we call it Yule, Jul, or Jule. Many traditions from lighted Christmas trees, to Yule logs and mistletoe are a part of this rich history and have influenced more modern winter holiday celebrations.

These were all ways to celebrate the return of the sun and light after the bleak Northern winter; a time to celebrate brighter days ahead and hope for a brighter future. Similar themes that are part of all the aforementioned celebrations are rebirth, sun and light, and new beginnings.

Pagans in ancient Scandinavia and Germany celebrated Jul and in modern times “Jul” is still the name for this celebration in Scandinavian countries, and is often translated into English as “Christmas”. The two celebrations are intrinsically linked since many of the Jul (“Yule”) traditions are where the most common modern Christmas traditions come from.

During Viking times the Julblot was a sacred ceremony where sacrifices were given to the gods in order to receive blessings on the crops for the following spring.

The actual Solstice is what most Pagans refer to as Yule and it is the busiest day of the 12 days with much to do, starting early, if you choose. There are a lot of activities listed for this day and it is by far the longest entry in this guide. Please don't feel that you have to do everything listed. This is just to give you a lot of ideas so you can incorporate those activities that you and your family will enjoy most.



SUN VIGIL

My day usually starts by rising about an hour before the sun, to sit for a sun vigil. Not everyone in the family is usually up for this part of today's ritual, but for me it is a lovely way to do a little sun worshipping.

The Winter Solstice is the birth of the Sun, who in the Northern tradition is called Sunna and I always welcome her on the Solstice with prayers and offerings.

I light a candle in a star shaped lantern (the sun is a star after all) and burn some incense. I find amber is a good choice.

Then as Sunna begins her ascent, I spend time meditating on all her many gifts, the biggest being my life. Without the sun, humans would not exist.

PRAYER TO SUNNA

At the exact point of Sunrise (which I calculate the day before and set an alarm on my phone), I say a prayer of thanks:

Sunna, Great Goddess

You who bring Life to all things,

Shining brightly in the sky,

We give thanks to You for our very lives,

Help us to take care of the good things of this Earth-

Plants, Animals, Trees, Waters

Let us feel your warmth upon us,

Even in darkest days,

For You are always there, giving of Yourself, so that we might live,

Help us shine brightly in our own lives,

Do for others as you do for us,

And take care of the many gifts that you give so freely.

Thank you, thank you, thank you,

Hail Sunna!



CLEANSING OF RITUAL TOOLS

This is a good time to get a solar cleansing of all your ritual tools, if you have any that need to be cleaned or “powered up”. So after praying, I lay out any ritual tools I wish to be cleansed and energized by the sun’s power in the sunlight that is now starting to streak down.

BUTTER OFFERING

Once I have done this, I leave an offering of the highest quality of butter for Sunna. I paint the doors of the house with the Sowilo Rune to mark it as an offering for Sunna and ask her to watch over our family brining us nourishment and abundance the whole year round.

I also put some butter on our house in the place that receives the most sun. So as the sun shines on the butter it warms up and melts, allowing Sunna to “eat” all year.

Good quality butter is yellow because it comes from animals that were fed a healthy foraging diet. The butter is yellow due to the carotene found in the plant matter that they consume.

When humans eat butter with carotene we convert it in our bodies to Vitamin A.

Butter was an important part of the Northern diet. After the domestication of animals for milk and other nourishment, the cream from the milk was generally skimmed off to make butter, which due to the fat content makes a fairly stable and long lasting product.

The rest of the milk was then generally made into cheese.

SUN SALUTATIONS

Yoga is a big part of my personal wellness routine and so once I clean up my makeshift altar outside and gather up my tools to bring inside, I go inside and do 3 Sun Salutations facing the sun to welcome her fully.

It would be nice to do this outside and you can if you live in a warmer climate but I do it indoors, since it is hard to do yoga in snow pants and puffy coats!

At this point in the day the family is usually starting to wake up and if they aren’t quite ready yet, I usually start making the coffee and tea and getting things ready for breakfast. We usually break our fast on Solstice with the Aebelskiver made during Mother’s Night the night before.

I like to serve them with lingonberry jam and fresh whipped cream. But feel free to enjoy a festive breakfast casserole or another special breakfast treat like homemade donuts or other pastry.



YULE LOG TRADITIONS

In the Northern and Celtic countries the tradition was to find and harvest an enormous tree trunk to burn on the shortest day of the year—generally in a large hall as a celebration for the community. Doing this celebrated the rebirth of the sun as well as give thanks for the warmth and life it brings.

The ashes of the Yule Log were kept because they were believed to hold magical powers and give protection for the rest of the year, including protection against lightning strikes, which in a time when most dwellings were built with timber is important protection indeed.

We have a wood stove in our house, so we always burn a Yule log. Generally we pick a birch log from our pile of firewood and decorate it with pine boughs and wild berries and we burn it on the evening of the solstice.

However, if you don't have a fireplace or a way to burn logs safely, you can make a Yule Log Cake!

On this day I tend to spend a good deal of time in the kitchen. There is the big Winter Solstice Feast to prepare. I start by baking a Yule Log cake. This is a common Yuletide treat in France and French colonies and is called a *Bûche de Noël*. It is a sponge roulade cake shaped and decorated like a tree branch or stump. This is the dessert for our Winter Solstice Feast.

It is not known who exactly made the first Yule log cake, but it was made to replace the large Yule logs that used to be burned during the Iron Age.

There are some theories to where the tradition for the cake began. Some attribute the size of the home hearths becoming smaller. Smaller

Yule Logs were burnt then and those small hearths were also a good size to bake a cake such as this. Then once the modern age began and not every home had a hearth, baking the cakes were a good way to continue the Yule Log tradition.

So how long have people been making these types of cakes? The ingredients for the cake are commonplace in medieval times so the first one could have been as early as the 1600s. The first known recipe was published in 1615, in Gervaise Markham's tome "The English Huswife".

The best part about this cake is that it is really easy to make and comes together quickly. Then there is the fun of decorating it. It can be as simple cutting off one end of the cake and setting it on top of the cake or placed protruding from its side to resemble a chopped off branch, then sprinkle with cocoa powder. Or can be elaborate as making icing and creating a bark-like texture, by dragging a fork through the icing. Cakes can also be decorated with powdered sugar to resemble snow, fresh berries, and mushrooms made of meringue or marzipan - it's totally up to you!





NISSER, TOMTEN AND YULE ELVES

Nisse are generally associated with a particular home or family and are known to sometimes follow the family when they move. They are rooted in the folklore of farm life and act as the homestead's guardian, a bit like a house elf. In earlier times they might have been a clan or ancestor spirit, the spirit of the person who first built the farm.

If the Nisser is treated well by the family they will watch over the farm, the animals and the family protecting them from harm. However, if not treated well by the family, they will create a lot of mischief and misfortune for the family until a proper relationship is established. In appearance Nisse look a lot like a typical garden gnome, they are short and often squat. They are usually wearing blue shirts and they wear the iconic red conical hat. They often have very long gray or white beards and are usually elderly in appearance.

Norwegian folklore states that they have four fingers, and sometimes pointed ears and eyes reflecting light in the dark, like those of a cat. Nisse are also well known shape shifters, so if you see them at all, in may be in another form, but mostly they stay hidden from human eyes. In many ways they are similar to a garden gnome in that they are guardians of place. These are the elves that look after the farm animals-and in return for their protection and hard work, they want porridge served with butter and cream during the winter festivities. This offering of porridge is what remains of the ancestor worship of pre-Christian times.

I like that the porridge offering ties into ancestor worship and veneration of spirit of place. Both of these ideas were beyond the comprehension of my daughter when we started sharing this tradition with her at about age 2. But this tradition started building a foundation for her of ancestor and land spirit veneration.

The same year we introduced her to the Nisser or Tomten, we bought the book "The Tomten" by Astrid Lindgren in order to read it to her on the Solstice before leaving our bowl of porridge as offering.



OTHER OFFERINGS

On this night we always leave an offering to the Holly King. He is the personification of the Green Man in Winter - adorned with holly leaves and berries, evergreen sprigs and pinecones. He is Father Winter and this is his special night. So each person in the family leaves a portion of their meal aside for him. Once dinner is over we put all the offerings on a paper plate or in a napkin and we burn it in the Yule Log fire later in the evening.

I have it on good authority that the Green Man enjoys a bit of whisky, and so I leave a small glass for him in offering as well.

YULE RITUAL

If there isn't a fire going in the woodstove already on this night (which has never happened yet) we would probably start it around 11:30 PM or so.

Then whole family sits down, each with a piece of paper. Or for those too young to write, with an adult, and we write down all of our wishes, hopes and dreams for the year. It can be as simple as a few sentences, or an elaborate wish list. It all depends on the individual making the wishes. Usually this requires a bit of time to think about it, which is why we start early so people have time before midnight to get their wishes down.

Then 5 minutes before midnight we put the Yule Log onto the fire and turn off all the lights in the house so it is super dark. We all huddle around the fire, the only light in the house and usually have some quiet time to think about how dark our world would be without the sun (and if we could even exist without her - that is more for the little ones to think about). Taking this time helps us to remember how easy it is to take the sun and her blessings for granted.

Then at the stroke of midnight we put all the lights in the house on, every one we can get to- sometimes we even light extra candles to make it as bright as possible and we all cheer for the return of the light.

Then we burn our wish lists on the Yule Fire, as well as our Holly King offering.



YULE RECIPES

Please enjoy these recipes for making your own Yule feast for family and friends.

Recipe: Yule Log Cake (Bûche de Noël) with Coffee Buttercream

Serves: 8-10

(This cake is gluten and grain free)

INGREDIENTS:

- 6 eggs, separated
- 6 Tablespoons sugar
- Pinch of salt
- 1/2 cup cocoa powder
- 1 teaspoon vanilla extract
- 1/4 teaspoon cream of tartar
- butter to grease pan
- 1 1/2 cups heavy cream
- 1 teaspoon unrefined cane sugar
- 1 teaspoon of vanilla
- 1/4 teaspoon of cinnamon

METHOD:

1. Preheat the oven to 375 F
2. Line a jelly roll pan with parchment paper.
3. Grease the parchment paper with butter and dust with sprinkling of cocoa powder.
4. Whisk all the egg yolks together with 4 tablespoons sugar, sea salt, cocoa powder and vanilla extract until smooth.
5. In a clean stainless steel or glass bowl, beat egg whites with cream of tarter and remaining sugar until soft peaks form.
6. Fold egg white mixture into the egg yolk and cocoa mixture.

7. Pour the batter into the prepared pan.
8. Bake at 375 F for fifteen minutes.
9. Remove from the oven and allow to cool.
10. While cake cools whip heavy cream with one tablespoon of sugar, vanilla extract and cinnamon.
11. Generously dust the cake with additional cocoa powder.
12. After the cake has cooled invert it onto a kitchen towel.
13. Spread whipped cream onto the cake, then gently roll the cake lengthwise and place it seam down on a serving platter. The cocoa dusted cake will crack, creating a bark-like texture and appearance, but feel free to frost and decorate to your liking. (see Coffee Buttercream Icing).
14. Slice the ends of the roll off at an angle, then stick them on the side of the log.
15. Serve and enjoy!

Recipe: Coffee Buttercream Icing

INGREDIENTS:

- 4 large egg whites
- 1 cup sugar
- 3 sticks (1 1/2 C) unsalted butter, room temp, softened
- 2 tablespoons instant espresso powder

METHOD:

1. Whisk the egg whites and sugar together in the bowl of an electric mixer.
2. Set the bowl over simmering water and whisk gently until the sugar is dissolved and the egg whites are hot.

3. Attach the bowl to the mixer and whip with the whisk on medium speed until cooled.
4. Switch to the paddle and beat in the softened butter and continue beating until the buttercream is smooth.
5. Beat instant espresso into the buttercream.



Recipe: Gløgg

Serves: 8-10

Gløgg is a Norwegian mulled wine, accompanied by slivered almonds and raisins and is traditionally served during this time of year.

INGREDIENTS:

- 2 bottles of red wine

1 cup of Brandy or Vodka
4 Tablespoons mulling spices
1/2 cup sugar
raisins and sliced almonds garnish

METHOD:

1. Pour wine, brandy or vodka, sugar and mulling spices into a large pot.
2. Bring to a simmer (don't boil!) then remove from heat.
3. Let steep for 2 hours.
4. Before serving, reheat.
5. Serve hot with raisins and blanched almonds.

Recipe: Crispy Roast Pork with Cherry Sauce

Serves: 8-10

Served with Braised Red Cabbage.

INGREDIENTS:

Roast:

6 pound bone-in skin-on pork shoulder
salt & pepper to taste
1 Tablespoon crushed juniper berries
1 Tablespoon winter savory
1/2 teaspoon mustard powder
1 Tablespoon brown sugar

Red Cabbage:

4 lbs. red cabbage

1 cup red wine vinegar
1 cup cherry juice, currant or cranberry juice can also be substituted
1/2 cup sugar
1 1/2 teaspoon Beau Monde - allspice, bay, cinnamon, cloves, mace, nutmeg, black and white pepper
1 teaspoon salt

Cherry Sauce:

1 cup 100% pure dark cherry juice
1/2 cup fruity red wine like zinfandel
1/4 cup of dried morello cherries
1/2 teaspoon vanilla extract
black pepper to taste

METHOD:

1. Pre-heat the oven to 250 F.
2. Rub the entire roast with salt, pepper and spices.
3. Place it on a rack in a large roasting pan.
4. Let it roast for about 6-6.5 hours - while it is roasting make the red cabbage and the cherry sauce (see below)
5. Once the roast is fully cooked remove from the oven and let rest while you heat the oven to 500 degrees.
6. Then put the roast back in the oven and rotate the pan every 5 minutes. This makes the skin perfectly crispy!
7. Once the roast is crispy remove it from the oven and let rest for about 10 minutes. Before cutting into it. It should fall off the bone and shred easily.

To make the red cabbage (takes approx.. 1 hour)

1. Shred cabbage
2. Place the shredded cabbage in large saucepan with vinegar and let simmer about 20 minutes (be sure to stir often to prevent cabbage from sticking to pan and burning)
3. Add cherry juice, sugar, spices and salt and let simmer about another 30 minute or until it is the right consistency for your palate. Some like it softer than others.

To make the cherry sauce (takes approx.. 15 minutes)

1. Mix all the ingredients in a small saucepan.
2. Bring to a boil, over medium heat then reduce heat to low so it simmers.
3. Reduce the sauce until it is 1/2 of the original amount.
4. Place in a small serving bowl for ladling on top of the pork before serving.

Recipe: Risgrøt

Serves: 6-8

One of my favorite holiday foods is Risgrøt - a traditional Norwegian dish, a rice (ris) porridge (grøt) typically eaten on Christmas Eve for dinner with various dried and cured meats. I've made it every year during the holiday season since I was an exchange student in Norway a lifetime ago. It's one of our favorite holiday traditions. But it is delicious to serve any time during the cold winter months. I often go against tradition and eat it as a breakfast porridge - my daughter loves it.

Risgrøt is a rich, flavorful, stick-to-your-bones kind of food. Perfect for cold weather!

It is also a tradition in Norway for children to put out a bowl of

porridge for the Nisser-the elves on Christmas eve! Although these elves have nothing to do with Santa, they are associated with and originate from Norwegian farm life.

INGREDIENTS:

- 1** cup of water
- 1** cup of Arborio or short-grained white rice
- 1** Tablespoon of sugar
- pinch** of salt
- dash** of cinnamon
- 1** quart of whole milk
- Toppings: butter, cinnamon, raw cane sugar or honey

METHOD:

1. Preheat the oven to 300
2. In a medium saucepan place the rice with the water, sugar, salt and cinnamon.
3. Cook over medium high heat until water has been absorbed.
4. Add the milk and stir then bring to a low boil.
5. Immediately move from heat and place a lid on the pan.
6. Place the pan in the oven and cook for 1.5 hours or until all the liquid has been absorbed by the rice and a creamy texture has been achieved.
7. Serve immediately by creating a smørøya ("butter island" - or a melting pat of butter) and topping with cinnamon and sweetener.
8. Feed your Nisser!
9. Feed yourselves and enjoy!

About the Author

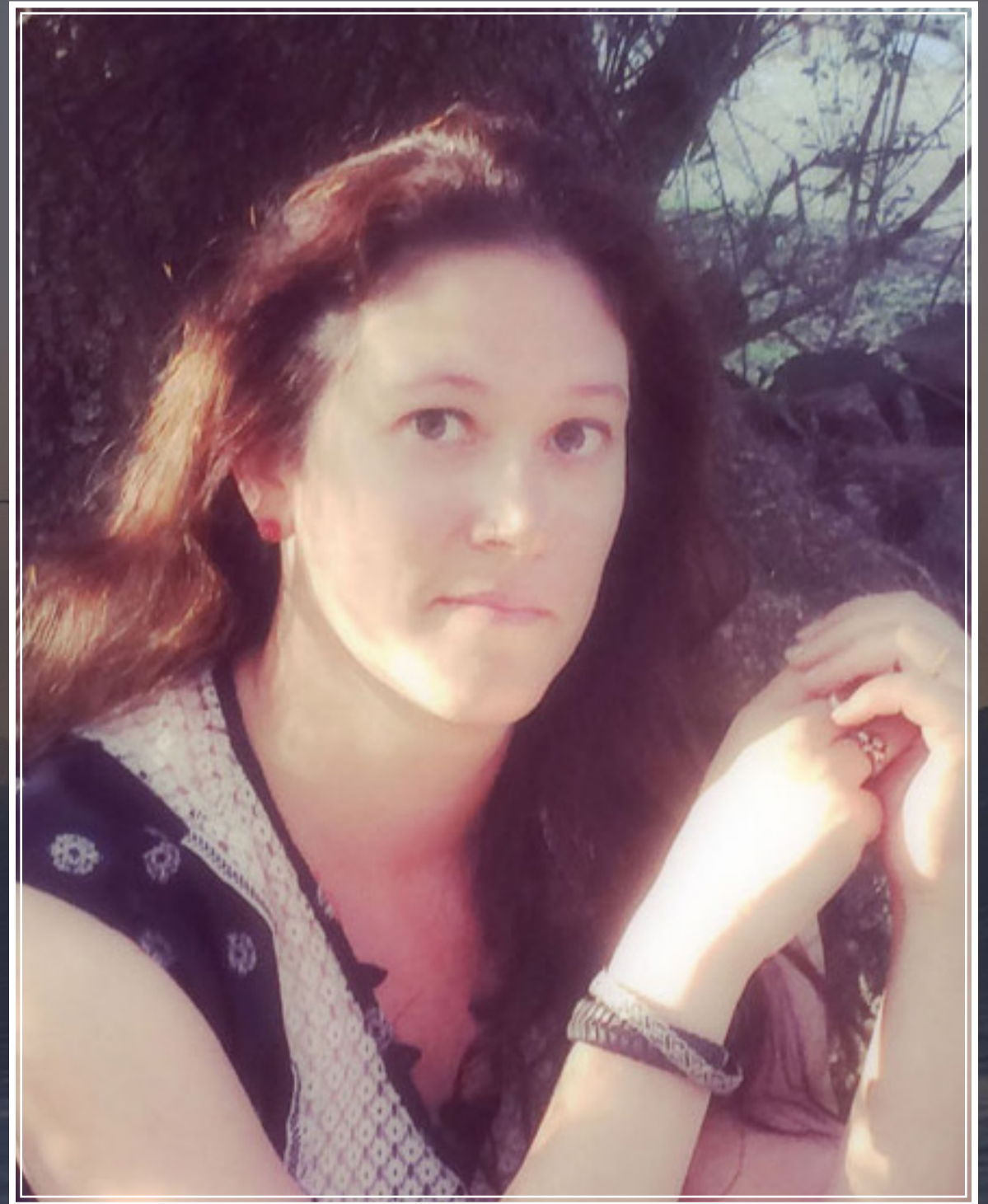
**STORYTELLER, HISTORY & MYTHOLOGY GEEK, MYSTIC,
KITCHEN WITCH, WANDERER, HEARTH KEEPER**

I am an author and American expat, a matriarch and hearth keeper. I moved my whole family (my husband, 2 children under 5, my father in law, myself and our dog) to my husband's ancestral homeland, the mysterious and ruggedly beautiful Italian island of Sardinia. In order to make that move, we downsized our Vermont homestead into 33 small boxes (50% books!) and 6 suitcases for our new life. We learned to live on very little money, in a tiny space and with a whole new set of cultural norms. In essence, we have eased into a life amidst chaos.

I long for simpler times and quiet joys. As a Sagittarius I am hardwired to seek out truths (professional translation: I am a great researcher). I enjoy food, art and cultural traditions. I am deeply drawn to creating ritual (professional translation: pays great attention to details) and through the art of writing, also a form of ritual, I am able to share with others (professional translation: good communication skills) long held traditions, different perspectives and practical modern tips for navigating this often chaotic and unsettling world. In this global world, traditions can help everyone to feel that they have a place to come "home" to, even if that place is not a physical location.

In my writing I look for ingenious ways to bring together my favorite fiction and nonfiction genres which are fantasy/mythology, culinary arts and the many uses of herbs. I am passionate about the wild places, where my food comes from and sustainability, as well as the stories, foods, culture and mythology of Europe.

I have a degree in Anthropology from Hampshire College in Amherst, MA. I have traveled extensively to and lived in Italy, Norway and the Navajo Reservation in Arizona. I also have a decade worth of experiences creating rituals and traditions for my family and myself. I have written 2 books on the subject of bringing more ritual into your life to help you connect with family, nature and where you are in the present moment.



Thank you!

Thank you for reading the first two chapters of “*A Guide to Celebrating the 12 Days of Yule: (Heathen-style!): Folklore, Activities and Recipes For The Whole Family to Enjoy For 12 Days!*”

I hope you enjoyed it as much as I enjoyed putting it together.

If you know someone else who might enjoy this type of guide, please tell them about my website and invite them to sign up for the newsletter so they can receive their own copy.

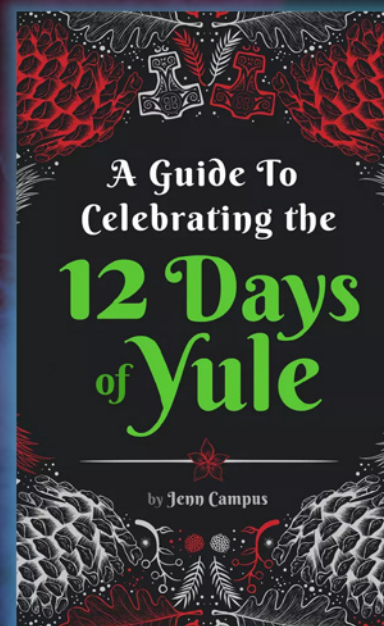
Thanks,
Jenn

Follow me at: jenncampusauthor.com



And if you need more help around celebrating this holiday season, feel free to get in touch with me, or start a discussion on my [Facebook Page](#).

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