

Fastelavnsboller og mad

Fastelavnsboller er almindelige boller med creme eller syltetøj i, og glasur på.

På nogen fastelavnsboller er der flormelis på i stedet for glasur. Der kan være alt slags glasur.

Fastelavnsboller er meget populære blandt danskere, selvom de er helt almindelige bare med glasur, syltetøj eller flormelis. Fastelavnsbollerne var blot lidt lækkert at spise før fasten. Og så skulle man have flæsk.

Et par dage før den 40 dages faste spiste man et festmåltid med kartofler, salat, flæsk, and og mange søde sager for at blive fedet lidt op så man kunne holde til de 40 dages faste.



Shrove buns and food

Shrove-buns are ordinary buns with cream or jam inside, and glaze on the top.

On some shrove-buns there is icing sugar on the top in stead of glaze. They can be made with a lot of different kind of glazing.

Shrove-buns are very popular among the Danish people, even though they are ordinary buns with glazing, jam or icing sugar. The shrove-buns were just something delicious to eat before the Fasting. And then you were supposed to eat bacon.

A couple of days before the 40 days of fasting, you ate a feast-dinner with potatoes, salad, bacon, duck and a lot of sweets, to gain fat, so that you were able to get through the 40 days of fasting.