

ÆBLESKIVER RECIPE *Ingebretsen's presents Lynn's recipe – thanks Lynn!*



Æbleskiver (pronounced ah-bel-skee-ver), are traditional Danish Pancake Balls.

Similar to European pancakes crossed with a popover, *Æbleskiver* (pronounced ah-bel-skee-ver) are solid like a pancake but light and airy. These delicious balls are usually filled with berry preserves, but are fantastic with small savory fillings too. Cooked in an *Æbleskiver Pan*, they easily can become a tradition in any home.

Beat

3 egg yolks lightly

Add 1/2 tsp salt

2 tbsp sugar

3 tsp melted shortening

1 tsp ground cardamom

1 tsp grated lemon

Mix well.

Sift together

2 cups flour

1 tsp baking powder

1 tsp soda

Add dry ingredients to egg mixture alternately with
2 cups buttermilk (or whole milk)

Beat

3 egg whites until stiff and fold in.

Fry in *Æbleskiver Pan*.

(First, put dot of shortening in each cup of the heated pan).

Turn with fork* - a quarter turn over, and then again and again until it forms a round shape and becomes cooked and golden brown on all sides.

Try filling with fresh or fruit preserves,

(or modern savory twist with suggestions from Kevin Kraft's wonderful cookbook *Ebelskivers*, available at ingebretsens.com)

Add a dollop of filling in center of batter in cup and then begin turning as soon as a crust begins to form.

*A knitting needle or chop stick also work great for turning.

Find *Æbleskiver Pans*, *Ebelskivers* and more Scandi-cookbooks and Scandinavian Fruit Preserves at ingebretsens.com
800 279 9333 / 612 729 9333