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 four
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 form Kevin Krafts 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 Aebleskiver Pans, *Ebelskivers* and more Scandi-cookbooks and Scandinavian Fruit Preserves at ingebretsens.com
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