

• INGEBRETSEN'S FAMILY RECIPES •

ÆBLESKIVER

INGREDIENTS

3 EGGS, SEPARATED
½ TSP SALT
2 TBSP SUGAR
3 TSP SHORTENING (OR BUTTER), MELTED
1 TSP GROUND CARDAMOM
1 TSP LEMON ZEST

2 CUPS FLOUR
1 TSP BAKING POWDER
1 TSP BAKING SODA
2 CUPS BUTTERMILK (OR WHOLE MILK)

DIRECTIONS

BEAT EGG YOLKS LIGHTLY. ADD SALT, SUGAR, MELTED SHORTENING, CARDAMOM AND LEMON ZEST. MIX WELL.

SIFT TOGETHER FLOUR, BAKING POWDER, AND BAKING SODA. ADD DRY INGREDIENTS TO EGG MIXTURE AND MIX IN MILK. BEAT EGG WHITES UNTIL STIFF AND FOLD IN UNTIL JUST MIXED. DO NOT OVERMIX.

FRY IN ÆBLESKIVER PAN - DOT EACH CUP OF HEATED PAN WITH A BIT OF SHORTENING OR BUTTER AND PUT 2 TABLESPOONS OF BATTER INTO EACH CUP.

BEGIN TURNING ONCE YOU SEE BUBBLES APPEAR (ÆBLESKIVER TURNERS WORK WELL HERE, AS WELL AS A 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 FRUIT OR PRESERVES, OR SAVORY FILLINGS LIKE CHEESE. ADD A DOLLOP OF FILLING IN THE CENTER OF THE BATTER IN EACH CUP AND THEN BEGIN TURNING AS SOON AS A CRUST BEGINS TO FORM.

Vær så god!