

Danish Aebleskiver Recipe

Makes about 2 dozen

2 eggs
1 tablespoon sugar
1/4 teaspoon salt
1 cup flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1 cup buttermilk
4 tablespoons butter
Confectioner's sugar
Optional: apple slices or other fruit

Beat egg yolks until light and fluffy, then add the sugar and salt.

Sift the flour with baking powder and baking soda, then add it to the egg mixture, alternating small amounts with the addition of the buttermilk, as you continue mixing.

Beat the egg whites until stiff, then gently fold them into the batter.

Heat the Aebleskiver pan. Place approximately 1/2 teaspoon of butter in each cup and heat until foamy.

Drop batter into cups, filling each about 2/3 full.

If you wish to use apple slices or other fruit, drop a slice in the center of each cavity.

Cook over medium heat until browned and crisp on bottom.

Turn each cake with a fork to cook the other side.

The Aebleskiver is done when a toothpick, or cake tester, inserted in the center comes out clean.

Remove cakes from pan and sprinkle with confectioner's sugar, if desired. Best when served warm.

Variations:

They can be served with ice cream, powdered sugar, bananas, chocolate sauce, and other sweets.

They are nice as a snack with hot chocolate and whipped cream. Also great as a dessert with liqueur and ice cream.

You can also fill the inside by pouring some batter in the mould, adding a teaspoon of your

filling, and covering with another layer of batter.

Sweet fillings can include: Jam, raisins, pieces of apple, marzipan (almond paste), pieces of banana, pieces of chocolates.

Savory fillings can include: Butter cheese with herbs, grated old cheese, strips of bacon, strips of salami.

Munker Recipe

3 cups milk
1/4 cup butter, melted
3 cups flour
4 eggs
1 ounce yeast
1 tablespoon sugar
Pinch of salt
1/4 teaspoon cardamom, crushed

Heat milk.

Sift flour into a bowl, add half of milk and butter and beat thoroughly.

Add salt, sugar, and eggs, one at a time.

Dissolve yeast in one-fourth cup of the remaining milk with a little sugar and add to remainder of milk.

Add this, the butter and the cardamom to the batter and stir well.

Cover and allow to rise for one-half to one hour.

Heat monk iron, put a little butter in each cavity and, when the iron is hot, place a tablespoon of batter in each cavity.

A piece of apple or a little jam may be added when the cakes have cooked for a moment.

Turn with wooden fork, picks or skewers and cook 2 to 3 minutes longer, or until done. Serve warm with sugar or jam.

FANTE'S KITCHEN WARES SHOP

1006 S 9th St, Philadelphia, PA 19147

215-922-5557 www.fantes.com 800-44-FANTE