

# Verkinderen Cast Iron Belgian Cookie Stovetop Iron

## Of "Lukken" and "Lukijzers"

Now is the time for all loyal Flemish Americans to rally behind their "lukijzers" and bake traditional New Year's treat called "lukken". Not found in the standard Dutch dictionaries, the word "lukke" is listed in De Bo's "West-vlaamsch Idioticon", a two-volume dictionary of typical West Flemish words and expressions, published in 1870. The word "lukke" is defined as a "thin, solid little wafer, usually oval-shaped, baked of flour, butter, and sugar" "Lukken" are given mostly as New Year's treats, and therefore they are also called "Nieuwjaarswafeltjes". The expression "Het gaat lijk lukken bakken", it goes like baking lukken, is said of something that can be done fast and easily.



The word "luk" is derived from the word "geluk", which can be translated good luck, good fortune, happiness, as in the expression "luk of raak" hit or miss. Similarly the verb "lukken" is a form of "gelukken", to succeed, whereas "mislukken" means to fail. The adjective "gelukkig" means happy, and is the usual Dutch word in greetings and good wishes for New Years, birthdays, feastsdays, etc., such as "Gelukkig Nieuwjaar", Happy New Year.

To treat or greet someone on the occasion of the New Year was also called "lukken" , as in the saying "Ik ga morgen gaan lukken", tomorrow I'm going "lukken", or "Hij heeft zijn meter gelukt", he has "gelukt" his godmother.

To all the readers a "Gelukkig Nieuwjaar" and good luck with you "lukken"!

## Directions For Using Your Belgian Cookie Iron

### Preparing Your Belgian Cookie Iron For Use

It is necessary to preheat the iron before using it. To preheat, add a little grease the first time you use it. After that, it is not necessary. Close the cover and allow it to stand on heat for about 5 minutes. When first heated, it may smoke a little or a light odor may be detected. This is normal, and will go away once the newness has worn off.

### Cleaning Your Belgian Cookie Iron After Use

Clean the iron by wiping it with paper towels. **DO NOT WASH THE IRON!** After the iron has cooled, store it in a tightly covered container in a dry area, with a clean paper towel between the grills.

**Dan Verkinderen**

## Belgian Cookie Recipes for use with the Verkinderen Cast Iron Belgian Cookie Stovetop Iron

### Belgian Cookies I

4 extra large eggs  
1 lb. butter melted and cooled  
2 cups white sugar  
1 cup brown sugar  
1 box cake flour less 1 cup  
1 tsp vanilla  
1 tsp salt  
2 jiggers apricot brandy (opt)

Beat eggs well by hand, add sugars and beat again. Add melted cooled butter and rest of ingredients.

Chill dough overnight and make into long rolls and cut off dough. The dough must be kept well chilled.

### Belgian Cookies II

1 lb. butter  
4 cups sugar  
2 eggs  
jigger of brandy  
4 cups flour

You may have to work this by hand. Chill and roll into balls. Bake.

### Belgian Lukkies

6 large eggs, beat with fork  
2 1/2 cups sugar  
1 lb. butter melted and cooled  
3 2/3 cups flour

Make the night before and refrigerate. Make into balls with flour on hands.

Make into balls with flour on hands. Put all balls on cookie sheet and place in refrigerator, until firm. Take out about 20 at a time. Bake in lukken iron.

With a turkish towel wipe out iron to prevent smoking.

### Waffle Cookies

1 lb. butter softened  
6 cups sugar  
6 eggs  
8 cups flour  
1 TBSP salt  
1 small glass brandy, wine or whiskey  
1 TBSP vanilla

Mix all together, roll into small ball. Bake in a Belgian cookie iron.

### Lukkies

1 lbs. butter softened  
3 cups sugar  
1/2 tsp salt  
6 eggs beaten  
1 TBSP vanilla  
4 cups bread flour  
Can use 1 jigger of apricot brandy or 1 TBSP rum flavoring.

Let stand in refrigerator at least 1 hour. Make into balls and bake.

### Lukken Wafer

1/2 lb. butter  
3 eggs  
1 lb. flour  
1/2 cup brown sugar  
1/2 cup white sugar  
1 oz. vanilla  
pinch of salt

Melt butter and cool, and eggs and beat lightly. Add sugars, vanilla & salt. Sift flour and blend well.

Store in refrigerator overnight. Shape into rolls and bake.