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Semi-Finalist



A production of
met
Television
Nebraska's
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Aebelskiver

Recipe Number: 119

Prep time: 15 minutes

Cook time: 2 - 3 minutes

INGREDIENTS: 4 eggs, separated
2 C cake flour
1 t baking powder
scant 2 C milk
1 T sugar
1/2 t salt
1/4 c melted butter

DIRECTIONS: Beat egg yolks until light. Add sugar and beat until thickened. Sift together dry ingredients and add alternating with butter and milk. Beat egg whites until soft and fold into batter. Fill each cup of Aebelskiver pan 2/3 full, cook over medium heat until bubbly, turn with a fork and cook on other side until brown. Serve with syrup, honey, or jam. If desired, a small piece of cooked apple or thick plum sauce can be pressed into each cup of batter before turning.

STORY:

History of Aebelskiver

The Aebelskiver is a Danish delicacy that is like a pancake, only in the shape of a ball. Back in the early history of Denmark, the Danish Vikings roamed up and down the coasts of Europe. Their Dragon ships were designed for speed and the Vikings traveled with very few supplies. Supposedly, the Vikings used their dented shields to cook an easy cake-like batter. The batter collected in the dents and formed balls. These pancake balls became known as Aebelskivers. Today my family serves Aebelskivers every Christmas along with our traditional Finken dinner. However, instead of a dented shield, we use a cast iron Aebelskiver pan.



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