

Kitchen Window

for the passionate cook . . . and those who aspire to be

Danish Aebleskivers

Golden, fluffy bubbles piled on a warm plate make an alluring presentation, and even tastier dining experience. An aebleskiver pan, with wells shaped as half spheres, accept a light batter that rise and fluff into perfect globes when cooked.

2 cups flour
2 tablespoons sugar
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
2 cups buttermilk
3 eggs (separated)

1. Place an aebleskiver pan on the stove over medium to medium-high heat and allow to warm.
2. In a medium bowl, mix all dry ingredients together well – flour, sugar, baking powder, baking soda, and salt.
3. Separate the eggs into two medium bowls. Beat the egg yolks until slightly frothy. Add 1/2 cup of the buttermilk to the beaten yolks and mix well. Add the remaining buttermilk and stir well.
4. In a separate bowl, beat the egg whites until stiff peaks form.
5. Make a well in the dry ingredients, pour the egg yolk and buttermilk mixture into the dry ingredients and stir just until combined.
6. Fold the beaten egg whites into the batter until the mixture is uniform, yet light in consistency.
7. Brush each well of the warmed aebleskiver pan with a brush dipped in vegetable oil.
8. Place a tablespoon of batter into each well of the pan. The batter should nearly, but not quite, fill each cavity. Allow the batter to cook until the edges display bubbles. With a fork or tip of a bamboo skewer check the underside of the aebleskiver. (If desired place a teaspoon of jam, or diced apple in the center of the batter and push into the batter slightly).
9. When the underside is golden, turn the aebleskiver a quarter turn allowing the batter to run into the well. Turn each aebleskiver similarly. Immediately, again turn each aebleskiver the remaining quarter turn so that the aebleskiver is now fully turned. Allow the spheres to finish cooking until the underside is also golden.
10. Remove the aebleskivers from the pan, serve immediately, or keep warm while cooking the remaining batter.

Yield: About 40 aebleskivers; or about 6 servings.