

313 MAIN STREET  
AMES, IA 50010  
515.233.4272

M-W 9:30am-6pm  
TH 9:30am-8pm  
FR 9:30am-6pm  
SA 9:30am-5pm



### Aebleskiver

*Makes about 5 dozen*

#### **Ingredients:**

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

*Choose one of these optional toppings:*

- (1) Roll in melted butter, then a cinnamon & sugar mix
- (2) Maple syrup, warmed
- (3) Raspberry with a dusting of powdered sugar

Or, your own creative ideas!

#### **Directions:**

1. SEPARATE the eggs placing the yolks in a large mixing bowl and the whites in a small mixing bowl.
2. BEAT the yolks with a whisk, add the buttermilk and sugar and beat again until uniformly mixed.
3. STIR in a small bowl the flour, baking powder, salt, and baking soda until all is evenly distributed. ADD these dry ingredients to liquid mixture.
4. BEAT the egg whites until stiff peaks form. FOLD the beaten egg whites into the batter mixing thoroughly yet maintaining the batter's loft.
5. HEAT an aebleskiver pan on the stovetop to medium heat. Using a pastry brush dipped in vegetable to "paint" each cup. (Repeat this oiling as needed for subsequent batches.) POUR batter into each cup until reaching about 1/4-inch from the top – leave some expansion space. (Batter placed in a squeeze bottle with a large nozzle works well for filling the aebleskiver pan.)
6. ALLOW each aebleskiver to cook until the bottom outside is golden brown, like a pancake. The center will still be liquid. Using fork or toothpick, grab the edge of each aebleskiver and turn it in the well a quarter turn so that the wet portion of the batter runs into the well. Pause, then complete turning the aebleskiver over so that the bottom is now a nicely rounded top. Allow the aebleskiver to finish cooking through and an even golden color achieved. Remove and serve, or transfer to a covered warming plate in a 200°F oven until all the aebleskivers are done. Serve rolled in a cinnamon and sugar mix, or topped with maple syrup.

*Variations: Many serve aebleskivers with a surprise inside, finely diced apples, a raspberry, a half teaspoon of jam, or even a small dice of ham.*