

## Breads of the World: Denmark - Æbleskiver

Presented 12/19/2017 by Dan Schultz

Æbleskiver is a tasty Danish dessert that looks like round puffy pancakes. The word æbleskive first appeared in the middle ages where slices of apple were dipped in a batter and fried. When the æbleskive pan was introduced sometime in the 1700s, æbleskiver were baked with small pieces of apple or prunes in the center. Today in Denmark, æbleskiver is typically baked without anything in the center.

Æbleskiver are often served during the Christmas month perhaps as a special treat at a Christmas fair, when family or friends are visiting, little Christmas Eve (Dec 23) or New Year's Day. These Danish delicacies are served warm with a dusting of powdered sugar and sometimes with a warm glass of gløgg. ~ mydanishkitchen.com



Dan Schultz writes:

Æbleskiver are something like a national cult in Denmark. The name means "apple cakes." You will need that special pan and a knitting needle to turn to pancakes. Don't try it without the knitting needle. Steal one from your grandmother if necessary.

Here's my grandmother's recipe, as published on my blog a few years back:

### Æbleskiver

Makes about 2 dozen

#### Ingredients

3/4 cup milk  
 1/2 cup butter or margarine  
 1 package yeast  
 1/4 cup lukewarm water  
 Pinch salt  
 1 Tablespoon sugar  
 Pinch of cardamom  
 3 eggs, separated  
 2 cups flour

#### Directions

1. Heat milk to scalding, slice butter or margarine into milk. Remove from heat and cool.
2. Dissolve yeast in lukewarm water. Add cooled butter and milk mixture.
3. Beat egg whites until stiff.
4. To milk mixture, add salt, sugar and cardamom and slightly beaten egg yolks. Add flour last.
5. Fold in stiffly beaten egg whites.
6. Let rise until double in bulk, then bake on range in æbleskiver pan.
7. Serve with syrup, dipped in lemon juice and/or sugar or with butter and jelly.