

Kamp Family aebleskiver Recipe



Prep Time:
20 Minutes



Cook Time:
75 Minutes



Makes:
24 aebleskivers

Ingredients

Dry

- 2 cups flour
- 1/2 tsp salt
- 2 Tbsp sugar
- 1 1/2 tsp nutmeg

Wet

- 4 eggs yolks
- 1 1/2 cups buttermilk
- 1/3 cup milk
- 1/2 tsp baking soda
dissolved in 1/4 cup warm water

Other

- 2/3 cup Crisco + 1/2 stick
butter (melted, combined)
- 4 egg whites beaten



Instructions

1. Prep

Preheat aebleskiver pan to 400°F. Gather two bowls, one for wet, one for dry, and a mixer.

2. Mix Dry

Sift together flour, salt, sugar, and nutmeg.

3. Mix Wet

Beat egg yolks with buttermilk and milk. Stir in the baking soda-water and melted shortening + butter.

4. Combine

Pour wet into dry; stir until just blended (don't overmix).

5. Whip Whites

Beat egg whites to soft peaks and gently fold into the batter.

6. Cook

- Fill each pan hole with 1 tbs butter/Crisco Mixture before adding batter.
- Turn heat down to 300°F before adding batter.
- Fill cups $\frac{3}{4}$ full.
- When edges set, use a skewer to turn each ball a quarter at a time until golden.
- Adjust heat back to 350°F and add more of the butter mixture between batches.

7. Serve

Remove and dust with powdered sugar. Serve warm with jam, syrup, or cinnamon-sugar.