

## **Aebleskiver Pan #3114 (Nicknamed Munk Pan)**

Updated 01//28/16

6.5"/16.5cm diameter; Cups/hole size, 2"/5cm dia & .75" deep. Each holds 1oz.

### **First Time Use:**

Most cast iron products come with a non-toxic coating applied at the factory to protect the cookware. This coating must be removed. Coating can be removed by following cleaning instructions.

### **How to Clean Your Cast Iron:**

Yes, you can wash cast iron with gentle soap, not detergent. Do not scour pan. Rinse in clear, warm water. To keep it from rusting, you must not let the pan soak in water. Just wash quickly and towel dry quickly, then put it on a burner (medium heat) to heat dry thoroughly. Make sure pan has cooled before washing.

### Do Not Put Pan in Dishwasher Never Use Any Cast Iron Pan in a Microwave

Washing pan after each use is a personal preference. Once pan is washed, it must be re-seasoned. When storing this pan, make sure it has a coating of oil, and store in a warm place if possible.

### **How to Season Cast Iron:**

Coat the pan with vegetable oil or vegetable shortening. Wipe off excess oil with a paper towel. Place over very low heat on top of range for two hours. Wipe off excess oil with paper towel. Place over very low heat on top of the range for two hours or in a preheated 350 degree oven for one hour. The pan is now ready for use.

### **Re-Seasoning:**

If there are signs of rust or metallic tastes, then it is necessary to re-season the pan. Scour the utensil in bad areas with scouring pad and mild detergent and hot water. Rinse in clear warm water. Dry thoroughly and season pan.

### **Danish Aebleskiver Pan**

A holiday in Denmark often begins with a breakfast of puffy fried cakes called Aebleskiver. The flavorful dough may be fried with a piece of apple inserted into the center or served with apple sauce or apple butter. The cake takes its name from its fondness for apples. The 6 1/2" in diameter cast iron pan with seven round indentations fits over a stove burner and fries the cakes to golden perfection. If you make Aebleskiver frequently, the heavy iron pan will remain seasoned and the cakes will not stick.

## **Danish Aebleskiver**

### Ingredients:

2 eggs  
1 Tbsp. sugar  
¼ tsp. salt  
1 cup flour  
½ tsp. baking powder  
½ tsp. baking soda  
1 cup buttermilk  
4 Tbsp. butter  
Optional: Apple slices or other fruit  
Confectioner's sugar

### Directions:

Beat egg yolks until light and fluffy; add the sugar and salt. Sift the flour with baking powder and baking soda; add to egg mixture alternately with the buttermilk.

Beat egg whites until stiff. Gently fold into the batter.

Heat the Aebleskiver pan. Place approximately ½ teaspoon of butter in each cup and heat until foamy.

Drop batter into cups, filling each cup about 2/3 full. *Optional:* Place apple slice in center of each cup. Cook over medium heat until browned and crisp on bottom.

Turn each cake with a fork to cook the other side. Aebleskiver is done when a wooden tooth pick inserted in center comes out clean.

Remove cakes from pan and sprinkle with confectioner's sugar, if desired.

Best when served warm.

*Makes about 2 dozen Aebleskiver.*

## **GREAT GRANDMA'S DANISH AEBLESKIVER**

### Ingredients:

2 cups flour  
1 tsp. salt  
1 tsp. baking soda  
2 cups buttermilk  
3 eggs – separated  
Optional: Apple slices or other fruit for filling

### Directions:

Sift together flour, salt and baking soda. Add buttermilk and egg yolks. Beat egg whites until light and fluffy, forming soft peaks. Gently fold egg whites into batter.

Heat Aebleskiver pan on medium heat. Grease each cup using a little butter or oil or spray vegetable oil.

Fill each cup 2/3 full. Cook for approximately 1 to 1 ½ minutes, each side, until golden brown. Flip with toothpick.

When done, serve with a sprinkle of powdered sugar. Best when served warm.

*Optional: Fill each cup only a 1/3 full with batter, place a small amount of fruit in each cup and cover with an additional 1/3 batter.*

Yields: about 35-40 Aebleskiver