

Aebleskivers

Crispy Danish Pancake Balls

For special occasions, Jim's grandma Alma would set up two aebleskiver pans and make these delicious round pancake balls as fast as she could while the kids ate them as fast as they could! Jim reworked the recipe a bit to be SCD legal and they turned out great! He says... to eat these, break them open and top each half with raspberry jam. See the jam recipe below, which can be made with raspberries, strawberries or blueberries. Serves 6.

Batter:

6 egg whites, stiffly beaten in a large bowl - set aside

Combine in a blender:

6 egg yolks

1/4 c. SCD yogurt

1 Tbs. vanilla (vanilla, alcohol & water only)

2 Tbs. butter, softened

2 Tbs. honey

1/4 tsp. salt

1/4 tsp. baking soda

1 + c. almond flour

Mix well in the blender, adding a little more almond flour as needed to resemble regular pancake batter. *Gently* pour and fold blender mixture into egg whites until combined.

To Cook Aebleskivers:

Using an aebleskiver (or pancake ball) pan, place **1/4 to 1/2 tsp. coconut oil** or shortening in each pancake hole. Heat to *medium low*. (These aebleskivers take longer to cook than Grandma Alma's because the honey and almond flour in the recipe cause them to burn more easily.)

Put about 1 Tbs. batter in each hole. Cook a bit until golden brown, then, moving in the same order as you filled the cups, using a skewer or knitting needle, pull the aebleskivers up and over so the other side can cook, creating a round ball. Use the skewer to turn pancakes around a bit, making sure all sides are brown. Remove with skewer. Add more oil and repeat.



To Make Raspberry Jam:

Microwave fresh or frozen berries in a small dish for three minutes or cook down in a small pan. Mash berries with a fork and blend with honey to taste. Add Knox gelatin if desired for a thicker consistency. Chill to thicken or serve immediately with aebleskivers.