

Sourdough Apple Danish Aebleskivers

- 1 cup flour (organic, unbleached if possible) freshly ground is best
- 1/2 cup sourdough starter-room temp and recently fed
- 1 separated egg-room temperature
- 2 tablespoons melted butter (Ghee or other fat) and slightly cooled
- 1/2 cup buttermilk (room temp if possible)
- 1/2 cup of filtered water or apple cider
- 1 teaspoon powdered heavy cream (optional)
- 1 teaspoon vanilla (homemade with moonshine is supreme)
- 1/2 teaspoon of salt
- 2 tablespoon sugar in the raw or cane sugar
- 1/2 teaspoon cinnamon
- Dash of freshly grated nutmeg
- 1 -1/2 teaspoon baking powder-try and use organic
- 1/2 teaspoon baking soda



Preparations:

1. Hand whip the egg whites in a bowl
2. Add the egg yolk, sourdough starter, vanilla, butter, water, and buttermilk in another bowl
3. Stir well
4. Add to the egg yolk bowl, flour, sugar, salt, heavy cream powder, cinnamon, and nutmeg
5. Mix well
6. Gently fold in the whipped egg whites to the egg yolk batter
7. Add the baking powder and baking soda very last
8. Mix well-don't overmix!

Making Aebleskivers:

- In a well-seasoned and oiled Aebleskiver pan
- Add batter to two-thirds of the way up the sides of each hole in the pan
- Cook until lightly brown and little bubbles appear
- Poke the Aebleskive under the side, if it gives, roll it halfway on its side
- Continue rolling and cooking until lightly brown and cooked
- Immediately roll in 10X sugar or cinnamon sugar (optional)