

# How to Make Aebleskiver

## What are aebleskivers?

A holiday in Denmark often begins with a breakfast of puffy little pastries called aebleskivers (ebleskivers). These round pastries are made on the stovetop and filled with sweet or savory fillings. Traditionally, they are made with an apple filling or served with applesauce (hence their name). Like other great pastries, wonderful variations have evolved. Now you can find aebleskivers filled with everything from jam to pastry cream to cheese.



## How do you make aebleskivers?

Aebleskivers are made with heavy cast iron or cast aluminum pans with round wells about 2 1/2 inches in diameter. The heavy metal holds the heat and bakes the aebleskivers. Traditionally, each well is filled about 2/3 full of batter, the filling spooned on top of the batter, and then more batter placed on top of the filling. Now, they are often cooked without the filling and then injected with pastry cream or whipped toppings with a pastry bag or decorating set.

## Choose your filling!

You can fill your aebleskivers with almost anything from applesauce to frosting. Fill your aebleskivers with jam or jelly, whipped cream, pastry, cream, applesauce, and much more. Some people fill their aebleskivers with savoring fillings like bacon and cheese or pepperoni, cheese, and marinara.

Very light fillings such as whipped toppings, pastry creams, and frostings should be injected with a pastry bag or decorating set.

- **Apple aebleskivers:** Sauté peeled apple slices with butter, brown sugar and cinnamon or used canned pie filling. Apples have traditionally been used with aebleskivers.
- **Jam aebleskivers:** Use your favorite jam. We're partial to berry jam or cherry jam.
- **Cream Cheese aebleskivers:** Whip cream cheese with your favorite gourmet jam or fruit syrup.
- **Cheese and bacon aebleskivers:** Add a cube of cheese and cooked bacon pieces to each aebleskiver.

If you would like to fill your aebleskiver with pastry cream or marshmallow cream, check these recipes:

## Professional Pastry Cream

2 cups milk  
1/3 cup granulated sugar  
2 large egg yolks  
1 large egg  
1/4 cup cornstarch  
1/3 cup granulated sugar  
2 tablespoons butter  
1/2 tablespoon vanilla



1. In a heavy saucepan, dissolve the sugar with the milk and cook over medium, stirring often, just until the mixture comes to a boil.
2. In a stainless steel bowl beat the eggs yolks and whole egg.
3. Sift the cornstarch and the sugar into the eggs. Beat with a whip until smooth.
4. Temper the eggs by drizzling the hot milk into the eggs while beating the eggs. Once smooth, return the mixture to the pan.
5. Cook the mixture over medium heat, stirring constantly, until it comes to a boil and thickens.
6. Remove the cream from the heat and add stir in the butter and vanilla. As soon as the butter is melted, pour the cream into a shallow container and refrigerate until it has cooled.
7. When you are ready to use, take the cream from the refrigerator and whip until light.

## Homemade Marshmallow Cream

For a treat kids all ages will enjoy, split the gingerbread and make a gingerbread-marshmallow cream sandwich.

3 large egg whites  
1/4 teaspoon cream of tartar  
2 tablespoons granulated sugar  
1/3 cup water  
3/4 cup light corn syrup  
2/3 cup granulated sugar  
1/2 tablespoon vanilla extract

1. In a very clean glass or metal bowl, beat the egg whites and cream of tartar until light and foamy. With the mixer still running, sprinkle in the two tablespoons of sugar. Continue beating until soft peaks form. Set aside.
2. In a small saucepan, mix the water, corn syrup, and granulated sugar together. Cook over medium heat until it boils and comes to the firm ball stage (246 degrees). Do not overcook.
3. Drizzle the hot syrup into the egg whites with the mixer running on low. Turn the mixer to high and beat for five or six minutes or until the sauce is very fluffy and the consistency of marshmallow cream. Beat in the extract.

Note: This cream is of the consistency that it can be piped as you would frosting.