

swedish pancakes

4 eggs

1-1/3 c. all-purpose flour

1 c. sugar

1/4 c. non-fat dry milk

2 c. cold water

dash of salt

oil or butter

Sift the dry ingredients together in a bowl. Beat the eggs in a separate bowl. Blend the sifted dry ingredients into the beaten eggs and 2 cups of cold water. Heat a large skillet on high heat until a drop of water "dances" before it evaporates. Coat the skillet with some oil or butter and pour one generous ladle of batter (1/2 c.) onto the skillet for each pancake. Flip each pancake when the top bubbles and the bottom is brown. Serve immediately with delicious lingonberry jam.

Makes 12 large Swedish pancakes

heart shaped waffles

5 eggs

1/2 c. sugar

1/2 tsp. salt

1 tsp. cardamom, ground

1 c. all-purpose flour

1 c. dairy sour cream, stirred

1/4 c. unsalted butter, melted

Fresh lingonberries or other berries or fruit

Whipped cream

In a large bowl of an electric mixer, beat eggs and sugar on high speed until the mixture forms ribbons when the beaters are lifted from the bowl, about 10 minutes. Beat in the salt and cardamom. Sprinkle the flour over the surface of the batter. Use a rubber spatula to fold in the flour, then fold in sour cream and butter. Let the mixture stand for 10 minutes.

Preheat a heart-shaped waffle iron according to manufacturer's directions. Pour about 3/4 cup of the batter onto the center of the waffle iron. Close the top of the waffle iron and bake for 2-3 minutes over medium heat until the waffle is golden and crisp. Serve immediately with berries or other fruit and whipped cream (or cool waffles and serve cold).

Makes about 8 waffles

bran muffins

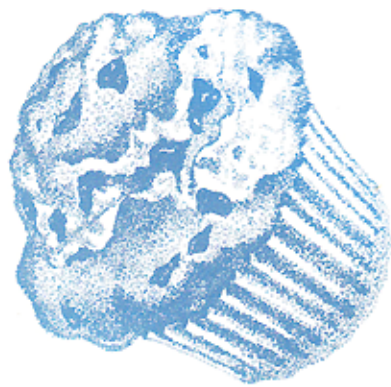
2 ripe bananas, mashed
1 c. flour
1 c. bran
1 c. milk
1/4 c. brown sugar
1/3 c. molasses
2 eggs, beaten
3 T. margarine
1 T. baking powder
1 tsp. salt

Preheat the oven to 375° F. Grease the muffin pans. Put the eggs, bananas, milk, molasses, margarine and bran into a large mixing bowl and let stand for 10 minutes. Sift the flour, baking powder, brown sugar and salt together, then add to the banana mixture—stir just enough to dampen. Spoon the batter into the greased muffin pans, filling each cup about two-thirds full. Bake for about 20 minutes.

Take the muffins out of the oven and turn them out of the muffin pans so they can cool on a wire rack.

(Variations: add blueberries, cranberries, walnuts or raisins)

Makes 12 muffins



cinnamon rolls

- 1 1/4 oz. envelope active dry yeast
- 1 tsp. sugar
- 1/4 c. warm water (110° F)
- 1 c. milk, scalded, cooled
- 1/4 c. butter, melted
- 1/3 c. sugar
- 1-1/2 tsp. salt
- 2-1/2 to 3 c. all-purpose flour
- 1/4 c. butter, room temperature
- 1/2 c. brown sugar
- 1 T. cinnamon, ground
- Powdered-Sugar Glaze, if desired

In a large bowl, stir the yeast and 1 teaspoon of sugar into the warm water and let it stand for 5 minutes to soften. Stir in milk, melted butter, 1/3 cup sugar, salt and 1 cup of flour. Beat all of this with a spoon or an electric mixer until smooth. Gradually stir in 1-1/2 cups of flour, keeping the dough smooth. If the dough is still moist, stir in 1 tablespoon of flour at a time to make a soft dough. Cover with a dry cloth and let it rise in a warm place until it is doubled in bulk, about 1 hour. Divide the raised dough in half. On a lightly oiled board, roll out (with a lightly floured rolling pin) and stretch 1 piece of dough to make a 12" x 8" rectangle. Spread 2 tablespoons of the soft butter over the top of the dough. Sprinkle with brown sugar and cinnamon. Beginning on the long side roll up tightly, jelly-roll fashion. Repeat with the remaining dough. Cut the dough into 2-inch slices. Place on floured and greased baking sheets. Let the dough rise until doubled in bulk, about 45 minutes. Bake in a preheated 350° F oven for 12 to 15 minutes or until golden brown. Take the cinnamon rolls on the baking sheets out of the oven and place them to cool on a wire rack. Top the rolls with *Powdered Sugar Glaze immediately, if desired, and cool or serve warm, as you like.

Makes 18 rolls.

(It's really much easier to buy these at our restaurant)

* powdered sugar glaze

1/2 c. powdered
sugar

1/4 c. margarine,
melted

1 tsp. vanilla

Place all the ingredients into a small bowl and beat until creamy smooth. Glaze the cinnamon rolls immediately after taking them out of the oven. Allow the cinnamon rolls to cool on a wire rack. Serve the cinnamon rolls while still warm or cooled, as you like.

Makes enough to glaze
18 cinnamon rolls



Ed Tunney with cinnamon rolls