



recipe .02 – Swedish Pancakes

Serves 2-4

- **4 Eggs**
- **1 1/3 cup of milk** YES this is regular cows milk, should you choose to forego the moo moo for the nuts, it won't taste as delicious, but props to you for being healthy and all that.
- **4 Tablespoons Butter Or Coconut Oil**
- **1 cup all purpose flour**
- **4 Tablespoons Sugar**
- **1 Teaspoon Diamond Crystal Salt** (half if you're using Mortons, I have thoughts about salt I can share someday if you're interested, which you SHOULD be)

INSTRUCTIONS

Step 1: Mix Eggs, Butter, and Milk into a bowl. if you have a Kitchen Aid, cause you're domesticated, set her up, she isn't entirely necessary, but when else will you put her to use if not now?

**DISCLAIMER: if you decide to use coconut oil, don't have heart palpitations when the cold milk and eggs make it clumpy, it will work itself out in the pan, like most of our childhood traumas, out of necessity.*

Step 2: Mix well with wire whisk attachment, or good old colonial woman style

Step 3: In a separate bowl, combine Flour, Sugar, and Salt.

Step 4: Mix well making sure ingredients are combined

Step 5: Add dry mixture to your egg mixture and let sit for 15 minutes.

Step 6: Grab your favorite non stick pan. I use a small, ceramic non-stick pan. Along the edges and base, lightly grease your chosen vessel preferably with butter.

Step 7: Pre-heat pan over medium heat. Be sure to not burn or brown your grease

Step 8: Cooking time! Take 1/4 cup of batter for each pancake and IMMEDIATELY (flick of the wrist) in a circular motion cover the entire base pan. I like to get some of the batter on the edges of the pan for added effect, but as long as it's thin, you're doing it right.

Step 9: Cook until you see a slight brown in the edges, and Flip using a flat spatula, and prayers. Not all pancakes will land well, so sometimes you'll have to burn the fingers to move it along, or use a spatula to guide it back into its proper shape. We want to avoid folds and wrinkles, like our faces, this pancake should be #flawless

Step 10: Cook turned pancake for 10-20 seconds depending on how much browning you'd like (I prefer almost no browning, but the man of the house has other requests so I usually do a mix of both)

Final Step: Continue with the same method and serve filled with jelly of your choice! Traditionally, lingonberry jam, and powdered sugar is all that is used, but my preference is a little lemon, and strawberry jam. If you really must be SUPER American, you can add some maple syrup, but it's really not the time or place if you ask me. ENJOY!