



The Swedish Pancake

Quick and Easy in Your Blender

The Recipe is easy as
1,2,3,2,1 to remember

**1. One teaspoon
of salt**

**2. Two table-
spoons
of sugar**

**3. Three
eggs**

**2. Two
scant
cups of
flower**

**1. One
liter
of Milk
(top off your
blender when
running so not to over fill)**

The story of

the Swedish Pancake is as

old as the use of eggs in cooking.

Using eggs as a binder, the flower and milk, a mix not unlike wallpaper paste, are combined with the sugar and salt to form a thick creamy paste ready for cooking. Without the benefit of a modern mixer or blender this creamy mixture was "put out", allowed to stand for about an hour. This allowed the flower and milk to interact and expand saving the eaters the discomfort of the expansion taking place in their tender stomachs, thus preventing the pancake blues. Swedish Pancakes, Crepes, Tortilla and other "flat breads" were used by the Crusaders on their quest to free the Holy Land. These pancakes were said to have been cooked on the iron shields of the warriors, making a greasy, sooty but well fed army. The idea is to cook the batter in browned butter. Another idea is to pour the batter to form a perfect ten inch circle thus creating a perfect pancake, all done through the use of orbital wrist action. Now days one can only wonder, how many brave Crusaders really died of butter and shield burns trying to get perfectly round 10' Swedish Pancakes. Perhaps pancake injuries are the real underlying cause leading the Sweden nations trend to be neutral in wars. The third point is great cooking virtuosity, wonders of wonders, a real Swedish Pancake is turned with a straight kitchen knife. The procedure goes like this: look at the top of the pancake, if congealed and full of pinholes and just before you smell smoke. Take a straight knife in one hand and the skillet in the other, and run the straight knife around the edge of the pan. Then the knife is slipped under the middle of the pancake, the pancake is lifted about eleven inches into the air flipped over, and allowed to fall back on the skillet. It's, OK, and considered good form to slide the pancake back to center it if needed. Cooked the pancake just long enough to brown the original top side. And there you've a pancake ready to fill with jam berries or butter & syrup !!!!

You guessed it ! If you mix in a blender, you can mix and cook without waiting! It's like this:

Cover the blades of your blender with milk add the salt sugar and eggs. turn on the blender and add milk and flower so the mix stays creamy. After the flower is added, top off the blender with milk. Let the blender zing the batter for two minuets. Heat a skillet on medium high until you can brown butter or margerine on it. This is not a passive activity! With the skillet in one hand and knife in the other filp in 1/8 a pad of butter, with great wrist action swirl the skillet around to coat the bottom, add the batter making a four inches circle of batter in the bottom of the pan. With wrist action again swirl the batter to cover the pan bottom. Cook until the pinholes appear flip and brown the other side and serve.