



## Build Flavor – Use Different Shapes or Cutting Techniques

### **Pom Pom Pancakes**

*Traditional pancake balls are served savory or as a dessert*

- 1 cup all-purpose sifted flour
- 1 Tablespoon orange corn flour
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon pumpkin pie spice
- 3/4 cup unsweetened almond or low-fat milk
- 1/4 cup unflavored Greek yogurt
- 2 eggs, separated
- 1 Tablespoon granulated sugar
- 1/2 teaspoon almond extract
- Olive oil as needed

Garnish: Confectioners' sugar as desired

**Serve with:** 1/2 pound grilled or roasted sweet Italian chicken sausage, cut into small rounds; As desired toppings or jellies such as caramel topping, chocolate topping, cherry jam, apricot jam, hot pepper jelly

**Find Baking Pan:** Locate an Ebelskiver (Aebleskiver) pan or round ball mold baking pan. Use a squirt bottle or silicone brush for oil application.

**Combine Dry Ingredients:** In a separate bowl; combine flour, corn flour, baking soda, baking powder, salt, and pumpkin pie spice. Set aside.

**Combine Liquids:** In a measuring cup; stir together milk and yogurt until smooth; set aside.

**Beat Egg Whites:** In a small narrow bowl; beat egg whites until stiff peaks.

**Prepare Batter:** In a mixing bowl, mix egg yolks, sugar, and almond extract; slowly mix in the reserved milk mixture. Add the combined dry ingredients; mixing until smooth. Slowly fold in egg whites to lighten batter.

**Cook Pancake Balls:** Heat Ebelskiver pan over medium to medium high heat until hot, about 5 minutes. Add a small amount of oil into each pan cup; spread oil with silicone brush or paper towel. Fill each pan cup with batter about 3/4 full. Cook until bottom is golden brown then rotate to loosen sides of pancake using a skewer or chop stick. After 4 minutes turn over 1/3 to let uncooked batter pour out and begin cooking. Repeat once more to form complete ball shapes. Move to paper towel lined plate when all sides are browned.

**To Serve as a Dessert:** Fill 3 tiny squirt bottles with your favorite topping, caramel, chocolate, or jelly. Insert tip of squirt bottle into the pancake ball and pipe in filling. You can also just serve with your favorite jam or jelly on the side. Sprinkle dessert Pom Pom pancakes generously with confectioners' sugar.

**To Serve as a Savory Appetizer or Snack:** Generously sprinkle cooked Pom Pom Pancakes with confectioners' sugar. Split each ball in half like a little sandwich; place 1 thin slice of cooked chicken sausage on the pancake bottom, stuff teaspoon of favorite jam on top of sausage; close top. For a dinner party, guests can create their own mini sandwiches. We

like serving our trio of squirt bottles filled with hot pepper jelly, chocolate, and thin apricot spread. We also have several small bowls of relish or preserves.

**Cook's Note:** When I was a child, my mother would prepare these pancakes on special occasions and fill them with apples. Making this recipe, I really enjoyed reliving that wonderful memory.

**About the Recipe:** A traditional Scandinavian pancake dish, prepared in an Ebelskiver (Aebleskiver) pan, creates round pancake balls, flavored with cardamom or other spices. Jam, preserves, or chocolate are placed inside the pancake balls. Our recipe can be prepared as a savory or sweet pancake. Enjoy experimenting and adding your favorite jams or toppings using squirt bottles. This is one of those “have lots of fun” recipes.





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