Spelt & Rye Aebleskiver

Amount 42+ balls

Ingredients

- 12 tbsp butter, browned and cooled
- 6 eggs, separated
- 2 cups buttermilk
- 1/4 cup milk
- 2 tsp vanilla
- zest of 1 lemon
- 270g fresh-milled spelt (2 1/4 cups)
- 90g fresh-milled rye (3/4 cup)
- 3 tbsp sugar
- 1 tsp salt
- 1 tsp cardamom
- 1/2 tsp nutmeg
- 2 tsp baking powder
- 1 tsp baking soda
- butter for the pan
- fillings

Steps

1. Brown the butter in your mixing bowl and let it cool slightly.
2. Whisk in the egg yolks, buttermilk, milk, vanilla, and lemon zest.
3. Stir in the flours, sugar, salt, and spices. Rest 15-20 min so the bran softens.
4. Whisk in the baking powder and baking soda.
5. Whip the egg whites to stiff peaks. Preheat the ableskiver pan over medium-low heat.
6. Gently fold the egg whites into the batter.
7. Butter each well and add a heaping tbsp of batter. Press in a filling. Turn after about 90 sec, when lightly browned. Cook all over. If doughy, lower the heat.

Notes

Untested; save to try later. Fillings: cardamom apple, lingonberry jam, cheddar & bacon, dark chocolate. No buttermilk? Use 2 1/4 cups milk and omit the soda.