

## Sourdough Ableskivers



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**Delicious Ableskivers!**  
**Makes approximately 20 Ableskivers.**

**Add together in first bowl:**

- ❖ 1 cup sourdough starter @ 166 % hydration - 9 oz
- ❖ 1/2 cup water - 4 oz
- ❖ 1/2 cup canned milk - 4 oz
- ❖ 2 large beaten eggs - 3.5 oz
- ❖ Honey - 2 oz or 1/4 cup sugar - 1.8 oz
- ❖ 2 teaspoons vanilla flavoring - .30 oz
- ❖ 1/2 cup oil or melted butter - 4 oz

**In second bowl mix together:**

- ❖ 1&1/2 cups of all purpose flour - 6.6 oz
- ❖ 1 teaspoons salt - .21 oz
- ❖ 1/2 teaspoon baking soda - .08 oz
- ❖ 2 teaspoons baking powder - .32 oz

**Stir the dry ingredients of the second bowl into the wet ingredients of the first bowl. Heat your Ableskiver pan till hot, grease the pan and then fill depressions with batter. As the Ableskivers brown and cook, turn them using a sharp bladed knife or a skewer stick.**

### Sourdough Ableskivers:

Ingredient	Volume	Standard	Metric	Bakers %
<b>Starter @ 166%</b>	<b>1 cup</b>	<b>9 oz</b>	<b>255 g</b>	<b>90.1 %</b>
<b>Water</b>	<b>½ cup</b>	<b>4 oz</b>	<b>113 g</b>	<b>40.1 %</b>
<b>evaporated milk</b>	<b>½ cup</b>	<b>4 oz</b>	<b>113 g</b>	<b>40.1 %</b>
<b>Honey</b>	<b>2 TBSP</b>	<b>2 oz</b>	<b>56 g</b>	<b>20 %</b>
<b>Vanilla Extract</b>	<b>2 teasp</b>	<b>.3 oz</b>	<b>8 g</b>	<b>3.0 %</b>
<b>Oil or Melted Butter</b>	<b>½ cup</b>	<b>4 oz</b>	<b>113 g</b>	<b>40.1 %</b>
<b>2 large beaten eggs</b>	<b>2</b>	<b>3.5 oz</b>	<b>99 g</b>	<b>35.1 %</b>
<b>All Purpose Flour</b>	<b>1 ½ cups</b>	<b>6.6 oz</b>	<b>187 g</b>	<b>66.1 %</b>
<b>Baking Soda</b>	<b>½ teasp</b>	<b>.08</b>	<b>2.3 g</b>	<b>.8 %</b>
<b>Baking Powder</b>	<b>2 teasp</b>	<b>.32</b>	<b>9.1</b>	<b>3.2 %</b>
<b>Salt</b>	<b>1 teasp</b>	<b>.21 oz</b>	<b>5 g</b>	<b>2.1 %</b>
<b>Total Dough Weight</b>	<b>2 lb 2 oz</b>	<b>2 lb 2 oz</b>	<b>964 g</b>	<b>340.7%</b>
<b>Total Flour Weight</b>	<b>10 oz</b>	<b>10 oz</b>	<b>283 g</b>	<b>100.0 %</b>
<b>Total Water Weight (hydration)</b>	<b>1 lb 1.1 oz</b>	<b>1 lb 1.1 oz</b>	<b>485 g</b>	<b>171.4%</b>

Bring out your Ableskiver pan and make up some Ableskivers. They are such a nice treat instead of the usual pancakes or waffles. If you ever find a good cast iron Ableskiver pan...buy it! Mine is old and well seasoned, the bottom has some surface rust which won't come off unless I get a metal scrubber in there, which I won't as it will be back in no time in my climate.

Here is what a good Ableskiver pan looks like :



**It has seven little depressions to fill with batter. The pan has to be hot like a griddle where a drop of water sizzles and jumps. Grease the little bowls. Then fill each depression with batter and wait until the Ableskiver sets a little.**

**Then you take a skinny sharp pointed knife or a stainless knitting needle and shove it into the batter to the bottom of the little bowl, you use the knife and pull the Ableskiver around so that it is setting halfway up and the batter in the middle pours out and starts cooking on the bottom of the bowl. As you continue to turn the Ableskiver while it is cooking, you create a ball with a hollow middle.**



**Abelskivers are just right for stuffing something into, like blackberry or blueberry preserves , jams, dried fruit, etc. Then you sprinkle with powdered sugar and .....yummmmm!! Enjoy them with a hot cup of coffee for a great breakfast treat. In case you are wondering, the Ableskivers pictured are filled with Blackberry preserves made from berries gathered from my local area.**