

## Instructions:

# Baking "Lefser", Norwegian soft flatbread

### About:

Lefse is traditional Norwegian flat bread with different types of filling according to the region in which they're made. They can be baked from potatoes or from flour – or from a mix of potatoes and flour.

### How to bake:

Lefse is a traditional Norwegian pastry, made with a dough based on flour and using baking powder and hartshorn (baker's ammonia) as raising agent. The dough is rolled out using a rippled rolling pin to a very thin round disk. The disk is then baked on a "steketakke", a griddle, for a few minutes on each side. The process is a bit similar to frying a pancake.

"Lefse" can be baked very thin - or a little thicker and soft like in this recipe.

### Recipe: TJUKKLEFSER (Thick and soft flat bread)

- 3 dl sour cream
- 2 dl kefir/culture milk
- 2 eggs
- 2 large cups of sugar (1 cup=1.5 dl)
- 2 tablespoons stag salt
- 2 tea spoons baking powder
- Flour for sufficiently firm dough - approx. 650 g flour

1. Put sour cream and kefir in a baking dish.
  2. Beat eggs and sugar a little. Add this into the sour cream and milk mixture.
  3. Then add stag salt and baking powder.
  4. Add flour until the dough feels "thick enough" – like a slightly loose yeast dough.
  5. Divide the dough into 18 – 20 pieces. Roll them out like buns and cover them with a towel to keep them soft.
  6. Bake the lefser fairly thin – they will rise as they fry. When finished, place them on a cloth /towel as well as placing a towel over them to keep them soft until they are cold and you can put the butter cream on them.
  7. Divide the lefse into two pieces and put cream between the layers and then cut it into triangles. Enjoy!
- Lefser also tastes good with butter and white or brown cheese.



## Cinnamon buttercream

- 500 g of butter – or half butter and margarine
- 500 g of icing sugar / Stir the butter and icing sugar together well
- 1 tablespoon of prim / Add and stir
- About 3 table spoons of cinnamon
- 1 tablespoon sour cream / Add and stir carefully so that the cream does not crack



### Tips!

- Feel free to use more sour cream - approx. 1 ½ dl
- You can skip prim - the cream will still taste delicious
- Lefser can also be frozen to be a delicious dish when you want to serve them - long after being baked.
- Lefse is a traditional Norwegian pastry, and you have many local recipes. Some families have secret recipes on lefse that are passed down from generation to generation. This is Kjellaug Urdshals' family recipe.

### How to use:

The baked lefser are cut into four pieces. One piece is covered with cinnamon buttercream, and another piece is put on top, to make a small “sandwich”.

Gossen bygdekvinnelag regularly arranges courses for people that want to learn how to make lefse. The courses are often arranged before Christmas, and are usually very popular. Lefse is a traditional sweet that is often baked at Christmas.

In Norway it's common to make lefser for Christmas – an old tradition which still is very popular.

