

Pannkakor, Swedish Pancakes

Presented by **Karin Konrad**

My story

Karin Konrad recalls a dessert creation that is a **Swedish pancake (Pannkaka)** with whipped cream and Lingonberries rolled up inside.

“When I was growing up, my family would go to the west coast of Sweden every summer for a couple of weeks. My dad worked for the railroad so we could ride on the train for free. It took about 12 hours to get there. Sometimes on the way home we would stop in Stockholm to visit my two aunts who lived there. One of them had a very beautiful house and always invited us for lunch or dinner. She would sometimes serve these pancakes with whipped cream mixed lingonberries and then rolled up as a dessert with some coffee. I guess they were more like crepes. I had never seen them served this way before and thought it was such a treat.”

In Sweden today **Swedish pancakes** are traditionally eaten as a dessert after yellow pea soup on Thursdays together with a warm glass of Swedish Punch. (A unique sweet liqueur)

History

Swedish pancakes have probably existed in Sweden since ancient times. *They were* first mentioned in a publication of Olaus Petri 1538. It was not as easy to make *pancakes* in the olden days as it is today. Because before the stove existed you had to use a frying pan on three legs. It was placed above a fire and filled with a batter consisting of eggs, flour, milk, sugar and salt. But when the wood stove arrived, it quickly became possible to use frying pans to cook them.

Recipe

Ingredients

3 eggs
1 cup flour (all purpose)
1 1/4 cup milk
½ teaspoon salt
1 tbs white sugar
1 tbs melted butter
1 cup heavy whipping cream
Lingonberries, or Lingonberry jam, to taste

Preparation

Beat eggs in a bowl with an electric mixer until thick and lemon-colored, 3 to 5 minutes. Stir in milk

Sift flour, sugar, and salt together in a bowl. Add to egg mixture; mix until batter is smooth.

Add melted butter and mix.

In a hot griddle with butter drop $\frac{1}{4}$ cup of batter on the griddle; spread to make thin pancakes. Cook until light brown on bottom, 1 to 2 minutes. Flip, and continue cooking until second side is light brown, 1 minute more. Repeat with remaining batter.

Whip whipping cream

Mix the whipped cream with some lingonberries and spread on the pancake and roll up. (Note that picture below shows lingonberry jam and whipping cream on the outside, instead of being spread and rolled up inside.)



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