

Yummy Lefse Recipe

Submitted by Rob Marx

Ingredients:

3 cups boiling water
2 t salt
1/8-cup sugar
3/4-cup butter (1 and 1/2 sticks, I believe)
2 1/4 cups Carnation evaporated milk
4 cups Hungry Jack potato flakes
3 cups all purpose flour

Equipment needed:

Lefse griddle
Lefse stick (for flipping the lefse rounds)
Grooved rolling pin and rolling pin covers
24" pastry board and pastry board cover (this really helps)
You can order all these great items by following this link: <http://www.houseofjacobs.com/> (it is much easier with the right equipment)

Instructions:

1. Bring the water to boil, add salt and sugar, and stir.
2. Add butter and stir till butter melts.
3. Turn off heat and add the evaporated milk and stir.
4. Stir in the potato flakes gradually, then stir for about a minute or two, or until VERY thick. WARNING, it should not be a soupy consistency, more on the order of thick mashed potatoes. If it is too soupy, you probably didn't put in enough flakes. If you err, err on the side of slightly too much potato flakes, rather than too little.
5. Cover the pot with a towel and refrigerate overnight.
6. The next day, add 3 cups of flour and mix, preferable in a mixer with a dough hook, or do it with your hands (this can get messy).
7. Add 1/3 to 1/2 cup ice cold water to make the dough come together better, forming a large dough ball. Take the dough ball out of the mixer bowl and roll it together between your hands, then place on the rolling surface (make sure it is floured) and roll out with both hands until it forms a log that stretches about 24 inches across.
8. Then carefully, so you don't cut or tear the cloth-rolling surface, cut into 24 equal-size pieces. Take each piece and roll into a ball, place on a cookie sheet and refrigerate.
9. Plug in your grill and heat to 500 degrees.
10. Flour your rolling pin and rolling surface prior to rolling each lefse ball.
11. Take the lefse, one ball at a time, place in center of floured rolling surface, rollout to a size that is slightly smaller than your grill (you will get a feel for this) and then gently slide the lefse stick under the center of your lefse round and gently lift it off the rolling surface. If you have used the right amount of flour, your lefse will lift without sticking.

12. Roll it out on the hot griddle and only cook the first side until tiny bumps appear on top (may 20 to 30 seconds) then flip the round and cook the second side a little longer, until you can see the larger brown spots appear underneath. Don't worry if the first side only has very small brown spots. That is not a problem and you don't want to overcook the first side or you will get crispy edges (yuck).
13. Cool between lefse cozies or towels and wax paper so that you have a towel (or cozy) on the bottom, then wax paper, then your lefse stack, then wax paper and another towel (or cozy) on top. Be sure to re-flour your rolling pin and rolling surface with just a palm-full of flour after each round, and wipe excess flour off your griddle as well (with a dry old cloth, being careful not to burn it).
14. Once all 24 rounds have been cooked, place one hand underneath the bottom towel (underneath the lefse stack) and one hand on the top towel (on top of the lefse stack) and flip the stack over. Now the hottest rounds will be on the bottom and the steam will rise through the entire stack as they cool, creating very soft textured lefse, which is what you want. Now is a great time to serve them. You won't believe how good they are when they are fresh and warm.
15. If you want to store them, make sure they cool all the way to room temperature, then put them in Ziploc freezer bags and refrigerate or freeze. It is very important that they NOT still feel warm when you bag them. This will cause condensation to occur and your lefse will turn to mush after they are bagged.

These are all of the tips I've accumulated over the last 20 years of making this wonderful concoction. I hope you try it; your families will love you forever.

GOOD LUCK!