Overland (Decorah) – Mondloch (MSP) Combined Lefse Recipe (12-4-23 edit)

Boil 5 lbs. (1 bag) of <u>unpeeled</u> russet potatoes to make 24 sheets. Do not overcook and have the skins split on more than 1 or 2 potatoes. Do not use large (individually purchased or bulk wholesale) russets that require extended boiling time. Do not force cool by peeling under cold running water. Any of these unwanted actions will result in excess water absorption and cause the batter to get soggy/sticky.

When cool to the touch, peel and immediately rice 9 cups of boiled potatoes; then rice again. I speed things up by using a washable oven mitt and scraping off the <u>hot</u> skins with a child safe pumpkin carving knife.
-add 1 stick of butter (melted OK)   -add 3/4 cup heavy cream (whipping cream)
-add 3 TBS sugar   -add 1 TBS salt

DAY 1 After mixing the ingredients with an electric hand mixer in a bowl, scoop out 9 separate one cup mounds into a wax paper lined cake pan. A flexible 1 cup silicone measuring cup works best; it pops the batter out cleanly. Place Cling wrap or aluminum foil over the pan to seal and refrigerate at least overnight. Do not freeze or liquid will be lost from the mixture. Depending on your refrigerator's temperature, this potato mixture will stay usable for up to a week in this state.

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DAY 2 When ready to grill, make 8 patties at a time. Use a manual pastry blender to blend 3 cups (mounds) of the potato mixture with 3/4 cup of general purpose <u>unbleached</u> flour; this 4:1 ratio to flour is critical. For thin lefse, unbleached flour has twice the protein (gluten stretch) of cake flour. Place the remaining un-mixed 6 mounds in the refrigerator until ready for use; cool batter will be less sticky and still be stretchy.

After the flour is blended in, knead by hand and roll into a log. For thin lefse almost the size of the lefse grill, cut the log into 8 equal portions. Use your hands to finish shaping each slice into a round patty with a smooth edge that's ready to be rolled out… any edge cracks only get worse. Put the 8 patties uncovered back in the fridge and take out another 3 cups (mounds) of potato mixture… repeat until you have 24 patties in the fridge. Note that these patties are not usable for long because flour has been added; you can refrigerate for up to a day in the final mixed state.

Set lefse grill (Bethany Home Products) to 500F. However, the actual measured grill temperature will be just under 300F… measured via thermal camera. Lefse bubbles can be Lima bean sized… golf ball size means the grill is too hot… try 425F. Do not set the grill on a metal surface (painted or unpainted) or reflected hot spots can form; consider a wooden board.

Flour a sock-covered square-cut or corrugated rolling pin. Flour a pastry board until the red center letters are just whited out. The red rings should only be faded (translucent) with flour. The goal for thin lefse is to roll out to the 14" ring plus ¼ inch. Since flour gets displaced primarily from the board center and the sock, use a dredge shaker to lightly flour the sock and board again after patty roll. Rule of thumb: whited out center and translucent rings before each roll. Roll the patties (from <u>center</u> out) until you see the pastry board's red outer ring through the lefse.

Place a wide (1.5") lefse stick about a stick width from the edge and use a second narrow lefse stick to wiggle underneath the exposed flap and then flip it up on the wide stick and just start rolling it up on the stick... and then unrolling it on the lefse grill. If the lefse sticks to the pastry board, use a bench scraper to free/save the lefse. Next brush the sticky spot… then re-flour. If lefse sticks to the rolling pin sock and can't be brushed clean, replace with the sock with a spare.

Stack cooked lefse rounds between two sheets of wax paper that are in turn kept between towels… to hold in moisture and soften the edges of the final product. When finished stacking, consume warm or fold rounds to fit in a plastic storage bag and freeze. (10sec nuke defrosts)

-    John Overland, Plymouth, MN   … recipe is updated on my <u>www.intranuclear.com</u> webpage