

LEFSE

The traditional lefse recipe would require a potato ricer and the chore of ricing potatoes. Feel free. However there are easier methods that produce good lefse as well.

Lefe with Hungry Jack Potato Flakes

3 cups potato flakes	1 tsp. salt
1 cup flour	$\frac{1}{4}$ cup butter or margarine
1 cup milk	$\frac{3}{4}$ cup water (approx.)

Combine flakes and salt. Place butter in a 1 cup measuring cup and add cold water to make one cup. Place in pan and bring to a boil. Add this to the potato flakes and mix with a fork. Add milk, continue mixing. Cover and place in fridge until completely chilled. Then form dough into balls the size of a racquet ball and place balls in a towel lined bowl. Cover and refrigerate overnight. Next day, heat your grill on high until very hot. Roll one ball at a time until paper thin... this is the step that will make or break your lefe. (It is easier to roll if left out to warm a bit). You should be able to see through it. Carefully move your lefse to and from the grill using the lefse stick. When you remove a finished lefse, lay it flat on a towel and cover with a second towel.

Simply stack the next lefse on top, always cover. Butter and sugar while warm for the best treat ever.

Here's another tip; certain stores sell a lefse mix that makes lefse as good or even better than the traditional variety. Here in Jamestown, Home of Economy sells Scandinavian cook ware and mixes as does True Value Hardware. Whichever you choose, the important thing to remember is to cool the lefse balls overnight and roll very, very thin.

Residents have some difficulty rolling the lefses thin enough but they have fun trying. Participants do enjoy handling the lefse with the stick and of course eating it is the greatest treat ever. Use caution with the grill as it is very hot !