

APPENDIX 3

HOW TO MAKE LOMPE THE EASY WAY

These "instructions" are partly based on the recipes of MYRTLE "Ellestad/Berg" CHRISTIANSON AND CAROL "ELLESTAD" SCHROEDER (she learned from my mother, who was the best lefse maker in all of Manitowoc Co. [unless you back Myrtle having that title]). See Appendix 4.

A. 5-6 cups of riced potatoes.

This is after boiling them with the skins on for flavor (use only firm, small "salad" potatoes not too fluffy stuff) and pressing them through a "ricer" while "hot". Of course, you peel off the hot skins BEFORE ricing. I remember THAT job as being one of "hot" fingers, too. Ouch!

Carol says: *"we always cook and rice the potatoes the night before and store in the refrig, so that they are nice and cool. Use a big bowl so as not to compact the riced potatoes and cover with plastic to keep in the moisture."*

B. Add 1 tablespoon salt

C. 5-6 tablespoons of shortening or margine (use 6 tablespoons if the potatoes are a bit on the "dry" side).

D. 1/3 cup [or 6 tablespoons] half & half cream.

Mix this just until "blended".

E. Add 2 1/2 cups of flour (or a bit more).

Myrtle says: *"always spoon your flour into the cup."* I guess this is to retain the flour's fluffiness.

Here are Carol's instructions as to what to do next. *"Add the flour , about 1/3 cup at a time, and cut in as when making pie dough. Use just enough to bind — sometimes you need less than the 2 1/2 cups (sometimes more). The potatoes are the REAL secret to getting a good lefse batch (and keeping your dough "cool")."*

Roll out the dough into a loaf and cut off a piece the size of a "smallish" cueball. Use a well-floured baking board. With floured hands, form this ball into a flatten shape with smooth edges. You will soon learn how big to make this patty so that the final lompe will fit into your frying pan. [In the meantime, get that large frying pan good and hot.]

Roll out this flatten shape [with a ribbed pin if you have one] until very thin. JUST AS WITH PIE DOUGH, DO NOT OVER-WORK. When "thin enough", use the knobbed rolling pin to give it texture and "breathing holes". The "secret" ingredient in rolling out lefse is "FLOUR"... not too little, not too much. [NOTE... what constitutes "thin" is subjective. My advice is to start perhaps a little on the thick side and then compete against yourself to make them thinner and thinner.]

KEEP COOL — BOTH YOU AND YOUR DOUGH.

While working with one patty, a beginner might well wish to put the remaining dough in the frig, so they don't get too warm. HOWEVER, if your patties become too cool, they may not roll out without cracking around the edges — just as with pie dough. It's a fine line to walk, or roll.

Picking up the big thin lefse to put on the "lefse griddle" is an art in itself. Luckily, a smaller lompe is far easier to handle. Turn the lompe when it forms bubbles and "grows" brown spots underneath. If you have turned it too soon, you will soon learn "when". If necessary, turn it back to turn it browner. Stack all the baked ones in wax paper wrapped in a heavy dish towel to conserve moisture. **See Appendix 5 for photos.**