

APPENDIX 4 (Genuine Lefse Recipes)

Recipe by Myrtle Christianson — 1983

Boil potatoes—if small, boil with skins on. Peel as soon as drained. If large, cut into small pieces and then rice into a large bowl and cool well.

Max. 6 cups riced potatoes
1 tablespoon salt or less
6 tablespoons melted shortning or margine
6 tablespoons half & half cream.

Mix just until blended. Add 2 1/2 to 3 cups flour. Always spoon your flour into the cup. Mix well and form into an oval or round loaf.

Cut off pices like a small orange or ball. Shape round and press down a bit. Lay on a slightly floured cookie sheet and keep cool. Roll each on a well-floured baking sheet until very thin. Bake on a rather hot grill until just browned in spots. Fold into quarters. Keep soft wrapped in a heavy cloth lined with wax paper to keep steam in till cold. Store in plastic bags. Can be frozen for six months to a year. To use, let thaw out at room temp., well covered.

Recipe by Carol Schroeder (just like my mother's) —1982.

5 cups potatoes or a little more
2 1/2 cups flour
5 tablespoons good oleo or butter (use a little extra if potatoes are dry)
1 tablespoon salt
1/3 cup cream or half & half

We usually buy the small salad potatoes and cook them with the skin so there is more flavor. Ten lbs. makes 5 dozen approx. Rice them while hot! Works much easier.

They should be kind of fluffy when coming out of the ricer. (We always cook and rice the potatoes the night or day before. This is to ensure that they are nice and cold.) Put in a big dish or pan so they do not get al packed down. Cover them with wax paper or plastic to keep the moisture. We put a towel over to hold in place. Cool.

In a large bowl put your five cups of potatoes, melted oleo and stir. Blend in salt and cream. Add your flour about 1/3 cup at a time, cut in as in making pie crust. Use just enough to bind. Somnetimes you need less than the 2 1/2 and sometimes more. The potatoes are the REAL secret to getting a good lefse batch—and keeping your dough cool. If you can get it to bind before your 2 1/2 cups are gone, use some of this to knead it into a ball. Now, with a knife, cut off pieces about the size of a hard-baseball. With floured hands, pat it to a nice, smooth-edged ball, then flatten to approx. 1/2 inch thick. Get those edges smooth without too much handling, so the dough doesn't get too warm and sticky. Dip into flour, lay on a flat tray. We usually get 18 patties to a batch.

Starting with the first patty, begin rolling. If you are a beginner, put some of your patties in the refrig to keep cool. The dough will sometimes not roll well if too cool. And they don't flatten as they should. Let them sit and warm up a bit. Don't go overboard with the flour or the lefse will taste like a floured cracker.

*All this may sound a bit daunting, but give it a try -- then try again. LOTS OF LUCK.
Everett M. Ellestad — July 2010.*