

# Making Lefse in 8 Easy Steps



Lefse  
Time

# Lefse Making Ingredients

## Aunt Charlotte's Lefse Recipe (Our Favorite!)

- 4 cups riced potatoes
- 1/4 cup butter
- 1/2 cup heavy whipping cream
- 2 tsp sugar
- 1 tsp salt
- 1 1/2 cups flour

## Lefse Making Tools

- Lefse grill
- Rolling pin
- Potato ricer
- Lefse turning stick
- Pastry board & cloth
- Lefse cozies (*optional*)
- Rolling pin cover (*optional*)
- Flour dredger (*optional*)

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# Lefse Making FAQ's

**What kind of potatoes are best for making lefse?** Russets are by far the best to use. New potatoes or red potatoes tend to adsorb too much water during the boiling process. Russets are hardy and will stay “dryer”. If your riced potatoes are too wet, you're going to have problems with your batter, which will give you problems when its time to roll and so on.

**Do I have to rice my potatoes?** No, but we have found that ricing potatoes takes out every lump. By using a ricer, you get beautiful fluffy riced potatoes with little effort and you will have smooth dough to roll and cook with. Lumps can equal holes in your lefse sheets when rolling.

**Is it possible to make the lefse patties a day or two ahead and keep in the refrigerator until cooking?** No. The flour added starts to break down and your patties get very mushy and slightly discolored. You can make your patties a couple hours in advance and keep them refrigerated. For best results though, make as close to cooking as you can.

**My lefse is sticking to the pastry cloth, what should I do?** The easiest thing to do is grab a butter knife and gently scrape the dough off the sticky spot on your pastry cloth. Then liberally spread and rub in flour over that spot. Scrape again and repeat rubbing in flour over the spot. Our best advice is prevention, be sure to sprinkle flour over your rolling area between every sheet. Don't worry you can dust off a lot of that flour after your sheet has cooled.

**What makes lefse get sort of rubbery?** Rubbery lefse is due to too much flour and overworked dough. If you find that your lefse dough is a bit sticky try placing it in the fridge to cool before you decide to add more flour. And be careful not to overwork your lefse dough, this will break down the gluten and make your lefse very tough.

**The edges of my lefse are crispy. . . what am I doing wrong?** Crispy edges can pose a problem but are preventable. Mostly you want to be sure that your lefse edges are not getting rolled too thin, and then try using a bit less flour on your pastry board near where the finished edges of your lefse fall. You want a uniform thickness throughout your lefse sheet for even cooking. A spot that's too thin will cook more quickly than the rest of your sheet and end up crispy. You can help soften crispy edges by stacking the lefse right off the grill about 12 high, making sure to keep the sheets between lefse cozies or towels. This will cause a steam effect and soften things up.

# Step 1



## Boiling

Peel 2 to 2 ½ lbs of russet potatoes. Rinse and cut potatoes in half and then quarters. It's important that your potato pieces are of similar size so they are all cooked through at the same time. Place potatoes into a large pot of salted water and boil until fork tender. (You should be able to pierce potatoes with a fork easily.) Note: This will yield 4 cups of riced potatoes equaling 12 lefse rounds, you can easily double this recipe for a larger batch.



# Step 2



## Ricing

When the potatoes are done boiling, drain into a large colander. Drain well and rice. Don't waste a lot of time here, your potatoes need to be warm to melt the butter in the next step. To help keep your potatoes warm, rice them into the empty pot you used for boiling. Rice all your potatoes and then measure out 4 cups (lightly packed) into another large bowl. Note: Make your ricing a bit easier and only fill the ricer basket 1/2 to 2/3's of the way full. And take it slow, a lot of pressure all at once and the potatoes will come out too fast and all over. They are very hot and can burn your skin.

# Step 3



## Cooling

To your 4 cups of riced potatoes, add 1/4 cup butter in pats so it melts in evenly. Stir a few times to get the butter mixed in well. Cover and refrigerate overnight. If you would like to cook the same day you can cover the potatoes with a towel and set aside on your countertop until they are completely cooled. Or to cool faster, place uncovered in refrigerator for 30 minutes, pull out and stir, refrigerate 30 minutes longer, stir. Keep repeating until cooled. Even faster? Use the freezer. Same process: freezer, stir, freezer, stir until cool.

# Step 4



## Mixing

To your cooled potatoes add the 1/2 cup whipping cream, 1 tsp salt, 2 tsp sugar and 1 ½ cups flour. If you have refrigerated overnight, break up the potatoes into small crumbles before adding the remaining ingredients. Once added, stir until most of the flour is worked in (loose crumbles). Then knead (like bread dough) 10 - 15 times. You can knead right in your mixing bowl. You should feel your dough come together into a smooth dough.



# Step 5



## Patties

Using a 1/3 cup measuring cup, scoop out 12 patties onto a tray or cookie sheet. Then shape each patty much like you would a hamburger patty – gently knead between your hands, roll into ball and press flat. It is very important that the edges of your patties are smooth with no cracks. Those small cracks will develop into bigger cracks as you roll. Set your patties aside to rest while you turn on your lefse grill and let it heat to 500 degrees. Note: 1/3 cup patty will roll into a nice and thin 14 inch round. If you like thicker lefse roll only to 12 inches. If you like the thinness but prefer a smaller sheet a 1/4 cup patty rolls into a 12 inch round.





# Step 6



## Rolling

To begin rolling, place your patty down at the center of your prepped pastry board. Gently roll forward and back using mostly the weight of the pin, only a very slight downward pressure so that your patty becomes a small oval. Then either rotate your board slightly or change your angle and roll forward and back. Continue rotating or switching your angles so that you keep your lefse round and of even thickness. Keep rolling until you have achieved the size of lefse you'd like.

Preparation is the key to success with rolling. Round pastry boards are great for rolling lefse. They have size guides to indicate how large your sheets are and can be a great guide to round sheets. Prep your pastry board by spreading out about 1/4 cup of flour into a circle just a bit bigger than the sheet of lefse you intend to roll. Rub the flour in thoroughly to your pastry cloth. You will need to lightly rub in a bit of flour onto your pastry board between each sheet, paying special attention to the center as it tends to build up the most moisture and could cause sticking. A flour dredger is a very handy tool for that step. Prep your rolling pin by working flour into every groove of your pin. This can be sped up by rolling your pin directly into flour. For example, place a cup of flour onto a tray and roll your pin back and forth through the flour. Be sure to rub flour in on any missing spots and to rub in more flour between each lefse sheet. You can also use a rolling pin cover; it functions the same as a pastry cloth when prepped with enough flour. Note: There is no rule that says your sheets have to be round, ovals taste just the same!

# Step 7



## Transfer

Using a lefse turning stick, slide the stick under the lefse sheet (middle of sheet) making sure to keep the tip of the stick down. Lift gently from the board and move quickly to the lefse grill. Matching the edge of your lefse to the edge of the lefse grill, lay the lefse down and “unroll”. Again you will need to move quickly, and in one smooth motion. If you miss the grill and part of your lefse is hanging off, let it cook for 10-15 seconds, then using a hot pad, lay it on top of the cooking portion of lefse and gently pull the lefse that is hanging off onto the grill. Another method to transfer is to flip the edge of a sheet over the stick and roll in a couple turns and then lift up, again match your lefse to the grill, lay down and unroll.

# Step 8



## Cooking

Cook the first side 30 seconds, give or take. The surest way to know if your lefse is ready to flip is to watch for cues. Your sheet should bubble up and when you peek under the edge there should be light golden brown spots. Then run your lefse stick down the middle, lift and turn over using the same method mentioned in step 7. Cook the second side until you see the same signs. The second side will cook considerably faster than the first side as the sheet has been heated through. From there simply transfer your lefse to lefse cozies or towel (do not use towels laundered with scents). Wipe off excess flour on your lefse grill with a dry cloth between each sheet to avoid burnt flour on your sheets. Let about 10 to 12 sheets stack, cover with a cozy or towel, then set them aside to cool. If you see that your sheets have a bit too much flour, wait until cooled and dust off. When lefse is completely cooled, package as desired.

## About Us

Lefse Time owner Gwen Katula has been making lefse for many years. She started in the family kitchen, cooking lefse for the holiday season to share with friends and family. Now she cooks lefse in the Lefse Time kitchen for customers throughout the United States. Her love and passion for lefse, and the memories and tradition it cultivates, have lead to this Step by Step Guide. With this guide, you can successfully cook lefse and keep the tradition alive and strong in your family.



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