

Microwave Rømmegrøt

Ingredients:

- 4 c. 2% milk
- 1 c. butter
- 1 c. flour
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{4}$ c. sugar



Featured in: FN 1513
"North Dakota Food and Culture
A Taste of World Cuisine"
www.ag.ndsu.edu/pubs

Directions:

- Heat milk until scalding. Melt butter in a 2-quart bowl in microwave. Stir in flour with a wire whisk until smooth. Stir hot milk into butter-flour mixture. Stir until smooth. Cook, then stir, until it reaches desired thickness, two minutes at a time for a total of four minutes. Add salt and sugar; cook a little longer. Serve with cinnamon and sugar. Melted butter may be poured on each serving.

Makes 12 servings. Per serving: 220 calories, 17 grams (g) fat, 4 g protein, 14 g carbohydrate and 180 mg sodium.

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