

# Old Fashioned Lefse

Featured in Prairie Fare Blog:  
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<http://prairiefare.areavoices.com/2012/12/18/you-bet-we-will-have-lefse/>

## Ingredients:

- 4 c. mashed or riced white potatoes
- 1/3 c. margarine (not the reduced-fat type)
- 1 Tbsp. sugar
- 1 1/4 c. milk
- 1 1/4 tsp. salt
- 1 1/4 to 1 1/2 c. flour

## Directions:

- Mix first five ingredients. Refrigerate until thoroughly cool. Add flour gradually and knead smooth. Depending on the size of your pan or lefse grill, take a small handful (about 1/3 cup) and roll paper thin on a floured surface. Bake on hot griddle until golden spots form. Turn and bake on second side. Place flat on clean towel and cover with another towel. Place several sheets of lefse on top of each other. When cool, cut into quarters and place in plastic bags to preserve freshness. Note: Be sure dough remains cold until you are ready to roll it out. Makes 15 large lefse.

*A serving of lefse (about half a large round, or 1.5 ounce or about 1/30 of this recipe). Per serving: 75 calories and 3 g grams (g) of fat which is similar to the nutrition profile of a slice of bread.*

**NDSU** EXTENSION  
SERVICE