

Rømmegrøt

Sour cream porridge with dried meats was festive food in the olden days and is still considered that today. Sour cream porridge must be made from high fat (35%) natural sour cream, with no stabilizers or gelatin added. For the best results, use homemade sour cream- a recipe is included below.

Ingredients

- 1 $\frac{2}{3}$ cups 35 percent fat sour cream (Recipe for homemade sour cream in Step 1)
 - Ingredients for homemade sour cream: 1 cup whipping cream and 2 Tbsp. buttermilk
- 1 $\frac{1}{4}$ cups flour
- 5 cups full fat milk
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{2}$ cup granulated sugar
- 2 Tbsp. cinnamon

Recipe

Step 1

To make sour cream, heat 1 cup whipping cream to 95° F/ 35°C, almost body temperature, then whisk in 2 Tbsp. buttermilk. Let stand at room temperature at least 8 hours, until thickened. (We will use commercial sour cream.)

Step 2

Simmer sour cream, covered, about 15 minutes.

Step 3

Sift in $\frac{1}{3}$ of the flour and stir. Simmer until the butterfat begins to leach out. Skim off the fat and set aside.

Step 4

Sift in the remaining flour, stir, and bring porridge to a boil. In a separate pot, bring the milk to a boil. Add milk to the porridge one cup at a time, whisking each time before adding more. Whisk porridge until smooth and simmer about 10 minutes. Season with salt. In a small bowl, mix sugar and cinnamon together. Enjoy the rømmegrøt with melted butterfat and cinnamon sugar sprinkled on top.