

Stroopwafels—Dutch Syrup Cookies

Loretta Hegeman and Elaine Kane
Orange City, Iowa

BACKGROUND

This recipe for *stroopwafels* has been handed down in our family from mother to daughter for three generations. Our children now make it four generations. As children, we often helped our mother and grandmother make *stroopwafels* to send to our uncles and cousins who were in the military. We bake *stroopwafels* only at Christmastime. This keeps the recipe special for our family. Because it takes a long time to make the *stroopwafels*—about 2½ hours with two irons—we enjoy the baking time to talk. We catch up on family news and plan our holiday get-togethers.

TOOLS (APPLIANCES, UTENSILS, TECHNOLOGY)

Pan, stove, spoon, bowl, mixer or food processor, refrigerator, Norwegian *krumkake* iron, spatula, filet knife, trays, wax paper, plates.

FOOD ITEMS/RECIPE

Dough

2 lbs. light brown sugar
1 lb. salted butter
1 lb. (2 cups) lard
5 lbs. all-purpose flour
2 tsp. cinnamon
3 pkgs. yeast
1 cup warm water
1 cup milk
2 large eggs

Syrup

1½ cups (⅔ lb.) salted butter
3 cups sugar
3 cups dark Karo syrup
2 tsp. cinnamon

PREPARATION/COOKING

Dough

Cream together the brown sugar, butter, and lard. Stir the yeast into the warm water and let it set until bubbly. Beat the eggs slightly, and add milk. Cut the brown sugar, butter, lard, and mix into the flour/cinnamon mix until it is crumbly. Slowly mix the milk mixture into the yeast mix, and gradually add to the dry ingredients (we use a food processor). Chill the whole mixture for several hours, then roll it into walnut-size dough balls. Heat the Norwegian *krumkake* iron on top of the stove. Place a dough ball in the center of the iron, and squeeze the iron until the dough is approximately ¼-inch thick. When it gets brown, flip the iron over and bake the other side of the cookie. Remove the cookie from the iron and immediately split it horizontally (we use a filet knife). Spread approximately 2 tsp. of syrup on one half of the cookie, and top it with the remaining half of the cookie. Place the cookies on wax-paper-lined trays to cool. When cool, put them in the freezer with wax paper between the layers. The recipe makes approximately 250 cookies.

Syrup

Place all the ingredients in a large, heavy pan. Bring the mixture to a boil, boiling for 2 minutes. Lower the heat to keep the syrup warm for easier spreading (put about 1 cup of syrup in a small bowl and dip spoonfuls of syrup from this container—replenishing as needed with warm syrup from the large pan).

SERVING

Set the cookies out on plates or trays at room temperature. People eat them casually.