

rommegrot

- 1 c. sour cream, preferable
unhomogenized
- 1 c. + 3 T. sifted flour
- 2 c. scalded milk

1/8 t. salt

1 t. sugar

brown sugar

cinnamon

SIMMER CREAM FOR 10 MINUTES. ADD THREE TABLESPOONS OF flour, stirring constantly. Simmer until butterfat separates. Remove from heat, skim of butterfat and reserve it. Return to heat and gradually add remaining ingredients except brown sugar and cinnamon. Continue to stir until it reaches the consistency of pudding. Serve warm with brown sugar, cinnamon, and reserved butterfat. Makes 6 servings at 218 calories each.

From: Donna Kummer

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