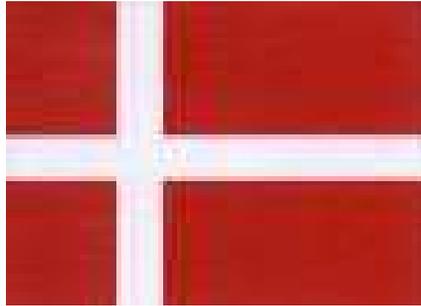


Danish Recipes



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Recipes gathered from the Internet

Credit goes to the Recipe Authors and Photographers

Rye Bread

A type of bread common to Northern Europe in many varieties, but almost unknown in the south. This version is a typical Danish example (Danish: rugbrød). In Denmark, most people eat this type of bread on a daily basis.

Ingredients

- 1500 g [rye flour](#)
- 1000 g [cracked rye seeds](#)
- 5 teaspoons [salt](#)
- about 2L water
- 300 mL [sourdough starter](#)

This recipe produces 3 loaves of rye bread. They can keep about a week in a plastic bag. Do not refrigerate.

Procedure

1. Mix the salt with the rye flour in a big bowl.
2. Add 1.8L of water and mix it.
3. Mix in the sourdough starter. The result should be wet enough to flow very slowly.
4. Cover it with a cloth and let it rise for at 12-30 hours as convenient. Then add the cracked rye seeds.
5. If the resulting dough feels dry, add a bit of water. The result should be just dry enough to retain an approximate shape, but no drier.
6. Take out 300mL of dough for the next bread.
7. Butter 3 bread forms and put the dough into it, forcing it into all corners with a spoon. Then using a fork, make deep holes as close as you can all over the bread.
8. Let it rise for 5-10 hours, and then bake it for about 90 minutes at about 180C.
9. Let the bread cool for 15 minutes, and then tip them out to cool further on a table.

Note that the bread is very difficult to cut for 2 hours or so after baking.

Beer and Rye Bread Porridge (Øllebrød)

Øllebrød (Danish for Beer Bread) is a Danish bread porridge, easily made from (dry) [rye bread](#) using this very simple recipe.

Øllebrød, together with [salmon](#) (and other [fish](#)), [pork](#), rye bread, [beer](#) and [potatoes](#), was an important nutritional element of traditional Danish cuisine until the 1800s.

A Danish family usually had a big pot on the stove in which they threw leftover bread and beer dregs. This was served as an everyday meal, morning and afternoon. The pot was seldom emptied, so it was a kind of continuous meal.

Ingredients

- 1 loaf of day-old [rye bread](#)
- Malt [beer](#) - preferably a sweet dark stout

Procedure

Take some amount of rye bread, preferably without whole grain, and put it to soak in [beer](#) for 6–12 hours. Feel free to use whatever beer that is the cheapest, the alcohol is going to vaporise anyway. You can also substitute the beer with water, if you want.

Let it boil slowly for about 1 hour. Add more beer if it's too dry, the consistency should be like that of [oatmeal](#). If you want it sweet you can mix in some [sugar](#) or [honey](#) or artificial sweetener (for diabetics). For a fresher taste, add a touch of [lemon](#).

Serve with [whipped cream](#) if you're introducing this meal to someone who is not Danish.

Alternatively, here is an easy, time saving recipe. In the evening, cut away the crust from the rye bread, cut it into cubes. Put the bread in a pot and cover it with beer (or water) and a lid. Set aside. In the morning, add sweetener if you are using that, then heat it all up. Stir until it steams vigorously, adding water if it gets too dry. Serve with milk, like corn flakes. Makes for a warm, very solid breakfast.

Danish Braised Cabbage (Rødkål)

Rødkål - Danish Braised Red Cabbage

Ingredients

- 1/4 cup butter
- 5 lbs (about 2.25 kg) red cabbage, finely cut
- ½ cup vinegar
- ½ cup sugar
- 1 Tablespoon salt

Procedure

1. Brown butter lightly.
2. Add finely cut cabbage and stir well.
3. Add vinegar, sugar and salt.
4. Let simmer 2-3 hours.

To reduce cabbage odor, bring the mixture to a boil, then place in a 325°F/160°C oven in a covered container for two hours. The flavor is even better when it is reheated.

Variations

There is no need to cook the cabbage for more than 20 minutes really. The finished Rødkål will be less mushy and have a much higher nutritional value. Many kinds of spices can be added, according to taste and season. This includes thyme, bay leaves, orange zest, cloves, all spice, cinnamon sticks, star anise and black pepper. Fruits like apples, orange or mandarins can also be added and pairs well with the cabbage. Red wine, black currant juice, or apple juice can also be added with success. For Christmas, duck fat is often used instead of butter.

Æbleskiver



Æbleskiver (Danish meaning apple slices in English (singular: æbleskive)) are traditional [Danish cakes](#), somewhat similar in texture to [American pancakes](#). Æbleskiver are cooked in a special æbleskive pan, a [cast-iron pan](#) with several hemispherical indentations in the bottom of the pan.

The English language spelling is usually ebleskiver or aebleskiver.

There are many recipes for æbleskiver. The following is offered as an example.

Ingredients

- 2 [egg whites](#)
- 2 cups (480 mL) all-purpose [flour](#)
- 2 teaspoons (10 mL) [baking powder](#)
- 1 tablespoon (15 mL) [white sugar](#)
- ½ teaspoon (5 mL) [baking soda](#)
- ½ teaspoon (5 mL) [salt](#)
- 4 tablespoons (60 mL) [butter](#), melted
- 2 cups (480 mL) [buttermilk](#)
- 1 cup (240 mL) [vegetable oil](#), for [frying](#)

Procedure

1. Beat the whites until stiff.
2. Mix together the flour, baking powder, salt, baking soda, sugar, melted butter and buttermilk at one time and beat until smooth. Gently fold in the egg whites last.
3. Put about 1 tablespoon (15 mL) of vegetable oil in the bottom of each æbleskiver pan cup and heat until hot. Pour in about 2 tablespoons (30 mL) of the batter into each cup.
4. As soon as they get bubbly around the edge, turn them quickly. Alternatively, you can turn them halfway first, so that the baked crusts protruding from the pan will look like the [Sydney Opera House](#). And after a while you turn them the remaining 90°. This will give them a perfect ball-shape. (Danish cooks use a long knitting needle, but a fork will work). Continue cooking, turning the ball to keep it from burning.

Notes, tips, and variations

- An æbleskiver pan is required to cook these properly.
- They were traditionally cooked with bits of [apple](#) (æble) or [applesauce](#) inside but these ingredients are not normally included in modern Danish forms of the dish.
- Æbleskiver are not sweet themselves but are traditionally sprinkled with [powdered sugar](#), accompanied with [raspberry](#) or sometimes [strawberry jam](#), and served with gløgg.

Rødkål (Pickled Red Cabbage)

Makes about 4 cups.

Pickled red cabbage is very popular in Denmark, served with pork or frikadeller either cold as a garnish on smørrebrød, or warm as a side dish at dinner. It is sometimes prepared using ribssaft or ribsgele (red currant juice or jelly) or æblemost (apple juice). This recipe, which features apple slices, is from the Danish-Canadian Marcus Schioler, author of the smørrebrød blog www.danishsandwich.com.

1 medium head red cabbage
1 small white onion
3 tablespoons butter
3 tablespoons sugar
3 tablespoons white or cider vinegar
pinch of thyme
2 bay leaves
¼ cup water
4 apples (Granny Smith are best), cored, peeled, and sliced thinly

salt and pepper to taste

Remove and discard outer leaves of cabbage, then cut cabbage into quarters and remove the white core. Thinly slice the cabbage with a chef's knife across the quarters widthwise. Peel and thinly slice the onion.

Melt the butter over medium heat in a large Dutch oven. Mix in the sugar. Add the cabbage and onion and stir to coat with butter. Add water, vinegar, thyme, and bay leaves. Heat to a boil, cover, and then simmer for 30 minutes. Add apples to the cabbage, plus a little salt and pepper.

Continue simmering for about 1 hour, stirring occasionally and adding a bit of water as necessary. The cabbage shouldn't be allowed to get too dry; there should always be a bit of liquid at the bottom of the pot. When done, the apples should be the consistency of purée and the cabbage tender.

Generally, the taste of rødkål is even better the day after cooking.

Viking Fiskesuppe

Viking fish soup. Serves 6–8.

This recipe from a thousand years ago comes to us courtesy of the Ribe VikingCenter on the west coast of Jutland. Although the ingredient list specifies trout, the Vikings would sometimes have used cod, mackerel, or flat fish such as plaice, flounder, or dab. Fish and shellfish were an important source of protein for the Vikings, especially in coastal areas, and were either eaten fresh, or preserved by smoking, salting, or drying.

2 tablespoons butter
5 onions, diced
5 carrots, diced
10 cups water
1 handful (about 1 cup) chopped chervil*
1 handful (about 1 cup) chopped garden cress
1 cup finely chopped spring onion
(scallion)
1 cup heavy cream
2 pounds trout or other whitefish, cut into bite-sized pieces

salt to taste

Melt the butter in a large pot. Add the onions and carrots and sauté for 2–3 minutes. Add the water and bring to a boil. Leave to simmer until the vegetables are cooked al dente, then add the chervil, cress, spring onion, and cream.

Add the fish to the soup. Simmer over low heat until the fish is cooked and tender, approximately 5 minutes. Season to taste with salt and serve with bread.

*Parsley may be substituted.



Pickled Herring Smørrebrød (Danish Open-Faced Sandwich) Recipe

EMILIA MORANO-WILLIAMS



This classic Danish open-faced sandwich features pickled herring with rich butter and dense, tangy sourdough rye bread.

Note: If you cannot access rugbrød, substitute bread with a dark, whole grain rye.

- YIELD: Makes 1 sandwich
- ACTIVE TIME: 5 minutes
- TOTAL TIME: 5 minutes

Ingredients

- 1 slice rugbrød (dense Danish sourdough rye bread), about 1/3-inch thick
- 1/2 teaspoon unsalted butter, slightly softened
- 5 pieces jarred pickled herring
- Thinly sliced red onion, for garnish
- 1 tablespoon dill, roughly chopped

Directions

1. If not already trimmed, cut rye bread to a 3- by 5-inch rectangle.
2. Spread butter evenly all over top side of bread.
3. Arrange pickled herring on butter, covering the surface evenly. Tuck red onion between the pieces of herring and garnish with chopped dill. Serve right away.

Danish Chicken and Asparagus Tartlets – Tarteletter Recipe

Want to make traditional Danish Tartlets with chicken and asparagus? Here's an authentic recipe for Tarteletter med høns i asparges that is easy to make at home.

Yield: 4 portions

Danish Chicken Tartlets - Tarteletter Recipe



Chicken tartlets are actually not made of chicken as the main choice of meat, but instead, it's traditionally made with meat from a hen. Traditionally, it was the hens who were too old to lay eggs that were used for this dish as well as the Hønskødssuppe.

The tartlets can be baked, but since they are commonly found in supermarkets in Denmark, store-bought tartlets are typically used these days.

If you don't live in Denmark and want to make Danish chicken tartlets, it might be hard to find ready-made tartlets, and you'll then need to bake some yourself.

The Danish name for this dish is Tarteletter med høns i asparges.

Prep Time 40 minutes

Cook Time 10 minutes

Total Time 50 minutes

Ingredients

- 500-gram meat from a soup hen, or chicken
- 1.5-liter water
- 2 dl Chicken stock
- 2 dl milk
- 70-gram butter
- 4 tablespoons of flour
- 400-gram white asparagus
- Tartlet shells

Instructions

1. Boil the water and add the stock
2. Add the hen or chicken meat and cook for 20 minutes
3. Take out the chicken and cut into smaller pieces, preferably in small squares
4. Save the water from the cooked chicken
5. If using fresh asparagus, cook it until tender and cut into smaller pieces
6. Grab a saucepan and add butter and flour when the butter has melted.
7. Add milk and some water from the cooked chicken into the sauce
8. Add salt and pepper to the sauce and let simmer for a few minutes
9. Add the asparagus and chicken to the sauce and make sure everything is heated
10. Now it's time to fill the tartlets. When finished, chop some fresh parsley and garnish on top of the tartlets

Notes

You will need a saucepan to make the sauce. It's recommended to buy ready-made tartlet shells in the supermarket to save time.

More about Tarteletter

The chicken and asparagus tartlet is a [traditional food from Denmark](#) that doesn't require many ingredients. It also looks quite fancy and is a great dish to serve when having friends and families over at your place.

This is an authentic Tarteletter recipe that typically gives a yield of 15-20 chicken tartlets. It's great to combine a classic hønsekødssuppe with Chicken tartlets since you can use both the leftover meat and soup from the hønsekødssuppe.

These tartlets can be served as an appetizer or main course. In Denmark, the dish is referred to as "Mormor-Mad", which basically means Grandma food. They are traditionally served for Christmas and Easter but are nice to make once in a while, if you get some cravings.

Danish Open-Faced Sandwich



This classic Danish open-faced sandwich features pickled herring with rich butter and dense, tangy sourdough rye bread.

Note: If you cannot access rugbrød, substitute bread with a dark, whole grain rye.

- Yield: Makes 1 sandwich
- Active time: 5 minutes
- Total time: 5 minutes

Ingredients

- 1 slice rugbrød (dense Danish sourdough rye bread), about 1/3-inch thick
- 1/2 teaspoon unsalted butter, slightly softened
- 5 pieces jarred pickled herring
- Thinly sliced red onion, for garnish
- 1 tablespoon dill, roughly chopped

Directions

1. If not already trimmed, cut rye bread to a 3- by 5-inch rectangle.
2. Spread butter evenly all over top side of bread.
3. Arrange pickled herring on butter, covering the surface evenly. Tuck red onion between the pieces of herring and garnish with chopped dill. Serve right away.

Open Faced Sandwiches – Smørrebrød



These Danish Smørrebrød or open faced sandwiches are probably the best sandwiches you will ever eat, easy to put together, yet impressive in appearance, so versatile and incredibly delicious.

Prep Time 30 minutes

Cook Time 6 minutes

Total Time 36 minutes

Ingredients

- Traditional pickled herring smørrebrød:
- 1 slice rye bread or pumpernickel (See note)
- 2 teaspoons Danish remoulade (or butter)
- 2-3 pickled herrings, depending on size
- a few red onion rings
- 1-2 small gherkins
- fresh dill or thyme
- a sprinkle of cayenne pepper or paprika, optional
- Smoked salmon and cucumber smørrebrød:
- 1 slice rye bread or pumpernickel (See note)
- 1-2 teaspoons mayonnaise
- 2 slices smoked salmon
- 8 thin slices cucumber
- 1 slice lemon
- some spring onion rings
- a sprinkle of cayenne pepper, optional
- Salami smørrebrød:
- 1 slice rye bread or pumpernickel (See note)
- 1 teaspoon butter
- 3 thin salami slices
- 1 small tomato
- 1-2 small gherkins
- a few red onion rings
- fresh parsley
- a sprinkle of cayenne pepper, optional
- Avocado and egg smørrebrød:
- 1 slice rye bread or pumpernickel (See note)
- 1 egg

- ½ avocado (or a very small whole one)
- 1-2 teaspoons fresh lemon juice
- salt
- some spring onion rings
- 2-3 tomato wedges
- fresh coriander or parsley leaves
- freshly ground black pepper, smoked would be great if you have it
- Havarti cheese and tomato smørrebrød:
- 1 slice rye bread or pumpernickel (See note)
- 1 teaspoon butter
- 1-2 lettuce leaves
- 3 slices Havarti (or another sliced cheese you like)
- 1 small tomato
- some spring onion rings
- cayenne pepper
- salt and freshly ground black pepper

Instructions

Choose dense whole grain rye bread. If you cannot find it use pumpernickel instead. Do not use regular soft sandwich bread.

- Traditional pickled herring smørrebrød:

Spread the Danish remoulade or the butter on the slice of bread. Arrange the pickled herrings, onion rings, diced gherkins on top. Garnish with fresh dill or thyme and sprinkle with a little cayenne pepper or paprika, if desired.

- Smoked salmon and cucumber smørrebrød:

Spread the mayonnaise on the bread. Arrange the thinly cut cucumber and the smoked salmon slices on top. Add the lemon slice, garnish with spring onion rings and some cayenne pepper, if desired.

- Salami smørrebrød:

Butter the bread. Arrange the salami, tomato wedges, red onion rings and diced gherkins on top. Sprinkle with fresh chopped parsley and a dash of cayenne pepper.

- Avocado and egg smørrebrød:

Bring a small pot of water to a boil. Add the egg and cook it for 6 minutes. Immediately transfer the cooked egg to a bowl full of ice water.

Mash the avocado in a small bowl. Add some lemon juice, salt and pepper to taste.

Spread the avocado mash on the slice of rye bread. Peel and slice the egg directly over the bread. It is a bit messy, but this way no precious runny yolk will get lost. Sprinkle with spring onion rings, freshly ground smoked pepper (or regular pepper), coriander or parsley leaves. Add two or three wedges tomato.

- Havarti cheese and tomato smørrebrød:

Butter the bread generously. Add the lettuce leaves, cheese slices and tomato slices. Salt and pepper the tomato slices. Sprinkle with spring onion rings and some cayenne pepper.

Frikadelle



The frikadeller - as [Danish](#) as the [Dannebrog](#).

This is standard Danish fare, made of ground [pork](#) and [veal](#). Traditionally served with [boiled potatoes](#), [gravy](#) and [rødkål](#) ([braised](#) red [cabbage](#)). Originally, this dish was made so that the meat would feed more people, and thus, the possibilities as to what can be added are numerous.

These can be frozen and reheated.

Ingredients

- 250 [grams](#) (about 0.5 lbs) ground [veal](#)
- 250 grams ground [pork](#)
- 1 large [egg](#)
- 1 finely chopped [onion](#)
- 20% by volume of [bread crumbs](#) (or approx 3/4 [cup](#))
- [pepper](#) and [salt](#) to taste

- [garlic](#) (optional)
- substitute bread crumbs with [wheat germ](#) and/or [oat bran](#)
- ground [parsley](#) to taste
- Any ingredient will work. Many people add a quantity of milk also, and the mixture is then thickened again with more flour, bread crumbs and/or oat bran.

Procedure

1. Mix all ingredients.
2. Make small patties.
3. [Fry](#) in hot [skillet](#) with (lots of) butter.

National Dish of Denmark Frikadeller



Ingredients

ground pork	½ lb.
ground veal	½ lb.
whole milk	¼ cup
egg (beaten)	1
minced onion	¼ cup
Breadcrumbs	¼ cup
seltzer water	¼ cup
margarine or butter	¼ cup
all-purpose flour	¼ cup
Chopped dill weed for garnishing	
Salt and Pepper	

Danish meatballs are known as Frikadeller in Denmark. This dish can be traced back to 1648 but did not become popular until the 18th century. It is now eaten regularly by the Danish people and considered to be the national dish of Denmark. Ground pork is traditionally used in the preparation of frikadeller. It is very simple to prepare and the savory meatballs are served with boiled red potatoes or homemade rye bread.

Directions for Preparing Frikadeller

1. In a large bowl, combine the ground veal and pork, minced onion and egg.
2. Pour in the milk and add the breadcrumbs.
3. Knead the flour into the meat mixture.
4. Add enough salt and pepper to the mixture to season it well.
5. Gradually add the seltzer water to form a thick moist meat paste.
6. Refrigerate the meat paste for an hour (1:00) so that the meatballs will be easier to shape.
7. Scoop up two tablespoons and a half of the meat paste for each meatball and work into flattened ovals the size of an egg.
8. Heat a large skillet and melt the margarine or butter.
9. Place a few meatballs at a time in the melted margarine, flipping after fifteen (0:15) minutes.
10. When the meatballs are cooked evenly and are no longer pink in the center, remove them from the skillet.
11. Place the frikadeller onto a serving plate and sprinkle freshly chopped dill weed over them.

Serve the frikadeller hot or cold with a side of boiled red potatoes or slices of homemade rye bread.

Frikadeller (Danish Meatballs)

This recipe comes from [Favorite Family Recipes](#), a blog run by sisters Erica, Emily, Elise and Echo Walker. This recipe was originally posted by Erica, whose husband once lived in Denmark. By the way, the Walker sisters just came out with a cookbook (also called [Favorite Family Recipes](#)), which you can purchase on [Amazon.com](#).

Here's the recipe:

For the meatballs:

- 3/4 lb ground beef
- 1 lb ground pork
- 1 large onion, grated
- 1/2 cup breadcrumbs
- 4 tbsp flour
- 2 eggs
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp nutmeg
- 2-3 cloves garlic
- 1/2 tsp dried sage
- 1/4 to 1/2 cup half and half or milk
- Butter

For the gravy:

- 3/4 - 2 tbsp drippings from the meatballs
- Butter (if needed)
- 3 tbsp flour
- 1 cup heavy cream or full fat milk
- 1 tbsp powdered beef bouillon
- Salt and pepper to taste

At Erica's suggestion I served this with the following two side dishes, though I used recipes I'd already sourced before finding Favorite Family Recipes.

This one comes from [Christian's Danish Recipes](#):

Rødkål (Red Cabbage)

- 1 medium red cabbage, finely shredded
- 2 tbsp butter
- 1/2 cup vinegar, lemon juice or pickle juice
- 1 teaspoon salt
- 1/4 cup sugar

- 1/4 cup currant jelly (optional)

And from Danishnet.com:

Brunede Kartoffler (Caramelised Potatoes)

- 20 oz small potatoes
- 3 tbsp butter
- 1 cup white sugar

And for dessert, also from Danishnet.com:

Æblekage (Danish Apple Pudding)

- 1 cup fresh breadcrumbs
- 1/2 cup white sugar
- 1/2 cup hazelnuts
- 1 lb cooking apples, peeled, cored and sliced
- 1 lemon, zested and juiced
- 3 tbsp honey
- 3 tbsp caster sugar
- 1 egg white

Starting with the meatballs:



Mix the beef with the pork and the grated onion. Warning: grating onions is painful. Keep your kids out of the kitchen, unless you are mad at them.

Now add the the rest of the ingredients and mix gently with your hands until well-incorporated. (Note: I left out the sage. Martin can't stand it, and I've seen other frikadeller recipes that didn't call for it, so I felt like I could leave it out without killing the authenticity.)

Next, add the half and half but do it slowly. You may not need the full half cup. Unlike Italian meatballs, you want your mixture to be a little sticky. You won't actually be rolling these into balls so the texture should be wet.



Now melt the butter and drop the mixture by the tablespoon into the pan. Press down a little to flatten. Despite the name, you're not really making meatballs—they are really more like little hamburger patties.



Cook until nicely browned on one side, then flip and cook until the other side matches. Keep adding butter as necessary.



When the meatballs are finished, remove them to a plate and keep warm. Now add the flour to the pan (if there isn't a lot of oil left, you can add some more butter). Stir until you get a roux. Add the cream and whisk until you get a nice thick gravy. Finish with the beef bouillon, salt and pepper.

Now for the potatoes:

Make sure you get the smallest potatoes you can find. It's better to have bite-sized baby potatoes than bigger ones that you have to cut into pieces.

First boil the potatoes until they are just done. You want them to be firm, not mushy. Set them aside and let them cool a little. When they are cool enough to handle, pull the peels off with your fingers (they should come off pretty easily).



Now put the sugar and butter in a frying pan and heat slowly, stirring continuously until it melts and starts to turn golden. Then add the potatoes and keep stirring until the caramel sticks to the potatoes (five to 10 minutes).



The cabbage is pretty easy, too. Here's how it's done:



Melt the butter in a large pot and add all the rest of the ingredients. Cover and cook on low heat until the cabbage is tender (20 minutes or so). Remove from heat and stir in the jelly (if using). That's it!



Finally, the dessert. Now, I think there might be a million different ways to make Danish apple pudding. I took just one liberty with mine, and I based it on other recipes I've seen for this dessert. Here's how I did it:

Put the breadcrumbs in a pan with the sugar. Turn the heat on to low. Stirring continuously, cook until the mixture is a dark gold color.



Transfer to a bowl and set aside. In the same pot, add the hazelnuts and stir until they start to turn a light brown color. They should become fragrant. Now remove them from the heat and set aside.

Mix the apples with the honey, lemon zest and juice. Transfer to a pan and cook on low heat until the apples are soft. Now smash them up with a potato masher until you get applesauce.



Now the recipe says to beat the egg white with the sugar until stiff. I feel uncomfortable giving my kids raw egg white, so I just left it out. If I'd had time, I would have beaten some cream and sugar and used that (I've seen other Danish apple pudding recipes that use cream), but instead I just folded in the sugar and added a little bit of cream to the layers.

OK now divide half of the apples between four small bowls (or use glasses, like I did, which will make for a nicer presentation). Now divide half of the breadcrumbs between the bowls/glasses, and then repeat. Top with the nuts.

