

MAKING BELGIAN WAFFLES

RECIPE

(Makes 10-12
Waffles)

Rest Time:

Overnight

Work Time: 10
Minutes

Cook Time: 30
Minutes

**Combine in large
bowl:**

2 cups all-purpose
flour

2 T. sugar

3/4 t. salt

1/2 t. active dry
yeast

**Whisk into dry
ingredients:**

1/2 cup unsalted
butter,

melted

2 cups whole milk

**Cover and let sit
overnight. The next
morning, add:**

3 eggs, separated

**Nutritional
information per
waffle:**

Calories 236

Total fat 13(g)

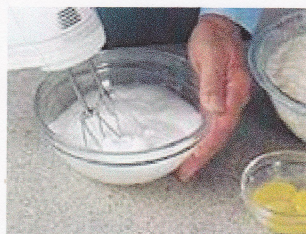
Calories from fat
48%

Sodium 219(mg)

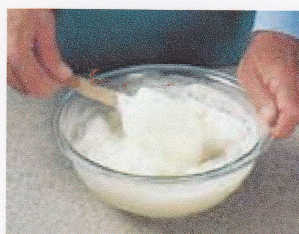
Carb. 24(g)



ONE The night before you plan to serve the waffles, prepare the batter by first combining the dry ingredients in a large bowl (the batter needs growing room because the yeast will cause it to rise and bubble). Then, melt the butter, combine it with the milk, and whisk it into the dry ingredients. Cover with plastic wrap, and let it sit on your kitchen counter overnight.



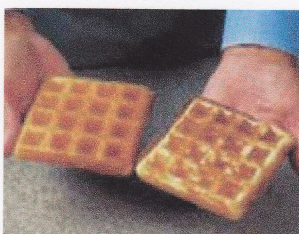
TWO In the morning, heat up the waffle iron. Then separate the eggs, whisking yolks into the batter and whipping whites to soft peaks with a hand mixer.



THREE Using a rubber scraper, gently fold the whites into the batter. Be careful not to overmix it - a few white streaks or lumps are just fine.



FOUR When the iron is hot, pour 1/2 cup batter into each square section (measurements may vary). Spread it so all the grids are covered with batter.



FIVE Cook waffles for 3 minutes. When done, the tops may be blotchy (right). The bottoms should be more evenly browned. Serve bottom side up.



SIX Take a look at this waffle-fluffy on the inside (almost like a soufflé), golden brown, and lightly



SEVEN Serve waffles immediately with plenty of warm toppings, or butter and pure maple syrup. If