

Waffles



Waffles :

16



Prep :

20 min.



Rest :

Freezing : -
Refrigeration : -



Cook :

Temperature : -
Time : 4-5 min.

Special equipment

Whisk

Mixing bowl

Waffle iron

Spatula

List of recipes

✓ Waffle batter



Steps

D-Day

🌀 **Making the waffle batter**
(no resting time)

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🌀 **Baking**

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Waffle batter

Ingredients

- ☑ 250 g ~ Egg whites
- ☑ 6 g ~ fine salt
- ☑ 40 g ~ sugar
- ☑ 140 g ~ unsalted butter
- ☑ 265 g ~ whole milk
- ☑ 230 g ~ Pastry flour
- ☑ 1 tsp vanilla extract

o Preparation of Liquid Ingredients:

- Cut 140 g of unsalted butter into small cubes.
- Melt the butter over low heat in a saucepan with 265 g of whole milk. (There's no need to bring it to a boil).
- Once the butter is completely melted, remove from heat and let it cool slightly.

o Preparation of Dry Ingredients:

- In a mixing bowl, sift 230 g of all-purpose flour (T45).
- Add 6 g of salt and 40 g of powdered sugar.
- Mix everything with a whisk until evenly combined.
- Form a well in the center.

o Whipping the Egg Whites:

- Whisk 250 g of egg whites until stiff peaks form, gradually increasing the whisking speed.

o Incorporation:

- Pour the cooled milk-butter mixture into the well in the center of the dry ingredients.
- Gradually mix using a whisk, starting from the center to avoid lumps, until a smooth batter is achieved.

o Adding Flavors:

- Add the flavoring or alcohol of your choice (vanilla, rum, orange blossom, etc.) and mix.

o Folding in the Egg Whites:

- Gently fold the whipped egg whites into the batter in three additions, using a spatula to avoid deflating them.
- Mix carefully until the batter is smooth and homogeneous.

o Cooking the Waffles:

- Preheat the waffle iron until it is very hot.
- Pour a ladleful of batter into the waffle iron and cook until the waffles are golden and crispy on the outside..



❖ Traditional Waffle Recipe:

Ingredients :

- 90 g egg yolks (1)
- 20 g sugar (1)
- 2 g salt (1)
- 8 g vanilla extract (1)
- 5 g baking powder
- 100 g milk (3)
- 400 g heavy cream (3)
- 100 g melted butter (5)
- 20 g rum (6)
- 3 g cream of tartar (2)
- 90 g egg whites (2)
- 15 g sugar (2)
- 250 g pastry flour (4)

Instructions :

Combine sugar, salt, vanilla extract, and egg yolks (1) in a bowl. Whisk by hand until the mixture turns pale and light. In another bowl, whisk the egg whites and cream of tartar (2) by hand until foamy. Gradually add the sugar and whisk until stiff but pliable peaks form.

Mix the heavy cream and milk (3) in one bowl, and the flour with baking powder (4) in another.

Gradually alternate adding the flour mixture and the milk/cream mixture into the egg mixture, stirring as you go.

Once the batter is smooth, mix a small amount of the batter with the melted butter (5) to temper it, then fold it back into the main batter.

Gently fold in the rum (6) using a spatula.

Refrigerate the batter overnight before cooking.

❖ Liege Waffles (Belgian Waffles) :

Ingredients

- 500 g pastry flour (1)
- 100 g eggs (1)
- 180 g milk (1)
- 30 g fresh yeast (1)
- 40 g trimoline (or honey) (1)
- 10 g vanilla extract (1)
- 10 g salt (1)
- 280 g softened butter (2)
- 250 g pearl sugar (3)

Instructions

Knead all the ingredients labeled (1) together:

- 4 minutes on low speed using a dough hook.

- 5 minutes on medium speed (keep the dough temperature below 24°C).

Add the softened butter (2) and knead until fully incorporated.

Let the dough rest at room temperature for 30 minutes.

Divide the dough into 50 g portions and shape into balls.

Proof for 1 hour and 30 minutes in a warm place (24-25°C).

Preheat the waffle iron. Sprinkle pearl sugar (3) onto the dough balls before placing them in a well-greased waffle iron.

Cook until golden and caramelized.