

Japanese Soufflé Pancakes

Makes 10-12

1 1/2 teaspoon fresh lemon juice
150ml/g milk

1 Stir with the spoon to combine the lemon and milk.

3 egg whites (115-118g) at room temperature
Free-range 'happy' eggs
Just 1 1/2 yolks
Bigger bowl very clean bowl
smaller medium bowl

2 Separate the eggs. Whisk the whites to soft stiff peak. Set aside.

Whisk again to refresh

whites then 3/4 then 1/4

yolks

Don't overwork

6 With a rubber spatula gently fold in 1/4 of the whites until almost combined. Then fold in the 3/4 remaining.

low-medium heat
1/2 to 1 tbsp water

7 When the pan is hot fill the rings 3/4 full. Sprinkle water around rings. Cover with lid. Cook 3-5 minutes then flip with spatula. Cook other side 3-4 minutes.

3 tbsp sugar (29g - 35g)
yolks

3 Add sugar to the yolks and whisk until creamy.

150g / 1 1/3 cups plain all-purpose flour
1 tsp baking powder
yolks

5 With the whisk slowly stir in the flour and baking powder.

milk and lemon
Scant 1/4 tsp or pinch of salt
Vanilla extract 1/2 tsp
yolks

4 Add the vanilla, salt, milk and lemon. Stir slowly with the whisk.

yum yum! (eat now!)