

Japanese Souffle Pancake Recipe- Nawasa Iamsen

Ingredient:

2 egg yolks
3 egg whites
3 Tablespoons All purpose flour
¼ teaspoon baking powder
¼ cup sugar
½ teaspoon vanilla extract
¼ teaspoon Cream of tartar
1 tablespoon whole milk
Butter (to grease pan)

Equipment:

2 medium- large mixing bowls
Whisk
Sifter
Pan (use nonstick pan if you have one)
Lid or cover for the pan
Pipette (or a ziplock bag would work too!)
Parchment paper
Masking tape/ paper tape (do NOT use regular tape because they can melt!)

Directions

- Separate egg yolks from egg whites (you will have one left over egg yolk) and put in two separate medium- large bowls
- Add milk to the bowl with egg yolk and whisk until combined, add vanilla extract, and whisk until combined
- In the same bowl, sift in flour and baking powder, whisk until combined
- Set bowl aside
- In the other bowl with the egg white, use an electric mixer to beat the egg whites
- Add in cream of tartar once egg whites look a bit more foamy
- Continue beating the egg whites with the electric mixer
- Add in the sugar in 3-4 separate parts and continue beating the egg white. DO NOT add sugar in all at once- this will make it harder for the meringue to get that light whipped texture.
- Continue to beat the egg whites until the meringue is stiff (this part might take a bit longer- there is no such thing as overbeating! So the longer you beat the egg whites the better! 😊)
- After the meringue is done, slowly incorporate it into the egg yolk mixture that is in the other bowl. For this part, do not over mix! Gently fold in the meringue and mix together.
- Put combined mixture into a pipette bag (or a zip lock bag and cut a hole at the bottom corner)
- Grease the pan a bit with butter and put the pan over LOW-MED heat
- Cut out 2 inch wide parchment paper strips and tape the ends together with masking tape- they should form a circle.

- Put the parchment paper circles on the pan and gently pipette the pancake batter into the circles filling the circle up to about an 1 inch (make sure to not fill up the circle all the way because the pancakes will rise).
- Add a few drops of water around the pancakes and cover the pan with a lid (this will help create steam and thoroughly cook the pancakes)
- Cook for about 5 mins or until the bottom is slightly golden brown, flip the pancakes, add a few more drops of water around the pancakes and cover the pan with a lid and cook for about 3 mins
- Once pancakes are done, remove parchment papers and plate it.
- Serve with fresh fruits, butter, and maple syrup! (what whatever you like you pancakes with!)