



## JAPANESE SOUFFLE PURPLE & GOLD PANCAKES

### PANCAKES

Makes 3 Large Fluffy Pancakes or 1 Giant One

### INGREDIENTS

- 2 Large Eggs, yolks and whites separated
- 1 1/2 Tbsp Whole Milk or Favorite Milk/Dairy Substitute
- 1/4 Tsp Pure Vanilla Extract
- 1/8 Tsp Salt
- 1/4 Cup Cake or Pastry Flour (this will yield a lower gluten and more tender pancake)
- 3/4 Tsp Baking Powder
- 2 Tbsp Sugar or Sugar Substitute/Sweetener
- Neutral Oil to Cook with such as Canola, Vegetable, or Rapeseed
- 2-4 Tbsp Water

### METHOD

In a large bowl, add your egg yolks, milk and salt together and whisk until thick and combined. Sift in your cake flour and baking powder and whisk again to combine until smooth but don't overmix as we don't want to create gluten. Set aside in the fridge

In a clean large bowl, add in your egg whites and using a hand mixer (or stand mixer with the balloon whisk attachment) mix until it starts getting frothy. Then gradually add in your sugar 1/4-1/3 at a time continuing to whisk

Beat the egg whites until they are glossy and stiff firm peaks. When you lift your hand mixer, the egg whites should stand up right

Heat a large non-stick pan over the medium heat for 1 minute and then turn down to the lowest setting

Take out the chilled yolk mixture and in thirds, fold in the egg whites into the yolks and mix with a whisk

Repeat with the remaining egg whites. Your batter should be combined but still have tons of air bubbles.

Oil your pan with oil or cooking spray and then using a ladle or ice cream scoop, spoon 1 scoop of your batter into three piles. Then repeat once again so that each pancake has 2 scoops

Add a few tablespoons of water in the empty spaces and cover with a lid

Cook for 4-5 minutes then top with one more scoop of batter. then add some more water and cover with lid and cook to set the top

Using an offset spatula, lift the pancake very gently, if it feels stuck, don't force it and let it firm up some more. The pancake will naturally tell you when it's ready to flip

Add in some more water, cover with lid and cook final time for 3-4 minutes then serve

Serve these pancakes with your Blueberry Lemon Compote either on top or on the side along with whip cream, mint, powdered sugar and even maple syrup. Pair with a cup of coffee or tea and you are set but a mimosa or glass of bubbly works just as good =)



# PANCAKE BREAKFAST

with  
**WALLACE WONG**  
BBA '12



## JAPANESE SOUFFLE PURPLE & GOLD PANCAKES

**BLUEBERRY LEMON COMPOTE**  
Makes 1 cup compote

### INGREDIENTS

- 1 1/4 Cup Fresh or Frozen Blueberries
- 1/4 Cup Sugar or Sugar Substitute/Sweetener of choice
- Zest of 1 Lemon, grated
- Juice of 1/2 Lemon to Taste
- 1 Tsp Salt

### METHOD

In a medium pan or pot, add 1 cup of the blueberries and sugar/sweetener and cook over medium heat stirring occasionally. Once the berries start to become thick and jam like, add the lemon zest, lemon juice and salt. Cook for additional 1-2 minutes, adjust seasoning with salt or sugar and reserve.