

Japanese Soufflé Pancakes

Makes 4

Hands-on Time 10 minutes

Cooking Time 16 minutes

Ingredients

- 2 large eggs (only 1 yolk needed)
- 1½ tbsp self-raising flour
- Pinch of fine salt
- ½ tbsp full-fat milk
- ¼ tsp vanilla extract
- 1 tbsp caster sugar
- 1 tsp oil (flavourless, e.g., sunflower or vegetable)
- Drop of water

Equipment

- 2 medium bowls
- Whisk
- Spatula
- Piping bag
- Large deep-sided frying pan with lid
- Brush
- Flat spatula or fish slice

Method

1. Prepare the Egg Mixtures

- Separate the eggs. Place the whites in one bowl and 1 yolk in another.
- Add the flour, salt, milk, and vanilla to the egg yolk. Whisk for 1 minute until thick and pale yellow.

2. Make the Meringue

- Whisk the egg whites until soft peaks form. Gradually add the sugar while whisking until stiff, glossy peaks form.

3. Combine the Mixtures

- Fold ¼ of the meringue into the yolk mixture to loosen it.
- Gently fold in the remaining meringue until no streaks remain.

4. Cook the Pancakes

- Heat the frying pan over very low heat for 1 minute. Add the oil and brush it around the pan.
- Pipe 4 small mounds of batter into the pan using two-thirds of the mixture. Add a drop of water to the pan and cover. Cook for 4 minutes.
- Pipe the remaining batter on top of the pancakes, cover, and cook for another 4 minutes.
- Flip the pancakes with a flat spatula in one quick motion. Cover and cook for 8 minutes until golden and puffed up.

Enjoy!