

Stonehurst Place Waffles, with variations

At Stonehurst Place we cook with Organic ingredients whenever possible.

- 2 large eggs, separated and at room temperature
- 1 ½ cups whole milk
- ¼ cup vegetable oil
- ¾ cup all purpose flour
- 2 Tablespoons granulated sugar
- 4 teaspoons aluminum-free baking powder
- 1 teaspoon sea salt

Method

1. Preheat oven to 200°F. : Beat the egg whites until stiff peaks form; set aside. Using the same beaters, beat egg yolks about 1 minute until lemon in color; stir in milk and oil. Add flour, sugar, baking powder and salt. Stir only until large lumps disappear. Gently fold beaten egg whites into batter. Fold in fruit if using. Let batter sit about 15 minutes before baking in waffle iron.

2. Preheat waffle iron, spray with Pam, and pour about ¼ - 1/3 cup batter onto hot waffle iron. Bake in waffle iron until steam from the edges has ceased (if there is not a timer on your waffle iron). To make several ahead of serving, remove from waffle iron and place directly on oven rack in a preheated 200 degree oven so they will remain warm and crisp.

Preheat oven to 200°F

3. To serve, cut waffle into "sections", and place on a plate in a modified "pyramid" shape. Sprinkle with powdered sugar and top with some piped sweetened whipped cream. Garnish with fresh fruit or toasted nuts.



Servings/Yield

4 large waffles

Categories

Pancakes & Waffles

NUTRITION FACTS

Servings: 4

Amount Per Serving

Calories: 330

Total Fat: 18.20g

Cholesterol: 113mg

Sodium: 665mg

Total Carbs: 31.07g

Dietary Fiber: 0.74g

Sugars: 11.03g

Protein: 8.83g

Notes



Cook'n With Caroline Variations:

"To make different flavors you may add spices to the flour mixture and flavorings to the egg yolk/oil mixture. You may also add fresh fruit. Some suggested combinations are:

¾ cup fresh blueberries, 1 teaspoon ground cinnamon, ¼ teaspoon ground nutmeg, grated zest from one lemon, and 1/4 cup toasted pecans pieces

¾ cup finely chopped and peeled apples, 1 teaspoon ground cinnamon and ¼ teaspoon ground cloves, ¼ cup chopped walnuts

¾ cup finely chopped and peeled firm pears, ¼ cup chopped almond pieces toasted, 1 teaspoon ground ginger, 1/2 teaspoon almond extract

½ cup finely chopped firm strawberries, substitute brown sugar for the granulated sugar and serve with strawberry syrup

½ cup fresh raspberries, grated zest from one lemon, ¼ cup toasted almond pieces, serve with raspberry syrup and slivered almonds"



Cook'n With Caroline Notes:

- * Recipe may be doubled.
- * Batter without fruit may be stored in refrigerator up to 4 days, with fruit no more than 1 or 2 days.
- * Waffles may be baked, cooled, wrapped in freezer proof bags and frozen. Remove from bags, thaw, and reheat directly on the oven rack in a preheated 350 degree oven for about 5 minutes to re-crisp. Not quite as good a fresh but helps when cooking for a crowd.

