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Waffles

Helen Knight
California Polytechnic State University - San Luis Obispo, hhunt@calpoly.edu

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Waffles

From Helen Knight

My grandmother introduced me to this recipe. Her mother had passed it to her, from her mother before. My great-great-grandmother came from the Netherlands, and her recipe has become a part of my heritage.

Ingredients:
2 eggs, separated
2 tsp sugar
2 c whole milk
2 c flour
2 tsp baking powder
1/2 c melted, unsalted butter

Preparation:
1. Beat egg yolks until frothy.
2. Mix in the sugar and milk.
3. In a small bowl, sift together the flour and baking powder.
4. Add to egg mixture, stirring gently.
5. In another bowl, beat egg whites until they are firm (electric mixer helps here).
6. Fold the egg whites into the batter.

My grandmothers' variation:
At this point, fold in one peeled and very thinly sliced apple, and 1/2 t. cinnamon. This addition will give you a soft, appley center (the apples melt into the batter) and a crispy exterior. Divine!

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