



# **RECIPE BOOK**

# WAFFLE BOWL

RHWM1

RECIPES

# **CLASSIC WAFFLES**

Makes 4

#### Ingredients:

- 1 cup plain flour
- 2 teaspoons baking powder
- 2 teaspoons caster sugar
- a pinch of salt
- 1 cup milk
- 1 large (55g) egg
- 2 tablespoons melted butter

#### Method:

- 1. Sift the flour and baking powder. Combine in a bowl with the sugar and salt.
- 2. In a separate bowl whisk the milk, egg and melted butter until well blended. Pour over the dry ingredients, and mix with a wooden spoon until just combined.
- **3.** Pour enough batter into the waffle maker to reach the maximum fill lines; about 1/2 cup. Close the lid and cook for around 3 minutes, or until they reach your desired colour and crispiness.
- 4. Repeat with the remaining batter.

Serve them filled with fruit and drizzled with maple syrup. Or for a savoury take, try them with crispy bacon and scrambled eggs.

# **HEALTHY WHOLEMEAL WAFFLES**

Makes 4

#### Ingredients:

3/4 cup wholemeal flour

- 1/4 cup cornflour
- 2 teaspoons baking powder
- a pinch of salt
- 1 cup milk
- 1 large (55g) egg
- 2 tablespoons melted butter
- 2 teaspoons honey

#### Method:

- 1. Sift the flours and baking powder. Combine in a bowl with the salt.
- **2.** In a separate bowl, whisk the milk, egg, butter and honey until well blended. Pour over the dry ingredients, and mix with a wooden spoon until just combined.
- **3.** Pour enough batter into the waffle maker to reach the maximum fill lines; about 1/2 cup. Close the lid and cook for around 3 minutes, until they reach your desired colour and crispiness.
- 4. Repeat with the remaining batter.

Fill with chopped fruit and a generous dollop of yoghurt, for a healthier treat.

# **CRISP CORN WAFFLES**

Makes 4

#### Ingredients:

1/2 cup self-raising flour

1/4 cup corn flour

- 1/4 cup fine polenta (cornmeal)
- 1 teaspoon each ground cumin and smoked paprika
- 1/2 teaspoon bicarbonate of soda
- 1/4 teaspoon salt
- 1 large (55g) egg
- 1 cup buttermilk
- 2 tablespoons melted butter

#### Method:

- 1. Sift the flours, polenta, spices and bicarb soda. Combine in a bowl with the salt.
- 2. In a separate bowl, whisk the egg, buttermilk and butter until well blended. Pour over the dry ingredients, and mix with a wooden spoon until just combined.
- **3.** Pour enough batter into the waffle maker to reach the maximum fills lines; about 1/2 cup. Close the lid and cook for around 3 minutes, until they reach your desired colour and crispiness.
- 4. Repeat with the remaining batter.

Delicious filled with fresh corn salsa, guacamole and an egg, served sunny side up. Try with smoky chorizo sausage, even spice-rubbed chicken.

# **DECADENT CHOCOLATE WAFFLES**

Makes 4

#### Ingredients:

cup self-raising flour
cup unsweetened cocoa powder
teaspoon bicarbonate of soda
cup caster sugar
a good pinch of salt
cup buttermilk
large (55g) egg
cup melted butter
tsp vanilla extract
85g dark 70% chocolate, roughly chopped (optional)

#### Method:

- 1. Sift the flour, cocoa and bicarb soda. Combine in a bowl with the sugar and salt.
- **2.** In a separate bowl whisk the buttermilk, egg, butter and vanilla until well blended. Pour over the dry ingredients, and mix with a wooden spoon until just combined. Fold in the chocolate if using.
- **3.** Pour enough batter into the waffle maker to reach the maximum fill lines; about 1/2 cup. Close the lid and cook for around 3 minutes, until they reach your desired colour and crispiness.
- 4. Repeat with the remaining batter

Studded with pieces of melted chocolate, they're ready to fill with your favourite ice cream sundae ingredients.

# SWEET BELGIAN-STYLE WAFFLES

Makes 4

#### Ingredients:

- 1 cup plain flour
- 2 teaspoons baking powder
- a pinch of salt
- 1 cup milk
- 2 tablespoons melted butter
- 1/2 teaspoons vanilla extract
- 1 large (55g) egg, separated
- 2 tablespoons caster sugar

#### Method:

- 1. Sift the flour and baking powder. Combine in a bowl with the salt.
- **2.** In a separate bowl, whisk the milk, butter, vanilla and egg yolk until well blended. Pour over the dry ingredients, and mix with a wooden spoon until just combined.
- **3.** In a clean bowl whisk the egg white and sugar with electric beaters for 2 minutes, or until stiff and glossy. Gently fold through the batter with a metal spoon.
- 4. Pour enough batter into the waffle maker to reach the maximum fill lines; about 1/2 cup. Close the lid and cook for around 3 minutes, until they reach your desired colour and crispiness.
- 5. Repeat with the remaining batter.

Fluffy on the inside and crisp in the outside. Serve them traditionally with strawberries, maple syrup and ice cream.