

Foodnity Recipes

Fluffy Japanese Soufflé Pancakes

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Japanese** Cuisine

Ingredients

Batter

- [ ] 2 large eggs, separated
- [ ] 3 tbsp granulated sugar
- [ ] 1/2 cup cake flour
- [ ] 1/4 tsp baking powder
- [ ] 3 tbsp whole milk
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp melted unsalted butter, cooled

Topping (optional)

- [ ] Powdered sugar for dusting
- [ ] Fresh berries
- [ ] Maple syrup or honey

Instructions

1. Separate the egg whites and yolks; place yolks in a bowl and whites in a clean, dry mixing bowl.
2. Add 1 tablespoon of sugar to the yolks, whisk together, then stir in milk, melted butter, vanilla, and lemon zest.
3. Sift cake flour and baking powder together, then fold gently into the yolk mixture until just combined.
4. In a separate bowl, beat egg whites on medium speed, gradually adding the remaining 2 tablespoons of sugar, until stiff peaks form.
5. Fold a third of the whipped whites into the batter to lighten it, then gently fold the rest in, being careful not to deflate the air.
6. Heat a non-stick skillet over low heat, lightly grease with butter, and place a ring mold (optional). Spoon batter into the mold, cover, and cook 4-5 minutes until the surface is set.
7. Remove the lid, flip the pancake gently, cover again, and cook another 3-4 minutes until golden and puffed.
8. Slide the pancakes onto a plate, dust with powdered sugar, and top with berries and maple syrup if desired.

Nutrition per serving

210 kcal	6 g	28 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure no yolk touches the whites; even a little fat can prevent peaks.
- If the batter seems too runny, sift a little more flour, but avoid over-mixing.
- Use low heat; high heat will brown the outside before the interior lifts.