



SOUFFLE PANCAKES (PANCAKES WITHOUT BAKING POWDER)

yield: 8-4" PANCAKES (2-3 SERVINGS)

prep time: 10 MINUTES

cook time: 10 MINUTES

total time: 20 MINUTES

These souffle pancakes without baking powder are impossibly light and airy! Whipped egg whites act as a replacement for the baking powder in the pancakes and create an incredibly fluffy texture. This recipe can be whipped together in minutes!

INGREDIENTS

- 1 cup (4.25 oz, 119 gr) all-purpose flour
- 1/4 tsp kosher salt
- 3/4 cup (6 fl oz, 177 ml) milk (skim, 1%, 2% or whole)
- 1 tsp vanilla (optional)
- 3 large egg yolks, room temperature (*see note)
- 3 large egg whites, room temperature (*see note)
- 1/4 cup (1.75 oz, 49 gr) sugar

INSTRUCTIONS

Separate your egg whites from the egg yolks. Set the whites aside.

In a large bowl, stir together the flour, salt, milk, vanilla, and egg yolks just until smooth.

In a separate bowl, whip the egg whites with a hand mixer or a stand mixer on medium speed. Once the egg whites are beginning to thicken, slowly stream the sugar into the egg whites with the mixer still running. Beat the egg whites to almost stiff peaks. Note:

The egg whites MUST be holding stiff peaks like the picture in the above post. If they are not, you need to whip them longer. This is ESSENTIAL for this recipe.

Add about one quarter of the egg white mixture into the pancake batter and stir it in completely using a rubber spatula. This will lighten the batter and make it easier to fold in the rest of the whites. Add half of the remaining egg whites into the batter and gently fold the whites in, using the rubber spatula, being careful not to deflate the air out of them. Add the remaining egg whites and fold in again gently until there are no visible white streaks. If you are unfamiliar with how to fold egg whites into a batter, [watch this tutorial](#).

Heat a griddle or skillet over medium heat. Pour about 1/4-1/3 cup batter per cake onto the greased skillet and gently spread the batter out to a circle with the back of a spoon or measuring cup. Bubbles will still form on top even though there is no baking powder. Flip the cakes once, when the bubbles pop and the bottom is lightly browned. Cook until lightly browned on the other side. Keep warm in a 200F oven if not serving immediately.

NOTES

About egg temperature: If you do not have time to let your eggs come to room temperature naturally, place them in a bowl of warm water for a few minutes before cracking and separating them. Egg whites whip to stiff peaks much more quickly if they are at room temperature. It is absolutely essential that you whip the egg whites long enough to reach stiff peaks for this recipe. Cold egg whites will eventually whip to stiff peaks, but it will take much longer.

Nutrition Information:

Amount Per Serving: CALORIES: 0