



JAMES M. THRESHER FOR THE WASHINGTON POST

BY LISA YOCKELSON

A batter flecked with wheat bran, sweetened just enough and touched with a few dewy tablespoons of unsulfured molasses creates a classic breakfast treat: the bran muffin.

Yet on a leisurely but hungry weekend morning, what you really want is precisely the same flavor and composition, minus all the fiddling with a mixer and baking pan. So I figured out a non-fussy way to convert the traditional batter into waffle form. With a little baking sleight-of-hand, an extra round of work can be eliminated without forsaking taste and texture.

The "bran muffin" waffle born in my kitchen represents a perfect way to have all of that interesting earthiness in an easy griddled package. Its bran-muffin characteristics are simple to produce as long as you have a formula that allows for a translatable conversion. A combination of all-purpose flour and white whole-wheat flour becomes the bedrock for a common-sense amount of plain wheat bran, because all-purpose flour alone does not deliver as complex a result.

With baking powder and baking soda as the balancing leavening agents, a tenderizing amount of buttermilk allows the dry ingredients to blossom in the presence of melted butter, vanilla extract, eggs and sugar. The batter bakes beautifully between the square-gridded plates of a waffle iron.

A minute or two later, a richly textured quick bread emerges, ready to be sauced with maple syrup and toasted walnuts, slathered with jam or topped with a dollop of fresh, creamy ricotta cheese.

Yockelson is the author of "Chocolate Chocolate" (Wiley, 2005) and of "Baking Style," a personal lifestyle book on the art and craft of baking at home, to be published by Wiley in 2011.

Wheaty 'Bran Muffin' Waffles

Makes 4 large waffles

Organic unprocessed coarse bran, called miller's bran and packaged under the Shiloh Farms brand, makes this waffle batter sing with flavor. It is available at Whole Foods Markets.

If you use light brown sugar instead of the evaporated cane juice sugar, whisk the sugar first into the warm unsalted butter, then blend in the buttermilk, molasses, whole eggs and vanilla extract.

For a bolder molasses flavor, increase the molasses to 3 tablespoons and reduce the amount of buttermilk to $1\frac{1}{3}$ cups plus 2 tablespoons; vegetable oil (such as canola or soybean) may replace the melted butter; and, for a slightly less-sweet waffle, reduce the sugar to $\frac{1}{4}$ cup.

INGREDIENTS

- $1\frac{1}{2}$ cups all-purpose flour
- $\frac{1}{2}$ cup unbleached white whole-wheat flour
- $\frac{1}{3}$ cup wheat bran (not bran cereal; see headnote)
- $1\frac{1}{4}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{8}$ teaspoon salt
- 5 tablespoons evaporated cane juice sugar (may substitute firmly packed light brown sugar; see headnote)
- 7 tablespoons ($\frac{7}{8}$ stick) unsalted butter, melted and slightly warm
- $1\frac{1}{2}$ cups regular or low-fat buttermilk
- 2 tablespoons unsulfured molasses
- 3 large eggs
- $1\frac{1}{2}$ teaspoons vanilla extract

STEPS

- Whisk together the all-purpose flour, white whole-wheat flour, wheat bran, baking powder, baking soda, salt and sugar in a large bowl.
- Whisk together the melted butter, buttermilk, molasses, eggs and vanilla extract in a medium bowl until combined.
- Pour the whisked buttermilk mixture over the flour-bran mixture and stir to form a thick, spoonable batter. Let it stand for 2 minutes.
- Preheat a 4-quadrant round Belgian waffle iron. Carefully spray the heated interior with nonstick cooking oil spray.
- Place about $\frac{3}{4}$ cup of batter on the center of the waffle iron; close the lid and cook for 1 to $1\frac{1}{2}$ minutes, until just cooked through. (Do not overcook, or the resulting waffle will be dry. Without a specific heat setting choice and/or for a specific type of iron, follow the manufacturer's

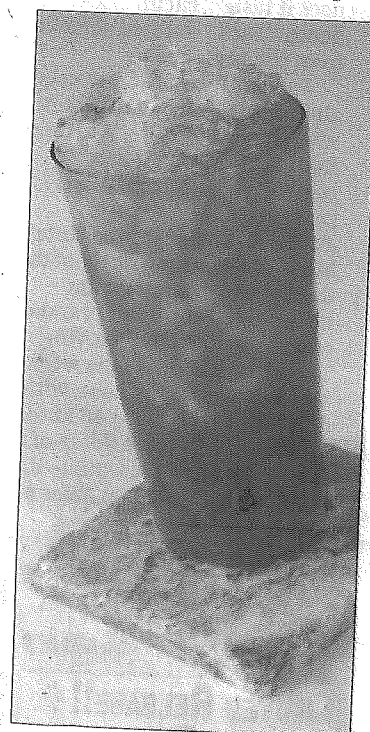
directions.)

• As each waffle finishes cooking, transfer it to a plate and serve hot.

NUTRITION: | Per waffle (using low-fat buttermilk): 590 calories, 16 g protein, 72 g carbohydrates, 26 g fat, 15 g saturated fat, 220 mg cholesterol, 520 mg sodium, 4 g dietary fiber, 22 g sugar

Recipe tested by Bonnie S. Benwick; e-mail questions to food@washpost.com

on.washingtonpost.com/recipes



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INGREDI

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- chopped (sc pieces)
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- 1 packet ac ounce)
- 26 ounces
- 110 degrees

STEPS

- Combine th cocoa powde

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