

Classic Buttermilk Waffles

1 ½ cups all-purpose flour	3 large eggs, separated
½ cup cornstarch	3 tbsp. granulated sugar
2 tbsp. cornmeal (optional)	1 ¾ cups buttermilk
1 tbsp. baking powder	½ tsp. pure vanilla extract
¾ tsp. baking soda	½ cup (1 stick) unsalted butter,
1 tsp. salt	melted

In large bowl, sift or whisk together flour, cornstarch, cornmeal, baking powder, baking soda and salt to blend thoroughly; set aside. In mixer bowl, beat egg whites until soft peaks form. Add sugar; continue beating just until stiff peaks form. Set aside. Whisk together egg yolks, buttermilk and vanilla to blend. Using rubber spatula, stir buttermilk mixture into flour mixture, blending until dry ingredients are moistened. (There should still be small lumps; do not over mix.) Stir in melted butter. Fold in beaten egg whites until combined. Pour batter onto hot, greased waffle maker and bake.

Makes about 5 ½ cups batter

Waffle Tip: Cornstarch makes the waffles crisper. If you don't have cornstarch, you could still make great waffles by omitting cornstarch and increasing flour to 2 cups. Bake as directed

Buttermilk Blueberry Waffles

Pour batter onto bottom grid of waffle maker; sprinkle batter with fresh (or defrosted frozen) blueberries. Close waffle maker and bake as directed.

Old World Belgian Waffles (yeast-leavened)

2 ½ cups all-purpose flour	3 large eggs
3 tbsp. granulated sugar	⅓ cup unsalted butter, melted
1 ½ tsp. active dry yeast	1 tsp. pure vanilla extract
1 ¼ tsp. salt	2 cups very warm milk

(120 to 130°F to activate yeast)

In large bowl, whisk together flour, sugar, yeast and salt to blend. In medium bowl, whisk together milk, eggs, butter and vanilla; add to dry ingredients, mixing until large lumps are moistened. Cover; let rise in a warm, draft-free place 1 hour or until light and bubbly (Or, cover and refrigerate overnight.) Stir down batter; pour onto hot, greased waffle maker and bake.

Makes about 4 ½ cups batter

Whole Wheat Waffles (carb smart with whole grain goodness)

¾ cup whole wheat flour	1 egg, separated
¼ cup wheat bran	¾ cup skim or nonfat milk
2 tbsp. wheat germ	1 tbsp. honey (optional)
1 tsp. baking powder	2 tbsp. unsalted butter, melted
¼ tsp. salt	

In medium bowl, whisk together whole wheat flour, wheat bran, wheat germ, baking powder and salt to blend thoroughly; set aside. In mixer bowl, beat egg white just until stiff peaks form; set aside. Whisk together egg yolk, milk and honey. Using rubber spatula, stir milk mixture into flour mixture, blending just until dry ingredients are moistened. (There should still be small lumps; do not over mix.) Stir in melted butter. Fold in beaten egg white until combined. Pour batter onto hot, greased waffle maker and bake.

Makes about 2 cups batter

