



RECIPE



[Japanese Style Souffle Fluffy Pancakes Recipe with Fresh Whipped Cream, Strawberries and Blueberries \(2-3 pancakes\)](#)

Ingredients

- Icing Sugar
- Blueberries
- Strawberries
- 125 ml Double Cream or Whipping Cream
- 2 Tbsp Vegetable Oil
- 1/2 Tsp Baking Powder
- 30g Cake Flour
- 2 Tbsp Sugar
- 1/4 Tsp Vanilla Extract
- 1 1/2 Tbsp Milk
- 2 Large Eggs
- Golden/Maple Syrup if you like

You will need a large non stick frying pan with a lid

Method

Separate the egg yolk from the egg white into 2 bowls and put the bowl with the egg whites into the freezer for approx. 15 mins. (this is because chilled egg whites will produce a smoother mix with smaller air bubbles)

While the egg whites are in the freezer add the vanilla extract and milk into the egg yolks whisking until the mixture is thick

Sift the baking powder with the flour into the mix and whisk (but don't over whisk)

After 15 mins has passed take the egg whites out of the freezer and start whisking until they turn frothy and pale white, gradually start adding the sugar while carrying on whisking. Stop whisking once you can make a stiff peak with a bend



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Heat your pan on a low heat and add vegetable oil, wipe over with a piece of kitchen roll to remove any excessive oil

While the pan is heating add 1/3 of the egg whites to the yolk mix and whisk together

Take 1/2 the egg whites and fold gently into the egg yolk mixture using a whisk without breaking the air bubbles in the egg whites

Next transfer the yolk mixture into the remaining egg whites, without breaking the air bubbles fold both mixtures together thoroughly

Using a ladle or large spoon, scoop (2-3 Tbsp) into the pan to create 2 or 3 tall pancakes, now repeat building the tower up one after the other until all pancakes have 3 scoops each

Set a timer for 6-8 minutes and add 1 Tbsp of water to the spaces in the pan around the pancakes (this is to keep the pancakes moist) and cover with the lid

After 2-3 mins add another scoop to each pancake finishing the remaining batter, add more water if it has evaporated and cover with the lid

In the meantime, whip the cream and prepare the strawberries and blueberries

After 6-8 mins remove the lid and carefully see if you can lift the bottom of the pancake with a spatula, if it gets stuck add more water if it has evaporated and put the lid on for a few minutes, when the pancake is ready you can carefully turn over and cook the other side for 4-5 mins

Once nicely brown serve on a plate, drizzle on golden/maple syrup, sift icing sugar on top, add the berries and enjoy 😊