

food and recipes

WAFFLES...

NOT JUST FOR BREAKFAST ANY MORE

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*Waffles are a sweet
treat that can be
enjoyed anytime
of day.*

First introduced to North America in the 1600s by pilgrims from Holland, waffles are a light batter cake which has a distinctive and characteristic shape from being cooked in a waffle iron. Usually served as a sweet breakfast dish, waffles are most commonly topped with butter, fruit and maple syrup.

But don't limit yourself to the basic breakfast garnishes. The deep grids of a perfectly crisp waffle are ideal for holding any kind of sauce...not just maple syrup. Follow your taste buds, and turn waffles into the foundation for your favorite dessert flavors.

Crispy waffles are an out-of-the-ordinary base for a classic bananas foster. Perfect for any time of day, bourbon pecan waffles slathered with a pecan and bourbon-infused maple syrup are a decadent treat.

Add a touch of cocoa to your waffle batter, and a plain waffle becomes a chocolate lover's delight. Take things over the top by adding a scoop of ice cream, hot fudge and whipped cream.

If you don't want to stray from enjoying waffles in the morning hours, add flair to the ordinary with the addition of fresh berries and a homemade berry sauce.

As an added bonus for this sweet breakfast favorite, waffles are ideal for entertaining since they can be made ahead of time and reheated just before serving...and they even freeze well.

CHOCOLATE WAFFLES

Serves 4

- 2 eggs, separated
- 2 tbsp. sugar
- 1 1/2 cups milk
- 1 cup all-purpose flour
- 2 tbsp. cocoa powder, preferably Dutch-processed
- 2 tsp. baking powder
- 1/2 cup salted butter, melted
- Confectioners' sugar, for garnish

Preheat the waffle iron.

In a mixer with a whisk attachment, whip the whites until soft peaks form. Then add the sugar and continue whipping until stiff.

In a separate bowl, combine the yolks, milk, flour, cocoa powder, baking powder and melted butter, and mix until smooth. Fold in the whipped whites.

Cook waffles according to manufacturer's instructions.

Top with powdered sugar or a scoop of vanilla ice cream.



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Blueberry Waffles With Blueberry Sauce



Bourbon Pecan Waffles



Chocolate Waffles

until the sugar completely dissolves, about 2 minutes. Lay the bananas in the pan, and cook on both sides until they become slightly soft and begin to brown, about 3 minutes. Remove the pan from the heat, and add the rum. Tip the pan slightly, and carefully ignite the alcohol with a long kitchen match or kitchen lighter to flambé. Put the pan back on the heat, and shake it back and forth basting the bananas, until the flame dies out. Spoon over the waffles and serve immediately.

BLUEBERRY WAFFLES WITH BLUEBERRY SAUCE

Serves 4

For the waffles:

- 2 cups cake flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 4 large eggs, separated
- 2 tbsp. sugar
- 1/2 tsp. vanilla extract
- 4 tbsp. unsalted butter, melted
- 2 cups milk
- 2/3 cup blueberries

For the blueberry sauce:

- 1 1/2 cups blueberries
- 3 tbsp. honey
- 1/2 cup orange juice
- 1 tbsp. cornstarch

Preheat the waffle iron.

In a medium bowl, sift together the flour, baking powder and salt. Set aside.

In a second bowl, beat together the egg

BANANAS FOSTER WAFFLES

Serves 4

For the waffles:

- 2 medium ripe bananas, mashed
- 1 1/2 tsp. vegetable oil
- 1/4 cup egg whites
- 3/4 cup 2% milk
- 1 tsp. vanilla extract
- 1 cup flour
- 1 tsp. baking powder
- 1/4 tsp. salt

For the Bananas Foster topping:

- 6 tbsp. unsalted butter

- 1 cup light brown sugar, packed
- 6 ripe bananas, peeled and sliced
- 1/2 cup dark rum

Preheat the waffle iron.

In a large bowl, combine the bananas, oil, egg whites, milk and vanilla, and beat until well blended. Add the flour, baking powder, salt and mix well.

Cook waffles according to manufacturer's instructions. Set cooked waffles in a warm oven while making the topping.

Melt the butter in a large skillet over medium-low heat. Add the brown sugar, and stir

yolks and sugar until the sugar is completely dissolved and the eggs have turned a pale yellow. Add the vanilla extract, melted butter and milk to the eggs and whisk to combine. Combine the egg-milk mixture with the flour mixture, and whisk just until blended. Do not over mix.

In third bowl, beat the egg whites with an electric mixer until soft peaks form, about 1 minute. Using the rubber spatula, gently fold the egg whites into the waffle batter, being careful not to over mix. Gently fold in the blueberries.

Cook waffles according to manufacturer's instructions.

To prepare the sauce, in a medium saucepan over medium heat, mix the blueberries, honey and 1/4 cup orange juice. Bring to a boil. Mix remaining orange juice and cornstarch in a small bowl, and stir into the blueberry mixture. Stir constantly until thickened. Serve warm over waffles.

BOURBON PECAN WAFFLES

Serves 4

For pecan syrup:

- 1/2 lb. unsalted butter
- 1 cup pecans
- 1 cup maple syrup
- 1/4 cup bourbon

For the waffles:

- 2 eggs, separated
- 1 cup flour
- 1 cup chopped pecans
- 2 tbsp. sugar
- 1/4 lb. unsalted butter, melted
- 1/2 cup bourbon
- 1 tsp. vanilla
- 2 tsp. baking powder
- 1 1/2 cups buttermilk

In a medium sauce pot, melt the butter. Add the pecans, and cook until the pecans are toasted, about 3 minutes. Then add the syrup. Remove the pot from the heat, and add the bourbon. Then cook for 1 minute more. Keep warm until ready to use.

In a food processor, mix the yolks, flour, pecans, sugar, butter, bourbon, vanilla, baking powder and buttermilk until smooth. Place the batter in a large bowl.

In a large bowl, beat the egg whites with an electric mixer until soft peaks form, about 1 minute. Gently fold the egg whites into the batter.

Cook waffles according to manufacturer's instructions.

Serve with sauce and crème fraiche. ●

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