



Long Livo

Fluffy Japanese Souffle Pancakes Recipe

15 min

Prep time

4

Servings

20 min

Cook time

Medium

Difficulty

35 min

Total time

Japanese

Cuisine

Ingredients

Main Ingredients

- ☐ 1 cup all-purpose flour
- ☐ 2 tbsp granulated sugar
- ☐ 1 tsp baking powder
- ☐ 1/4 tsp salt
- ☐ 3/4 cup whole milk
- ☐ 2 large egg yolks

- ☐ 2 tbsp melted butter

- ☐ 1 tsp vanilla extract

- ☐ 3 egg whites

- ☐ 1 tbsp lemon juice

For the Topping

- ☐ Maple syrup

- ☐ Fresh berries

- ☐ Powdered sugar for dusting

Instructions

- 1** In a bowl, whisk together flour, sugar, baking powder, and salt; set aside.
- 2** In another bowl, combine milk, egg yolks, melted butter, vanilla, and lemon juice; mix until smooth.
- 3** Fold the wet mixture into the dry ingredients, creating a lump-free batter.
- 4** Using a clean, chilled bowl, beat egg whites to soft peaks; gently fold them into the batter, preserving the airy texture.
- 5** Heat a non-stick skillet over low heat, brush lightly with butter; spoon 1/4-cup portions of batter, cover, and cook 3-4 minutes per side until golden and fluffy.

Nutrition per serving

240 kcal

Calories

7 g

Protein

28 g

Carbs

9 g

Fat

Tips & notes

- Do not over-mix the batter after adding the dry ingredients.
- If the batter seems too thick, add a splash of milk to loosen.
- For extra aroma, grate a little lemon zest into the batter before cooking.