

SUNDERLAND



MAPLE SYRUP FESTIVAL

Mini German Pancakes



April 4-5, 2020

www.MapleSyrupFestival.ca

Mini German Pancakes

Makes 6 mini-puffs

German Pancakes are a popover. They are also known as Dutch Babies, Bismarcks or Dutch puffs. Think of a cross between an omelette and a soufflé. Simple recipe of milk, flour, sugar, eggs, vanilla extract and butter. Once removed from the oven, it collapses to form Yorkshire pudding-like sides with an omelette centre.

Ingredients

- 2 (100 g) Eggs
- 1/3 cup (80 g) Milk
- 1/2 tsp (3 g) Vanilla Extract
- 1 1/2 tsp (7 g) Granulated Sugar
- 1/3 cup (45 g) All-Purpose Flour

- 1 TBSP (15 g) Unsalted Butter
- 6-cup muffin pan

Directions

- Set oven to 350°F/180°C/Gas 4
- To a bowl, add eggs and whisk to break up yolks.
- Add milk, vanilla extract and sugar then whisk.
- Add flour and whisk to remove lumps.
- If NOT using a silicon pan, spray muffin pan with non-stick spray.
- Put 1/2 tsp butter in each muffin hole.
- Place pan in oven for one minute to let butter melt.
- Remove from oven and spread around the melted butter.
- Pour 3 TBSP batter per muffin hole.
- Bake 25-30 min until the sides rise up and brown.
- Carefully remove from oven and watch the top and sides collapse and pull in from the sides.

Serve with a fruit topping, icing sugar or your favourite maple syrup and butter.