

Poffertjes (Puffers)

125 grams (4½ oz) of wheat grain flour
125 grams (4½ oz) of buckwheat flour (or just use all wheat grain flour)
3 dl (10 oz.) of lukewarm milk
1 egg
10 grams (3½ oz) of yeast
2 tablespoons of sweet syrup
Pinch of salt
75 grams (2½ oz by weight) melted butter
Powdered sugar

Sieve (and or mix) all the flour, make a depression in the middle and pour a small portion of the lukewarm milk, in which the yeast has been dissolved first, into the hole.

Sprinkle the salt along the outer edge of the flour and start making the 'poffertjes' mix, stirring from the center, adding slowly the remaining milk and afterwards the beaten egg and the syrup. Leave the mix to rise for about 3/4 of an hour in a warm place.

Put some butter in each depression of the 'poffertjes' saucepan and pour a small amount of the mix into each depression, filling approx. half of the depression. Let the poffertjes become light brown and dry at the bottom. Turn them (with a small fork) to cook/bake the other side.

Serve as hot as possible. Sprinkle generously with the powder sugar and put a small lump of butter on top of the poffertjes. Or put some sweet syrup in the poffertjes instead of the sugar and butter.

Poffertjes

2 cups flour - up to half should be buckwheat flour if you can find it
1 to 1¼ cup warm milk, +/-, you have to play with it to get the right consistency
½ teaspoon yeast
1 egg
2 tablespoons sugar
½ teaspoon salt - or a bit less

Mix half of the sugar, yeast, a bit of flour and a bit of milk. Set aside to proof. When bubbly, add the remaining ingredients, with only enough milk till you get a consistency much like heavy cream. Set aside to let rise.

Heat the poffertje griddle good and hot, grease lightly and fill to just below the level of the griddle.

When well puffed and cooked on one side (will show bubbles or seems to dry out, or both) flip with a fork in the indentation to cook the other side.

Sprinkle with powdered sugar and a blob of butter.

Poffertjes (Tiny Pancakes)

200 grams (7 oz by weight) flour
40 grams (1½ oz by weight) butter or margarine
Approx. 3½ dl (12 oz) milk
8 grams (3 oz by weight) yeast
2 grams (pinch) salt

Heat the milk until lukewarm.

Mix the salt with the flour and make a well in the middle. Mix the yeast with a little lukewarm milk and pour this into the well, together with 2/3 of the rest of the milk.

Stir to a thick, smooth batter. Add the rest of the lukewarm milk (keep stirring!).

Cover the batter with a dampened cloth and leave in a warm place (for instance on a radiator) for 1 hour.

Grease a poffertjes pan with butter.

Fill each of the 'wells' of the pan with some of the batter and fry on both sides until golden brown.

Serve the poffertjes hot with butter and caster sugar... enjoy! Makes 60 servings.

Dutch Mini-Pancakes (Poffertjes)

1 cup flour
3 tablespoons sugar
½ teaspoon salt
¼ teaspoon baking powder
1 cup warm milk
3 eggs, beaten
4 tablespoons vegetable oil
2 tablespoons butter (optional)
½ cup confectioners' sugar

In large mixing bowl, combine flour, sugar, salt and baking powder. Stir in milk and eggs, beating well until batter is smooth.

Using a poffertjes pan, lightly oil each cup and heat over medium heat. Fill each cup with batter. Cook until poffertjes are lightly browned and dry on the bottom. Using a fork or a toothpick, turn over and briefly cook other side.

Before making a new batch, lightly oil each cup again. To serve, dot with butter if desired and sprinkle with confectioners' sugar.

Serve hot. Makes about 60 poffertjes.

Nutrition information per 2 mini-pancakes: 62 calories, 1 gram protein, 3 grams fat, 7 grams carbohydrate, 0 fiber, 24 milligrams cholesterol, 58 milligrams sodium.

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