

Waffles or Pancakes

In these old recipes, our parents saved on eggs and shortening. It was World War II and these products were hard to get.

2 eggs, separated

1-3/4 cup milk

2 tb. melted butter or oil

1-3/4 cups all-purpose flour

3 tsp. baking powder

1/4 tsp. salt

1 tsp. sugar, optional

1/2 tsp. vanilla, optional



In a small mixing bowl, beat egg whites until stiff peaks form; set aside.

In another mixing bowl, combine, egg yolks, milk, and butter or oil.

Sift together flour, baking powder, and salt; add to egg yolk mixture.

Add sugar and vanilla; mix by hand until mixture is blended .

Fold in egg whites.

Bake in preheated waffle iron according to manufacturer's directions until golden brown.

Yield: 12 waffles

Note: Batter can be increased by adding 1/4 cup milk, 1 tsp. baking powder, and 1/4 cup flour. The salt, butter or oil, sugar, vanilla, and eggs; stay the same. I have tried this recipe without separating the eggs and got good results.

PANCAKES: Use same recipe; adding slightly more milk to batter.