

# LIÈGE WAFFLES

**SERVINGS**› 12

**TIME**› 30 minutes hands-on, chill overnight

*If you have ever been to Europe to watch a bike race, you have probably enjoyed one of these waffles. This recipe has been simplified somewhat, but plan to let the dough rest in the fridge overnight for light, flavorful waffles.*

¾ cup milk, warmed  
1 tablespoon active dry yeast  
1 tablespoon cane sugar  
3 cups flour  
3 large eggs  
1 tablespoon maple syrup or honey  
½ cup melted butter  
2 teaspoons vanilla extract  
½ teaspoon salt  
small bowl of pearly sugar

*You can use coarse sugar in place of pearly sugar.*



Place milk, yeast, cane sugar, and 1 cup of flour in a bowl and mix into a soft dough using an electric mixer. Let dough rest for about 15 minutes.

In a bowl, whisk together eggs, maple syrup or honey, butter, and vanilla. Add egg mixture to dough along with the remaining flour and salt. Mix well into a soft sticky dough. Cover and let rise in a warm place for 1 hour.

Punch down the dough and scrape it from the sides of the bowl. Loosely cover with plastic wrap and let rest in fridge overnight.

Divide dough into 12 portions, shape each into a small ball, and roll in pearly sugar. Wrap individually in plastic wrap and store in an airtight container or ziplock bag.

*Once individually wrapped, you can freeze the dough.*

## TAKE & MAKE

Heat the waffle iron. Press the dough onto the iron and cook until color is golden and waffle feels crisp to the touch.

## TO MAKE INDULGENT DESSERT WAFFLES

Add to the recipe 2 tablespoons sugar, 1 egg yolk, ½ cup of melted butter, and 1 teaspoon of baking powder. Use an extra ½ cup flour, or just enough to keep the dough a bit sticky.

**PER SERVING**› Energy 228 cal, Fat 10 g, Sodium 126 mg, Carbs 29 g, Fiber 1 g, Protein 6 g, Water 39%