

Choco Fever Dream

Fluffy Japanese Souffle Pancakes Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Medium** Difficulty	**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 ¼-cup portions of batter, cover, and cook 3-4 minutes per serving until golden and fluffy.

Nutrition per serving

240 kcal	7 g	28 g	9 g
Calories	Protein	Carbs	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.