

Zucchini Bread Recipes

Traditional Fluffy Japanese Souffle Pancakes

20 min Prep time	**15 min** Cook time	**35 min** Total time
8 Servings	**Hard** Difficulty	**Japanese** Cuisine

Ingredients

Dry Ingredients

- [ ] 1 cup cake flour
- [ ] 1 teaspoon baking powder
- [ ] Pinch of salt
- [ ] 2 tablespoons granulated sugar

Wet Ingredients

- [ ] 3 large eggs, separated
- [ ] 1/4 cup whole milk, room temperature
- [ ] 1 teaspoon vanilla extract
- [ ] 2 tablespoons melted butter, cooled

For Whipping

- [ ] 1/4 teaspoon cream of tartar
- [ ] 2 tablespoons granulated sugar (for egg whites)

For Cooking

- [ ] Butter or oil for greasing
- [ ] 2 tablespoons water (for steaming)

Instructions

1. Separate the eggs, making sure no yolk gets into the whites. Let the egg whites come to room temperature - this is crucial for maximum volume. In a medium bowl, whisk together the cake flour, baking powder, salt, and the first 2 tablespoons of sugar.

2. In another bowl, whisk the egg yolks with the milk, vanilla, and melted butter until smooth. Gradually add the dry ingredients and mix until just combined - don't overmix. The batter will be thick.

3. Using a stand mixer or electric hand mixer, beat the room temperature egg whites with cream of tartar on medium speed until frothy. Gradually add the remaining 2 tablespoons of sugar while beating, increasing speed to high until stiff peaks form. The meringue should be glossy and hold its shape.

4. Gently fold one-third of the meringue into the yolk mixture to lighten it. Then carefully fold in the remaining meringue in two additions, using a spatula and turning the bowl - be gentle to keep as much air as possible.

5. Heat a non-stick skillet or griddle over low heat. Lightly grease and place ring molds if using. Spoon the batter into the rings, filling about 3/4 full. Add a few drops of water around the pancakes, cover with a lid, and cook for 6-8 minutes until bottoms are golden.

6. Carefully flip the pancakes using a spatula. Add another teaspoon of water around them, cover again, and cook for another 5-7 minutes until cooked through and firm to the touch. They should have doubled in height.

7 Remove from heat and let rest for 1 minute before carefully removing rings. Serve immediately with butter, maple syrup, whipped cream, or fresh berries. For a different but equally delightful treat, you might enjoy our easy zucchini bread on busy mornings.

Nutrition per serving

180 kcal	6 g	25 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- Room temperature eggs are essential for maximum volume in the whipped whites
- Don't skip the steaming step - it's what gives these pancakes their height
- Serve immediately as they gradually deflate over time
- If you don't have ring molds, make smaller pancakes and expect them to spread more