

Bel-Gem Waffles

Ingredients

1 package active dry yeast (not cake)

3 cups of warm milk

3 large eggs, separated

$\frac{3}{4}$ cup melted sweet butter

$\frac{1}{2}$ cup white sugar

$1\frac{1}{2}$ teaspoons kosher salt

2 teaspoons vanilla extract (use the real stuff)

4 cups flour, unbleached or cake

Directions

Dissolve yeast in $\frac{1}{4}$ cup warm milk, let stand about 10-12 minutes. Whisk together the egg yolks, $\frac{1}{4}$ cup of the warm milk and the melted butter. Stir in the yeast mixture, sugar, salt, and vanilla. Stir in the remaining $2\frac{1}{2}$ cups milk alternately with the flour.

Beat the egg whites until they form soft peaks. Fold the egg whites into the batter.

Now here's the trick; cover the bowl to avoid drafts (a warm damp towel works well). Let rise in a warm place for an hour (or until its doubled in size).

Preheat the waffle iron. Spray it with Baker's Joy or whatever cooking spray you like. (Maurice Vermersch, whose family recipe this is, said to brush the iron with oil). Now spoon on the proper amount of batter, as recommended by the iron's manufacturer. Close the iron and flip it. Most irons have an indicator to alert you when the waffle is ready.