

WAFFLES

Makes 5 waffles



1. Preheat waffle iron, after brushing with:
1 tsp. oil OR spray with cooking spray
2. In a large bowl place:
2 C. Bisquick
3. In a 1 C. small liquid measuring cup, mix together:
1 egg
2 Tbsp. vegetable oil
4. In a 2 C. liquid measuring cup pour 1 1/4 cups milk.
5. Pour egg mixture into the milk and stir.
6. Make a well in the Bisquick and add the wet ingredients (milk, eggs & oil).
7. Check waffle iron by dropping a little water on it. When ready, pour (or ladle) scant 1/2 cup batter in center of lower half (until it fills grid to within 1 inch of rim). Do not fill waffle iron to the edges, as it will fill when closed.
8. Close waffle iron, bake 3-5 minutes or until steaming stops. Do not open waffle iron during steaming.
9. Lift cover, remove waffle with fork. Transfer to heated plate. Serve waffle hot. To keep warm, cover with a paper towel and place in 250-degree oven.
10. Set eating tables - napkin and plate.
11. Load dishwasher; wipe off eating table, stove and kitchen counters.

Hints for Cooking Waffles

- To condition the grids, brush oil on them.
- Heat waffle iron until the indicator light shows it is ready to use.
- When waffle is ready, all steam will have stopped emerging from the crack of the waffle iron.
- If you try to lift the top of the iron and the top shows resistance, the waffle is not done. Cook 1 minute longer and try again.
- Once the grids are conditioned, do not wash them, brush waffle iron out with a brush to remove any crumbs.

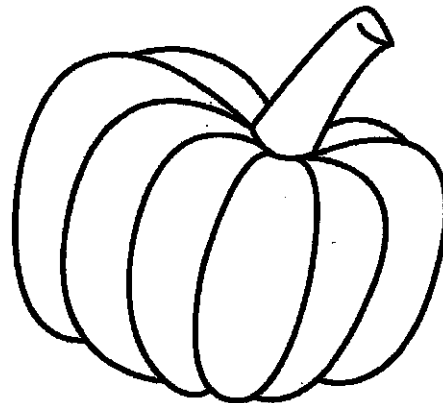
History of Waffles

Waffles originated in England in the 13th century. A Crusader sat on some oat cakes, flattened them and left deep imprints. His wife was thrilled by the way the butter remained in imprints and ordered her husband to sit on the cakes each week. The Dutch brought the waffle iron to America.

Pumpkin Waffles

Ingredients:

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| 3 Tbsp. unsalted butter (melted) | 2 eggs, beaten |
| ½ c. whole wheat flour | ½ c. canned pumpkin |
| ¾ c. all-purpose flour | 1 c. low-fat buttermilk |
| 3 Tbsp. brown sugar | ½ tsp. vanilla |
| 1 tsp. baking powder | |
| ½ tsp. baking soda | |
| ¼ tsp. salt | |
| 1 tsp. cinnamon | |
| ¼ tsp. ground ginger | |
| 1/8 tsp. ground nutmeg | |
| 1/8 tsp. ground cloves | |



Directions:

1. Spray waffle iron with non-stick spray and preheat. In a small saucepan melt the butter over medium heat, stirring often, until butter turns golden brown. Remove from stovetop, and skim foam from top. Let cool.
2. In a medium bowl, whisk together flour, brown sugar, baking powder, baking soda, salt, and spices.
3. In a large bowl, whisk together eggs, buttermilk, vanilla, pumpkin, and browned butter. Add dry ingredients to this bowl and stir until just smooth. **DO NOT OVERMIX**
4. Spoon batter onto waffle iron, about 1/4c. Cook until lightly browned. Keep waffles warm in 250* oven until ready to serve.