

Apple Buttermilk Waffles with Antique Apple Compote & Whipped Cream (Show #409)

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Ingredients:

3/4 cup unbleached all-purpose flour
1/4 cup cornstarch
1/2 teaspoon sea salt
1/8 teaspoon cinnamon, ground
1/2 teaspoon baking powder
1/4 teaspoon baking soda
3/4 cup cultured buttermilk
1/4 cup whole milk
1 1/2 cups fresh apples, chopped
6 tablespoons soybean oil, preferably from Michigan
1 large egg, separated
2 tablespoons beet sugar
1/2 teaspoon vanilla extract, pure

Directions:

Preheat your waffle iron according to the manufacturers directions.

Mix the flour, cornstarch, salt, cinnamon, baking powder, and baking soda in a medium bowl.

Measure the buttermilk, milk, and vegetable oil in a large measuring cup; mix in the egg yolk and set aside.

In another bowl, beat the egg white almost to soft peaks. Sprinkle in the sugar and continue to beat until the peaks are firm and glossy. Beat in the vanilla.

Pour the buttermilk mixture into the dry ingredients and whisk until just mixed. Add the chopped apples and gently fold the whipped egg whites into the batter with a spatula until just incorporated.

Pour the batter onto the hot waffle iron and cook until the waffle is crisp and golden brown. Set the waffle directly on the oven rack to keep it warm and crisp. Repeat with the remaining batter, holding the waffles