

WHOLE WHEAT WAFFLES & MASON JAR WHIPPED CREAM

Chef Alex: Thursday 3-6 Class # 3

SKILLS LEARNED

Measuring
Following a recipe

EQUIPMENT

Measuring cups
Measuring spoons
Whisk
Mixing bowls
Mason Jar

INGREDIENTS

Whole Wheat Waffles

1½ Cups whole wheat flour
2 Tsp baking powder
½ Tsp salt
2 Tbsp sugar
1 Egg, large
1½ Cups milk
⅓ Cups butter | *melted*

Mason Jar Whipped Cream

1 Cup heavy cream
2 Tbsp confectioners' sugar
1 Tsp vanilla extract

INSTRUCTIONS

Whole Wheat Waffles

1. Preheat your iron while you make the waffle batter.
2. Whisk together the flour, baking powder, salt, and sugar. I
3. n a separate bowl, whisk together the egg, milk, and butter or oil.
4. Mix together the wet and dry ingredients, stirring just until combined. The batter will be a bit lumpy; that's OK.
5. Cook the waffles as directed in the instructions that came with your waffle iron.
6. Top with your favorite toppings or eat plain.

INSTRUCTIONS

Mason Jar Whipped Cream

1. Combine heavy cream, confectioners' sugar, and vanilla extract in a 1-qt. glass jar.
2. Screw the lid on the jar and freeze it for 15 minutes. This helps firm up the walls of the cream's butterfat cells, so they can trap and hold air bubbles.
3. Shake the jar vigorously until semisoft peaks form, 3–4 minutes.

