
Japanese Pancakes Date Prep

TOOLS & SUPPLIES

- Hand mixer or stand mixer (A hand whisk can be used instead to make meringue, but an electric mixer is much easier.)
- Large non-stick fry pan with lid (This should be at least 2 inches deep. A lid is required since we'll be steaming the pancakes. A saucepan or pot can be used instead as long as it has a lid.)
- 2 large glass, metal, or ceramic mixing bowls (Plastic bowls aren't recommended since they're porous and can have trace oil even when clean which could have a negative impact on the meringue.)
- Whisk
- Spatula
- Heavy-duty parchment paper, cut into 2 2 inch x 12 inch strips (Wax paper can't be used as it will melt in the cooking process. This will be used for the pancake mold.)
- Scotch tape
- Scissors to cut parchment paper
- Toothpick or skewer

INGREDIENTS

- 2 eggs (6 tablespoons of aquafaba can be substituted for a vegan version.)
- 3 tablespoons all-purpose flour (Gluten-free flour can be substituted.)
- 2 tablespoons granulated sugar
- 1 tablespoon milk (or non-dairy milk substitute: soy, almond, etc.)
- 1/4 teaspoon vanilla extract
- 2 teaspoons cornstarch
- 1/4 teaspoon baking powder
- Vegetable oil to grease the pan
- About 1/2 cup of water
- Maple syrup or honey (optional, to taste)
- Strawberries or other fruit (optional, to taste)
- Powdered sugar (optional, to taste)
- Whipped cream (optional, to taste)