

Salt and Serenity

Maple Oat Waffles

These heavenly waffles are the creation of Kim Boyce and Amy Scattergood, from their 2010 book, "Good to the Grain."

It was dinnertime the first time I made these waffles, and I wanted some extra protein, so I topped them with a fried egg. They were fantastic.

1/2 cups oat bran
2 cups whole milk
1 cup oat flour
2 cups all-purpose flour
1 Tablespoon baking powder
1 teaspoon kosher salt
4 eggs, separated
1/2 cup maple syrup
2 teaspoons pure vanilla extract, or vanilla bean paste
1 Tablespoon sugar
4 Tablespoons unsalted butter, melted, for waffle iron

1. Pour the oat bran into a small bowl. Bring 1 cup of the milk to a simmer. Set aside the other cup of milk to add later. Add the hot milk to the oat bran, stir, then set aside to soften while you gather the rest of the ingredients.
2. Sift the oat flour, all purpose flour, baking powder and salt into a large bowl, pouring back into the bowl any coarse bits of grain that may remain in the sifter.
3. Place egg yolks into a medium bowl and lightly whisk. Add maple syrup and vanilla to the egg yolks continue whisking until thoroughly combined.
4. Add the remaining 1 cup of milk to the hot oat bran mixture. The cold milk will cool the mixture. Pour the oat mixture into the egg yolk mixture and stir to combine.
5. Using a spatula, add the wet ingredients to the dry ingredients and gently combine. The batter will still have several fine lumps throughout. Don't sweat it. It's ok to leave a few lumps. Your waffles will taste better.

6. Plug in waffle iron and turn it to the highest setting to preheat while you whisk egg whites.
7. Place egg whites in the bowl of stand mixer fitted with whisk attachment. Turn the mixer on high and whisk until whites become frothy and increase in volume. Add sugar and continue whisking on high speed. Continue whipping until they are fluffy and glossy and hold their peaks, like clouds or cotton candy, about 3 minutes total. If they are over whipped, they'll crack and look mealy. If that happens, throw them out and start over.
8. Scrape half of the egg whites into the batter, stirring and folding gently so as not to deflate the air in the whites. Add the other half of the egg whites, and fold gently to combine. The egg whites should be entirely incorporated into the batter and the batter should be quite fluffy. You want to begin cooking waffles as soon as you finish mixing the batter. If you let the batter sit for too long, the egg whites will deflate.
9. Brush the waffle iron generously with butter. Using a ladle or measuring cup, scoop a scant 1/2 cup of batter onto each of the four squares of the waffle iron. Promptly close and cook for 4-6 minutes, until the waffle has turned a dark golden-brown. Remove the hot waffle with a fork and repeat with the remaining batter.