



Polished Chef

Waffles for Breakfast

For the waffles:

2 cups flour
4 teaspoons baking powder
1/2 teaspoon salt
1/4 cup sugar
2 eggs separated
1/2 cup butter melted
2 cups milk
1 teaspoon vanilla
1/4 cup ricotta cheese

Separate egg whites and egg yolks. In a mixer whip the egg whites to stiff peaks and set egg yolks aside. Take egg whites out of the mixer after they are whipped and set aside. Combine all the dry ingredients and sift into a bowl together.

Place all the wet ingredients, including egg yolks, in the mixer on the lowest setting and mix for 45 seconds. Add your sifted dry ingredients and mix until combined well and smooth. Take your egg whites and fold them in, using a rubber spatula, until incorporated. Do not stir.

For the blueberry syrup:

1 cup fresh blueberries
1/4 cup organic maple syrup
1/4 cup organic raw cane sugar
1 teaspoon fresh thyme
The zest of one lemon

Combine sugar, blueberries, and syrup together and cook until your desired consistency. Once reduced, remove from the heat and add thyme and zest your lemon directly into the syrup for maximum flavor.

Cook waffle in a sprayed nonstick waffle iron and cook until the timer goes off. 1/3 cup per waffle and it should not overflow. Top waffle with your syrup and fresh blueberries. Eat and enjoy!