

# Sept.

Friends and Family

Culinary Services Group  
Your Dining Partner

## Japanese Souffle Pancakes

### Ingredients

- 2 Large Eggs
- 1 1/2 Tbsp Whole Milk
- 1/4 tsp Vanilla Extract
- 1/4 Cup Cake Flour
- 1/2 tsp Baking Powder
- 2 Tbsp Sugar
- 1 Tbsp Oil
- 2 Tbsp Water

### Steps

- 1) Separate eggs white and yolks in separate bowls.
- 2) Add milk and vanilla to yolks and whisk until frothy.
- 3) Sift cake flour and baking powder into egg yolk mixture, stir until combined.
- 4) Beat egg whites with hand mixer until soft peaks form.
- 5) Add sugar into egg whites and beat until stiff peaks form.
- 6) Gently fold one third of egg white mixture into egg yolk mixture.
- 7) Repeat until the meringue mixture is fully incorporated into the egg yolk mixture.
- 8) Heat frying pan over medium heat and add oil.
- 9) Place generous scoops of batter into pan, add a little water to steam and cover with lid until batter doubles in size and is brown on one side.
- 10) Remove the lid and flip to cook on the reverse side.



## Here's What We're Up to This Month:

**Suggested Activity:** Sock Hop

**Wellness Focus:** September is Food Safety & Education Month, a time dedicated to raising awareness about the importance of food safety practices and the role of education in preventing foodborne illnesses. During this month, let's emphasize the need for proper food handling, preparation, and storage to ensure public health and safety.

## Food for Thought:

Practicing food safety is crucial to prevent foodborne illnesses. This includes washing hands regularly, cooking foods to the correct temperatures, and preventing cross-contamination by using separate utensils for raw and cooked foods. Proper food storage and regular cleaning of kitchen surfaces are also key to maintaining a safe food environment.

## Scan the QR Code! ▼

Try our recipe at home.



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