

Fluffy "Japanese" Pancakes (Fuwa Fuwa Pank ki)

May 6th, 2023

This recipe serves: 4

Prep Time: 00:15

Cook Time: 00:30

/Fuwa fuwa/ is Japanese for "light and fluffy". /Pank ki/ of course, is the Japanese word for "Pancakes". Surprisingly, this Japanese breakfast treat originally came from the United States. Fuwa fuwa Pancakes originated from a restaurant in Waik+ Hawai'i. In order to achieve the tall cakes, you will need Pastry Rings or Ceramic Ramekins. I prefer to use pastry rings that are about 2.5 inches across and at least 2.5 inches tall. In order to cook the center without burning the bottom, Pank ki should be cooked with relatively low heat.

Ingredients:

1 Egg Yolk
2 Egg Whites
2 Tablespoons Powdered Sugar, separated
1/4 Cup (30 Grams) Cake Flour
2 Tablespoon (16 Grams) Cornstarch
1/2 Teaspoon Baking Powder
1/4 Cup Skim Milk (0% milkfat), warmed to room temperature
1/2 Teaspoon Vanilla Extract
1/2 Teaspoon Lemon Juice
1 Pinch Salt

Unsalted Butter for the pan

Cooking Oil Spray for the pastry rings

Directions:

Separate the Egg Yolks from the Egg Whites and place them in separate bowls.

Place the Egg Whites in the freezer for no more than 15 minutes.

Preheat a medium saute pan over low heat. Add a small spray of Cooking Oil. Use a paper towel or spatula to distribute the Oil.

Dry Ingredients

In a small bowl, add the Cake Flour, 1 Tablespoon of Powdered Sugar, Cornstarch, and Baking Powder. Mix until fully integrated.

Wet Ingredients

Mix together the Milk, Vanilla Extract, Lemon Juice, and Egg Yolk. Whisk until fully integrated.

Pancake Batter

Sift the Dry Ingredients into the Wet Ingredients and whisk until no lumps remain. Do not over mix.

Egg Whites

Remove the Egg Whites from the freezer, noting that they may be partially frozen.

Sprinkle a pinch of Salt across the Egg Whites.

Use an electric mixer and whip the Egg Whites on high speed until they start to turn white and become more firm.

While mixing, sift 1 Tablespoon Powdered Sugar into the Egg Whites.

Continue to whip the Egg Whites until you reach the "stiff peak" stage. This may take 3 to 5 minutes.

Mix the Batter

Scoop about 1/3 of the Egg Whites into the Egg Yolk mixture. Stir by hand until integrated. Do not over-mix.

Carefully, add the remaining Egg Whites into the Egg Yolk mixture.

Gently fold the Egg White into the Egg Yolk mixture until integrated. Do not over-mix.

Stovetop Method

Use a large spoon to gently scoop the Batter into the pastry rings.

Use 3 or 4 spoonfuls per pastry ring, filling each ring about halfway. This will allow room for each Pancake to rise.

Cover the rings with a damp towel, then lid the pan.

Cook for 5 minutes.

Remove the lid, being careful to avoid burns from the released steam.

Make sure that the bottom half of each Pancake is cooked.

Use a flat spatula to gently flip each pastry ring, with the Pancake inside.

If the Pancakes stick to the pastry rings, run a butter knife around the inside of the pastry ring.

Lid and cook for another 4 minutes.

Remove from the stove and move the rings to a serving platter. Allow the Pancakes to cool about 5 minutes, then lift off the rings.

Again, (if needed) run a butter knife around the inside of the pastry ring to separate the Pancake from the pastry ring.

Oven Method

Preheat the oven to 325° F.

Use Oil Spray to grease the inside surfaces of 6 ramekins

Each ramekin should be 3-4 inches across and about 3 inches deep.

Line bottom of ramekin with parchment paper circle.

Place ramekins in pan of water.

Bake for 25 minutes at 325° F.

Reduce heat to 290° F and bake for another 45 minutes.

Serve the Fuwa fuwa Pank ki warm, with melted butter and a Berry Syrup.