

Bite Spoon

Japanese Fluffy Pancakes

Airy pancakes with a tender crumb, served with butter and syrup.

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Medium** Difficulty	**Japanese** Cuisine

Ingredients

Batter

- [ ] 2 large eggs, separated
- [ ] 1/2 cup all-purpose flour
- [ ] 1/2 cup whole milk
- [ ] 2 tbsp sugar
- [ ] 1 tsp baking powder
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon juice
- [ ] Pinch of salt

For Cooking

- [ ] 2 tbsp unsalted butter
- [ ] Maple syrup or honey for serving
- [ ] Fresh berries (optional)

Instructions

1. In a bowl, whisk egg yolks with milk, sugar, vanilla, and lemon juice until smooth.
2. Sift flour, baking powder, and a pinch of salt into the yolk mixture; stir gently.
3. In a separate clean bowl, beat egg whites with a dash of salt until soft peaks form.
4. Fold the whipped whites into the batter in three motions, preserving as much air as possible.
5. Heat a non-stick skillet over low-medium heat, melt 1 tbsp butter, and pour a ¼-cup of batter for each pancake.
6. Cover the pan with a lid and cook 3-4 minutes until the top sets and the edges look firm; flip gently and cook another 2 minutes.
7. Transfer pancakes to a warm plate, add a pat of butter, and drizzle with syrup or garnish with berries.

Nutrition per serving

250 kcal	8 g	30 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not over-mix after adding flour; the batter should be slightly lumpy.
- If the batter seems too thick, thin with a splash of milk.
- For extra rise, let the batter rest 5 minutes before cooking.