

THE UN-COOKBOOK

OF

OUR FINAL
FREEZER



GLUTEN-FREE
DAIRY-FREE
WAFFLES

WE SPENT SIX YEARS CONSTANTLY REVISING THIS RECIPE TO ARRIVE AT, WHAT WE BELIEVE, IS A PERFECT RECIPE FOR CREATING WAFFLES THAT ARE LIGHT ON THE INSIDE AND CRISPY ON THE OUTSIDE. THE KEY TO MAKING A GREAT GLUTEN-FREE WAFFLE IS ALL IN THE PROPORTIONS. USE EQUAL AMOUNTS OF A STARCH-LIKE ARROWROOT POWDER—ALONG WITH A NUT FLOUR, LIKE ALMOND FLOUR.

EQUIPMENT YOU'LL NEED

- ___ WAFFLE IRON
- ___ MIXING BOWL
- ___ JELLY ROLL PAN AND WIRE RACK
- ___ RUBBER SPATULA
- ___ WHISK AND LADLE
- ___ MEASURING CUPS AND SPOONS
- ___ FORK AND KNIFE



SPECIAL NOTES

AFTER GOING THROUGH FOUR WAFFLE IRONS, WE ARE FINALLY SATISFIED WITH ADCRAFT BWM-7/R SINGLE CLASSIC BELGIAN WAFFLE MAKER WITH CAST ALUMINUM GRIDS. 1080W

RECIPE FOR GF DF WAFFLES

- ___ 3 EGGS
- ___ 1/2 CUP SOY MILK (OR ALMOND MILK)
- ___ 3 TB OIL
- ___ 1/4 CUP SORGHUM FLOUR
- ___ 1/4 CUP RICE FLOUR
- ___ 1/2 CUP ARROWROOT POWDER
- ___ 2 TB BAKING POWDER (ALUMINUM FREE FOR GF)
- ___ 3 TB ORGANIC DARK BROWN SUGAR
- ___ 3/4 TSP XANTHAN GUM
- ___ 1/4 TSP SALT
- ___ COOKING OIL SPRAY (FOR IRON)



WHAT YOU'LL NEED TO DO

1 COMBINE EGGS, SOY MILK, AND OIL
IN A MIXING BOWL.

2 ADD DRY INGREDIENTS TO THE
BOWL. MIX WELL.

3 LET THE WAFFLE BATTER REST FOR
20 MINUTES TO HYDRATE THE
INGREDIENTS.

4 HEAT THE WAFFLE IRON TO 400
DEGREES.

5 ONCE THE WAFFLE IRON IS AT
TEMPERATURE, SPRAY BOTH SIDES
WITH OIL. REPEAT THIS STEP EACH
TIME BEFORE YOU LADLE BATTER
INTO THE IRON.



6 LADLE ONE SCOOP OF BATTER INTO
THE WAFFLE IRON. COOK THE
BATTER FOR 4 MINUTES AND 15
SECONDS.

7 REMOVE THE WAFFLE FROM THE IRON
WITH A FORK. PLACE THE WAFFLE
ONTO THE WIRE RACK AND JELLYROLL
PAN. DIVIDE THE SECTIONS FOR
SMALLER PIECES, OR LEAVE IT
WHOLE (YOU ANIMAL.)

