

Liege Waffles



Ingredients

1 tablespoon of active dry yeast
¼ cup of whole milk at 45 °C
2 cups of bread flour
1 tablespoon of light brown sugar
1 tablespoon of honey
¾ cups of Sugar

8 ½ tablespoons of unsalted butter
2 tablespoons of water at 45 °C
1 large egg, lightly beaten
¾ teaspoon of salt
2 teaspoons of vanilla

Method

Place the yeast, milk, and water into the mixer. Mix to moisten the yeast. Add the egg and ¼ of the flour, stir. Sprinkle the remaining flour onto the mix. Cover the bowl in plastic wrap and leave to stand for 1 ½ hours. Add the brown sugar and salt to the mixture, mix on low speed for 1 minute. Add the honey and vanilla, continue mixing adding the butter a spoonful at a time. Mix for five minutes at medium–low speed; scraping down the sides of the bowl. Let the dough rest for 1 minute and then mix for a further 2 minutes. Put the dough into a large bowl, sprinkle lightly with flour. Cover with plastic wrap and let the mixture rise at ambient temperature for 4 hours. Place in the fridge for a further 30 minutes. Knead the gases out of the mixture. Roll out the mixture using a rolling pin, folding twice giving you a square of dough. Place in plastic wrap, then put between two weighted plates, refrigerate overnight. Put the dough in a large bowl and mix in the sugar. Divide the dough into five equal pieces. Shape each piece into an oval ball, cover with plastic wrap and leave to rise for 90 minutes. Place in your preheated Buffalo waffle iron and cook at 190 °C for approximately 2 minutes.