

Waffles with cactus pear syrup

Serves 6



Ingredients:

Cactus pear syrup

1 kg cactus pear fruits, peeled
750 g sugar
150 ml Lemon juice
Fresh ginger

Waffles

500 ml cake flour
10 ml sugar
2 ml baking powder
2 ml salt
250 ml buttermilk
2 large eggs, separated
50 ml butter, melted
Cream or Ice cream for serving

Method:

Cactus pear syrup

- Mix all the ingredients together in a heavy pot and let it simmer for 45 minutes.
- Drain through a sieve to remove solid pieces.

Waffles

- Sift the cake flour, sugar, salt and baking powder.
- Add the buttermilk slowly while mixing fast to avoid lumps.
- Beat the egg yolks until light and creamy, then add the buttermilk mix.
- Fold the melted butter into the mix.
- Beat the egg whites until it makes little points, fold into the buttermilk mix.
- Let the mix rest for 30 minutes without beating it.
- Bake the waffles in a warm waffle pan until golden brown.
- Serve the waffles with cactus pear syrup and cream or ice cream.