

# Fluffy pancakes, the world-famous Japanese pancakes

COOKING  
LOVERS TEKA



## Consejo del chef

If the pancakes remain soggy, cut a bit more for the less cooked side. Remove from the griddle and serve with fresh fruit to taste and syrup or honey.

## Raciones para 10

**30 gr** Wheat flour  
**200 ml** Warm milk  
**45 gr** Sugar  
**30 ml** Sunflower oil  
**9 gr** Fresh yeast  
**3 gr** Dry yeast  
**1** Egg  
Fresh fruit  
Agave or maple syrup, honey

- 1** In a bowl, whisk a room temperature egg with sugar until dissolved. Keep whisking and add the oil, little by little, followed by warm milk.
- 2** Then the yeast and toss until well-combined. Set aside for five minutes until you can see some bubbles on the surface of the mix.
- 3** Fold in the flour with a spatula until you dissolve all the lumps. Cover the bowl with cling film and let it rise for one hour to get more bubbles inside the dough. After this time, place the mix in a piping bag with a round tip.
- 4** Spread the teppanyaki, previously at medium temperature, with a bit of butter. Shape the pancakes until they are several centimetres high. Cut the rest of the dough with scissors.
- 5** Cook for four minutes, flip them quickly to prevent them from losing their shape and cook for another four minutes more on the other side.

# Chef's Notes

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<https://cookinglovers.teka.com/es/receta/fluffy-pancakes-las-las-famosas-tortitas-japonesas/>

