



Japanese Fluffy Pancakes

These ethereal Japanese soufflé pancakes are a cloud-like breakfast dream with their signature tall, jiggly texture and delicate crumb. Made with whipped egg whites folded into a silky batter, they cook low and slow to achieve the perfect golden exterior while maintaining an impossibly soft, custardy interior. Topped with fresh berries, whipped cream, and a drizzle of maple syrup or matcha-infused honey, these pancakes are an Instagram-worthy masterpiece that tastes as heavenly as they look.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
20 minutes	35 minutes	55 minutes	4 servings (8-10 pancakes)

INGREDIENTS

5 large Egg yolks	5 large Egg whites
1 cup All-purpose flour	0.5 cup Milk
3 tablespoons Butter	0.5 cup Granulated sugar
1 teaspoon Vanilla extract	1.5 teaspoons Baking powder
0.25 teaspoon Salt	1 tablespoon Unsalted butter
2 tablespoons Powdered sugar	0.5 cup Maple syrup or honey

INSTRUCTIONS

- 1
- Separate your eggs carefully, ensuring no yolk gets into the whites as this will prevent them from whipping properly. Sift your flour and set aside. Melt the 3 tablespoons of butter and let it cool slightly. Have all ingredients at room temperature

for best results, as this helps the batter come together more smoothly and allows the egg whites to whip more easily.

- 2 In a large bowl, whisk together the 5 egg yolks with 2 tablespoons of sugar and the vanilla extract until the mixture becomes pale yellow and slightly thickened, about 2 minutes. Gently fold in the sifted flour, then add the milk and melted butter alternately in small portions, stirring gently until just combined. The batter should be smooth but still thick. Stir in the baking powder and salt until evenly distributed.
- 3 In a separate, completely clean and dry bowl, beat the egg whites on medium speed using an electric mixer. When soft peaks start to form, gradually add the remaining sugar (about 6 tablespoons) while continuing to beat. Continue beating until stiff, glossy peaks form and the whites hold their shape when you lift the beaters—this should take about 4-5 minutes total. This step is crucial for achieving the signature fluffy texture.
- 4 This is the most delicate step. Gently fold one-third of the whipped egg whites into the yolk mixture using a rubber spatula with large, sweeping motions from the bottom to the top. Once combined, gently fold in the remaining egg whites in two additions, using the same careful technique. Stop folding as soon as no white streaks remain—overmixing will deflate the meringue and result in dense pancakes.
- 5 Heat a non-stick skillet or griddle over medium-low heat (this low temperature is essential to cook the pancakes through without burning the exterior). Lightly butter the surface. If using pancake rings or metal molds, place them on the hot pan now and lightly butter the insides—this helps contain the batter and ensures uniform height. Let the pan preheat for 2-3 minutes so the temperature is consistent.
- 6 Carefully pour the batter into the rings or directly onto the pan, filling each about three-quarters full. The batter should rise during cooking, so don't overfill. Cook on medium-low heat for about 4-5 minutes until the bottom is set and golden—you should see steam rising from the edges. The pancakes should look puffed and slightly jiggle on top when ready to flip.
- 7 Carefully flip the pancakes or remove the rings and flip using two spatulas. Cook the other side for another 3-4 minutes until golden brown and a toothpick inserted in the center comes out clean. The pancakes should still jiggle slightly in the center when done—this custardy texture is what makes them special. Transfer to a serving plate.
- 8 Dust the finished pancakes lightly with powdered sugar and serve immediately while still warm and jiggle. Top with fresh berries, whipped cream, matcha cream, and a generous drizzle of maple syrup or honey. The contrast between the warm, soft pancake and cool toppings is part of the experience.



Chef's Notes

The key to perfect Japanese fluffy pancakes is patience, precision, and understanding that you're essentially cooking a soufflé on the stovetop. The low, slow cooking method is non-negotiable—rushing the heat will burn the outside before the inside cooks through. The meringue is the soul of this recipe; treat your egg whites with reverence and they'll reward you with clouds of fluffy perfection. I recommend making these pancakes one or two at a time rather than batching multiple pancakes simultaneously, as they require your full attention and the pan needs to maintain consistent temperature between batches.

NUTRITION PER SERVING

Calories: 385 kcal Protein: 10 g Carbs: 52 g Fat: 16 g

Recipe from [EasyRecipeVault.com](#)