



Belgian Waffles

« *La gaufre de Bruxelles* »



« *La gaufre de Liège* »



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Historical origins *Belgian Waffles*

The origin of "waffle" is melted in the history of the man.

Indeed, its ancestor would be the cereal pancake cooked on hot stone at the time of the Neolithic era.

The mould made up of two iron plates used for the manufacturing of small cakes would have come out in Ancient Greece, and its "waffle" would be also downward "Forget" which were religious pastry makings being used as offerings for the Saints then consumed by the faithful ones.

But, it is at the 13th century that a blacksmith imagined the mould inspired of the honeycombs manufactured by the bees and that the waffle name appears. The word "waffle" would come from "walfre" which means "honeycomb" as old French (12th century).

But, these waffles were still far from those which we taste. Indeed, they remained for a long time are salted, composed of poor flour and of water, they were sold in the street or in front of the churches holidays. However very appraisals, they replaced sometimes the bread.

It is only at the 18th century, for the easiest people, that the receipt of waffles was supplemented with honey, eggs or milk. As from this moment, the receipts were geared down and the many varieties of waffles which we know today started to come out.

According to the legend, the origin of waffle to pearl sugar (without honey) known internationally under the name of "waffle of Liege" would go back to the 18th century. The Prince-Bishop of Liege would have asked his cook to compose something to him the tasty one and of sweet. However, of the culinary historical researches showed that the receipt of the "waffle inhabitant of Liège to the cinnamon" manufactured by the "Brotherhood of the Waffle Inhabitant of Liège 'the strème' " would be former to the receipt of "waffle of Liege", because pearl sugar made its appearance only towards the end of 18th or at the beginning of the 19th century. The receipt of the waffle inhabitant of Liège of which the quantity of the ingredients remains secret is made up of flour, tepid milk, lard and fat, crystallized sugar, eggs, yeast, cinnamon, salt and a little sugar taste vanilla.

The name "Belgian Waffles" is the invention of Maurice Vermersch and his wife, a couple of Brussels, who had slightly modified the receipt of "waffle of Brussels", first mention in 1842, while adding to it of yeasts. The yeasts were not part of the receipt of Brussels original, written for the first time in 1874 by the gastronomical critic Philippe Cauderlier. At the time, to obtain a quite light waffle, it was necessary to beat the egg whites in snow, and especially to have a great quantity of batter, which made it rather expensive.

Combined with the beaten egg whites, the yeast added by Vermersch makes it possible to obtain a waffle much thicker and light with deeper cells. The yeast also modified the

chemical composition of the batter, and fermentation gives more flavour to "Waffle of Brussels".

They also cook their waffle in a cast iron iron which they lubricate with the lard. Their waffle had so much success near their friends and customers whom they decided to introduce to the World Fair of 1958 in Brussels. In the vagueness of the success which followed from there, Vermersch open several restaurants specialized in "waffle of Brussels" and also decide to present it to the following World Fair, in 1964 in New York. Noting that most Americans, with their weak competences in geography, could not locate Brussels, they presented their "waffle of Brussels" as being the Belgian waffle – "Belgian Waffle".

Thus for a long time, the foreign public thought "Belgian Waffles" only in the shape of "waffle of Brussels". But today, the things evolved and the term is employed to indicate the whole of the various Belgian waffle alternatives.

The Belgian waffle, whether it is of Brussels or Liege, is universally known. The waffle of Liege, thick, contains pearl sugar which crunches with relish under the tooth. Consumed hot, its perfume is more delicate.

As for his/her cousin, the waffle of Brussels, light and crusty, it is tasted powdered with sugar impalpable or covered with **crème fraîche** and strawberries.

Ustensiles nécessaires pour la réalisation des recettes



Un malaxeur électrique



Un « cul de poule »



Un gaufrier/moule à gaufres
Le dessin des plaques du moule diffère selon le type de gaufres à cuire



Une fourchette de cuisine ou
une fourchette à gaufres



Un « lèche-plat »



Un fouet

The Waffle of Brussels

The success of "waffle of Brussels" rests on the important diversity of the trimmings - supplements possible (chocolate, fresh fruits, jam, chantilly...) and on the freshness of its daily prepared paste.

The "waffle of Brussels" is distinguished from the others by some specific characteristics like its lightness, its crusty external contrasting with a very ventilated interior batter. They are manufactured in a special waffle iron with approximately 20 squares making it possible to obtain rectangular waffles (4 corners) a minimal thickness of 2.8 cm.



Ingrédients nécessaires pour la préparation de « gaufres de Bruxelles »



1kg of flour



160g de levure chimique



300g sugar s2



200 cl of milk



400gr butter



8 eggs



1 pinches of salt

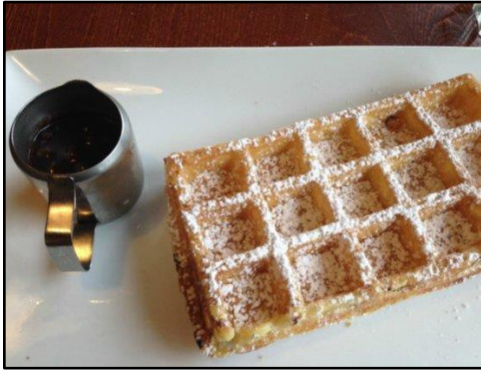
Various stages of the receipt

- Mix the flour, yeast and sugar.
- Add beaten eggs and mix well.
- Add little by little milk, while stirring up with a whip or a whisk in order to avoid the formation of lumps.
- Incorporate the melted butter, a small amount of salt and mix well
- Leave the batter to waffle to rest at least 1:00 with the refrigerator before cooking them
- Make waffles in a preheated waffle iron, by cooking them 3 to 5 min.



Presentation

A waffle of Brussels is eaten hot and does not conceive itself without trimming. It is traditionally powdered with impalpable sugar or is covered with chantilly and/or strawberries. But it can also be accompanied by other fruits, vanilla ice cream, hot chocolate, a zabaglione in the Marsala, Leffe, with the krik,...



The original receipt without yeast.

In the oldest receipts, one did not use a yeast. Consequently, the egg whites were to be beaten

Ingredients necessary (for 14 waffles)

- 125 gr of flour
- 4 eggs
- 250 ml of milk
- 150 gr butter.
- 1 vanilla sugar sachet
- 2 pinches of salt
- 1 impalpable sugar soup spoon.

Various stages of the receipt

- Make boil the milk in which you will have added the vanilla sugar sachet.
- Let cool a little bit so that the mixture becomes tepid.
- Dissolve butter in a pan then to let it warm.
- After, withdraw scum and without agitating it, pour milk in a bowl by leaving a light white deposit to the bottom of the pan.
- Separate the white from the egg yolks and put the yellows in a dish with 1 pinch from salt and 1 caster sugar soup spoon.
- Beat the whole by incorporating in it butter, tepid milk and the flour filtered until obtaining a uniform paste.
- Whip the egg whites in very firm snow to which will have been added a small amount of salt
- Mix little by little with a spatula, the white beaten with the paste.
- Cook the pellets of batter in a waffle iron (thermostat 7). The waffles must be hardly gilded.
- Eat the heats by powdering them with caster sugar.

The waffle of Liège

The “waffle of *truffée* pearl sugar Liege” which melts during cooking is denser, round, comprising 24 holes and without square corner. Traditionally in our areas, one manufactured waffles after Christmas to offer them to the children at the New year.



Ingredients necessary for the preparation of waffles of "Liege"

(for 15 à 25 waffles)

- 1 kg of flour
- 75g from fresh baker's yeast or 30 yeast g. dries
- 5 milk ½ dl skimmed (moderate)
- 50g. of caster sugar or impalpable
- 2 eggs
- 500g salted butter.
- 50g vanilla sugar.
- 1 bicarbonate of soda coffee spoon
- 600g pearl sugar.



Various stages of the receipt

- Make a paste leaven with 800 gr. of flour, the yeast, milk, the caster sugar, the eggs.
- There during 20 minutes, let raise the paste then incorporate butter, 200 gr. of flour, the vanilla sugar and bicarbonate of soda.
- Mix and to knead with the robot (not with the hand which would dissolve butter) the whole to obtain a homogeneous paste.
- Again let raise the paste during 10 minutes in a moderate place.
- After these 10 minutes of waiting, add pearl sugar and divide into lumps from 90 to 140 gr. according to the size of iron.
- Still let inflate the paste during 15 min before beginning cooking at low heat during 3 to 4 min.
- Pearl sugar must melt and be slightly caramelized.



Presentation

You can serve them natural heats or cold covered with paste to paste, honey, maple syrup, jam, peanut butter or syrup of Liege