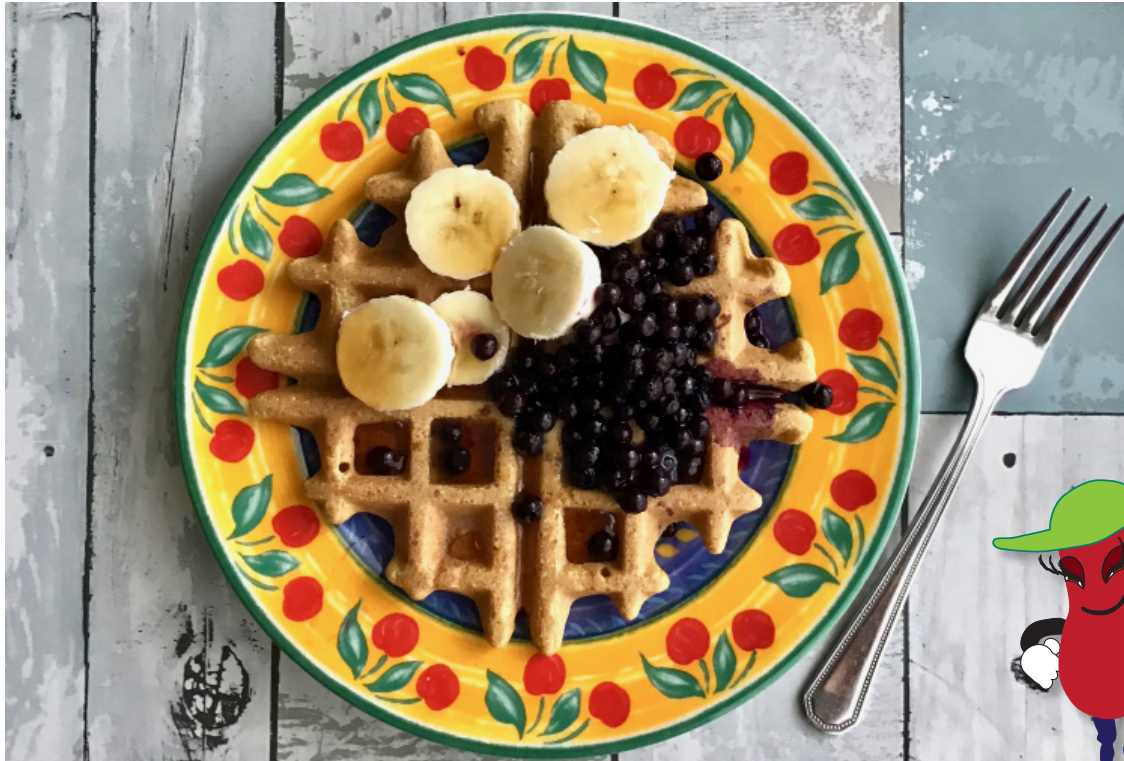
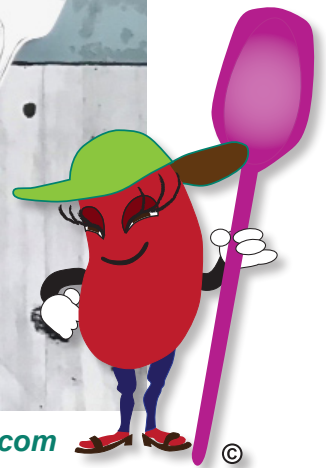


Beans, Rice And Everything Nice

Delightfully Crispy Pumpkin Cornmeal Waffles



original recipe by beansriceeverythingnice.weebly.com



Delightfully Crispy Pumpkin Cornmeal Waffles

makes 6-8 16 cm (6 in) waffles

1 1/4 cup gf flour—I used 1/2
cup quinoa, 3/4 cup buckwheat
(ground from fresh groats)

1/4 cup cornstarch

1 cup cornmeal

2 teaspoon baking powder

1 teaspoon baking soda

1/2 cup canned pumpkin puree

1 cup soy milk

1/2-3/4 cup water, divided

2 Tablespoons sugar (optional)

1 teaspoon vinegar (any kind)
– I used rice vinegar

1. In a large mixing bowl, combine the cornmeal, pumpkin puree, soy milk, 1/2 cup of the water, and vinegar. Set aside for 10-15 minutes to soften the cornmeal.
2. Place a wire cooling rack on the metal oven rack and preheat the oven the 93°C (200°F).
3. Set your waffle iron to just above medium heat. I can't give you a specific temperature as all waffle irons are different and the temperature dial on mine is not very specific.
4. In a medium mixing bowl, combine the gluten-free flours, sugar, baking powder, and baking soda. Set aside while you warm up the waffle iron.
5. When the waffle iron is ready, add the dry ingredients to the wet and thoroughly combine. If the batter seems a little too thick, add more water a Tablespoon at a time until a you reach a consistency slightly thicker than pancake batter.
6. Drop 1/2 cup of the batter in the centre of your hot waffle iron and close the lid. Cook for about 5 minutes. Lift the lid and transfer the waffle to the cooling rack in the oven (or directly on the oven shelf). Let the waffle sit in the oven for 5 minutes before serving to get extra crispy. Repeat until all the batter is used.