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## WAFFLE BREAKFAST

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(HOW TO SERVE WAFFLE BREAKFAST TO 100 PEOPLE IN TWO HOURS.)

Duties to be assigned to individuals or teams:

### I. TASKS TO BE PERFORMED SEVERAL DAYS EARLIER:

A. **SEASON THE WAFFLE IRONS:** The previous lab, collect all of the irons you may use, and brush them liberally with corn oil. Plug them in, turn them on, and let heat up until smoking. Turn off, let cool, and blot out any remaining (slightly burnt) oil. If possible, have a practice run with the irons so that you know they will cooperate for the breakfast.

B. **MAPLE SYRUP DISPENSERS:** Find dispensers from previous years if available. If not, prepare two dispensers as follows: Remove central tube from inside plastic wash bottles. Cut outlet so that 1-2" vertical tube remains. Flame slightly so that the opening is somewhat reduced. Make sign for bottles: **"MAPLE SYRUP: Invert and squeeze to serve. Please do not waste."** Fill bottles 3/4 full with syrup. Morning of breakfast, place on front table with accouterments.

C. **OIL AND BUTTER:** Melt 1 pound butter in a liter beaker. Add 450 mL of corn oil and mix together. Dispense 100 mL at a time in a 250 mL beaker with pastry brush for buttering waffles. Store in the refrigerator until the breakfast, then warm to soften. Refrigerate leftovers (may be used on popcorn).

D. **WAFFLE BATTER PREPARATION:** Several steps are required:

1. **BUTTERMILK:** At least the night before, mix 1 quart buttermilk with 1 gallon milk. If you work it right, you can pour the mixed fluids back into the original containers. Place in warm spot and let sit at least 12 hours. If prepared several days earlier, keep refrigerated until needed.

2. **YEAST STARTER:** The previous night, mix together in a gallon bowl or pot (makes 2 quarts +):

- 2 quarts water, room temp.
- 2 Tbsp sugar
- 1½ - 2 quarts whole wheat flour (to make a slurry)
- 1 Tbsp active dry yeast

Whisk together, cover, and place in warm spot to rise overnight.

3. **CORNMEAL DRY MIXTURE:**

- 3 quarts (5 lbs) freshly-ground cornmeal
- 1½ quarts (2.5 lbs) whole wheat flour
- ⅓ C baking soda
- 1 Tbsp salt

Sift together the whole wheat flour, baking soda, and salt, then mix thoroughly by hand with the cornmeal.

with salad oil, oil brush, and Dr. Fankhauser's chef's hat should be placed somewhere on those two tables.

Chairs for those tables should be moved to the side, and one of the rolling stools should be placed in between those two tables.

E. **SIGNAGE & FLOWERS**

Post Dr. Fankhauser's small, instructional signs in appropriate locations:

- "sign guest list" and "take a plate" on front desk
- "get a waffle" on 2<sup>nd</sup> desk
- "butter & oil", "maple syrup", and "thank a tree" on instructor's table
- "wash your dishes" above the sinks
- any other "this way to the waffles"-type signs somewhere nearby in the hallway

Change the number on the large sign and post it on the inside of the lab door.

Mr. Skeleton will hold the "Waffles →" sign. Optionally, flowers in Erlenmeyer flasks, may be placed on any tables except the waffle iron tables.

F. **MR. SKELETON**

One of the plastic (not real bone!) Mr. Skeletons may CAREFULLY!!! be removed

from his stand and put into a soft office chair with arms (he'll slip off a hard chair), then dressed for the occasion. Traditionally, he sits in the hallway holding the "Waffles →" sign, but leave him in the lab room overnight, and the "morning crew" will take him out.

G. **SINKS**

At least the front 2 sinks on each side should each have an unstained dishpan, clean new sponge, and clean dish towel placed next to them. Make sure their dish-drainers are present and clean.

### II. TO BE DONE THE MORNING OF THE BREAKFAST:

A. **MIX THE BATTER** in a 4-gallon canner:

- 1 dozen eggs, broken into canner
- 1 gallon buttermilk
- 2 quarts yeast starter
- 2 quarts cold beer
- 1½ gallon of cornmeal mix (Adjust so that consistency is thick enough, but not so thick that it does not flow well.)
- 3 C oil

Stir the liquids together, adding the beer last. Do not beat the bubbles out of the beer. Whisk in the dry ingredients until the consistency is correct. Do not overmix. Fold in the oil. Save some dry mix and some buttermilk so that emergency adjustments can be made to the thickness of the batter. Separate out about 3 quarts of batter at a time to fill irons, setting aside the remainder. When you need more batter, stir to mix (cornmeal will settle to the bottom), and ladle out 3 quarts more.

B. **COFFEE:** heat 1 gallon of cold water in stainless steel bucket on large burner to 85° C, add 1 C of grounds, stir, let steep for 5 min, and pour through strainer into a 1 liter flask. Keep at 85° C on top of hotplate (setting = 5). Replenish supply in flask as needed from bucket.

C. **ON INSTRUCTOR'S TABLE:**

Make sure sugar is out  
Pour milk into the small pitcher  
Put melted butter mix and a brush into each of two 250-mL beakers and put those out  
If maple syrup dispensers aren't out, get them  
Turn on hotplate and put large flask of coffee on it

### FANKHAUSER'S CORNMEAL WAFFLES:

(a smaller recipe for home use)

If you like crisp and light waffles, yet made with a whole grain, you should like these:

Whisk in a 2 qt bowl until blended:  
1 egg

Whisk together gently just to blend:  
1 C yogurt  
1 C beer, cold and effervescent

Measure into a sifter:  
⅔ C freshly-ground cornmeal  
½ C whole wheat flour  
1 tsp baking soda

Make orange juice and set out a pitcher-full

D. **AT FIRST DESK:** Make sure everything is out. Make sure the wastebasket is in a prominent place.

E. **SINKS:** At least the front 2 sinks on each side should have a pan of warm, soapy water prepared in each.

F. **MR. SKELETON:** May carefully be wheeled out into the hall, just outside the lab.

G. **MAKING THE WAFFLES:** Use second and third desks to plug in four irons (are they on different circuit breakers?). Heat previously seasoned iron until it just smokes (about 5 min?). Sprinkle a tablespoon full of sunflower seeds if desired. Ladle in about ½ C of batter so that the edges are not quite filled. Press lid down to be sure it is seated. A properly adjusted iron will cook the waffle in about 5 min. Adjust cooking time so that the waffles are golden brown and fairly crisp. Have fork handy to pry them out. If they stick too hard, brush iron with oil, using heat-proof brush. If an iron sticks horribly, remove it from service if you have the luxury of a back-up iron.

H. **CLEAN-UP TIME:** Try to get commitments to assist with clean-up. Wash plates, cups, and utensils as used. Wipe tables, paying special attention to oil and spilled syrup), clean sinks, sweep floor, load dishwasher if needed, loading equipment to take back home, cleaning waffle irons and replacing in bags, etc.

Sift onto liquids and whisk just to mix, leaving small lumps.

Fold in:  
¼ C oil

Bake in preheated (just starting to smoke) seasoned waffle iron. For the deluxe version, first sprinkle into the iron sunflower seeds. (Cooked sausage and walnuts can be added in the same manner.) Brush with melted 1:1 butter:oil, then drizzle on maple syrup. Try to stop eating in time.