

John F. Kennedy Waffles

2 Egg Whites –Beaten till stiff

2 Tbs. Sugar

½ Cup Butter- softened

2 Egg Yolks

1 cup Milk

¼ tsp. Salt

1 Cup and 2 Tbs. Flour

4 Teaspoons Baking powder

1. Separate egg yolk from white carefully. Do not break yolk into white or they will not whip up. Save yolk for later use.
2. Beat egg white with an electric mixer until stiff and firm.
3. In a separate bowl, cream sugar, butter and egg yolks until smooth and well mixed.
4. Add milk to the sugar mixture and combine using low speed on the mixer.
5. Plug in waffle iron and pre-heat.
6. Mix flour, baking powder and salt into liquid mixture with a Whisk until smooth.
7. Carefully **fold** in egg whites. Do not mix and break down white.
8. Spray heated waffle iron with cooking spray and scoop out a portion of the batter into each side.
9. Close the lid and allow the waffle to cook until steam stops coming out of the iron. Approximately 3 minutes or so.
10. Repeat the process until all the batter is used up.
11. Clean up and enjoy your homemade waffles.

This recipe was taken from a magazine article in 1959 when JFK was running for president. His personal cook released the recipe and it has been used by my family for my whole life.