

Effortless Matcha Pancakes

Prep Time

15 min

Cook Time

10 min

WHY MOST FLUFFY PANCAKES FAIL

1. Weak Meringue

If your egg whites aren't stable, your pancake has no structure. It may rise—but it won't hold.

2. The "Don't Overmix" Myth

Most recipes tell you to be extremely gentle. But if you don't mix enough, the batter can't support the air. You need structure, not just air.

3. Heat That's Too High

High heat cooks the outside too quickly, before the inside has time to expand. Fluffy pancakes require patience—low heat and gentle steam.

MY EFFORTLESS METHOD — THE 3 PRINCIPLES

1. Build a Stable Base

Whip your meringue properly. This is your foundation.

2. Control the Air

Mix enough to create structure—but not so much that you collapse it.

3. Cook Low and Slow

Steam is your best friend. This is what creates that height.

INGREDIENTS

Meringue

- 2 egg whites
- 2 tablespoons sugar

Batter

- 1 egg yolk
 - 2 tablespoons milk
 - 1 teaspoon vegetable oil, neutral flavor
 - 2 tablespoons all-purpose flour
 - ½ teaspoon baking powder
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- 1 teaspoon matcha powder
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INSTRUCTIONS

1. Make the Meringue

Whisk egg whites on low speed until foamy. Add sugar in two parts and whip until stiff peaks form.

❖ *The peak should stand straight when lifted.*

2. Prepare the Batter

Whisk egg yolk and oil until smooth. Add milk in 2–3 additions. Sift in flour, baking powder, and matcha. Mix well until smooth.

❖ *Don't be afraid to mix well here—this helps build structure.*

3. Combine

Add one scoop of meringue to loosen the batter. Then gently fold in the rest in two parts.

❖ *Fold slowly to keep the air inside.*

4. Cook

Heat a pan on the lowest heat and lightly oil it. Spoon batter into tall rounds. Cover and cook for 4–5 minutes. Add a little water to create steam. Flip carefully and cook another 3–4 minutes.

5. Check & Serve

Top with whipped cream and syrup. Dust with matcha powder.

❖ *Serve right away — these are best enjoyed fresh off the pan!*

PRO TIPS FOR PERFECT FUWAFUWA

- If your pancake **spreads** → meringue is too soft
- If it **deflates** → heat was too high
- If it's **dense** → batter wasn't mixed enough

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