

THE LIEGE WAFFLES, BY CHEF CONTICINI

The Recipe

<https://www.cuisinedaubery.com/recipe/liege-waffles/>

Delicious Liège waffles, a gourmet waffle from Belgium, a recipe by chef Conticini

Chef: Philippe Conticini

Preparation Time: 15 Minutes

Yield: 9/10 gaufres

Skill: Easy Level

Cuisine: French Cuisine

Courses: Crepe And Waffle, Dessert, Waffle, Brunch & Goûter,

Ingredients

For 10/12 Waffles

- 2 1/4 Cups Flour (312 grams)
- 2 Tablespoons Sugar (25 grams)
- 2 teaspoons Light Brown Sugar (10 grams)
- 1/2 teaspoon Salt (3 grams)
- 1 Tablespoon Fresh Moist Yeast (25 grams)
- 1/2 Cup Milk (125 grams)
- 1 Egg 2 Tablespoons or 50 grams
- 1 Cup Butter (225 grams)
- 1 Cup Pearl Sugar (225 grams)

For 7/8 Waffles

- 1 1/2 Cup Flour (218.4 grams)
- 1 Tablespoon Sugar (17.5 grams)
- 1 teaspoon Light Brown Sugar (7 grams)
- 1/2 teaspoon Salt (2 grams)
- 1 Tablespoon Fresh Moist Yeast (17.5 grams)
- 1/2 Cup Milk (87.5 grams)
- 0.7 Egg 1 Tablespoon or 35 grams
- 2/3 Cup Butter (157.5 grams)
- 3/4 Cup Pearl Sugar (157.5 grams)

For 16/18 Waffles

- 3 1/2 Cups Flour (499.2 grams)

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- 3 Tablespoons Sugar (40 grams)
- 1 Tablespoon Light Brown Sugar (16 grams)
- 1 teaspoon Salt (4.8 grams)
- 2 Tablespoons Fresh Moist Yeast (40 grams)
- 1 Cup Milk (200 grams)
- 1.6 Eggs 3 Tablespoons or 80 grams
- 1 1/2 Cup Butter (360 grams)
- 1 3/4 Cup Pearl Sugar (360 grams)

For 20/22 Waffles

- 4 1/4 Cups Flour (624 grams)
- 4 Tablespoons Sugar (50 grams)
- 1 Tablespoon Light Brown Sugar (20 grams)
- 1 teaspoon Salt (6 grams)
- 3 Tablespoons Fresh Moist Yeast (50 grams)
- 1 Cup Milk (250 grams)
- 2 Eggs 1/4 Cup or 100 grams
- 2 Cups Butter (450 grams)
- 2 1/4 Cups Pearl Sugar (450 grams)

Steps

1. Mix the Fresh Moist Yeast (1 Tablespoon or 25 g) and the Milk (1/2 Cup or 125 g) in a bowl
2. If you are using Dry Yeast instead (like we do in the States), take only half the quantity of the Fresh Moist Yeast (1 Tablespoon or 25 g)
3. Over a bowl, sift the Flour (2 1/4 Cups or 312 g)
4. Add in the powders: the Sugar (2 Tablespoons or 25 g), the Light Brown Sugar (2 teaspoons or 10 g), the Salt (1/2 teaspoon or 3 g)
5. Mix the powders
6. Pour in the Egg (1)
7. Pour in the Yeast and the Milk
8. Knead with your hands, or better, with a stand mixer (like a Kitchen Aid appliance), using the hook
9. You will need to help the device (especially the stand mixer) by stopping the device, and scrape up any sticky dough residue sticking to the bottom of the bowl , then resume the kneading. You will need to do this several times during the 20 minutes
10. With the stand mixer, I use the Speed #3 (1-10), for about 20 minutes
11. The dough you must get is soft but firm !

Incorporating the Butter

12. You are then ready to add in the Butter (1 Cup or 225 g), that you need to cut in big chunks

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(cold)

13. With the stand mixer, I use the Speed #3 (1-10)

14. Add in Butter, one 1/4 at the time: Add in 1/4 of the butter, wait until it is well absorbed, and then add another 1/4

15. You will notice that you need time before the Butter is fully absorbed into the dough

16. This is actually a good sign : it simply means that the gluten fabric is well done, which will give the fluffy and airy texture

17. From time to time during the kneading process, stop the machine and scrape up the bowl : this helps the hook

18. After some time (20 minutes or more), you will not see any chunks of butter, it is fully absorbed

19. The dough is still sticky and holds to the sides of the bowl

20. Last kneading step: Continue kneading, and the dough will not stick anymore. It will form into a mass around the hook

21. Continue kneading for a few minutes and stop

22. Test the dough : By pulling the dough, you will notice that the dough is very elastic. Despite the high quantity of butter, the strands of gluten are there, and this is the guarantee of a great texture

Proofing Time

23. We need to allow the dough to proof

24. Cover the bowl with plastic wrap

25. Let proof at room temperature for 1 hour or less, depending on the room temp

26. Wait until the dough has doubled in volume

The Pearl Sugar

27. For the Liège Waffles, you will need Pearl Sugar (1 Cup or 225 g)

28. Pearl Sugar (1 Cup or 225 g) is a thick piece of sugar : between 0.19" (or 13/64" or 0.5 cm) and 0.39" (or 25/64" or 1 cm)

29. I bought mine in a specialized store (Surfas in Los Angeles). Otherwise, look online for "Belgian Pearl Sugar"

30. Knead the dough with the Pearl Sugar (1 Cup or 225 g)

31. Wrap airtight

32. Refrigerate for 1 hour

33. After this time, divide the dough in individual pieces, weighing 80 g (3 oz)

Balls

34. We need to shape the pieces into balls

35. I am showing you an animation on how I do those balls :

36. Refrigerate those balls, covered with plastic wrap, for 30 minutes

The waffle maker

37. Warm up the waffle maker for 10 minutes

38. Spray oil, using a Cooking spray

39. Place a ball in each cavity

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40. Close the waffle maker
41. By closing, you are going to flatten the balls, giving the waffles their shape
42. The cooking time depends on the waffle maker
43. I like to cook them with a dark golden color, to allow for the waffle to caramelize
44. Use a small spatula to remove the cooked waffles
45. Let those waffles cool down on a cooling rack