

How to Make Self-Rising Flour

Learn how to make your own self-rising flour with this quick and easy recipe

We don't have self-rising flour in Germany. It's a shame because so many great recipes like my recipe for scones call for it so, I just make my own. All you need are three simple ingredients and a minute or two!



Ingredients

- 1 cup all-purpose flour
- 1½ teaspoons baking powder
- ¼ teaspoon salt

Servings: 1 cup

Instructions

Measure all ingredients and whisk to combine. You can double or triple the recipe if you more self-rising flour.

Note: The shelf life of baking powder depends on the 'best by date' and how it is stored (a cool, dry place such as a cupboard). With this in mind, you may not want to make large batches of self-rising flour if you don't plan on using it soon.

Breaking the Stroopwafel Addiction (Dutch Syrup Waffle)

A Stroopwafel sounds more like a dance, but it's actually a delicious waffle cookie which Dutch people have been enjoying for centuries.

The first mention of Stroopwafels goes back to 1784 when a baker from Gouda (which is also famous for its cheese) baked a waffle using remaining product from old crumbs and spices and then filled the waffle with syrup. This was the birth of the Stroopwafel which became a popular pastry among the poor which street vendors quickly began selling as snacks and people became hooked.



For many Dutch people, Stroopwafels are a daily treat eaten with morning coffee or tea. In our household, the warm caramel gooey cookie is becoming increasingly popular too. Being that I'm obsessed with caramel – I'm so not a chocolate fan, so the Dutch syrup waffles and a mug of tea are a "compulsory" afternoon treat.

Can you Make Stroopwafels at Home?

Sure, but it takes time. The batter for Stroopwafels is baked in a special waffle or pizelle iron that has a diamond pattern. Once the waffles are cooked, they are split in two, spread with the caramel syrup and sandwiched or glued together. Sounds easy right? It is essentially, so watch this video to see how it's done.

The delicious treats are still made using traditional recipes and nearly every bakery has its own recipe as well as families too. The recipes are a well-guarded secret which are passed down from parent to child, one generation to the next, even along with the baking iron.

Being that I don't have a lovely silver Stroopwafel iron at home, I make it a point to purchase a fresh one from a food

markets such as the Markthal in Rotterdam. Since I can't get enough of the caramel-gooey-goodness, I stock-up on packaged Stroopwafels every time I visit Holland – which is often. ☐

How to eat a Stroopwafel?

If you eat a fresh Stroopwafel, I advise you to wait until it cools down as the sticky caramel center is extremely hot. In fact, Stroopwafels should come with a warning just like the coffee at Mickey D's.

If you purchase packaged Stroopwafels, you can eat them at room temperature. Boring!

You can also heat them in the microwave for a few seconds. Lame!

Ideally, make a cup of coffee or tea and place a Stroopwafel on top of the cup and wait a few moments until it begins to warp in the middle. Now sink your teeth into the gooey center. Lekker, lekker! That's Dutch for tasty.

Stroopwafels, the Official treat of the Wikimedia World

Next time you're in Holland have your nose follow the sweet caramel buttery scent coming from a Stroopwafels vendor and try one. After your first bite, you'll definitely want to buy one or more, but be aware they are addictive. You might get so hooked you'll want to join the [Association of Stroopwafel Addicts](#). No joke, it's real. ☐