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Fall 10-20-2018

Saturday Morning Waffles

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Recommended Citation

Meyer, Shannon, "Saturday Morning Waffles" (2018). *USU Student Folklore Fieldwork*. Paper 455.
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Bruce Meyer
Murray, Utah
October 20th, 2018

Saturday Morning Waffles

Weekly Customs, Food ways

Informant: Bruce was my father, he was born February 22nd. He was raised by LeRoy and Mary Meyer in Idaho Falls Idaho. He currently lives with his wife, Erica Meyer, in Murray Utah.

Context: How this tradition got started is a little blurry. Bruce claims he started it because his father always made pancakes on Saturday morning but my mother didn't really like pancakes and so he changed it waffles. According to Erica, it was started because she had one day off a week and that was Saturday. To keep me and my siblings occupied so she could sleep, Bruce had us help him with making waffles.

The recipe has changed over the years, at first it was just a recipe from the Better Homes cookbook that was a gift from my grandparents to my parents. Then in 2010, I was diagnosed with Celiac disease and couldn't eat normal flour. So, Bruce found a gluten free recipe to use. Then I wasn't getting enough fiber so we added coconut flour to the recipe as another source of fiber. Later Erica started getting concerned that we weren't eating as healthy as we could so she switched the oil we used to coconut oil as a healthier option. And that is where we are today.

Text:



Recipe:

Adapted From: You Won't Believe It's Gluten-Free By Roben Ryberg

ISBN: 978-1-56924-252-0(alk. Paper) pg 68

Gluten Free Waffles – Corn Based

- 2 eggs
- 1 1/2 cups cornstarch
- 1/2 cups Coconut Flour¹
- 1/3 cup Coconut oil²
- 1/4 teaspoon salt
- 2 Tablespoons Sugar
- 1 1/2 Cup Milk³
- 1/4 teaspoon Xanthan gum
- 1/2 teaspoon vanilla extract

Recipe Nutrition Calculator

Recipe name

Gluten Free Waffles – Corn Based

Number of servings

Serves people

Ingredients

	Calories	Carbs	Fat	Protein	Sodium	Sugar	
Generic - Raw Eggs (2), 2 large eggs	142	0	10	12	140	0	➖
Cornstarch, 1.5 cup	732	175	0	0	17	0	➖
Nutiva - Coconut-flour, 8 tbs	180	44	8	16	80	12	➖
Oil - Vegetable, coconut, 0.33 cup	626	0	73	0	0	0	➖
Spices - Salt, table, 0.25 tsp	0	0	0	0	581	0	➖
Sugar (White Granulated) - Sugar (White Granulated), 2 tsp	32	8	0	0	0	4	➖
Generic - Xanthan Gum, 0.25 teaspoon or 10g	8	2	0	0	0	0	➖
Vanilla extract, 0.5 tsp	6	0	0	0	0	0	➖
Milk - Reduced fat, 2% milkfat, 1.25 cup	153	14	6	10	125	15	➖

[Add Ingredient](#)

Total:	1,879	243	97	38	943	31
Per Serving:	313	41	16	6	157	5

Texture: When making this recipe, Bruce has been making this for years. So he doesn't even use a recipe anymore, He just grabs what he needs and starts adding it into the mixing bowl. He isn't very exact with measuring the ingredients, just sort of scoops and dumps.

My family doesn't care when you eat the waffles. We generally don't eat as a family for breakfast, we eat when we get up. Bruce just makes the batter and lets it sit on the counter until about noon when someone decides to put the batter in a container to store in the fridge. You can have as many or as few waffles as you want. If you want something in your waffle, just add it as you cook the batter on the waffle maker. My mother will put berries in her waffle, while my sister and I put chocolate chips in. It also doesn't matter what is on top of the waffles. My brother, father, and sister like peanut butter on their waffles, I like butter, and my mother likes almond butter. We also tend to switch what we put on top as well, my sister and I like to have Nutella on our waffles sometimes, and I will sometimes do butter.