

# stroopwafels

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## Stroopwafels

Two paper-thin waffle discs with caramel syrup between them, from Gouda in the Netherlands, where a baker is supposed to have made the first one around 1800 out of crumbs and syrup scraps. They were poor-man's food for a century before they became the thing sold hot from market stalls and set on top of a coffee cup to soften.

Making them at home needs an iron and needs one difficult step done fast.

## What makes it work

- **The waffle must be split while hot.** Bake the disc, take it off the iron, and immediately slice it horizontally with a long serrated knife. You have about twenty seconds before it sets and shatters. This is the whole difficulty of the recipe.
- **A yeasted dough, not a batter.** Unlike [pizzelle](#), stroopwafel dough is a stiff yeasted dough that rests an hour. That is what gives the breadly chew under the crisp.
- **The stroop is a proper caramel**, cooked to about 110 °C — dark brown sugar, butter, syrup and cinnamon. Undercooked, it runs out; overcooked, it sets hard and the wafel cracks when bitten.
- **Fill hot, press cold.** Spread the warm syrup on the cut face and press the halves back together while both are still warm.

## Ingredients

Makes about 12.

### Dough:

- 250 g all-purpose flour
- 125 g unsalted butter, softened
- 60 g light brown sugar
- 1 [egg](#)
- 5 g instant yeast
- 60 ml warm [milk](#)
- 3 g fine salt
- 1 tsp ground [cinnamon](#)

### Stroop:

- 200 g dark brown sugar
- 150 g golden syrup or dark corn syrup
- 100 g unsalted butter
- 2 tsp ground [cinnamon](#)
- 2 g fine salt

## Method

Rub the butter into the flour, sugar, salt and cinnamon. Dissolve the yeast in the warm milk, add it with the egg, and knead briefly to a stiff dough. Cover and rest one hour.

Make the stroop: bring everything to a boil and cook to 110 °C — thread stage, about five minutes. Keep it warm over the lowest heat or it stiffens.

Heat a stroopwafel or pizzelle iron. Press 35 g balls of dough, one at a time, for 45–60 seconds until deep gold.

Take the waffle off, trim to a circle with a cutter if you like, and split it horizontally with a serrated knife immediately. Spread stroop on one cut face and press the halves back together.

## Notes

- **A pizzelle iron works** and gives a thinner, more fragile wafel; a proper stroopwafel iron has a shallower, finer grid.
- Splitting is easier if the waffle is slightly thicker, so err upward on the dough ball.
- **Serve on a hot cup.** The steam softens the stroop, which is the entire point of the Dutch ritual.
- **Keeps a week** sealed, and reheats to new on a coffee cup.

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