



Pancakes

Ingredients:

- 1 c. all-purpose flour
- 1 Tbsp. sugar
- 2 tsp. Clabber Girl Baking Powder
- 1/4 tsp. salt
- 1 egg, beaten
- 1 c. milk
- 2 Tbsp. cooking oil

Directions:

1. In a mixing bowl stir together flour, sugar, baking powder, and salt.
2. In another mixing bowl combine egg, milk, and cooking oil; add to flour mixture all at once.
3. Stir mixture just till blended but still slightly lumpy.
4. For each standard-size pancake, pour about 1/4 cup batter onto a hot, lightly greased griddle or heavy skillet (for silver dollar-size pancakes use about 1 Tbsp. batter).
5. Cook till pancakes are golden brown, turning to cook second sides when pancakes have bubbly surfaces and slightly dry edges.

Yields 8-10 standard or 36 silver dollar pancakes.

History of Pancakes:

Did you know some versions of the pancake have been around for thousands of years? These simple, fried concoctions of milk, flour, eggs and spices were called "Alita Dolcia" (Latin for "another sweet") by the Ancient Romans.¹

Visit clabbergirl.com for more recipes and tips!



Family Fun with Pancakes

Activity: Making pancakes

Lesson: History of Pancakes

Before chemical leaveners were invented in the mid-nineteenth century, some pancake recipes were simple flat breads, or cooks had to use a slow-fermenting yeast that took an hour or more to raise the batter before cooking. Today some pancake recipes still use yeast as leavening and/or additional air from whipped egg whites folded into the batter, but it is not necessary.

Most pancake recipes today are leavened by quick-acting chemical leaveners like baking powder or baking soda combined with an acid, such as buttermilk. In the United States, pancakes can also be referred to as hotcakes, griddlecakes, or flapjacks.

In the United States, pancakes are traditionally served for breakfast with butter and syrup. Throughout the world, however, the pancake has evolved in different ways in many different countries. Pancakes are eaten both sweet and savory, flat or rolled with fillings.

They can be prepared for breakfast, lunch, dinner or dessert. Pancake Day is even celebrated in Canada, the United Kingdom, the United States, Ireland, and Australia.²

¹ foodtimeline.org

² en.wikipedia.org

Additional Activities:

1. Discuss how pancakes could fit in with some of your favorite foods at meal time.
2. Discuss how pancakes could be a creative dessert.
3. Visit choosemyplate.gov and review the plate. Discuss how pancakes can be part of a healthy meal.

Family Fun Activities

Phone (812) 232-9446 • Fax: (812) 478-7181

Email: info@clabbergirl.com • Made in U.S.A. CG 2018 07/16

