

Pancakes

(Fanny Farmer cookbook - modified recipe)

Although traditionally served at breakfast, pancakes, waffles and doughnuts appear at other times as well. With crisp bacon or tasty country sausage, pancakes and waffles are hearty enough for lunch. Waffles are a welcome dessert after a simple main course.

Pancakes

Put in a mixing bowl

1/2 cup buttermilk + 1 cup milk
2 tablespoons melted butter
1 egg

Beat lightly. Sift together

1 cup all-purpose or pastry flour
2 teaspoons baking powder
2 tablespoons sugar
1/2 teaspoon salt

Add to the milk mixture all at once. Stir just enough to dampen the flour. Add more milk to make the batter about as thick as heavy cream.

To cook

Put the batter on the griddle by tablespoonfuls; or, for larger pancakes, use a 1/4 cup measure to dip the batter onto the griddle.

Cook until the cakes are full of bubbles and the undersurface is nicely browned. Lift with a pancake turner or spatula and brown the other side.

Serve immediately with plenty of melted butter and warmed maple syrup.

Waffles

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Waffles

Put in a mixing bowl

1 cup buttermilk + 1/2 cup milk (better results than before)
2 tablespoons melted butter
1 egg + 1 egg white

Beat lightly. Sift together

1 cup all-purpose or pastry flour
2 1/2 teaspoons baking powder
2 tablespoons sugar
1/2 teaspoon salt
1/2 cup of finely chopped pecans

Add to the milk mixture all at once. Stir just enough to dampen the flour.

NOTE - this makes enough for six waffles - but you should not overfill the waffle maker.

Pancakes / Waffles - original recipe

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To cook

Heat the griddle or frying pan over moderate heat. To test the griddle for correct heat, pour a few drops of water on it. When the griddle is hot enough, the water will boil up immediately and form rapidly moving globules. Most modern griddles need no greasing, but if necessary, grease lightly with butter.

Put the batter on the griddle by tablespoonfuls; or, for larger pancakes, use a 1/4 cup measure to dip the batter onto the griddle.

Cook until the cakes are full of bubbles and the undersurface is nicely browned. Lift with a pancake turner or spatula and brown the other side.

Serve immediately with plenty of melted butter and warmed maple syrup.

To vary

Use buttermilk, sour milk or yogurt in place of milk.

Use 1/2 teaspoon baking soda instead of baking powder.

Or sift a tablespoon of corn meal with the flour.

