



### 033 ENG Pancake Recipe

People often ask me for my pancake recipe. Pancakes are also known as flapjacks, hotcakes, and griddle cakes. You can buy packaged mixes but they're expensive and unnecessary. Let me show you how easy and economical it is to make pancakes from scratch.

All you need is:

1 ¼ cups, or 180 grams of sifted all-purpose flour.  
1 tablespoon or 10 grams of baking powder  
1 tablespoon, or 10 grams of sugar  
½ teaspoon, or a good pinch of salt  
1 beaten egg  
1 cup, or 250 mL of milk  
2 tablespoons or 30 mL of olive or sunflower oil  
and an ungreased crepe pan.

Sift the flour, baking powder, salt, and sugar into one bowl.

Then mix the milk, oil, and beaten egg into another bowl. Pour the mixture over the flour. Stir using a wooden spoon until the dry flour disappears.

The batter must be lumpy, so don't over-mix it. This is the secret for fluffy and light pancakes.

Pre-heat the crepe pan.

Using a small ladle, or a large spoon, put some batter onto the pan. Start with a circle of about 10 centimeters or so until you get the hang of it. After that you can make smaller or larger pancakes as you wish.

Let the pancake cook for about 40 to 45 seconds. You'll see bubbles forming on top, and if you look carefully you'll notice the edges will begin to stiffen.

Lift the edge of the pancake with the spatula and check if the color underneath is golden brown. If it is, flip it over and cook it for another 30 to 40 seconds.

The pancakes should be eaten immediately while they're piping hot.

Traditionally, pancakes are eaten with salted butter and real maple syrup, but the possibilities are endless.

You can serve them with Nutella, honey, or jam for example.

Strawberries and whipped cream is also very nice.

Use your imagination!

Making pancakes from scratch is an easy and economical alternative to packaged pancake mixes.

It also makes for a good activity that you can share with friends and family.

Buon appetito!

See you next time!

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