

## Pancakes 1

From Martha Stewart.com

<http://www.marthastewart.com/338185/basic-pancakes>

Makes: 4 servings

Time: 20 minutes

- 1-cup all-purpose flour, (spooned and leveled)
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1-cup milk
- 2 tablespoons unsalted butter, melted, or vegetable oil
- 1 large egg
- 1 tablespoon vegetable oil



Assorted toppings, such as butter, maple syrup, confectioners' sugar, honey, jams, preserves, sweetened whipped cream, or chocolate syrup

1. Preheat oven to 200F; have a baking sheet or heatproof platter ready to keep cooked pancakes warm in the oven.
2. In a small bowl, whisk together flour, sugar, baking powder, and salt; set aside.
3. In a medium bowl, whisk together milk, butter (or oil), and egg. Add dry ingredients to milk mixture; whisk until just moistened (do not over mix; a few small lumps are fine).
4. Heat a large skillet (nonstick or cast-iron) or griddle over medium heat. Fold a sheet of paper towel in half, and moisten with oil; carefully rub skillet with oiled paper towel.
5. For each pancake, spoon 2 to 3 tablespoons of batter onto skillet, using the back of the spoon to spread batter into a round (you should be able to fit 2 to 3 in a large skillet).
6. Cook until surface of pancakes have some bubbles and a few burst, 1 to 2 minutes. Flip carefully with a thin spatula, and cook until browned on the underside, 1 to 2 minutes more. Transfer to a baking sheet or platter; cover loosely with aluminum foil, and keep warm in oven. Continue with more oil and remaining batter. (You'll have 12 to 15 pancakes.) Serve warm, with desired toppings.

### ALTERNATIVES

7. **BUTTERMILK:** In step 1, add 1/2-teaspoon baking soda to dry mixture. In step 2, replace the milk with low-fat buttermilk.
8. **YOGURT:** In step 1, add 1/2-teaspoon baking soda to dry mixture. In step 2, replace the milk with 2/3-cup plain low-fat yogurt and 1/3 cup milk.

**WHOLE-GRAIN WITH YOGURT:** In step 1, replace the all-purpose flour with 1/2 cup whole-wheat flour, 1/4 cup each cornmeal and wheat germ, and 1/2 teaspoon baking soda. In step 2, replace the milk with 2/3-cup plain low-fat yogurt and 1/3 cup milk.