



Pancakes

Preparation Time: 8 mins

Cooking Time: 8-10 mins

Serves: 6

Difficulty: Easy

INGREDIENTS

1 cup all-purpose flour
1 teaspoon baking powder
3 organic eggs, separated
1 cup milk or buttermilk
½ teaspoon salt
1 tablespoon butter, melted

Note

Milk is approximate. More or less can be added based on preferred consistency. Buttermilk is thicker and adds a tangy taste.

Leaving the mix slightly lumpy results in fluffier pancakes. Extra baking powder can be added for increased fluffiness.

Variations

Add fruits like blueberries raspberries.
Add chocolate chips
Add vanilla or cinnamon

DIRECTIONS

1. In stainless steel or glass mixing bowl, add the flour, salt, egg yolks, and baking powder. Gradually add milk until you have a lumpy mixture. Let the mix sit for 5-8 mins. The mix tends to thicken up and add additional milk if needed.
2. Beat egg whites on medium-high speed until light and fluffy in stainless steel bowl.
3. Using a metal spoon, add a tablespoon of egg white to the flour-milk and gently fold in. This prepares the mixture.
4. Add the cooled butter and gently mix.
5. Add remaining egg whites, gently folding through with a metal spoon.
6. Set stove heat to medium-high, melt a little butter in the pan and using paper towel, gently wipe around the pan, removing any excess. This cures the pan.
7. When to turn the pancake – when air bubbles form on top.

Note – gradually reduce heat to medium part the way through to prevent sticking or cooking the pancakes too quickly causing them to be gluey in the middle.