

## **Light and Fluffy Honey Whole Wheat Pancakes**

*Adapted from the Bishop's Ranch recipe*

*From Michele Maia, Transfiguration Episcopal Church, San Mateo*

2 cups whole wheat flour

1 1/2 tsp baking powder

1 tsp baking soda

1 tsp salt

2 cups milk (any variety)

2 T vinegar (white or cider) or lemon juice

2 eggs

1/4 cup melted butter (oil can be substituted)

1 T honey

Preheat your griddle or frying pan over medium high heat.

In a large mixing bowl combine all the dry ingredients—flour, baking powder, baking soda and salt. Set aside.

In a small bowl or large measuring cup, mix together the milk and vinegar or lemon juice. Set aside. The mixture will look curdled and lumpy.

In another small bowl, mix together the eggs, melted butter or oil, and honey. Stir until well combined.

Add the egg mixture and the curdled milk mixture to the large bowl with the dry ingredients. Stir together until just combined. It's ok if there are still small lumps. If the mixture seems too thick add a little more milk.

Grease your frying pan or griddle with a little butter, oil or cooking spray. Pour about a 1/3 cup or a ladle full of batter onto the griddle. Let cook for a minute or two until bubbles form and the edges start to set. Use a spatula to flip the

pancake and let cook for another minute or two until the bottom is golden brown and the pancake has risen.

Remove the pancake and keep warm until ready to serve. Makes 6-8 pancakes depending on the size.

*I love maple syrup with pancakes, but you can also have honey, jam or fresh fruit with your pancakes.*

### **English Pancakes**

*From Jan Scrutton, St. James Episcopal Church, Fremont*

4oz (3/4 cup) All-purpose flour

Pinch of salt

1 egg

1/2 pint (1 cup) milk

Vegetable oil or butter for frying

Sugar and lemon juice to serve.

Sift the flour and salt together in a bowl. Make a well in the middle and break the egg in and beat it (don't try and mix it into the flour yet).

Gradually add the milk into the well and beat it, draw in the flour from the sides to make a smooth batter. A whisk is the best tool here.

Heat the oil or butter in a 7 inch heavy based frying pan. Once it is hot, pour off any extra fat (you will just add a little bit back to the pan between pancakes as needed).

Pour in just enough batter to thinly coat the base of the pan, tip the pan from side to side to let it spread out. Cook for 1-2 minutes until the edges of the pancake are curling up slightly and the base is golden brown. Either gently turn it over or toss it and cook the second side until golden.

Transfer the pancake to a plate, if you make more keep them warm in an oven with a piece of greaseproof paper in between each one.

Serve the pancakes sprinkled with sugar and lemon juice, roll each one up.

## **Aunt Helen's Recipe for Sourdough Pancakes**

*From Keith Jobe, Transfiguration Episcopal Church, San Mateo*

For those folks with dry yeast at home, but without sourdough starter, there is a cheat that should work: Substitute a "pinch" of yeast for the sourdough starter in the following recipe. (A pinch is literally what you get between your thumb and forefinger.)

### **Starting the evening before:**

*Mix:*

some sourdough starter (a few tablespoons),  
1 cup of flour, and  
1 cup of milk.

Do not over-stir: some lumps are fine and we do not want to make bread.  
Cover and leave on the kitchen counter overnight.

### **Before dinner:**

*Beat:*

1 egg

Add 1 teaspoon soda

Add 1/2 teaspoon salt

Add 1 Tablespoon sugar

Add 1 Tablespoon oil, butter, or bacon fat

Stir into yesterday's flour mixture until just mixed (again, we do not want to make bread!)

Cook as you would regular pancakes.

Also, make some breakfast sausages or bacon (yum!)

### **At dinner:**

Serve with butter,

Think about adding Brown Sugar, Syrup, or Berries

And don't forget that everything tastes better when followed by Ice Cream!

*Note: Consider doubling this recipe for teenagers or larger families.*

## **Swedish pancakes**

*From Rev. Bob Kossler, Transfiguration Episcopal Church, San Mateo*

1 <sup>2</sup>/<sub>3</sub> c flour  
1 c whole milk  
2 eggs  
1 tsp sugar  
Dash of salt

Whisk all ingredients in a bowl. Heat a large skillet with a little vegetable oil. Pour a ladle full of batter into the pan. It will look like a large crepe. As edges brown, carefully flip to cook the reverse side.

Serve with powdered sugar and or maple syrup. Yum!

## **Best Vegan No-Egg (or fake egg) Pancakes EVAH! (Even carnivores love them!)**

*From The Episcopal Church of the Epiphany, San Carlos*

### *Ingredients:*

1 <sup>1</sup>/<sub>4</sub> cups all-purpose flour (for gluten-free, you can use King Arthur all purpose gluten free flour)  
2 tablespoons white sugar (must be organic to maintain vegan standards)  
2 teaspoons baking powder (for really fluffy pancakes you can bump it up to a full tablespoon)  
<sup>1</sup>/<sub>2</sub> teaspoon salt  
1 <sup>1</sup>/<sub>4</sub> cups water  
1 tablespoon oil (coconut is popular and doesn't make them taste like coconut!) or you can use avocado, sunflower, grapeseed...really, ro an oil of your choice

### *Directions:*

Step 1

Sift the flour, sugar, baking powder, and salt into a large bowl. Whisk the water and oil together in a small bowl. Make a well in the center of the dry ingredients, and pour in the wet. Stir just until blended; mixture will be lumpy.

#### Step 2

Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.

*(Trader Joe's carries an awesome vegan butter that has fooled many!) :)*