

Pancakes for Two

Equipment:

griddle

... electric preferably. It's easier to control the temperature and get repeatable results.

mixing bowls

I use the two larger bowls of a cheap four-bowl stainless steel set. The thinness of the steel is actually an advantage when warming up the liquid ingredients (below).

a large pot, big enough to hold the smaller mixing bowl

wire whisk

pancake turner

measuring cup

for liquid ingredients

$\frac{1}{4}$ cup measure

for solid ingredients

measuring spoons

paper towels and solid shortening

for cleaning and greasing the griddle

Begin:

Use solid shortening on a paper towel to wipe down the griddle.

Start the griddle heating. Check that the temperature control is set for cooking pancakes. On my old-tech pancake and waffle cooker, the setting looks like this:



Pancakes for Two

Liquid ingredients

$\frac{3}{4}$ cup buttermilk (1% butterfat style)

1 large egg

1½ tablespoons peanut oil

$\frac{1}{4}$ teaspoon orange extract

or vanilla extract, or almond extract, or ... you get the idea, right?

Measure the liquid ingredients into the smaller mixing bowl.

(For absolute beginners: Break the egg into the smaller mixing bowl. Throw the shell away.)

Fill the large pot with just enough hot tap water to float the mixing bowl. Set the mixing bowl containing the liquid ingredients in the pot to warm the liquid ingredients.

Solid ingredients

$\frac{3}{4}$ cup flour

That's three scoops with the $\frac{1}{4}$ cup measuring scoop.
Keep the scoop for measuring batter onto the griddle.

1½ tablespoons sugar

$\frac{3}{4}$ teaspoon baking powder

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon baking soda

Measure the solid ingredients into the large mixing bowl.

Whisk the ingredients together until thoroughly mixed.

Pancakes for Two

Continue:

When the liquid ingredients have warmed to about body temperature (neutral or warmer to the touch), remove the mixing bowl from the water bath. Whisk the ingredients together until blended, then pour the liquid ingredients into the bowl of dry ingredients. Gently whisk everything together to get all the pancake batter (that's what it is now) evenly moistened.

Cooking the pancakes

When the griddle has warmed to cooking temperature, measure out the batter onto the griddle for whatever size of pancakes you prefer.

Measured out $\frac{1}{4}$ cup at a time, you'll get about eight 4 $\frac{1}{2}$ inch pancakes.

When to turn them over:

This batter rises just fine, but doesn't bubble as much as package mixes do. When the top of the pancake no longer looks wet, peek under the pancake and if it looks brown enough, turn it over.

Between batches:

Lightly wipe down the griddle with solid shortening (or PAM?) and a paper towel. Pay attention, don't get burned!

NOTES:

This recipe started off as a half batch of the Basic Buttermilk Pancakes recipe from *The Joy of Cooking*. I substituted peanut oil for melted butter.

The water bath trick just seemed like the right thing to do.

The orange extract happened when I discovered that we didn't have any vanilla extract, and I thought, "Why not?" (or something like that ...)

I specify solid shortening (a.k.a. "Crisco") for cleaning and greasing the griddle because I somehow acquired a small can of the stuff, and though it is otherwise inedible it works well to keep food from sticking to baking pans and griddles.