

Pancakes

Baking Powder Pancakes

(Serves four)

2 cups all-purpose flour, stirred or sifted before measuring 2 1/2 teaspoons baking powder
1/2 teaspoon salt 1 egg, slightly beaten 1 1/2 cups milk 2 tablespoons melted butter

1. Preheat a lightly oiled griddle or fry pan.
2. Sift together flour, baking powder, and salt.
3. In a separate bowl, combine egg and milk; add to flour mixture, stirring only until smooth.
4. Blend in melted butter.
5. Cook on a hot, greased griddle, using about 1/4 cup of batter for each pancake.
6. Turn pancakes when surface bubbles begin to break.
7. Turn and brown the other side.

Buttermilk (Baking Soda) Pancakes

(Serves four)

1 cup all-purpose flour 1 tablespoon sugar 1/2 teaspoon salt 1/2 teaspoon baking soda
1 egg 1 cup buttermilk 2 tablespoons butter, melted

1. Preheat a lightly oiled griddle or fry pan.
2. Sift together flour, salt and baking soda.
3. Beat egg in medium bowl.
4. Blend in buttermilk.
5. Add dry ingredients, beating until smooth
6. Blend in melted butter.
7. Cook on lightly oiled griddle or fry pan.
8. Turn pancakes when surface bubbles begin to break.

Yeast Pancakes

(Serves six to eight)

2 1/4 cups all-purpose flour 3 tablespoons sugar 1 teaspoon salt
1 teaspoon ground cinnamon 2 1/4 teaspoons rapid rise yeast 1 teaspoon vanilla extract
1 1/2 cups warm milk 1/4 cup butter, melted 1 egg

1. In a large bowl combine flour, sugar, salt, cinnamon and yeast; mix well.
2. Add vanilla, milk, butter, and egg until well blended.
3. Cover and place in refrigerator overnight.
4. Heat a lightly oiled griddle or frying pan over medium high heat.
5. Stir the batter with a whisk.
6. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake.
7. Brown on both sides and serve hot.

Oklahoma Ag in the Classroom is a program of the Oklahoma Cooperative Extension Service, the Oklahoma Department of Agriculture, Food and Forestry and the Oklahoma State Department of Education.

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Buckwheat Pancakes

(Makes 12 pancakes)

1 1/4 cups buttermilk 3 tablespoons butter, melted 1 egg 1/3 cup buckwheat flour
1/2 cup all-purpose flour 3/4 teaspoon baking soda 1/4 teaspoon salt

1. Preheat a lightly oiled griddle or fry pan.
2. Whisk buttermilk, butter and egg in bowl until blended.
3. Combine flours, soda and salt in another bowl.
4. Whisk buttermilk mixture into dry ingredients until just blended.
5. Cook until bubbles form, about 2 minutes.
6. Turn over and cook additional 1 to 2 minutes more.

Whole Wheat Pancakes

(Serves five)

2 cups whole wheat flour 1 tablespoon oil 2 tablespoons honey
1 tablespoon baking powder 2 eggs 2 cups milk

1. Preheat a lightly oiled griddle or fry pan.
2. Combine all ingredients in a large bowl.
3. Whisk until smooth.
4. Pour by 1/4-cupfuls onto greased griddle or frying pan.
5. When bubbles begin to appear on top, flip.
6. Cook until they spring back when touched.

VOCABULARY ACTIVITY

1. Chose 12-15 of the words from your chosen pancake recipe that students might have difficulty reading (e.g., griddle, separate, surface, ingredients, whisk).
2. Write the words on large cards to use as flashcards.
3. Read through five of them slowly, then add two or three more each time you flash the cards at students.
4. After you have gone through them five times, students will have gained fluency in reading the recipe.

P.A.S.S. Reading—Grade 2: 3.1; Grade 3: 2.1; Grade 4: 1.1

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