

PANCAKES

too fresh to flop

PREP: 10 minutes

BAKE: 25 minutes

MAKES: 10 - 12

INGREDIENTS:

- 1½ cups of Snowflake Cake Wheat Flour
- 2 Tbsps sugar
- 2 tsp Snowflake Baking Powder
- ½ tsp salt
- 2 cups milk
- 2 large eggs
- 2 Tbsps vegetable oil, plus more for cooking
- 2 tsp cinnamon
- ¼ cup sugar

What you need:

- Mixing bowl
- Whisk
- Shallow frying pan
- Measuring cups
- Measuring spoons
- Flat bladed knife (*dinner knife*)
- Egg lifter

CONVERSION CHART

¼ tsp = 1.25ml	¼ cup = 60ml
½ tsp = 2.5ml	½ cup = 85ml
1 tsp = 5ml	½ cup = 125ml
1 Tbsp = 15ml	1 cup = 250ml

METHOD

1. Add the flour, sugar, baking powder and salt into a large mixing bowl and mix to combine.
2. Add the milk, eggs, and 2 tablespoons of vegetable oil.
3. Whisk until almost smooth, a few small lumps are fine.
4. Let the batter rest while you heat up a tablespoon of oil in a pan over medium heat.
5. Mix the cinnamon and sugar together in a small bowl and set aside.
6. Using a ¼ cup to a ⅓ cup measuring cup, scoop out some batter and pour it into the hot pan.
7. Swirl the batter so it coats the bottom of the pan.
8. Cook the pancake for 2-3 minutes until bubbles appear on the surface, the edges begin to look dry, and the bottom is golden-brown.
9. Flip and cook for another 2 to 3 minutes on the other side.
10. Transfer to a warm oven or plate.
11. Repeat the process using more oil when the pan dries out and cook the remaining pancakes.
12. Serve pancakes warm with a sprinkling of cinnamon sugar.



NOTES AND TIPS

Various stovetop temperature settings are used to achieve different results, but it can sometimes be tricky knowing when to use what setting. These tips will help you understand what each setting is used for:

Low heat - the lowest heat setting on the stove which is best used for low and slow cooking, like simmering sauces or soups or reducing the amount of liquid in a pan. This heat setting is also best for poaching fish or eggs.

Medium Heat - the middle heat setting on the stove which is a safe and most frequently used heat setting for cooking. Use medium heat to make scrambled eggs, quesadillas, fried onions, and pancakes.

Medium-High Heat - this setting would be between the middle and the highest setting on the stove and is commonly used to sauté, for cooking meats, searing, and pan-frying. Cook foods like French toast, omelettes, homemade caramel sauce, and minced beef on a medium-high heat.

High Heat is the highest setting on the stove which is usually used for bringing liquids to the boil. You would use this setting when boiling water before adding pasta to the pot for example or bringing a pot of soup to the boil before simmering it over a lower heat.