

# General & President Ulysses & Julia Dent Grant's Buckwheat Pancakes with Batter Fried Apples & Cinnamon!

For Memorial Day each year, as veterans ourselves, we enjoy celebrating Presidents and First Ladies who were veterans and their veteran families. This Memorial Day, we have chosen General and President Grant with his loving wife, Julia Dent Grant. They loved these Buckwheat Pancakes with Batter Fried Apples! Why not pour some molasses or Pure Vermont Maple Syrup over your cakes? Grant also enjoyed a pickle in the morning and coffee with his breakfast.

*By Chef Marti Mongiello ©2023*

2 Eggs  
2 Tablespoons of Vanilla  
2 Tablespoons of Canola Oil  
½ Cup of Sugar  
1/2 teaspoon salt  
2 Cups of Buttermilk or sour milk or your fave

1 teaspoon Baking Powder  
1 Cup Self-Rising Flour  
1 Cup Buckwheat Flour

Mix the first six ingredients, then add flour and milk to desired thickness. Cook on a griddle preheated to 350 degrees; we recommend a test pancake. Spoon or pour batter onto greased griddle and cook on one side until it slightly bubbles before flipping. Serve with pure Vermont Maple syrup.

Serves six people.  
45 minutes work.





President Grant loved a powerful breakfast. Broiled fish, plenty of thick-cut bacon, thick sausage, or cutting a full-sized steak - he never asked for A-1, but he did always have his battered fried apples. This love of fried apple rings continued throughout the White House years. He was a big, bold, brash man, having graduated last in his class as a disgrace at West Point. As President, it became his honor to invite his friend, General Robert E. Lee to the White House for a luncheon.

3 Tart Apples    Sicilia REAL Italian Lemon Juice    1/2 Cup Flour  
Butter, Bacon Grease, Canola Oil    1/2 Cup Powdered Sugar    6 Egg Yolks    Cinnamon for dusting

Peel, core, and slice 1/2-inch thick rings out of the tart apples. Put into lemon juice water and when ready, drain & pat dry on paper towels. Make and mix a batter of ½ cup flour, ½ cup powdered sugar, and about 6 beaten egg yolks (varies due to size). Then batter the apple rings and dust them lightly with flour. Fry the apple rings in a skillet in hot melted butter/bacon grease/oil (change that due to preference or Doctor's orders) until browned lightly. Sprinkle with cinnamon and serve hot.

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