

# Steve's Recipe for Life & Pancakes



Patti and I moved to Idyllwild on April 15<sup>th</sup>, 2021 and rented a little 2 bedroom apartment from Shane and Ashley Stewart right next door to Forest Lumber. I'm an architect, love people and we began taking over plates of hot blueberry pancakes to the staff at Forest Lumber, then on to some of the folk around town, offices, jobsites, cashiers, etc. I've been making them since Cal Poly in 1961 where I learned from Professor Bob William's wife Lee who I lived with.

We joined the Rotary and the Idyllwild Community Church shortly thereafter and really fell in love with this town.

We are thankful to Brian Paquette, Camp Emerson and the Boy Scouts who generously allowed us to use their kitchen to help with the pancake effort for this event.

## *Recipe:*

### Steve's Famous Blueberry Pancakes (18-4" Pancakes)

#### *Ingredients:*

1 Pint Cottage Cheese (450 g)	1 1/2 Cup Pancake Mix (200 g)	1/2 Cup Maple Syrup (118 ml)
1/4 Cup Sour Cream (60 g)	3/4 cup of milk (178 ml)	
1/8 Cup Avocado Oil (25-30 ml)	1 Cup Blueberries (200g)	
4 XL or 5 LG Eggs (220 ml)	4 oz. Butter (140 g)	



#### *Directions:*

1.) Mix the cottage cheese, sour cream, oil & eggs in a big bowl with a dinner fork, enough to blend the ingredients slightly. 2.) Add the pancake mix and stir together with fork until fairly well blended. 3.) Add the milk, stirring once more until somewhat blended.

4.) Use real butter on the grill; add pancake batter. (1/4 cup of batter will make a 4-5" diameter pancake). Sprinkle the blueberries on top of the fresh batter on the grill. Flip when done, remove from grill.

5.) Butter while hot and serve with maple syrup. Option: Fresh berry compote. Squash raw berries (strawberries, raspberries or blackberries are great) with a potato masher, then add a little sugar or stevia to taste.

*From: Blessings, Steve Paschall*

Steve Paschall  
Architect

858-472-5804

[paschallc2@gmail.com](mailto:paschallc2@gmail.com)

PO Box 3668

Idyllwild, CA 92549