

Whole Wheat Pancakes

Source: The Tassajara Bread Book, pp. 81--82. "To have originally called these pancakes 'entirely exceptional' sounds extravagant after all these years, but they certainly are good, especially served with jam-marbled sour cream or butter and hot maple syrup."

Perhaps I was five when Dad cared for Chet and me while Mom visited friends. At breakfast Dad made pancakes and showed his skill in flipping pancakes: the easy single flip, the challenging double flip and, while attempting the difficult triple flip, a spectacular miss with batter splattered on the ceiling, grill and table. Be forewarned.

2 cup whole wheat flour
1 tblsp baking powder
1 teasp salt
1 tblsp honey or brown sugar
2 cup milk
2 tblsp oil or melted butter
3 egg yolks, beaten
3 egg whites, stiffly beaten

Stir together the flour, baking powder, salt and sugar. If using

honey, add it to the milk and oil. Beat the milk and oil into the beaten yolks. Combine the milk mixture with the dry ingredients until just blended, and then fold in the stiffly beaten egg whites.

Cook on a hot greased griddle or frying pan. Pancakes may be made any size --- the larger ones will take longer to cook through. Serves 6, perhaps.

Variations: May be made with fruit puree (apple, apricot, banana, peach, pear) in place of the milk. Fruit chunks may be folded into the batter: blueberries, bananas, and apple are particularly good. Roasted nuts or sesame or sunflower seeds may be folded into the batter. Cornmeal, rolled oats, barley flour, or buckwheat flour (1/2 cup) may be substituted in place of an equivalent amount of whole wheat flour.

For waffles, use only 1\ 1/4 cups of milk.

Sincerely,
Bill

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