

# BUTTERMILK PANCAKES

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- 1 egg
- 1 1/4 c. buttermilk
- 2 tbsp. melted butter
- 1 1/4 c. all purpose flour
- 1 tbsp. sugar
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt

Combine egg, milk and butter. Mix dry ingredients together. Add to liquids and beat with whisk until all the flour is moistened. The batter will be slightly lumpy.

Pour about 1/4 cup of batter into a greased, hot griddle. Cook until pancakes are golden brown, turning only once. Makes 16 (4") pancakes.

# BUTTERMILK PANCAKES

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- 1 egg
- 1 c. buttermilk
- 2 tbsp. salad oil
- 1 c. all-purpose flour
- 1 tbsp. sugar
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt

Beat egg; add remaining ingredients in order listed and beat until smooth. Butter heated griddle if necessary. To test griddle, sprinkle with a few drops of water. If bubbles skitter around, heat is just right.

Pour batter from pitcher onto hot griddle. Turn pancakes as soon as they are full of bubbles but before bubbles break. Bake other side until golden brown.

# EMILY'S FAVORITE BUTTERMILK PANCAKES

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2 eggs, beaten well

2 tbsp. sugar

2 c. buttermilk

1 tsp. soda

1 tsp. salt

1 tsp. baking powder

2 c. flour

2 tbsp. Crisco oil

No need for oil in pan. Makes 10 to 12 pancakes.

VARIATION: As pancakes are poured into pan, make 1 large pancake for head and 2 small ones for ears to form a Mickey Mouse form.

## The Best (No Kidding) Buttermilk Pancakes

I know there are a zillion pancake recipes already but I went thru and this one IS different and SO good. I think that mixing well, sifting the dry ingredients, and carefully folding in the egg whites makes these so very fluffy. And, wonder of wonders, you can freeze the batter, defrost in the fridge, and the pancakes are perfect. One more thing--you must use real maple syrup and you must warm it before serving it with the pancakes.

20 pancakes

3 eggs, separated

1 2/3 cups buttermilk

1 teaspoon baking soda

2 teaspoons baking powder

1/2 teaspoon salt

1 1/2 cups flour

1 tablespoon sugar

3 tablespoons unsalted butter, melted

Directions

1 Beat the yolks until pale and smooth.

2 Beat in the buttermilk and then the baking soda and mix well.

3 Sift in the dry ingredients mixing as you add; make sure the batter is smooth.

4 Add in the melted butter and mix well.

5 Beat the egg whites in another bowl until stiff.

6 Fold into the batter until no bits of white are visible.

7 Let batter stand about 20 minutes before making pancakes.

8 Make sure your griddle is really hot (the old water droplet test).

9 Ladle batter onto griddle; turn when bubbles form across the cakes and allow to lightly brown on the second side.

10 Serve with warm maple syrup and sweet butter.

## **Buttermilk Pancakes**

*Recipe from [Allrecipes](#), via [Our Best Bites](#)*

3 c. all-purpose flour  
3 Tbsp. sugar  
1 Tbsp. baking powder  
1 1/2 tsp. baking soda  
3/4 tsp. salt  
3 c. buttermilk  
1/2 c. milk  
3 eggs, [separated](#)  
1/3 c. (5 1/3 Tbsp.) butter, melted

In a large pitcher, combine flour, sugar, baking powder, baking soda, and salt. In another container, whisk together buttermilk, milk, and the egg yolks. With an electric mixer, beat the egg whites until stiff peaks form.

Whisking constantly, add melted butter to the milk mixture. Pour this mixture into the pitcher and stir until just combined. This is kind of a pain, but it DOES have a purpose- you don't want to over mix your pancake batter, and when you do it in the pitcher, it becomes very difficult to over mix it. Plus, you can pour the batter straight onto the skillet without dirtying any MORE dishes.

When the flour has been combined but the batter is still a little lumpy, heat a non-stick skillet or griddle to medium-low heat. While the skillet is heating, gently (but completely) fold beaten egg whites into the batter. When the skillet is hot, spray it with a little non-stick cooking spray and then just pour the batter from the pitcher straight onto the hot skillet.

It takes a little adjusting to figure out where the temperature setting should be. If it's too hot, the bottoms will cook too fast and the insides will be raw, but if it's not hot enough, the outsides will get hard and dry and you'll be spending all Saturday morning in front of your stove instead of buying bras in bulk at Costco. So the first round or two of pancakes might not be perfect, but just keep adjusting the temperature until you find the setting on your stove that works best for you.

Now...after you've poured the batter onto the skillet, keep an eye on the pancakes. When you start seeing bubbles, you're almost there. When the bubbles pop and leave a

hole, it's time to flip. Gently slide a spatula/pancake turner/flipper (whatever you call it) under the pancake and quickly flip it to the other side. The other side won't take quite as long as the first side--just check here and there and when the pancakes are golden brown on both sides, you're good to go.

If you have a bunch of eaters ready to go, you can just serve them straight from the skillet. But it really irks me to be flipping pancakes and have my family/friends/pets eating while I'm cooking and then by the time I'm done making pancakes, everyone ELSE is done eating and I have to eat MY pancakes in the dirty kitchen all by myself. Okay, who am I kidding, I'd probably take them into the living room and watch the inevitable Saturday morning *Teen Mom* marathon, but still...So what I usually do is turn my oven as low as it can go, put an oven-safe plate in there, and pop the cooked pancakes onto the plate so they're still warm when everyone's ready to eat.

Wanna know my favorite thing to do with these? Add some banana slices and drizzle with **Buttermilk Syrup**. You could throw some chopped pecans on there, too, and I'm sure it would be *de-lish*.

Feel free to toss in some blueberries or chocolate chips right before you fold in the egg whites. For some reason, though, I just like mine plain

and then I can top 'em off however I want. Mmmm...light...delicately crispy on the outside, soft and fluffy on the inside. Perfect kitchen-trashing pancakes...

## **Buttermilk Caramel Syrup**

Okay, if you long-time readers think you may be experiencing a little *deja vu*, that's because you are! I posted this recipe last year not too long after we started our blog. As we continue to ~~br~~ gain new readers, we want to highlight some of our favorite recipes from days gone by, especially when they're updated with new photos!

You're probably gagging just a little as you read this. Hear me out. I had this syrup at a bed and breakfast once and promptly came home to recreate it. This is pure evil and so incredibly delicious that you'll never go back to Aunt Jemima. I suppose that's not an entirely fair comparison because this is caramel, not maple. But after this, you'll say,

"Maple WHAT, now?"

You can put this on pancakes, waffles, French toast, ice cream, or eat it with a spoon. Admit it. You know you'll do it.

### Buttermilk Syrup

- 3/4 c. buttermilk
- 1 1/2 c. sugar
- 1 stick real butter
- 2 Tbsp. corn syrup
- 1 tsp. baking soda
- 1 tsp. vanilla



Combine buttermilk, sugar, butter, corn syrup, and vanilla in a large pot. Like one you'd make soup in. Yes, you'll have way more than you need (and I'm not referring to the green leafy stuff), but this will boil all over your newly-cleaned stove if you put it in a smaller saucepan.



Bring ingredients to a boil and reduce heat to low (as long as it's still bubbling, you're okay). Cook, stirring very frequently, for 8-9 minutes. You're basically making candy here and candy-making requires constant vigilance.

When it's done, it should take on this luscious golden-brown color. Remove from heat and add vanilla.



There will be foam on top. It tastes just as good, but it's not super pretty. If you're into aesthetics, you can skim it off; otherwise, just give it a good stir.

Now eat it however you darn well please.



And this ain't just for breakfast, folks. Try it on ice cream over a **chocolate waffle!**

