

# Pancakes (double batch)

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Orig. 2008? Typed Nov 24, 2018

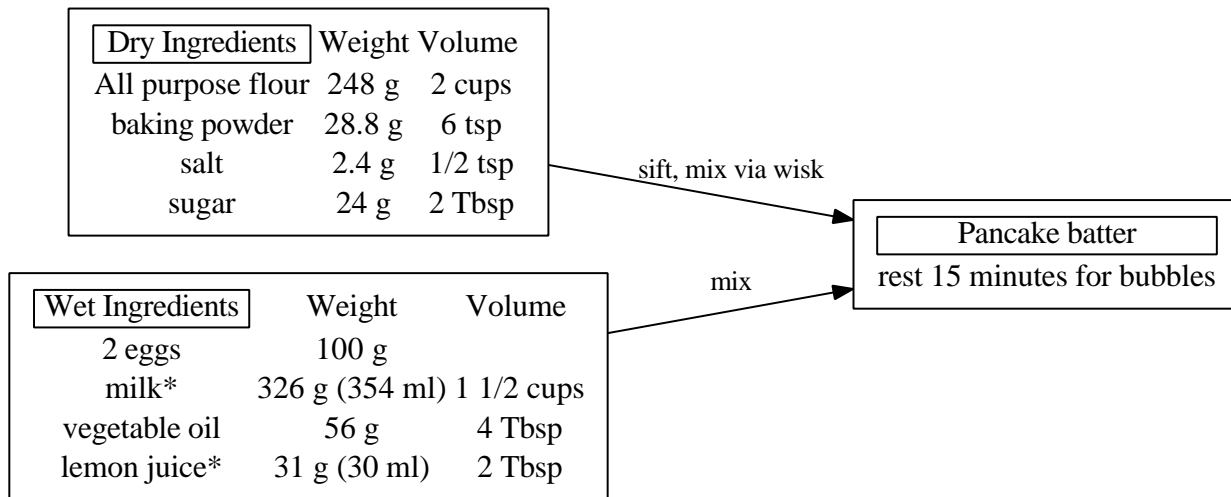
Unfortunately, I don't have a good record of where I got the original recipe for this recipe flowchart. I think it's loosely based on Alton Brown's "Perfect Pancakes", from a "Good Eats" episode? Alton's recipe is still available at <https://altonbrown.com/semi-instant-pancakes-recipe/>

Anyway, these pancakes are very nearly foolproof.

Yield: approximately 12 pancakes.

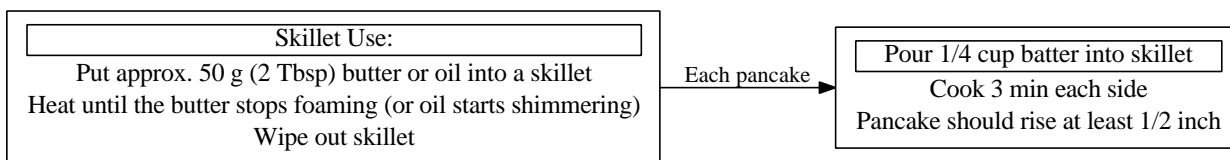
## Muffin mixing method:

The muffin mixing method is where you combine all the dry ingredients and mix them separately from all the wet ingredients, so you need two bowls. After the wet and dry bowls have been individually mixed, dump the wet ingredients on to the dry ingredients, and mix, but don't mix all of the smallest lumps out. (Small lumps will be cooked out in the skillet. Overmixing will form too much gluten, leading to rubbery pancakes.)



The resting time is necessary for the two-phase baking powder to complete its first phase. If you don't see bubbles, there is too little acid in the recipe, so add cream of tartar or lemon juice. If the batter is too thin, add flour in small (50 g) increments.

## Cooking:



The purpose of preheating the skillet is so that any imperfections in the metal will be evened out before the first pancake is put in. Skillets should not be heated empty, so heat an oil or butter in the skillet first, then wipe it out with paper towels.

\* Note July 24, 2011: Whole wheat 1:1 substitution: replace all purpose flour with whole wheat flour (same amount), reduce baking powder to 20 g, reduce skillet temperature to 225 F, increase cooking time to 5 minutes each side.

\* Note Jun 1, 2018: No milk / Greek yogurt substitution: replace milk and lemon juice with 200 g (2 cups) Greek yogurt and 170 g water. Make sure batter is not too thick! Pancake should spread to about 5-6 inches in diameter.