

Peach & Blueberry Pancake



Fresh, ripe peaches and blueberries make for a great fruit pancake. You can make the pancake either with a very simple batter – just like the simple apple pancake batter – or you can crank up the flavor with some or all of the optional ingredients listed below – or others you come up with on your own.

Preparation Time: 5-10 minutes

Cooking Time: 15-20 minutes

Ingredients

(per 10 inch pancake)

1-2 Ripe Peaches

Handful Blueberries

2 Eggs

Dash of Salt

1 Tablespoon Sugar

1 Teaspoon Vanilla Extract

2 Tablespoons Flour (I'm using whole wheat flour but any flour will work)

Ground Cinnamon

Butter or Margarine

Optional Ingredients (insert) – Your choice or combination of Oat Bran, Wheat Germ, Ground Almond, Ground Flax Seed



Equipment

Mixing Bowl

Whisk or Fork

Teaspoon

Tablespoon

Sharp Knife

Cutting Board

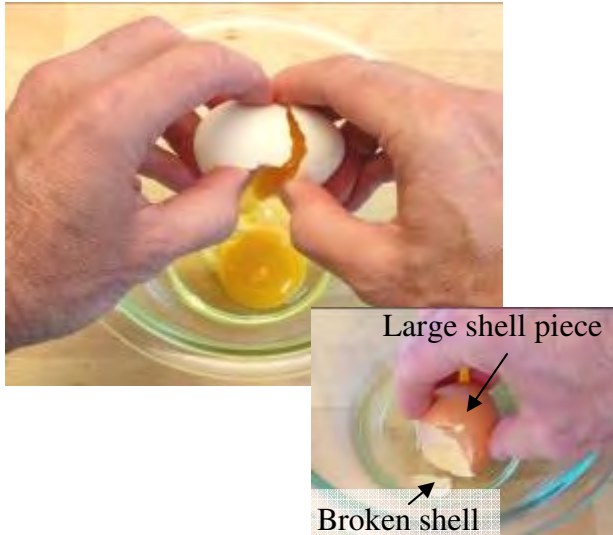
10 Inch Frying Pan

Large Plate or Pan Top

Spatula



1. Break **2 eggs** into a working bowl. If necessary, remove any broken shell pieces from the bowl like the one shown in the insert below by using a larger shell piece to scoop up the smaller piece(s) – the two shell pieces should attract each other. Then...



...add about as much **salt** as shown,...



...1 tablespoon of **sugar**,...



...1 teaspoon of **vanilla extract**,...



...2 tablespoons of **flour**,...



...1 tablespoon of **milk**, and...



...either skip to step 2, or add your choice or all of the following optional ingredients:
oat bran,...



...1 tablespoon **wheat germ**,...



...1 tablespoon **ground almond**, and/or...



...1 tablespoon **ground flax seed**.



2. Stir vigorously with a fork or whisk (1) until the **batter** is evenly mixed (no need to get rid of every lump) as shown in (2) below.

(1)

(2)



3. Put the pan on the stove (1) and turn on the burner to **LOW MEDIUM** heat (2).

(1)

(2)



4. While the pan warms, rinse the **peaches** (1) and **blueberries** (2) in the sink, and remove any stems from the **blueberries** (3). Then...



1



2



3

...cut the **peaches** in half right at the cleft (4), carefully twist the two halves apart (5), angle a sharp knife to cut out the seed (6), and cut each half into 6-8 slices (7).



4



5



6



7

5. Check the frying pan for the proper cooking temperature by running cold tap water on your fingers (1) and flicking the water in the pan (2). The pan is warm enough to cook when the water evaporates with barely a sizzle. (If the water sizzles and evaporates as soon as it hits the pan, remove the pan from the heat for a few minutes to let it cool. Turn down the burner heat a few notches and heat the pan again. If the water doesn't sizzle at all, keep warming the pan.)



(1) Wet your fingers with cool tap water.

(2) Flick the water into the pan (without touching the pan surface). The water should evaporate with barely a sizzle.



6. Add about as much **butter** or **margarine** to the warm pan as shown. Then...



...swirl the **butter** or **margarine** in the pan by rolling your wrist as shown below until...



...the pan bottom is evenly coated as shown here.



7. Add the **batter** to the warm pan (1) and give the pan a quick back and forth shuffle to ensure the **batter** covers the pan bottom evenly as shown in (2).

(1)

(2)



8. Add **peach slices** (1) and **blueberries** (2) until the **batter** is evenly covered as shown in (3).



9. Cook for 5-7 minutes (or longer) making sure the **butter** or **margarine** barely bubbles as shown in (1) below (If the **butter** or **margarine** bubbles vigorously, turn the stove heat down until the bubbles barely foam. If the **butter** or **margarine** doesn't bubble at all, turn up the burner heat until it does.). Give the pan a back and forth shuffle every few minutes and check the bottom for doneness by sliding a spatula under a corner of the **pancake** to look underneath. The bottom is done when it is lightly browned as shown in (2),

(1)

(2)



...in one smooth, quick motion so that the plate or pan top ends up on top of the pan as shown in (6).

(5)

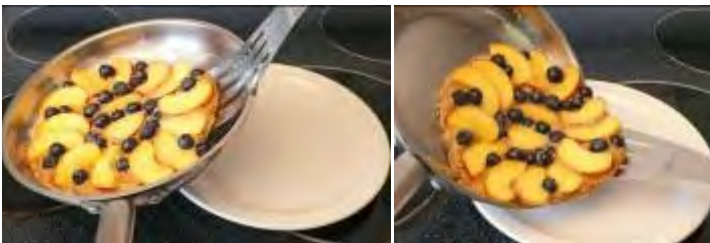
(6)



10. Turn the **pancake** over by first sliding a spatula under the **pancake** (1) and placing it on top of either a large plate (2) or pan top. Then...

(1)

(2)



11. Give the pan an occasional quick back and forth shuffle (1), cook for another 5-7 minutes. and check for doneness by pressing your fingers on the bottom-up side of the **pancake** (2) just hard enough to feel if the **pancake dough** is solid inside, not runny. (Getting the "feel" right might take practice, but that's fine. It's much better to err on the side of underdone and keep cooking until the **pancake** is done than overcook and burn the **pancake**.)

(1)

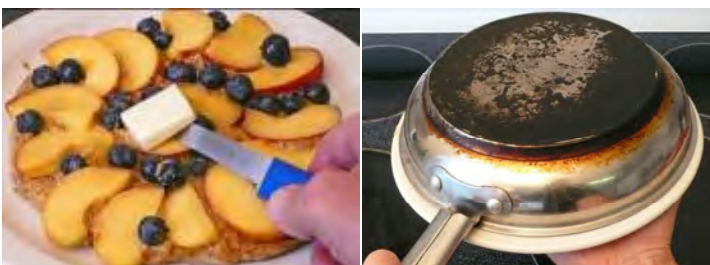
(2)



...add about as much **butter** or **margarine** to the top of the **pancake** as shown in (3) . Cover the **pancake** with either a large plate or pan top as shown in (4),...

(3)

(4)



12. When the **pancake** is done, put the plate or pan top over the pan, hold them both securely together again (1), and then turn them over in one quick, smooth motion (2) so that the **pancake** comes out...



...apply enough pressure with both hands to keep the plate or pan top and pan firmly pressed together (5) while turning them over as a unit

...**peach** and **blueberry** side up with the **peaches** lightly browned (3).

(3)



13. Top the **pancake** with a dusting of **ground cinnamon** (1) and **sugar** (2), and serve either warm or at room temperature.

