

Fresh Apple Pancake



TIP: The hardest part about making this fresh and flavorful pancake is turning it over from fruit-side up to fruit-side down and then back to fruit-side up to serve on a plate. *No problem.* These step-by-step picture book directions show how to make those turns as easily and safely as possible using either a pan top or large plate.

Preparation Time: 5-10 minutes

Total Cooking Time: 15-20 minutes

Ingredients

(per 8-10 inch pancake)

1 Large or 2 Small Apples

2 Eggs

Dash of Salt

1 Tablespoon Sugar (optional)

1 Teaspoon Vanilla Extract

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

Handful of Dried Cranberries and/or Raisins

Milk

Butter or Margarine

Ground Cinnamon

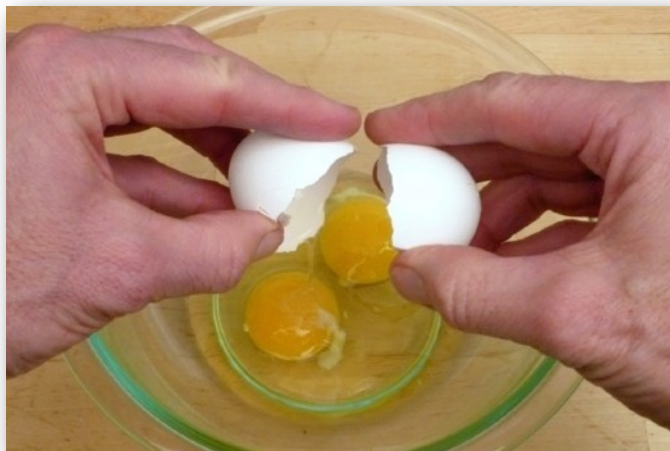


Equipment

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 bowl, and add the following:



Dash of salt



1 teaspoon vanilla extract



1 tablespoon sugar (optional - I don't use any sugar)



3 tablespoons flour



2 Handfuls of dried fruit (I'm using 1 handful of **dried cranberries** and 1 handful

of raisins , but any **dried fruit** will work).



2-3 tablespoons (or a good splash if you don't want to measure) **milk**



2. Stir vigorously with either a fork or whisk until...



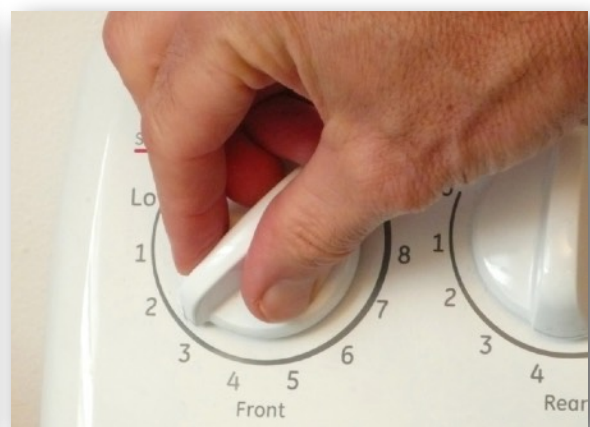
or



...the **batter** is evenly mixed (there's no need to get rid of every lump) as shown here.



3. Put the pan on the stove, and turn on the burner to LOW-MEDIUM heat.



4. While the pan warms, rinse the **apple(s)** in the sink, shake them dry, and prepare them as

follows:



Cut the **apple(s)** in half lengthwise, and cut each **apple half** in half again.



CAREFULLY remove the **core** from each **apple quarter**, and finish by...



...cutting **slices** about 1/4 inch (6 mm) wide.



5. Check the frying pan for the proper cooking temperature by running cold tap water on your fingers and flicking the water onto the pan surface. The pan is warm enough to cook when the water evaporates with a sizzle. **NOTE:** If the water sizzles and evaporates into steam as soon as it hits the pan surface, remove the pan from the heat for a few minutes to let it cool. Turn down the burner heat a few notches. Then heat and test the pan again. If the water doesn't sizzle at all, keep warming the pan.



6. When the pan is warm enough to cook, add a **1/4 - 1/2 inch (6-12 mm) slab of butter or margarine** to the pan as shown. Then...



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



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



7. Pour **all the batter** into the warm pan,...



...and give the pan a quick back and forth

shuffle to ensure the **batter** covers the pan surface evenly.



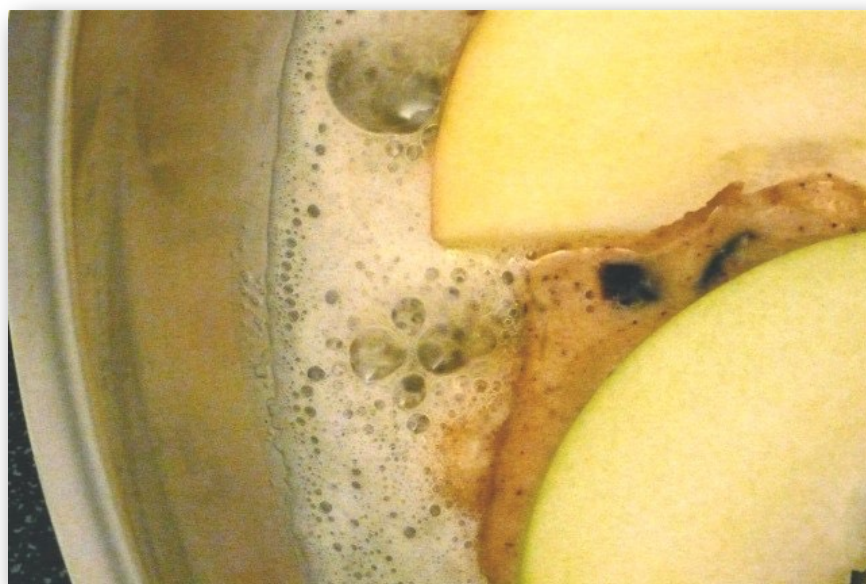
8. Top with **apple slices** until...



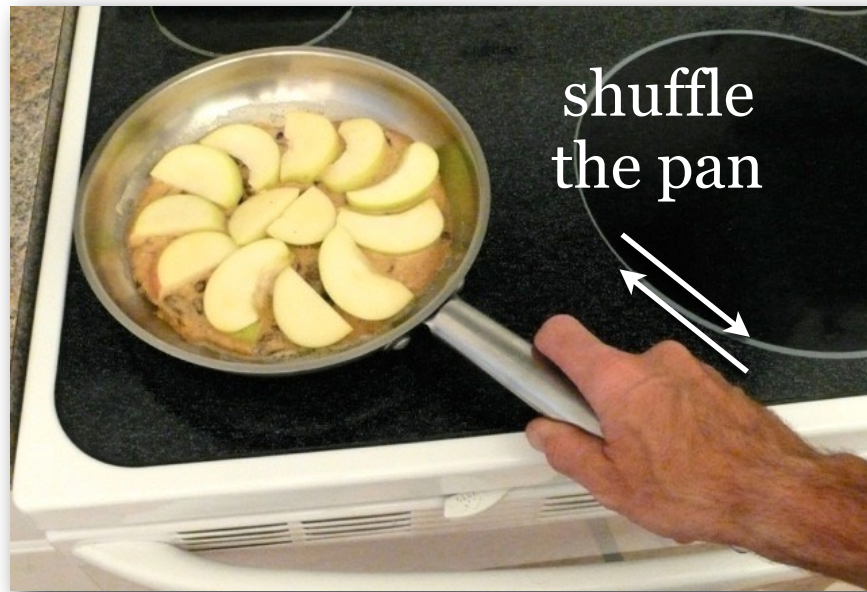
...the **batter** is evenly covered.



9. Cook for 5-7 minutes (or longer) making sure the **butter** or **margarine** barely bubbles as shown 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 slightly until it does.)



Give the pan a back and forth shuffle every few minutes to ensure the **pancake** stays loose on the pan surface, and then...



...check the **pancake bottom** for doneness by sliding a spatula under and lifting up a **corner of the pancake** - the bottom is done when it is lightly browned as shown here.



10. When the **pancake bottom** is lightly browned, use a spatula to transfer the **half cooked pancake** either to a large pan top (top left photo) or a big plate (bottom right photo)



Add a **1/4 inch (6 mm) slab of butter or margarine** to the **top of the pancake**.



Cover the **pancake** with the pan, apply enough pressure with both hands to keep the pan snugly in place over the **pancake**, and maintain the pressure while turning both hands as a unit as shown whether using a pan top or...



...large plate...



...so that the **pancake** is now *fruit-side down* on the pan surface like this.



11. Cook for another 2-5 minutes, making sure to shuffle the pan once or twice to prevent the **pancake** from sticking to the pan bottom, until...



...the **pancake** feels firm to the touch.



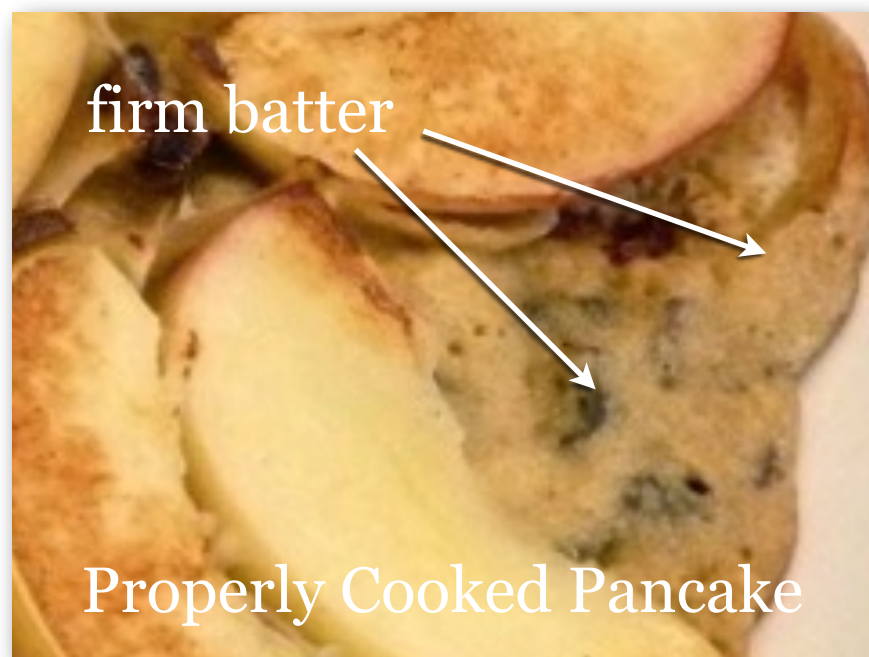
12. Cover and turn the **finished pancake** *fruit-side up* using either a pan top or...



...or plate.

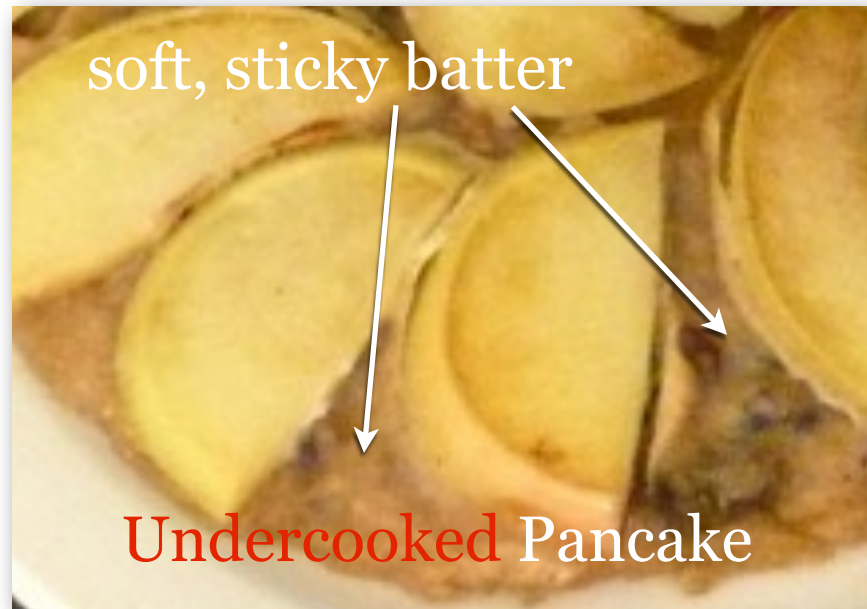


13. Check the **pancake** for DONENESS. The **pancake** is properly cooked when the **batter** is firm throughout as shown here and not runny or soft and sticky.



If, however, your **pancake batter** looks like this - still slightly soft and sticky, put the **pancake** back in the pan *fruit-side down*, and

cook it until the **batter** looks like the **batter** in the **properly cooked pancake** picture above.



14. Finish by sprinkling the **pancake** with **ground cinnamon** and...



...**sugar** (optional) to taste.



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