

# Improvised Chewy Whole Grain Pancakes



## TIPS:

1. This recipe is the first of an improvised series of recipes shot on the fly mostly with my cellphone. For more detailed instructions showing how to make pancakes, please click the breakfast tab on the Gotta' Eat, Can't Cook site (<http://www.gotta-eat.com/breakfast/>). Scroll down to "Stove Cooked

Pancakes” and select any picture book recipe for complete, easy-to-follow step-by-step picture book directions.

2. This recipe uses estimated, not always exact measurements to make preparation faster, easier...and a lot more fun.

3. Pancake toppings: You can top this pancake anyway you like - imagination is your only limit, though, as shown in the insert picture above, I do show one of my favorite toppings at the end of the recipe. Killer!

**Preparation Time:** 5-7 minutes

**Cooking Time:** about 5-7 minutes

### **Ingredients**

(for one 10-inch diameter pancake)

**1 Egg**

**Light Dash of Salt**

**Shake of Ground Cinnamon**

**Shot of Vanilla Extract**

**Cooked Whole Grains** (I used leftover cooked quinoa, spelt, and hulled barley but any cooked whole grains will work fine)

**Ground Flaxseed**

**Flour** (I used multi-grain flour but any flour will work)

**Nut Butter** (I used almond/peanut butter but any favorite nut butter will work)

**1/2 Handful Dried Fruit** (I used raisins but any dried fruit will work)

**Milk** (I used almond milk but any milk will work)

**Butter**

## **Equipment**

10-Inch Diameter Frying Pan

Spatula

Medium Sized Bowl

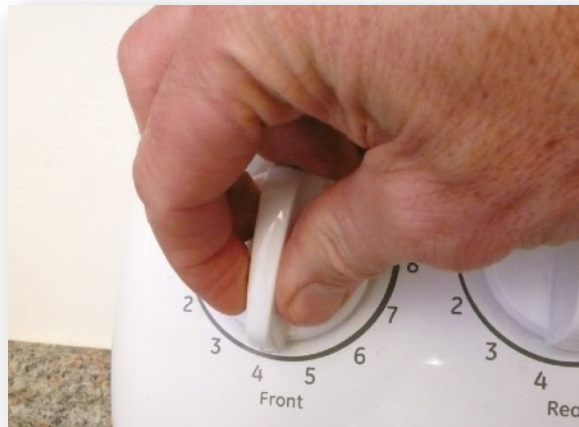
Tablespoon

Table Knife

Fork

Dinner Plate (at least as large in diameter as the pan you're using)

1. Put the frying pan on the stove, and turn on the burner to MEDIUM heat (about “4” on a scale of “1-10”).



2. While the pan warms, make the **batter** by adding the following **ingredients** to a medium sized bowl: **1 egg**, a **very light dash of salt**, **shot of vanilla extract** (1 teaspoon, if you want to measure), and **shake of ground cinnamon**.





Then add the **equivalent of about 2 tablespoons cooked whole grains** (I drained what I had in the white container below - the insert photo shows the grains I used), **about 1 tablespoon of ground flaxseed**, **about 1 tablespoon whole grain flour**,...



**...about 1 tablespoon of nut butter** (yep, that jar's almost drained), **1/2 handful of raisins** (or any dried fruit),...



...and a shot of milk (or almond or any milk).



3. Use a fork to stir the **batter** until all the

**ingredients** are completely mixed together as shown below.



4. Check the frying pan for the proper cooking temperature by wetting your fingers with tap water and flicking the water onto the pan surface. The water should sizzle and evaporate. **(NOTE:** If the water sizzles and evaporates in a puff as soon as it hits the pan, move the pan to a cool burner for a few minutes. Turn down the stove heat setting on the burner you originally used, and heat the pan again. If the water doesn't sizzle, keep warming the pan until the water sizzles on contact.)





5. When the pan is warm enough to cook, add a **1/4 - 1/2 inch slab (5-10 mm) of butter** to the pan.



Swirl the **butter** in the pan by lifting the pan off the stove, holding the pan handle and rolling your wrist until...





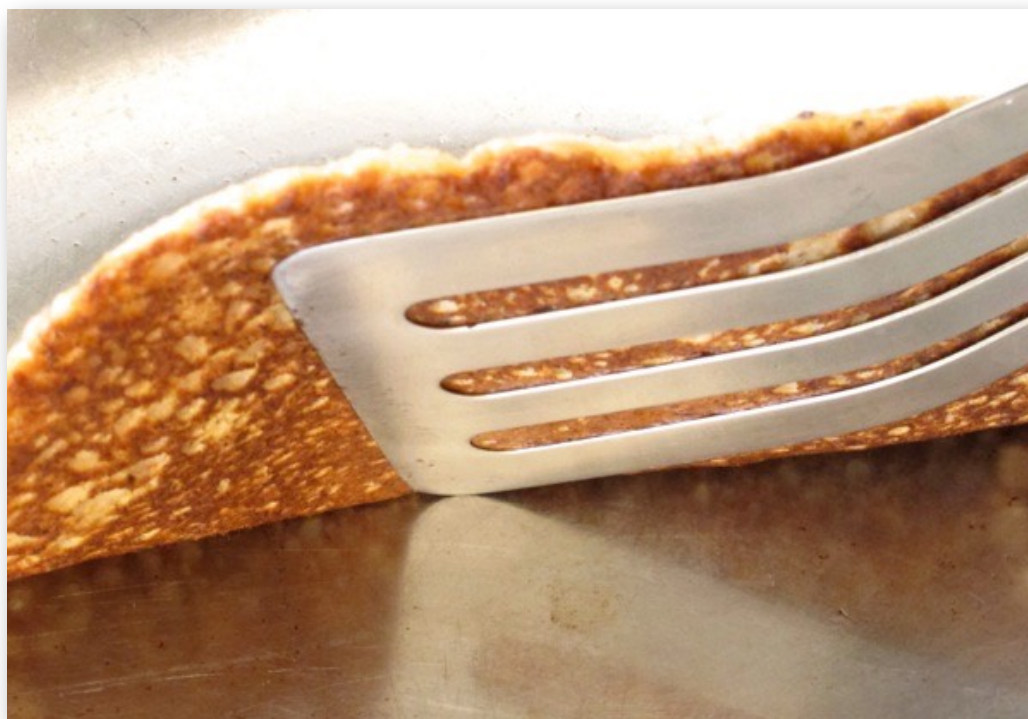
...the pan surface is coated evenly with **melted butter** like this.



6. Scoop the **batter** into the pan and use a fork to spread the **batter** evenly across the pan surface.



7. Cook for 2-3 minutes until the **bottom of the pancake**, when gently lifted with a spatula, has browned lightly.





When the **bottom of the pancake** has browned as shown above, slide a spatula under the **pancake**, (you might have to work the spatula from multiple angles, as shown below),...



...and slide the **semi-cooked pancake** onto a dinner plate.





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



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



8. Cook for another 2-3 minutes until the **bottom of the pancake**, when lifted again with a spatula, is lightly browned as shown here.



9. When the **pancake** is cooked as shown above, slide the **cooked pancake** out of the pan onto a plate.





10. Serve warm with your **favorite toppings**. Here's one of my favorite toppings as an example. I cut **a piece of the pancake**, put it in a microwave safe bowl, top that **pancake piece** with a **spoon of nut butter** (yah, that jar's a total drainer now),...



...cut fresh fruit,...





**...a shake of ground flaxseed, a good shot of low fat plain kefir (yogurt-like fermented milk drink), chopped nuts, and honey.**



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