

Organic Buttermilk Pancakes

from Organic Test Kitchen .com

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Pancakes aren't just for breakfast. Actually anytime you want something warm, starchy and comforting is a good time to make a good pancake. And even though this is true, I do find myself typically enjoying them on a Sunday morning with a cup of organic coffee and the Sunday Paper.

These are quick and easy to bring together. Hope you enjoy.

Shopping List

2 Cups of Organic All-Purpose Flour

2 Tablespoons of Organic Granulated Sugar

½ Teaspoon of Organic Baking Soda

2 Teaspoons Organic Baking Powder

½ Teaspoon of Refined Sea Salt

1 Large Pasteurized Organic Egg

2 Cups of Organic Buttermilk

8 Tablespoons of Organic Unsalted Butter (for the recipe and frying)

1 Teaspoon Organic Canola (or other vegetable) Oil

1 Tablespoon of Sour Cream

Try to stick to organic ingredients but you can substitute if necessary.

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Preliminary (Making the Batter)

-Measure 4 Tablespoons of Unsalted Butter. Place in a fry pan and melt with a low heat. Be careful not to brown. If it browns discard and start over.

-After the butter is melted set aside off the heat.

-Fluff up the Flour in it's container using a butter knife.

-Take out a Large Mixing Bowl.

-Measure & Add 2 Cups of All-Purpose Flour to the Mixing Bowl.

-Measure & Add to the Food Processor 2 Tablespoons of Granulated Sugar to the Mixing Bowl.

-Measure & Add ½ Teaspoon Baking Soda to the Mixing Bowl.

-Measure & Add 2 Teaspoons of Baking Powder to the Mixing Bowl.

-Measure & Add ½ Teaspoon of Salt to the Mixing Bowl.

-Stir the dry ingredients to roughly combine. A large Wooden Spoon works well.

-Add 1 Large Egg to the Mixing Bowl.

-Add 2 Cups of Buttermilk to the Mixing Bowl.

-Add 1 Teaspoon of Canola or other Vegetable Oil to the Mixing Bowl.

-Add 1 Tablespoon of Sour Cream to the Mixing Bowl.

-Add the Melted and Slightly Cooled Unsalted Butter to the Mixing Bowl.

-Gently stir with the wooden spoon. Don't Mix too long or too aggressively. If you do a tough pancake will result.

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Main Event (Cooking & Serving)

-Take the fry pan you used to melt the butter and place on medium heat. Add enough butter to coat the pan. Do not brown the butter. If you do discard and start over. Remove the pan from the heat.

-Spoon out some batter into the center of the fry pan. Put less than you think you'll need. Using the back of the Wooden Spoon gently spread the batter. You do not want the pancake to be thick.

-Place the fry pan on medium heat. Cook the first side until golden brown. Flip the pancake.

-Cut a pat of butter and place on the first cooked side which is showing. Use a butter knife to move this around in order to melt in some butter to the first cooked surface. Work quickly because the second side cooks fast and you don't want to burn it.

-Remove what's left of the pat of butter or leave in the center if you like.

-When the second side is done remove the finished pancake and serve immediately.

-Serve with your favorite topping. If this is Organic Maple Syrup make sure you had this gently heating on a back burner. Nothing is worse than an excellent pancake served with ice cold syrup....

Personally, I like some blueberries on top with my Maple Syrup. Forget the Cap'n Crunch, this is a real breakfast. Hope you like it. Enjoy all the wonderful things that life has to offer and remember to live naturally.