



Pancakes

Equipment List

- 1 medium bowl
- 1 large bowl
- 1 fork
- measuring cups and spoons
- 1 wooden spoon
- 1 metal spatula
- 1 rubber spatula
- 1 plastic flipper

- ❑ 1. **Stir** together the dry ingredients in a large bowl.

- ❑ 250 ml flour
- ❑ 50 ml whole wheat flour
- ❑ 30 ml sugar
- ❑ 15 ml baking powder
- ❑ 1 ml salt

- ❑ 2. **Beat** egg in medium bowl with a fork until frothy.

- ❑ 2 eggs

- ❑ 3. **Add** the milk and vegetable oil to the egg and beat with a fork.

- ❑ 250 ml milk
- ❑ 30 ml oil



Lightly grease the griddle (before it is plugged in) by rubbing in a little oil with paper towel then heat the pan (#350) until the light goes off.

- ❑ 4. **Add** all the egg and milk mixture to the dry ingredients. **Stir** with a wooden spoon just enough to moisten the batter. **Do not over stir. The batter should be lumpy.**



- ❑ 5. **Scoop** the batter with a 50 ml measuring cup. Pour small amounts onto an oiled, heated griddle. Make the pancakes the same size.



- ❑ 6. **Start** washing and drying dishes, and wiping the counters

- ❑ 7. **Flip** the pancakes over with a **PLASTIC** flipper when the bubbles start to pop and the edges look dry. The bottoms will be golden brown. Cook until the other side is golden brown. Remove onto a plate and continue cooking until the batter is all used up.

- ❑ 8. **Watch** your time for clean up. Put your pancakes on a paper plate and take them with you if you run out of time.