Blueberry Pancakes

Total Time: 15 minutes
Prep Time: 5 minutes
Bake Time: 5 minutes
Makes: 1 dozen pancakes, 6 servings

Ingredients

- 2 large eggs
- 1 cup milk
- 2 teaspoons vanilla extract
- 3 tablespoons melted butter or 3 tablespoons vegetable oil
- 1 1/2 cups Unbleached All-Purpose Flour
- 3/4 teaspoon salt
- 2 teaspoons baking powder
- 2 tablespoons sugar
- 3/4 cup blueberries, fresh or frozen

Recipe

1. Heat a griddle to 350 degrees Fahrenheit or a large frying pan over medium-low to medium heat
2. Grease the griddle or pan. (You know the surface is hot enough if a drop of water is on the griddle or pan and it evaporates immediately)
3. In a mixing bowl, beat together the eggs, milk and vanilla until the mixture is light and foamy. Then stir in the melted butter or oil
4. Next add the dry ingredients – the flour, baking powder, and sugar. Stir just enough to combine all the ingredients together. Set the mixture to the side to allow it to thicken. If the mixture is not a pourable mixture, add a slight amount of milk
5. Using a ¼ measuring cup, drop the batter on the heated griddle or pan. Sprinkle a tablespoon of blueberries onto each pancake
6. Cook the pancakes for about 2 minutes until they are golden brown on the bottom, then flip and cook on the other side for an additional 2 to 2 ½ minutes until golden.
7. Serve the pancakes right off the skillet or pan. Or place in the oven at 200 degrees on a covered platter.
8. Cover in butter and maple syrup (or any preferred toppings!)

Don’t forget to share your pancakes with Southern Food and Beverage Museum at jennie@southernfood.org !

The recipe for today is for Blueberry Pancakes, but there are many different types and ways of making pancakes! Find a pancake recipe in a cookbook in your house! This can be for any type of pancake! If you are not able to find a pancake recipe in cookbook, use the internet to research a pancake recipe.

Once you find the pancake recipe, fill out the worksheet below!

Where did you find the recipe (the source)?

__________________________________________________________

What is the title of the source?

_________________________________________________________________________________________

What is the name of the pancake recipe?

_________________________________________________________________________________________

List 5 of the ingredients:

1. ______________________________________________________________

2. ______________________________________________________________

3. ______________________________________________________________

4. ______________________________________________________________

5. ______________________________________________________________

Summarize the recipe instructions below?

_________________________________________________________________________________________

_________________________________________________________________________________________

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_________________________________________________________________________________________
1. What pancake recipe did you find during the entrance activity?

_______________________________________________________________________________________

2. What was your favorite part of making the pancakes?

_______________________________________________________________________________________

3. What other types of fruit do you want to try in pancakes?

_______________________________________________________________________________________

4. Draw an image below of your finished pancakes and everyone you shared them with!