



CINNAMON BUTTERMILK AND RICOTTA PANCAKES



Light and a little cinnamon-y. Strawberry syrup or butter maple syrup are great toppings in my opinion!

Ingredients

¾ cup all-purpose flour

1 Tablespoon granulated sugar

¼ teaspoon salt

¼ teaspoon baking soda

½ teaspoon baking powder

½ teaspoon ground cinnamon

1 large egg, separated

1 Tablespoon vegetable oil

¼ cup Ricotta cheese (whole milk is best but if you can only find low fat, let it set in a strainer to drain off the extra liquid)

¾ cup buttermilk, or milk with 1 t. vinegar or lemon juice to sour the sweet milk

1 teaspoon vanilla

Instructions

1. Blend the dry ingredients together and set aside.

2. In a separate bowl combine the egg yolk, oil, buttermilk, ricotta cheese, and vanilla. Whisk until smooth.
3. Beat the egg white until just stiff.
4. Make a well in the center of the dry ingredients and pour in the liquids. Mix together until just blended. Do not over stir.
5. Gently fold in the beaten stiff egg white until blended. Again, do not over mix.
6. Let the mixture sit for 15 minutes. This is important!
7. Heat and lightly oil a fry pan or a flat pan or griddle.
8. Pour the batter on to the hot pan. Watch for bubbles to appear on the batter. Turn and cook on the other side. They should be light brown.

TIP: If the pan is too hot the pancakes will brown before being cooked on the inside. If the pan is too cool it will take the pancakes longer to cook through and they could be tough.

I like to put a small amount of batter on the pan and “test” cook before cooking the rest of the pancakes.

YUM – DELICIOUS!

EGG PANCAKE



Ingredients

- 1/3 cup butter (or margarine)
- ½ cup fresh mushrooms, sliced (optional)
- 1 cup boiled or steamed potatoes, chopped (I prefer peeled) (optional)
- ½ cup green and red bell peppers, chopped (optional)
- ½ cup finely chopped onion (optional)
- 1 Tablespoon fresh chopped basil or little less dried basil
- 2 Tablespoons parsley chopped
- 6 eggs
- 2 Tablespoons water

¼ cup cream (or whole or fat free milk)

1 cup cooked ham, chopped (optional)

1 cup grated Cheddar cheese (or other cheese – your choice)

Instructions

1. Melt the butter in a 10" skillet. Add the mushrooms, peppers, potatoes, and onion if using. Cook over medium heat until tender, about 3-4 minutes.
2. In a medium bowl combine eggs, water, and cream (or milk) and beat until frothy.
3. Stir in ham and half the cheese (if using). Pour into the skillet. Stir gently over medium heat to cook evenly on the bottom. Approximately 3-4 minutes. As the egg mixture sets, lift the edges with a spatula to allow uncooked egg to flow underneath. Cover and continue cooking until the eggs are set. Another 3-4 minutes. **DO NOT TURN OVER.**
4. **OR BAKE** at 350 degrees F. The time will vary depending on the number of eggs and the size of the pan. But start with 15 minutes and check every 5 minutes. Just set – so the eggs are cooked but not brown.

TIP: Crack eggs one at a time in a small bowl.

If you like hot spicy foods, add some red chili flakes, or use some pepper jack cheese.

Either cut and serve pieces on serving plate or serve whole if making smaller individual frittata egg pancakes!

I used to make these for catering events for large groups, so they truly are not complicated to make (or EAT!)

PATISHAPTA (BENGALI PAN CAKE) – India



These are a filled and rolled pancake. You could make them traditional Indian style or you can make them using your own kind of filling and serve with syrup or other toppings.

Ingredients

200 grams or 1.67 cups all-purpose flour

100 grams or .83 cup semolina

OR 2.5 cups all-purpose flour, sifted instead of the top 2 ingredient flours

200 grams dried thickened milk – or 1.67 cup buttermilk (not dried)

4 teaspoons Cardamom powder

1 cup milk

250 grams granulated sugar or 2.09 cups sugar

100 grams or .83 cup sunflower oil

Fillings can be traditional scraped coconut and winter molasses or any fruit or ricotta cheese or eggs filling.

Instructions

1. Make a thick batter with the flour, semolina, milk, and little sugar. Keep aside for at least an hour.
2. Mix 200 grams sugar with the buttermilk (or dried thickened milk) and fry in 1 ½ T. oil.
3. Add cardamom powder, keep aside.
4. Place a griddle on fire, oil it thoroughly and pour 2 T. batter on center, spread it evenly in circle shape with spoon.
5. Fry (bake) in low heat until it comes off the griddle.
6. Add 2 t. filling in center of each pan cake. Roll pan cake and seal.
7. Remove from fire and enjoy.

POTATO LATKES



Ingredients

1 pound russet potatoes (2 medium)

1 small onion

1 large egg

1 teaspoon salt

3 Tablespoons all-purpose flour

1 small garlic clove, minced

Black pepper and salt to taste

Canola oil to fry

And applesauce for serving (optional)

Instructions

1. Grate the potatoes and the onion, using a box grater is easy or a food processor.
2. Squeeze shreds dry with a paper towel. They won't be crisp if there is a lot of water on the potatoes.
3. Beat the egg and salt in mixing bowl, whisk in flour until smooth.
4. Stir in garlic and potato and onion shreds. Season with pepper.
5. Warm 2 T. canola oil in nonstick skillet over medium heat.
6. Without crowding the potatoes in the pan, work in batches and drop rounded tablespoons of potato batter into the hot oil.
7. Immediately use the back of a spoon gently to flatten and spread the mixture into thin patties about 3" in diameter.
8. Cook until edges are well browned. 1-2 minutes then flip and brown the other side.
9. Drain well on paper towels before spooning next batch in the oil.

Serve hot topped with applesauce. Please enjoy!

HUNGARIAN CREPES



Ingredients

2 large eggs

1/8 teaspoon salt

1 cup cake flour (or all-purpose flour)

1 Tablespoon granulated sugar

1 cup milk

4 Tablespoons unsalted butter, melted, plus more for cooking

1/3 cup apricot jam, or your preferred flavor

½ cup slivered almonds toasted and coarsely ground (optional)

Confectioner's sugar (optional)

Instructions

1. Place in this order, eggs, salt, flour, sugar, milk, and butter in a blender.
2. Blend on high for 1 minute.
3. Scrape down sides of the container and blend 15 seconds longer.
4. Pour batter into a bowl and let it set aside 1 hour at room temperature.
5. Stir batter, heat a crepe pan or 6" nonstick skillet over medium high heat. When surface of the pan is hot, brush lightly with melted butter.
6. With one hand pour about 3 T. of the batter into the pan and with other hand lift the pan and tilt it around so the batter covers the bottom.
7. Return pan to the heat and cook until crepe surface appears dry and edges lightly browned. About 30 seconds.
8. Carefully turn the crepe over and brown on the other side 15-20 seconds. Transfer to plate (warmed preferable) and repeat until all are cooked.

Serve with warm jam if desired and then dust with confectioners' sugar if desired.

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