

PECAN PANCAKES WITH BUTTER PECAN SYRUP

<http://andreasrecipes.com/2006/01/10/pecan-pancakes-with-butter-pecan-syrup/>

Makes 4 to 5 servings.

EQUIPMENT

medium mixing bowl
small mixing bowl
griddle
small nonstick pan

INGREDIENTS

PANCAKES

1-1/4 cups (150 g) White Lily All-Purpose Flour
1 cup (128 g) white whole-wheat flour
1 teaspoon baking powder
1 teaspoon baking soda
3 tablespoons granulated sugar
1/2 teaspoon ground cinnamon
1/2 teaspoon salt
2 large eggs
2 cups (480 ml) buttermilk
2 tablespoons melted butter
1/2 cup (50 g) chopped pecans

BUTTER PECAN SYRUP

1 tablespoon unsalted butter
1/2 cup (50 g) pecans, roughly chopped
1 cup (240 ml) maple syrup

PREPARATION

1. SYRUP: Melt the butter in a small nonstick pan over low heat. Stir in the pecans and continue cooking until the pecans are hot and glistening. Pour in the syrup and stir. Cook over low heat for about 5 minutes. If you want a thicker syrup, cook longer, but take care to keep the heat low, otherwise it will burn.
2. PANCAKES: In a large mixing bowl, whisk together the White Lily Flour, whole wheat flour,

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baking powder, baking soda, sugar, and cinnamon.

3. In a small bowl, whisk together the eggs, buttermilk, and melted butter. Stir into the flour mixture until thoroughly combined, then stir in the chopped pecans. Allow to sit 2 to 3 minutes.

4. Heat the griddle or large skillet to medium-high heat. Grease lightly with oil or spray with nonstick cooking spray. The griddle is ready when small drops of water sizzle and disappear almost immediately. The pancakes will stick if griddle is too cool.

5. For each pancake, pour about 1/3 cup batter onto hot griddle. Cook one to two minutes or until bubbles begin to break on surface. Turn; cook 1 to 2 minutes or until golden brown. Remove from griddle and place on a plate in the oven at 200° F to keep warm. Serve with warm butter pecan syrup.

Variations

To substitute for buttermilk, combine 3 tablespoons lemon juice plus milk to make 2 cups.