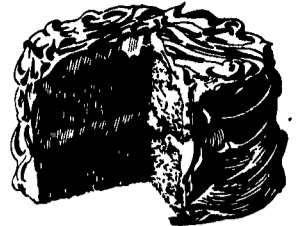


# Home On The Range



## Any Time...Any Flavor... Pancakes You'll Love

### FINNISH PANCAKES

1 qt. milk  
8 large eggs, slightly beaten  
3-4 tablespoons sugar  
1 teaspoon salt (optional)  
1 cup flour  
¼ lb. butter  
Melt butter in 12 x 16-inch pan. Mix all other ingredients and pour over melted butter. Bake in 450° oven for 20-25 minutes. Serve with maple syrup, jam, or jelly.  
For 9 x 13-inch pan, cut recipe in half.  
For 8 x 8-inch pan, cut recipe in thirds.

Sue Howe  
Vermont

### YOGURT PANCAKES

2 cups baking mix (Bisquick)  
1 egg  
¼ cups milk  
1 (8 oz.) carton yogurt (any flavor)  
Mix ingredients well with rotary beater. Bake on lightly greased 375° griddle. Serve hot with butter and syrup.

Makes 3-4 servings.  
These are extremely easy, light, tender, tasty pancakes!

Carolyn Tenneson  
Washington

### APPLE PUMPKIN PANCAKES

4 eggs beaten  
2 cups applesauce  
1 cup pumpkin (I use canned)  
1 teaspoon vanilla  
2 cups flour  
½ cup sugar  
½ teaspoon salt  
3 teaspoons baking powder  
1 teaspoon cinnamon  
½ teaspoons nutmeg  
Mix ingredients in order as listed. Add 2 Tbsp. melted shortening. Spoon into greased skillet. Fry until brown on both sides to your liking. Makes 4 servings.  
I use an electric frying pan on pancake setting.

Kathy Keeny  
Glen Rock

### COTTAGE CHEESE PANCAKES

5 eggs  
1 cup Bisquick  
1 cup cottage cheese  
½ cup milk  
Put all ingredients in blender and mix until smooth. Bake on hot greased griddle. Makes about 10 to 12 pancakes.

Rev. William Brown  
Williamsport, MD

### PANCAKE MIX (Makes 2 Lbs.)

6 cups flour  
1 tablespoon salt  
6 tablespoons baking powder  
6 tablespoons sugar  
2 cups powdered milk (use a quality brand, such as Carnation, for best flavor)  
Mix well and store in a covered container in refrigerator.  
When ready to make a batch, combine:  
1½ cups of above mixture  
1 egg  
½ cup water  
2 tablespoons oil  
Stir together. Add a little more water (up to ½ cup) if thinner batter is desired. Fry on a hot buttered griddle until brown on both sides.

Patricia Wax  
Newville

### PANCAKES

1 egg  
1¼ cups buttermilk  
2 tablespoons soft shortening  
1¼ cups sifted flour  
1 teaspoon sugar  
1 teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
½ cup blueberries, optional  
Beat egg well. Add buttermilk and dry ingredients. Beat till batter is smooth. If desired, gently fold in blueberries.

Fry on griddle, turning once.  
D. Witmer  
Ephrata

### OATMEAL PANCAKES

1½ cups uncooked rolled oats  
¾ cup dry milk plus 1½ cups water OR 1½ cups whole or skim milk.  
Mix together (next four ingredients):

1 cup flour  
2½ teaspoons baking powder  
1 teaspoon (or less) salt  
2 tablespoons sugar  
2 eggs  
½ cup vegetable oil

Mix rolled oats and dry milk; add water and stir OR mix regular milk with the oats. Stir in dry ingredients. Stir in eggs and oil. (If batter is too thick add more milk.) Bake on slightly greased griddle or frypan. Don't let it get too brown before inside is cooked. (This is a thicker batter and may need to be cooked more slowly than regular pancakes. These pancakes are great with 1 cup blueberries added. Makes about 16 pancakes (4").

Kathy Sandoe  
Conowingo, MD

### PANCAKES (Master Recipe)

1 or 2 eggs, well beaten  
1½ cups milk, scant  
2 tablespoons melted shortening  
2 cups sifted enriched flour  
3 teaspoons baking powder  
½ teaspoon salt  
1 tablespoon sugar  
Combine egg, milk, shortening. Add to sifted dry ingredients. Beat only until smooth. Pour by spoonfuls onto hot, lightly greased or ungreased griddle.  
Bake until bubbles on top burst. Turn and bake on other side. Makes about 15 medium sized cakes.

Variations of Master Recipe  
Apple Pancakes: Add 1 cup finely chopped tart apple to batter.  
Blueberry Pancakes: Add 1 cup fresh, or drained canned blueberries to batter.

Cherry or Peach Pancakes: Add to batter 1 cup drained, chopped cherries or peaches, fresh or canned. Serve hot with butter and a syrup of sugar and cherry juice or sugar and peach juice.

Chocolate Pancakes: Increase sugar to ½ cup. Add 1 square melted, unsweetened chocolate to liquid ingredients. Serve as dessert with sweetened, flavored whipped cream.

Corn Meal Pancakes: Substitute ¾ cup corn meal for ¾ cup white flour and 1 tablespoon dark molasses for 1 tablespoon sugar.

Meat Pancakes: Add ¼ cup any chopped cooked meat to batter.

Pecan Pancakes: Add ¼ cup chopped pecans to dry ingredients.

Pancake Sandwich: Place a thin slice of cooked ham or sausage over first cake, cover with batter, brown and turn.

Pineapple Pancakes: Add 1 cup drained, crushed pineapple to batter. Bake slowly on greased hot griddle.

Rice Pancakes: Substitute 1 cup cooked rice for 1 cup flour. Reduce milk to 1 cup. Add rice to egg-milk mixture.

Sour Milk Pancakes: Substitute scant 2 cups sour milk or scant 2 cups buttermilk for sweet milk. Use only 2 teaspoons baking powder and add 1 teaspoon baking soda.

Whole Wheat Pancakes: Substitute 1 cup whole wheat flour for 1 cup white flour.

Buckwheat Pancakes: Substitute 1 cup buckwheat for 1 cup white flour.

### WHOLE WHEAT PANCAKES

1 egg  
1 cup buttermilk  
¾ cup whole wheat flour  
1 tablespoon brown or white sugar  
1 teaspoon baking powder  
½ teaspoon salt  
Beat eggs and add other ingredients. Fry until golden brown.

Mrs. J. Zimmerman  
Terre Hill



For each pancake, pour ¼ cup batter on hot, lightly oiled skillet and fry (380 degrees) on both sides until golden brown. Serve hot, garnished with cream, butter, syrup or preferred topping.

### RUMANIAN PANCAKES

1 cup sifted enriched flour  
1 cup milk  
1 egg, beaten  
¼ teaspoon salt  
1 tablespoon sugar  
Dash of cinnamon, optional  
Canned cherries  
Powdered Sugar  
Add flour to milk and beat until well blended. Add egg, salt, sugar and cinnamon. Mix thoroughly.  
Bake on a greased griddle until brown on one side. Turn and brown on other side.  
Spread cherries over pancakes while hot. Roll up and sprinkle with powdered sugar.  
Serve hot as dessert. Serves 4.

### YOGURT PANCAKES

2 eggs  
½ cup yogurt, plain  
¼ cup milk  
2 tablespoons oil  
1 cup unbleached flour  
2 tablespoons wheat germ (optional)  
1 tablespoon sugar  
½ cup blueberries (optional)  
½ teaspoon baking powder  
¼ teaspoon salt  
Beat eggs. Add remaining ingredients. Pour on buttered griddle. Turn pancakes only once when bubbled. Serves 2-4.

Wendy Puff  
Mercer Co. Dairy Princess

(Turn to Page B6)

## Featured Recipe

Pure maple syrup contains no preservatives, artificial coloring or flavoring. It is used for sweetening and flavoring in cooking. When using maple syrup in recipes, substitute ¾ cup of syrup for each cup of sugar and reduce the liquid in the recipe by three tablespoons.

Pure maple syrup has 40 calories per tablespoon. Comparatively granulated sugar has 54 calories per tablespoon and honey, 45 calories per tablespoon.

To learn about tapping maple syrup, turn to page B2 & read about Firth Maple Products. Try these two recipes from the Firth family.

### SALAD DRESSING Maple Syrup Salad Dressing

½ cup vinegar  
½ cup oil  
½ cup Maple Syrup  
Combine all ingredients in a glass jar. Shake until well blended.

### GRANOLA

2 cups rolled oats  
½ cup coarsely chopped nuts (cashews, pecans, almonds, or peanuts)  
¼ cup sesame seeds  
¼ teaspoon salt  
¼ cup light oil (not olive or anything strong)  
½ cup chopped, dried fruit (raisins, currants, dates, apricots)  
½ cup sunflower seeds  
½ cup coconut  
¼ cup Maple Syrup  
Preheat oven to 300 degrees.

In a large mixing bowl, toss together the dry ingredients. Warm Maple Syrup and oil together in a saucepan. Pour over the dry. Stir with a wooden spoon then work the mixture with your hands until everything is wet. Spread on baking sheets - no more than about ½" thick - and roast for 30-40 minutes, stirring occasionally, until golden. When the granola has cooled, stir in the dried fruit. Store in jars or plastic bags.

## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

### Feb.

- 3- Beef
- 10- Chocolate Lovers' Month
- 17- Recipes Using Nuts
- 24- Cherry Desserts