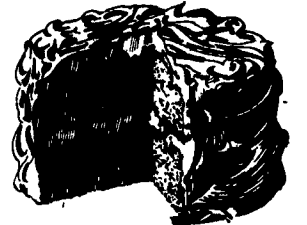


# Home On The Range



## Pancakes For Every Occasion

Pancakes are a favorite with the breakfast crowd. Although traditionally served at breakfast, pancakes appear at other times as well as around the clock. With crisp bacon or tasty sausages, pancakes are hearty enough for lunch. Served with fruit, pancakes can be used as a dessert.

Whether they are called pancakes, griddlecakes, hotcakes, flapjacks, wheatcakes or flannel cakes, they are cooked in one form or another in all nations.

### WHOLE WHEAT PANCAKES

- 2 cups milk
- 2 eggs
- 2 teaspoons baking powder
- 2 cups whole wheat flour, more or less

In large container, mix together milk, eggs, and baking powder. Add flour, beating only until large lumps disappear. Add more flour if batter is runny.

Spray skillet with vegetable spray and lightly brown pancakes over medium heat.

Batter may be refrigerated and used within one to two days.

This batter may also be used for waffles. Top with syrup, apple butter or crushed pineapple.

Donna McKim  
Stowe

### PANCAKES

- 2 tablespoons oil
- 1 cup milk
- 1 egg
- 1 cup flour
- 2 tablespoons sugar
- 2 tablespoons baking powder
- ½ teaspoon salt

In large bowl, beat oil, milk, and egg together. Sift flour, sugar, baking powder, and salt. Add dry ingredients, blending well. Stir in 1 tablespoon milk. Fry on lightly oiled hot griddle. Makes about 8 pancakes.

Delta Yeakley  
Moyer Family Cookbook

### DELICIOUS PANCAKES

- Beat together:
- 2½ cups buttermilk
  - 2 eggs
  - 4 tablespoons melted butter
- Add:
- 2 cups flour
  - 4 tablespoons baking powder
  - 1 teaspoon baking soda
  - 1 teaspoon salt
- Fry at 350 degrees in oiled skillet.

### PUMPKIN PANCAKES

- 1 cup milk
- ½ cup pumpkin puree
- 1 cup yellow cornmeal
- ½ teaspoon baking powder
- 2 tablespoons sweet butter, softened
- ½ teaspoon cayenne pepper
- ½ teaspoon chili powder
- 2 eggs, slightly beaten
- 3 scallions, with leaves, chopped fine
- 2 tablespoons chopped parsley

Preheat griddle or large frying pan over moderately high heat. In a medium saucepan, combine milk and pumpkin puree and stir over low heat until blended, about 1 minute. Stir in the cornmeal and heat until mixture is soft, about 1 minute longer. Remove from heat and scrape into bowl. Add baking powder, butter, cayenne, and chili powder; stir until well blended. Add the eggs, scallions, and parsley. Stir briefly to blend. Lightly butter the griddle. Spoon on 2 tablespoons of batter to form cakes 2- to 3-inches in diameter. Cook until tiny holes form in the center of the cakes, 1 to 2 minutes. Carefully turn over and cook until done through, 1 to 2 minutes longer. Makes 12 to 16 small cakes. Serves 4.

Edna Martin  
Shartlesville  
Community Cookbook

### SPICED APPLE PANCAKES

- 2 cups baking mix
- 1 egg
- 1½ cups milk
- ¼ cup grated apples
- 1 cup sugar
- 2 tablespoons cornstarch
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 cups apple cider
- 2 tablespoons lemon juice
- ¼ cup butter, softened

Combine baking mix, egg, milk, and grated apples in bowl; mix well. Drop by tablespoonful onto hot griddle. Bake until browned on each side. Combine sugar, cornstarch, cinnamon, and nutmeg in small saucepan. Stir in cider and lemon juice. Bring to a boil. Cook for one minute; remove from heat. Add butter, stirring until melted. Serve over hot pancakes. May add dollop of sour cream on each pancake.

Dorothy Riffner  
Wills

### BANANA NUT PANCAKES

- 1½ cups rice flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- ½ teaspoon xanthan gum
- 1¼ cups water
- 3 tablespoons vegetable oil
- 2 tablespoons honey
- 2 egg yolks, beaten
- 2 large bananas mashed
- ½ cup chopped walnuts
- 2 egg whites
- Vegetable oil for frying

Combine flour, baking powder, salt, and xanthan gum in medium bowl. Stir in water, oil, honey, egg yolks, banana, and nuts. Beat egg whites in medium bowl until stiff peaks form. Fold into batter. Pour batter onto hot oiled griddle or skillet; cook on both sides until golden.

Rice Council

### GOAT MILK PANCAKES

- 2 cups flour
- 4 teaspoons sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- ½ teaspoon baking soda
- 1 cup goat milk
- 1 cup buttermilk
- 2 eggs, separated
- ¼ cup melted butter
- Syrup

Combine flour, sugar, baking powder, salt, and baking soda. Combine goat milk, buttermilk, beaten egg yolks, and butter. Add to dry ingredients and mix well. Fold in stiffly beaten egg whites. For each pancake, pour ¼ cup batter onto lightly greased griddle. Cook until browned on each side. Serve with syrup. Makes 16 pancakes.

Schuykill Co. Fair Cookbook

### AUTUMN APPLE PANCAKES

- 1 cup chunky applesauce
  - 2 cups pancake mix
  - 2 eggs, beaten
  - 1 cup milk
  - 1 teaspoon cinnamon
  - ¼ cup packed brown sugar
- Combine applesauce, pancake mix, eggs, milk, cinnamon, and brown sugar in bowl; mix until



Pancakes made from traditional and novel recipes are no longer relegated to breakfast fare. Serve them for dessert or a light supper. Make them ahead, freeze, and warm up in a microwave.

smooth. Spray electric skillet with nonstick cooking spray; heat to 375 degrees. Drop 2 tablespoons batter in skillet for each apple cake. Bake for 2 minutes on each side or until browned. Serve with applesauce or syrup. Yield: 4 servings.

Alice Gilmore  
Somerset

### BUCKWHEAT CAKES

- 4 cups buttermilk
  - 1 cup packed brown sugar
  - 2 pounds buckwheat flour
  - ½ cup yeast
  - Salt to taste
  - 1 teaspoon baking soda
- Combine buttermilk, brown sugar, buckwheat flour, yeast and salt in large crock; mix well. Remove 4 cups batter. Add baking soda and enough water to make batter desired consistency. Drop by tablespoonful onto hot griddle. Bake 3 to 4 minutes on each side or until browned. Store remaining batter in refrigerator for several weeks until ready to use. Yield: 30 servings.

Howard McMillin  
Westfield

### GERMAN BLUEBERRY BAKED PANCAKE

- 4 eggs
- ¼ cup flour
- 1 tablespoon sugar
- ½ cup milk
- 1-pound 6-ounce can blueberry pie filling
- ¼ cup slivered branched almonds

Confectioners' sugar  
Beat eggs, flour, sugar, and milk until smooth. Pour batter into a heavily greased 10-inch skillet with a heatproof or removable handle. Bake in in preheated 425-degree oven for 10 minutes, reduce heat to 375 degrees and bake another 10 minutes or until pancake edge curls up and over the side of the skillet and is richly browned. Heat blueberry pie filling. Remove pancake from oven and spoon hot blueberry mixture into middle of pancake. Sprinkle with slivered almonds and confectioners' sugar. Cut into wedges to serve. Serves 6.

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## 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.

### September

- 17- What do you do with apples?
- 24- National Honey Month

### October

- 1- Nat. Pork Month
- 8- National Chicken Month

## Featured Recipe

Need ideas for healthy and fun snacks filled with essential nutrients? Kathryn Jarrett, Lycoming County Dairy Princess, offers these recipes filled with calcium, to help build strong bones and teeth. These snacks are easy to make and packed with flavor your kids will love.

### NEAT-O BURRITO

- 1 piece (1 ounce) string cheese
- 1 (6-inch) flour tortilla
- 1 tablespoon jarred chunky-style salsa

Place string cheese slightly off the center of the tortilla; top cheese with salsa. Roll up like a jelly roll. Place seam side down on a small plate; lightly cover with plastic wrap, leaving a corner open for steam to escape. Microwave on HIGH until cheese melts, about 30 seconds. Let cool slightly before eating. Remember filling may be much hotter than the outside.

### RASPBERRY-APPLE MILK SHAKE

- 1 cup lowfat milk
- 2 tablespoons frozen apple juice concentrate
- 1 container (8 oz.) raspberry lowfat yogurt

In a medium bowl using a whisk or large fork, combine milk and apple juice concentrate until smooth. You can also shake them in a jar with a tight fitting cover. With a small spoon stir the yogurt; add it to the milk and apple juice concentrate. Stir or shake until smooth and blended. Makes 2 servings.