



*Karen*

KAREN CROUSE



NAPA VALLEY

# Cooking with KAREN CROUSE

Who doesn't love pancakes? We even have a Pancake Day, also known as Shrove Tuesday, when, traditionally, they were made to use up dairy as Lent began.

Varying recipes exist from around the globe. This simple one renders a light,

fluffy cake that you can top with sweet or savory ingredients like berries, bacon, sausage, whipped cream, and jams.

I prefer to serve them as simple as they are to make, slathered with butter and drenched with pure maple syrup. Happy Pancake Day!



FOR MORE INFORMATION [napavalleylifestylewithkarencrouse.com](http://napavalleylifestylewithkarencrouse.com)

## Light & Fluffy PANCAKES

### EQUIPMENT NEEDED

- Sifter or fine grain mesh strainer
- Large skillet or electric griddle
- Whisk
- Large mixing bowl
- Measuring cups and spoons
- Silicone spatula

### INGREDIENTS

- 1 ½ cups all-purpose flour
- 3 tsp baking powder
- 1 ½ tablespoon white sugar
- ¼ tsp fine sea salt
- 1 tsp vanilla bean extract
- 1 ½ cups milk
- 3 tablespoons unsalted butter, melted, plus more for topping
- 1 egg
- cooking spray
- pure maple syrup

*TIP: Pancake batter should be thick enough to drip off the spoon and not pour too easily. Add milk one tablespoon at a time to thin the batter.*

### PREPARATION

Sift flour, baking powder, sugar, and salt in a large bowl.

Whisk together the milk, melted butter, and egg until combined. Add to the dry ingredients until mixed but lumpy. Lumpy batter holds air that will make them fluffy when cooked.

Let the batter rest for 5 minutes. It will be thick. Do not stir it again.

Preheat a large skillet or griddle over medium heat. Spray with cooking spray.

Spoon ¼ cup of batter onto the hot skillet. Cook until bubbles appear and pop on the sides and center of each pancake, 2 to 3 minutes.

Flip and cook until the bottom is golden, 1 to 2 minutes. You can tell if they are ready if they spring back when pressed with your finger and no dough oozes. Top with butter and lots of maple syrup.