

## Notes on Pancakes/Waffles

**Pancakes** - Makes less than waffles. Easier to prepare.

Can be prepared on top of the stove in fry pan or use electric fry pan which would be easier to control the heat.

Can be mixed together with spoon or use electric handmixer.

Mix dry ingredients together, add egg, milk and oil and mix together. Batter should be lumpy.

Either use Pam spray or use butter to grease pan.

After putting batter in pan, continue to cook until the bubbles actually pop. This lets you know that the steam has cooked through the inside of the pancake. Flip over and cook until golden brown.

Preheat oven to put the pancakes on a plate and keep warm until there are enough for the whole unit to sit down together to eat as a group.

Wash the fry pan and put away before leaving.

**Waffles** - Makes more to eat than the pancakes. Harder to prepare. No leftovers.

Separate eggs - put egg white in a small narrow bowl and the egg yolks will be mixed with the oil and milk.

Stiffly beat the egg whites making sure there is no egg yolk in the egg white as the fat from the egg yolk prevents the egg white from whipping up.

Fold egg whites into batter in an over motion with a rubber spatula without stirring together. The egg whites should still be light and fluffy as they act as a leavening agent and make the waffles lighter.

Season grids of waffle iron by spraying with pam spray before heating. Turn waffle iron to medium. Close up waffle iron. Light should go off when the waffle iron is hot enough. When you put the batter into the waffle iron; not exceeding 1 cup, the light will come back on. When the waffle is down, the light goes off. If there is no light, you can tell when the waffles are done when there is no more steam coming out of the waffle iron. Do not open the waffle iron before the waffle is done as it will separate the waffle and it will need to be cleaned before starting over again.

Preheat the oven and put the waffles on a plate in the oven to keep warm until there is enough waffles for everyone to eat together in their group.

Before the students leave, they must wash and clean the grids of the waffle iron and put back in waffle iron. Leave the waffle iron open if hot and sit on counter until it has cooled.