

Alton Brown: Blueberry Flap Jacks

Kitchen # _____

- 1 c. White Whole Wheat Flour (or ½ c. AP & ½ c. WW)
- ¼ tsp. Baking soda
- ½ tsp. Baking powder
- ½ tsp. Kosher salt
- 1 tsp. Sugar
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- 1 egg, separated
- 1 c. buttermilk
- 2 tbsp. Butter, melted
- ½ c. frozen blueberries
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Maple Syrup (optional)

In one bowl, whisk together egg whites and buttermilk. In another bowl, whisk together egg yolks and melted butter. Combine the two egg mixtures and whisk until thoroughly combined. Combine all of the dry ingredients in a separate bowl. Pour wet mixture over dry mixture and mix just enough to moisten (there will be lumps). Gently fold in blueberries. Use ¼ cup portions to make pancakes. When bubbles begin to set around the edges of the pancake and the underside is golden, flip gently. Continue to cook for a couple of minutes until the pancake is set. Makes 8 small thick and fluffy

- _____ Melt the butter and separate the egg (keep both parts)
- _____ Measure the buttermilk & whisk together with the egg whites
- _____ Whisk together the egg yolks & melted butter; combine all egg mixtures thoroughly.
- _____ Measure the flour & baking soda into a large bowl--(prep skillet for cooking) ******HEAT & GREASE THE ELECTRIC SKILLET**
- _____ Measure the baking powder, salt & sugar into the flour bowl
- _____ Pour wet mixture into the dry mixture and mix till moist
- _____ Gently fold in blueberries & spray pan with non-stick spray
- _____ Add pancake batter to pan and cook until done; repeat
- _____ Measure ½ cup syrup & heat in microwave for 45 seconds
- _____ Wash dishes in hot, soapy water
- _____ Dry dishes & sink & place towel in laundry basket
- _____ Put dishes away & place recipe in basket
- _____ Wipe off counters, stove & microwave
- _____ Empty garbage & Sweep floors



Blueberry Flap Jacks Pre-Lab Questions

1. How do you separate an egg?
2. Which part of the egg does this recipe use? What should you do with the other part?
3. Why should you wash your hands after working with the raw egg?
4. Why is it important to cover the butter when melting it in the microwave?
5. Circle the correct statement as it pertains to this recipe:
 - *The dry ingredients get mixed into the wet ingredients.*
 - *The wet ingredients get mixed into the dry ingredients.*
6. True or False: The batter should be lump free.
7. What tool do you use to “gently fold in” the blueberries? What do you think would happen if you weren’t gentle?
8. How much batter is used for each pancake? _____
9. What signs indicated the pancake is ready to flip? What tool would you use?
10. Pancakes= _____ Carbs Syrup= _____ Carbs

