RECIPE

Buttermilk Pancakes

Tall, tender buttermilk pancakes for a weekend breakfast, made with olive oil instead of butter, mixed in two bowls and easy to freeze.

MAKES

4 servings US Metric

TOTAL

25 min

Ingredients

- [ ] 1 cup all-purpose flour, spooned and leveled
- [ ] 1 cup plus 1 tbsp whole-wheat flour, spooned and leveled
- [ ] 1 tbsp sugar
- [ ] 1 tsp low-sodium baking powder
- [ ] ½ tsp baking soda
- [ ] A pinch of salt
- [ ] 1 large egg
- [ ] 1 ¾ cups plus 2 tbsp buttermilk
- [ ] 2 tbsp olive oil
- [ ] 1 tsp olive oil, for the pan
- [ ] 2 cups fresh or frozen blueberries, for the top

Method

1. Into a large bowl put both flours and the sugar, then the low-sodium baking powder, the baking soda and the pinch of salt, and whisk to blend.
2. In a jug, whisk the egg, buttermilk and olive oil. Pour it over the flour and stir with a spatula until just mixed. Small lumps are fine.
3. Heat a skillet or griddle over medium heat and wipe it with a thin film of the pan oil on a paper towel.
4. Scoop ¼ cup of batter for each pancake and leave room between them. Cook about 2 minutes, until bubbles pop on top and the edges look set.

5 Flip and cook 1 to 2 minutes more, until golden and the middle springs back. Wipe the pan with a few more drops of oil between batches; the pan oil mostly stays on the paper towel.

6 Keep the finished pancakes on a rack in a 200 °F oven while you cook the rest. Makes 12. Serve 3 to a plate with ½ cup of blueberries on top, in place of syrup.