

Pancakes, Please

Grades 3-5

ELA, Science, Math, Social Studies, PE



Objectives

Students will read about Pancake Tuesday, summarize the reading page, research pancakes from other countries and cultures and participate in a pancake race. Students conduct experiments, solve math problems and conduct research related to pancakes. Students will perform hands-on activities to understand how leavening agents work in a chemical reaction to make pancakes.

Vocabulary

baking powder—a mixture of baking soda, cream of tartar and cornstarch that forms carbon dioxide when mixed in dough or batter

baking soda—the common name for sodium bicarbonate. Used in baking, cleaning and toothpaste.

carbon dioxide—a clear gas with no odor or taste that results from breathing and some chemical reactions. In baking, it is formed when baking soda and baking powder react with liquids and yeast multiplies.

leavening—a substance added to food which makes carbon dioxide bubbles form in batter or dough

yeast—a very small plant that needs food and moisture to grow - used in baked foods to help them rise

Background

Pancakes were an important food to early settlers of New England. They might have starved without the cornmeal cakes they learned to make from local Pawtuxet Indians. When the Pilgrims landed at Plymouth in 1620, most of their wheat brought from England had spoiled on the long voyage. Cornmeal cakes were also called johnnycakes, or journey cakes, because they could be carried on long trips in saddlebags and cooked along the way.

According to legend, cornmeal cakes were sometimes called “hoe cakes,” because they were cooked on a flat hoe blade. While it is true that farm laborers likely built a small fire at the edge of a field to cook the dense cornmeal cakes for lunch on a (hopefully) clean hoe, that is not the origin of the name. In some parts of England “hoe” was a slang word for the type of griddle used even today for pizza cooked in a wood-fired oven.

European settlers brought buckwheat (and buckwheat cakes) to North America in the 1600’s. The plant originated in China and grows best in cool, moist climates. Today it is grown primarily in the Northeastern US and Canada. Although it is not a grain (it is actually a member of the rhubarb family) its seed can be milled like wheat. Because it is ready to harvest in as little as 30 days, in the early days it was a particularly important crop in areas where the growing season was too short for wheat or corn.

A pancake is a thin, flat cake prepared from a batter and cooked on a hot griddle or frying pan. Pancakes variations are eaten in many different cuisines around the world. The griddle method of cooking is older than oven baking, and pancakes are an ancient food. Ancient Romans prepared Alita Dolcia (Latin for another sweet) from a batter of egg, milk, water and a little flour. They were fried and served with pepper and honey.

Pancakes as we know them today were invented in medieval Europe. Throughout Europe pancakes had a place among Easter foods, especially on Shrove Tuesday, the last day before Lent.

Pancakes Please (continued)

Since Lent is a time of abstinence and sacrifice, everyone prepared by getting rid of rich foods such as eggs, butter, and milk. The favorite dish to use up all these ingredients was pancakes. Shrove Tuesday, also known as Mardi Gras (Fat Tuesday), is everyone's last chance to indulge.

English pancakes, what we would call crepes, were made without **leavening**. The steam that formed as the pancake cooked was the only thing to make them light. In many parts of Europe, pancakes are still made without leavening. Most of the pancakes we eat in the US are made with some kind of leavener, to make the cakes lighter. Leavening is a chemical reaction caused by the formation of **carbon dioxide**. In pancakes (and other kinds of baking) carbon dioxide is formed by **baking soda, baking powder** or **yeast**. These leaveners all work in different ways and need different ingredients to help them work.

Yeast is really tiny plants that need food and water to grow. When we use yeast in bread and other recipes, the sugar and water provide food for the yeast. The yeast digests the sugar and gives off carbon dioxide gas bubbles. These gas bubbles cause air spaces that help the dough rise. The yeasts themselves are killed by heat in cooking.

Baking powder contains sodium bicarbonate, but it also includes an acidifying agent (cream of tartar) and a drying agent (usually starch). Baking powder is available as single-acting baking powder and as double-acting baking powder. Single-acting powders are activated by moisture. With double-acting powder, some gas is released at room temperature when the powder is added to dough, but the majority of the gas is released after the temperature of the dough increases with cooking.

Baking soda is pure sodium bicarbonate. When baking soda is combined with moisture and an acidic ingredient (e.g., yogurt, chocolate, buttermilk, honey), the resulting chemical reaction produces bubbles of carbon dioxide that expand at high temperatures, causing baked goods to rise. The reaction begins immediately upon mixing the ingredients.

Additional Reading

- Benger, Rick, *Once Upon a Pancake for Young Storytellers: Stories We Write Together (ages 9-12)*, Pfannkuchen Pres, 2020
- Carle, Eric, *Pancakes, Pancakes!*, Simon and Schuster, 1990
- Hoflander, Kay, *The Chautauqua Kids and The Fuddy Duddy Daddy: A Tale of Pancakes and Baseball*, AuthorHouse, 2007.
- King, Hazel, *Carbohydrates for a Healthy Body (Body Needs)*, Heinemann, 2009.
- Macaulay, David, *The Way We Work: Getting to Know the Amazing Human Body*, Houghton Mifflin, 2008.
- McGinty, Alice B., *Pancakes to Parathas: Breakfast Around the World*, Little Bee Books, 2019
- Miller, Edward, *The Monster Health Book: A Guide to Eating Healthy, Being Active and Feeling Great for Monsters & Kids*, Holiday House, 2008.
- Spinelli, Eileen, and Joanne Lew-Vriethoff, *The Dancing Pancake*, Yearling, 2011.

Websites

- <https://www.nationalgeographic.com/culture/food/the-plate/2014/05/21/hot-off-the-griddle-heres-the-history-of-pancakes/#close>
- <https://www.historic-uk.com/CultureUK/Pancake-Day/>
- <http://olneypancakeraace.org/pancake-race-history/>
- <https://www.kshs.org/kansapedia/liberal-pancake-race/18238>

REV 10/2020

Pancakes, Please

Activity 1

Grades 3-5 Teacher Resources and Standards

Activity 1: Pancake Tuesday (ELA, Social Studies, PE) 1-2 50 minute class periods

Students will read about Pancake Tuesday, summarize the reading page, research pancakes from other countries and cultures and participate in a pancake race.

Oklahoma Academic Standards

Activity 1: Pancake Tuesday (ELA, Social Studies, PE)

- 3.2.R.1 Students will locate the main idea and distinguish how key details support the main idea of a text or section of text.
- 4.2.R.1
- 5.2.R.1 Students will create an objective summary, including main idea and supporting details, while maintaining meaning and a logical sequence of events.
- 4.3.2SS Examine the characteristics of culture, including the distribution and complexity of the regions of the United States. Identify the characteristics of culture (language, customs, beliefs, food, clothing, shelter) and compare the cultural characteristics of different regions of the United States.
- S1.E6PE Grade 3: Performs a sequence of locomotor skills transitioning from one skill to another smoothly and without hesitation.
Grade 4: Combines traveling with manipulative skills of dribbling, throwing, catching, and striking in teacher-and/or student-designed small-sided practice tasks.
Grade 5: Applies skills in dynamic situations

Materials:

- Activity 1 Reading Page 1 “**Pancake Tuesday**”
- Activity 1 Worksheet 1 “**Pancake Tuesday**”
- small skillets - enough for one per group of four or five students
- pancakes (or non food substitute like a circle of cardboard or a beanbag)

Procedures

1. Read and discuss background.
2. Read and discuss Reading Page 1 “**Pancake Tuesday**,” included with this lesson and complete Worksheet 1 “**Pancake Tuesday**” by listing the main idea and supporting ideas.
—Students will retell the story in writing, place the events in proper sequence and draw pictures to illustrate the story.
3. Students will use online and library resources to research buckwheat pancakes and other common breakfast foods eaten by American pioneers.
4. Students will have a pancake relay
 - a. At the starting line, each team member flips a pancake (or substitute, like a cardboard circle or a beanbag) in a small skillet
 - b. Each team member will run, gallop, hop or skip a designated distance, carrying the skillet and pancake (without dumping the pancake)
 - c. Students return to the starting line, flip the pancake again and hand the skillet and pancake to the next person on the team.



Lent begins 40 days before Easter. This day is known as Ash Wednesday. For many people, Lent is a time for study and fasting. In the early days, people were asked to give up rich foods during Lent. These included eggs, milk, and butter. Women made pancakes to use up their supply of these foods. Other foods like crepes and waffles were made to use up dairy products.

Before the beginning of Lent there are other celebrations. Some of these are Shrove Tuesday, Mardi Gras, and Pancake Day. The idea for a Pancake Race came from this story:

A woman was cooking the family's Shrove Tuesday pancakes. While she was cooking the church bell rang. The bell called people to the church service. The woman was excited. She wanted to get to the church on time. The woman quickly ran out the door. She was still wearing her apron. She also still had the skillet in her hand. In the skillet was a pancake. Her race to the church turned into a Pancake Race tradition.

The town of Olney, England, began having a pancake race in 1445. They have had this race every year since then. We do not know how many people were in the first race. Today 25 women run 415 yards. The race begins at the Olney Marketplace and ends at the Parish Church. Women race by carrying a frying pan with a pancake in it. They must flip the pancake before the start of the race. As they cross the finish line they must flip the pancake again.

Only women can enter the Olney Pancake Race. They must have lived in Olney for at least three months. They must also be at least 18 years old.

In the United States, there is a pancake race held in Liberal, Kansas. Since 1950, women in Liberal have competed with the women in Olney. They compete to see who has the fastest runner. They also must flip a pancake. Usually, the winner finishes the race in about one minute.



Civic groups and restaurants also hold pancake day celebrations. These are often on the last day before Lent. They do this to raise money for charities and community activities.

Source: <https://www.historic-uk.com/CultureUK/Pancake-Day/>
<http://olneypancakerace.org/pancake-race-history/>
<https://www.kshs.org/kansapedia/liberal-pancake-race/18238>

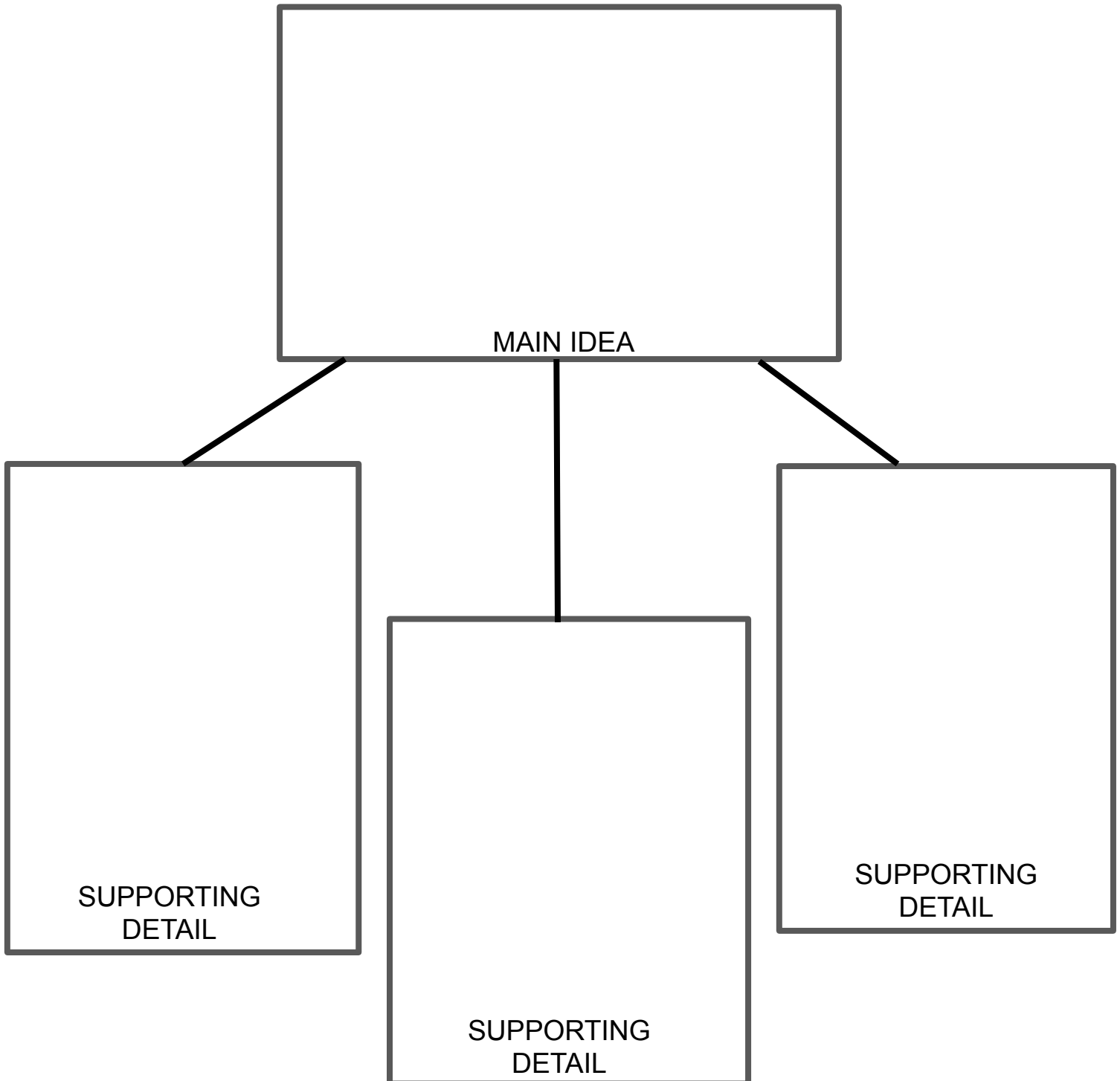
Pancakes Please

Activity 1 Worksheet 1: Pancake Tuesday



Name: _____ Date: _____

In your own words, summarize the “Pancake Tuesday” reading page. Include the main idea and at least three supporting details that are facts. Once you identify these, rewrite them in paragraph form on another paper.



Pancakes, Please

Activity 2

Grades 3-5 Teacher Resources and Standards

Activity 2: How Leaveners Work (Math, Science)

2 50 minute class periods

Students will perform hands-on activities to understand how leavening agents work in a chemical reaction to make pancakes.

Oklahoma Academic Standards

Activity 2: How Leaveners Work (Math, Science)

- 5.PS1.3 Make observations and measurements to identify materials based on their properties.
- 5.PS1.4 Conduct an investigation to determine whether the mixing of two or more substances results in new substances.
- 3.N.3.3 Recognize unit fractions and use them to compose and decompose fractions related to the same whole. Use the numerator to describe the number of parts and the denominator to describe the number of partitions.
- 4.N.1.5 Solve multi-step real-world and mathematical problems requiring the use of addition, subtraction, and multiplication of multi-digit whole numbers. Use various strategies, including the relationship between operations, the use of appropriate technology, and the context of the problem to assess the reasonableness of results.
- 4.N.2.3 Decompose a fraction in more than one way into a sum of fractions with the same denominator using concrete and pictorial models and recording results with symbolic representations
- 5.N.1.4 Solve real-world and mathematical problems requiring addition, subtraction, multiplication, and division of multi-digit whole numbers. Use various strategies, including the inverse relationships between operations, the use of technology, and the context of the problem to assess the reasonableness of results.

Materials:

- Activity 2 Worksheet 1 “How Leaveners Work”
- Activity 2 Worksheet 2 “Recipe Math”
- **Pancake Recipe Pages**
- liquid and dry measuring cups
- measuring spoons
- clear plastic cups
- measuring tape (sewing) or string and ruler
- balloons
- clean soda or water bottles
- gallon zip top bags
- recipe sheets
- electric skillets or griddles (or hot plates and skillets)
- spatulas (pancake turners) for each group
- wire whip or fork to combine liquid ingredients
- disposable plates and forks

Experiment supplies

- baking soda
- vinegar
- buttermilk
- milk
- yeast
- sugar
- warm water
- baking powder
- cream of tartar

Ingredients for each recipe as listed on recipe sheets

Pancakes Please (continued)

Procedures

1. Students will use Activity 2 Worksheet 1 “**How Leaveners Work**” to conduct experiments with baking soda, baking powder and yeast.

BAKING SODA

2. Use this experiment to demonstrate what baking soda needs in order to form carbon dioxide. For best results, ingredients should be at room temperature or slightly warmer. Vinegar should react immediately. If buttermilk is slow to react, place the bottle with buttermilk in a cup of hot water to speed up the reaction. Most regular milk does not react with baking soda.
 - A. Put 1/2 cup buttermilk in one soda or water bottle. Label it bottle A.
 - B. Put 1/2 cup regular or low fat milk in another soda or water bottle. Label it bottle B.
 - C. Put 1 tablespoon vinegar in the last soda or water bottle. Label it bottle C.
 - D. Put 1 teaspoon baking soda in each of three balloons.
 - E. Cover the mouth of each pop bottle with a balloon, shaking the balloon to be sure all the baking soda falls into the bottle.
 - F. Shake bottles slightly to mix baking soda with the liquids.
 - G. Watch the bottles for about 10 minutes.
 - H. Have students observe and record observations

BAKING POWDER

3. Baking powder contains sodium bicarbonate, but it also includes an acidifying agent (cream of tartar), and a drying agent (usually cornstarch). Baking powder is either single acting or double acting. Most baking powder sold today is double acting, which means there is a small reaction when combined with liquids, but most of reaction occurs during cooking. If you are out of baking powder, you can make your own if you have baking soda and cream of tartar. Combine ½ teaspoon cream of tartar with ¼ teaspoon baking soda to substitute for 1 teaspoon of baking powder. This is an example of a single-acting baking powder. Without the cornstarch to keep moisture in the air from reacting, this emergency substitution should be used immediately.
 - A. Stir 1 teaspoon baking powder into ⅓ cup hot water.
 - B. Stir ½ teaspoon cream of tartar and ¼ teaspoon of baking soda into ⅓ cup of hot water
 - C. Have students observe and record observations.

YEAST

4. Yeast is very tiny plants that need food and water to grow. When we use yeast in recipes, the sugar and water provide food for the yeast. The yeast digests the sugar and gives off carbon dioxide gas bubbles. These gas bubbles cause air spaces that help the dough rise. The yeasts themselves are killed by heat in cooking.
 - A. Prepare 3 cups by adding the following:
 - ½ cup cold tap water in cup A
 - ½ cup warm (100-105°F) water in cup B (check with thermometer if possible)
 - ½ cup hot (150°F or hotter) water in cup C
 - B. Dissolve 1 teaspoon sugar in each cup.
 - C. Sprinkle a package of yeast on top the water in each cup.
 - D. Allow the yeast to dissolve (about 10-15 minutes). Do not stir.
 - E. Have students use a ruler to measure the height of the yeast and water mixture in the cup at 5-minute intervals and record the results.
5. Ask students why the yeast grows best in warm water. The yeast dissolved in cold water should grow very slowly and there should be little if any growth in hot water because the yeast has been killed by the heat.

Pancakes Please (continued)

Procedures, continued

6. Students will make pancakes using the three different kinds of leaveners. (Recipes included with this lesson.)
7. Divide students into groups, and assign each group one of the recipes included with this lesson. Unless a student has food allergies and cannot sample pancakes, you should plan for one pancake per student from each recipe you use, so they can taste test.
8. Students should look at the yield and adjust the recipe based on how many pancakes are needed. For example, if a recipe makes 8-10 pancakes, the ingredients would be multiplied by 3 to serve 25-30 students.
9. To conserve ingredients, you could choose one recipe to actually enlarge, then cut prepared pancakes from other recipes into pieces for sampling.
10. For ease of cleanup, have students mix dry ingredients together in a gallon zip top bag by shaking several times.
11. Mix liquid ingredients together in a bowl or large measuring cup and then pour liquids into the bag.
12. Mix ingredients by gently squeezing the bag until all of the dry ingredients are moistened. Note: if possible, yeast pancakes should be made a day early and refrigerated to give the yeast time to grow.
13. Cook the pancakes
 - Lightly-grease a griddle or electric skillet for each group before turning on the heat.
 - Make a small diagonal cut across one corner of each pancake batter bag.
 - Students take turns squeezing the batter into a 4-inch circle onto the hot griddle or skillet.
 - When the edges start to dry and bubbles form throughout, flip the pancakes.
 - Cook pancake about one minute more after turning.
14. Provide assorted toppings butter, syrup, honey, jelly, fruit, peanut butter, etc. Have students try at least 2 of the toppings on their pancakes.
 - Students will record impressions of each topping.
 - Students will vote on their favorite pancakes and favorite toppings, and graph the results.
15. List toppings on the chalkboard. Students will list all the possible ways they can be combined.

Alternate activity:

Compare traditional buttermilk or baking powder pancakes with hoe cakes, buckwheat pancakes or crepes (rather than comparing pancakes made with the three types of leaveners) and compare taste and texture of each.

Pancakes Please

Activity 2 Worksheet 1: How Leaveners Work



Name: _____ Date: _____

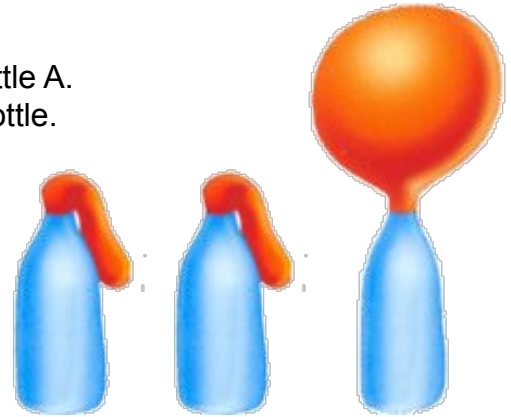
Pancakes are light and fluffy because of bubbles caused by carbon dioxide. This is a chemical reaction. In cooking, these chemical reactions are called leavening. Cooking leaveners include baking soda, baking powder and yeast. These leaveners work with different ingredients to make foods “rise.”

BAKING SODA

Baking soda is the common name for sodium bicarbonate. When baking soda is mixed with moisture and an acidic liquid the chemical reaction makes carbon dioxide bubbles. The bubbles grow within the batter or dough, causing foods to rise. The reaction starts as soon as ingredients are mixed. As the food is baked, it speeds up the reaction.

Use this experiment to show what baking soda needs in order to form carbon dioxide. For best results, ingredients should be at room temperature or slightly warmer.

- Put 1/2 cup buttermilk in one soda or water bottle. Label it bottle A.
- Put 1/2 cup regular or low fat milk in another soda or water bottle. Label it bottle B.
- Put 1 tablespoon vinegar in the last soda or water bottle. Label it bottle C.
- Put 1 teaspoon baking soda in each of three balloons.
- Cover the mouth of each pop bottle with a balloon, shaking the balloon to be sure all the baking soda falls into the bottle.
- Shake bottles slightly to mix baking soda with the liquids.
- Watch the bottles for about 10 minutes.
- Record results on the table below. Use a sewing tape measure or a piece of string and a ruler to measure the circumference of the balloons.



	Bottle A	Bottle B	Bottle C
Measurement at 1 minute			
Measurement at 5 minutes			
Measurement at 10 minutes			

- Was carbon dioxide formed in every bottle? _____
- If the answer to question 9 was “no”, which bottle(s) did not form carbon dioxide? _____

- Which bottle had the fastest reaction? _____

Activity 2 Worksheet 1: How Leaveners Work (continued)

BAKING POWDER

Baking powder contains sodium bicarbonate (baking soda). It also includes an acid (cream of tartar). It also has a substance to absorb moisture. This prevents a chemical reaction during storage (usually cornstarch). If you are out of baking powder, you can make your own by mixing $\frac{1}{2}$ teaspoon cream of tartar with $\frac{1}{4}$ teaspoon baking soda to use in place of 1 teaspoon of baking powder. Baking powder is either double-acting or single acting. Double-acting powder releases some carbon dioxide at room temperature when it is added to dough. The majority of the gas is released after the temperature of the dough increases with cooking or baking. Single-acting baking powder begins to react as soon as it is combined with liquid. Compare the reactions of two types of baking powder below:

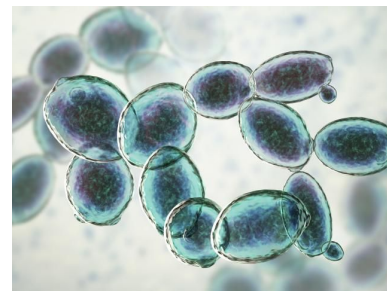
- Stir 1 teaspoon baking powder into $\frac{1}{3}$ cup hot water.
- Stir $\frac{1}{2}$ teaspoon cream of tartar and $\frac{1}{4}$ teaspoon of baking soda into $\frac{1}{3}$ cup of hot water
- Observe and record the results.

- Did one sample form bubbles first? _____
- If so, which one? _____
- Were new bubbles still being formed after 5 minutes? _____
- Were new bubbles still being formed after 10 minutes? _____

YEAST

Yeast is very tiny plants that need food and water to multiply. When we use yeast in bread and other recipes, the sugar and water provide food for the yeast. The yeast digests the sugar and gives off carbon dioxide gas bubbles. These gas bubbles cause air spaces that help the dough rise. The yeasts themselves are killed by heat in cooking.

- Prepare 3 clear cups for the experiment by adding the following:
 - $\frac{1}{2}$ cup cold tap water in cup A
 - $\frac{1}{2}$ cup warm (100-105°F) water in cup B
 - $\frac{1}{2}$ cup hot (150°F or higher) water in cup C
- Dissolve 1 teaspoon sugar in each cup.
- Sprinkle a package of yeast on top the water in each cup.
- Allow the yeast to dissolve (about 15-20 minutes). Do not stir.
- Use a ruler to measure the height of the yeast and water mixture in the cup and record your results below.



	Sample A	Sample B	Sample C
Growth at 10 minutes			
Growth at 15 minutes			
Growth at 20 minutes			

- Which sample grew the fastest? _____
- Did any sample fail to grow at all? _____

Pancakes Please

Activity 2 Worksheet 2: Recipe Math



Name: _____ Date: _____

Name of Recipe: _____

Yield: Recipe makes _____ pancakes

Number of pancakes needed _____

Divide number of pancakes needed by recipe yield

- Example: 28 pancakes needed \div 10 pancakes per recipe = 2.8
- To get conversion factor - round answer to the closest whole number - 3
- Multiply all ingredients in recipe by conversion factor

Ingredient	Recipe Measurement	Conversion factor	Total	Simplified Total
<i>Example: milk</i>	<i>1 1/2 cup</i>	<i>3</i>	<i>3/2 x 3/1 = 9/2</i>	<i>4 1/2 cups</i>

- Mix dry ingredients together in a large zip-top bag by shaking several times.
- Mix liquid ingredients together in a large measuring cup or a bowl, using a fork or wire whip.
- Pour liquids into bag and squeeze bag to mix ingredients until all ingredients are mixed.
- Make a small cut diagonally across one corner of the bag.
- Squeeze the bag until a 4-inch pancake is on the pan.
- When edges are dry and surface bubbles begin to break, turn pancakes and brown other side.

Baking Powder Pancakes

Yield: Makes 12-14 pancakes

Ingredients

- 2 cups all-purpose flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg, slightly beaten
- 1 1/2 cups milk
- 2 tablespoons melted butter

Instructions

1. Preheat a lightly oiled griddle or pan.
2. Sift or stir together flour, baking powder, and salt
3. In a separate bowl, combine egg and milk; add to flour mixture, stirring only until smooth.
4. Blend in melted butter.
5. Cook on a hot, greased griddle, using about 1/4 cup of batter for each pancake.
6. Turn pancakes when surface bubbles begin to break.
7. Turn and brown the other side.

Buttermilk (Baking Soda) Pancakes

Yield: Makes 12-14 pancakes

Ingredients

- 2 cups all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2 egg
- 2 cups buttermilk
- 1/4 cup butter, melted

Instructions

1. Preheat a lightly oiled griddle or fry pan.
2. Sift together flour, salt and baking soda.
3. Beat egg in medium bowl.
4. Blend in buttermilk.
5. Add dry ingredients, beating until smooth
6. Blend in melted butter.
7. Cook on lightly oiled griddle or fry pan.
8. Turn pancakes when surface bubbles begin to break.

Yeast Pancakes

Yield: Makes 12-14 pancakes

Ingredients

- 2 1/4 cups all-purpose flour
- 3 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 2 1/4 teaspoons rapid rise yeast
- 1 teaspoon vanilla extract
- 1 1/2 cups warm milk
- 1/4 cup butter, melted
- 1 egg

Instructions

1. In a large bowl combine flour, sugar, salt, cinnamon and yeast; mix well.
2. Add vanilla, milk, butter, and egg until well blended.
3. Cover and place in refrigerator overnight.
4. Heat a lightly oiled griddle or frying pan over medium high heat.
5. Stir the batter with a whisk.
6. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake.
7. Brown on both sides and serve hot.

Basic Crepes

Yield: Makes 6-8 crepes

Ingredients

1 c. all-purpose flour
2 large eggs
1 tbsp. granulated sugar
1/4 tsp. kosher salt
1 1/2 c. whole milk
1 tbsp. butter
Fresh fruit, for serving
Powdered sugar, for serving

Directions

1. In a large mixing bowl whisk the flour, sugar and salt until combined. Then create a well with flour and add the eggs. Gradually pour in milk, whisking to combine after each addition. Let batter stand at room temperature until slightly bubbly on top, 15 to 20 minutes.
2. In a small skillet over medium heat, melt butter. About 1/4 cup at a time, drop batter evenly onto pan, swirling it to evenly coat.
3. Cook 2 minutes, then flip and cook 1 minute more. Repeat with remaining batter.
4. Serve crepes warm with fresh fruit and powdered sugar.

Hoecakes

Yield: Makes 2 cakes

Ingredients

- 1 cup fine-ground white or yellow cornmeal
- ¼ teaspoon salt
- boiling water
- 3 tablespoons vegetable oil

Instructions

1. Bring a kettle of water to a boil. Put the cornmeal and salt in a large bowl, and whisk in 1 cup plus 2 tablespoons of the boiling water. Let rest about 10 minutes.
2. Stir in 1 tablespoon of the vegetable oil. The mixture should be just pourable, but thick enough that you'll need to use a spoon or spatula to help spread it out once it's in the pan. If it seems too thick, add another tablespoon or two of hot water.
3. Put the remaining 2 tablespoons oil in an 8- to 12-inch skillet over medium heat. When the skillet is hot, spoon in about half of the cornmeal mixture, and, using a spatula or the back of a spoon, spread it into a round about 6 inches in diameter.
4. Cook until the hoecake is golden around the edges and looks set throughout, about 10 minutes, then begin to loosen the edges with a spatula. When you've fully released the hoecake from the pan, gently flip it. Cook another 8 to 10 minutes, then transfer to a plate. Repeat with the remaining cornmeal mixture. Serve warm.

Buckwheat Pancakes

Yield: Makes 6-8 pancakes

Ingredients

- 1 cup buckwheat flour
- 1 ½ teaspoons white sugar
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- 1 ¼ cups buttermilk
- 1 large egg, beaten
- ¼ teaspoon vanilla extract
- 1 tablespoon unsalted butter, or as needed

Instructions

1. Whisk buckwheat flour, sugar, baking powder, salt, and baking soda together in a bowl.
2. Beat buttermilk, egg, and vanilla extract together in another bowl. Pour flour mixture into buttermilk mixture; whisk until batter is thick and smooth. Let batter rest for 5 minutes until bubbles form and batter relaxes.
3. Melt butter on a griddle over medium heat. Drop batter by large spoonfuls onto the griddle and cook until bubbles form and the edges are dry, 3 to 4 minutes. Flip and cook until browned on the other side, 2 to 3 minutes. Repeat with remaining batter.