

COPPERTOPPE

INN & RETREAT CENTER

Tips from the Toppe

Oatmeal Pancakes

Derived from McCann's Irish Oatmeal

Ingredients

- 1 ¼ cups of Quick Cooking Oatmeal
- 1 cup plain yogurt (nonfat works fine)
- 1 cup low fat milk (skim works fine)
- 1 teaspoon honey or sugar
- ½ cup corn meal or rice flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 large eggs, beaten
- 1 teaspoon of vanilla extract and/or maple syrup

Optional

- ¼ cup chopped walnuts, pecans, or any soft nuts
- ¼ cup almonds or sunflower seeds blended fine
- blueberries (fresh or frozen unthawed), chopped strawberries, bananas, raisins or any fruit...
- drop on while first side cooks if not mixed in.

Process

In a large bowl, combine oats, yogurt, milk and honey. Let this sit for a while as the oats absorb the liquid. Beat eggs slightly with vanilla. Stir in eggs, corn meal/flour, baking soda and salt. Mix until all is moistened. Do not beat out the bubbles. Fold in fruits or nuts if everyone wants the same. Batter will be thick and lumpy. It can be stored in the fridge overnight. If liquid separates, stir gently.

Spray skillet or griddle with non-stick spray or grease it and heat until a drop of water sizzles. Add butter or oil between batches, if needed. Extra fat makes the edges crispy. Butter makes it brown. We use pan spray and light olive oil.

Spoon about ¼ cup batter onto hot griddle for each pancake. Leave room for flipping. As cakes start cooking, drop fruit or nuts on quickly. Cook until bottoms are browned and bubbles on top start to pop, about 3 minutes. Flip and cook until other sides are browned, about 2 minutes.

Pancakes will be darker than white flour pancakes, but as long as they are not burned, they will taste great. If the batter becomes too thick after sitting, add some liquid and stir gently.

Serve hot if possible; or warm plates or a platter or save on a cookie sheet in a barely-warm oven.

While pancakes are cooking, set your maple syrup nearby to warm (in a heat-proof glass or ceramic pitcher, preferably) or zap it in the microwave for a few seconds. If you are using canned blueberries, drain them completely and use the juice to make a sauce or flavored syrup. Use any extra bits of fruit as syrup enhancers.

You can use any kind of oatmeal, but be aware that European or organic oatmeal has more flavor than commercial American. You can use leftover cooked oatmeal; just add less liquid.

Use ½ cup of whole-wheat flour if gluten is OK.

You can use rice flour, corn flour or buckwheat as long as a starch thickens the batter.

You can leave out the eggs and the pancakes will be delicate. Add a mashed banana to replace egg.

You can leave out the dairy and use rice or soy “milk” or water, but add 1 tsp lemon juice or vinegar and 1tbsp of vegetable oil.

Experiment and find your own special recipe!

For more information & **Tips from the Toppe:**

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