

Harvest Grain & Nut Pancakes:

(makes 20 pancakes)

This recipe for Harvest Grain & Nut pancakes is a hybrid of all of the knock-off IHOP HG&N attempts I have tried and my own family's passed-down pancake recipe. The result is the HG&N pancake better than IHOP's!

Combine dry ingredients separate from wet ingredients. Use a large bowl for dry and a medium bowl for wet.

Dry:

1 Cup – All Purpose Flour
1 Cup – Whole Wheat Flour
1½ Cups – Oatmeal (Ground)*
1 Cup – Sugar
2 Teaspoons – Baking Soda
½ Teaspoon – Salt
2 Tablespoons – Fresh Baking Powder
3 Tablespoons – Chopped Pecans (optional but recommended)

With a spoon, mix only the dry ingredients well

Wet:

2 Jumbo – Eggs
2 Cups – Buttermilk**
¼ Cup – Canola Oil
1 Teaspoon – Pure Vanilla Extract

With a whisk, mix only the wet ingredients well

Info you should already know, but just in case:

Marrying the Wet to the Dry:

It is correct to combine the wet to the dry (not the other way around). Pour your wet ingredients into the dry bowl while stirring just a bit. Don't worry about mixing well; just get the wet into the dry. Once the wet bowl is in with the dry you do NOT want to mix well or vigorously. While stirring slowly with just a large dish spoon, count to 10, scrape the sides, and when you get to 10 STOP mixing. Over mixing the batter will be the death to your pancakes! Your batter should be lumpy. Just leave it alone.

Cooking:

Preheat your non-stick griddle to medium heat (300 degrees). You can also use a non-stick skillet, but cooking them one at a time will take forever.

Make ONE Test Pancake First – Never start with a batch of pancakes. Cook one to test the heat and timing. Then adjust accordingly.

Spray your griddle with a non-stick spray such as canola spray. Using a third-cup measuring cup, scoop a third-cup of batter on to the griddle. This will make perfect sized pancakes for adults. Using quarter-cup scoops works well for the kids!

In about 4 minutes (depending on your heat), the bottom should be golden brown and the top filled with bubbles and firm on the edges. This would be the time to flip. If your heat is too hot, you will have a burned bottom, little to no bubbles, and floppy edges. If your heat is too low, you will have a raw bottom and it will probably just fall apart on you when you try to check the bottom (and will certainly not survive the flip).

Once flipped, the cooking will take about a minute less than the first side. When done, remove from the griddle; serve hot with a small amount of butter and a very small amount of warm REAL maple syrup. These pancakes almost need no syrup at all, so before drowning them, try them buttered only first, and then figure out how much syrup to apply. But please, for the love of god, don't put cheap browned corn syrup on these. Use the real stuff. Maple syrup may be expensive, but you need so little of it and it really is worth the cost.

***To Grind Oatmeal** – Place oatmeal into a blender and puree for about a minute while shaking blender. This will pulverize the oatmeal.

****Buttermilk Substitute** – In your measuring cup, add 1½ tablespoons of lemon juice to the 2 cups of milk. This works REALLY well and I use it myself. Who keeps buttermilk?