FLUFFY CANADIAN PANCAKES

Airy, golden pancakes made light with whipped egg whites



PREP 10 MIN | COOK 10 MIN | TOTAL 20 MIN | SERVES 4

INGREDIENTS

- 1 cup all-purpose flour
- 1 Tbsp baking powder
- 1 cup milk
- 3 large eggs, separated
- Neutral oil or butter, for the pan

THE SECRET TO FLUFFINESS

Beat the egg whites to stiff peaks, then fold them in gently. Avoid vigorous stirring, which knocks out the air that gives these pancakes their exceptional height.

TO SERVE

Serve immediately with butter and pure maple syrup. Fresh berries are an excellent optional addition.

METHOD

1 MIX THE BASE

In a medium bowl, whisk together the flour and baking powder. Add the milk and egg yolks; stir just until the batter is smooth.

2 WHIP THE WHITES

In a large glass or metal bowl, beat the egg whites until stiff peaks form. The whites should stand upright when the beaters are lifted.

3 FOLD GENTLY

Fold one-third of the beaten whites into the batter to lighten it. Quickly but gently fold in the remaining whites until no white streaks remain.

4 HEAT THE GRIDDLE

Lightly oil a griddle or frying pan and heat over medium-high. The surface is ready when a drop of water sizzles on contact.

5 COOK

Scoop about 1/4 cup batter for each pancake. Cook until the underside is golden and the surface begins to set; flip once and brown the second side.

6 SERVE

Transfer to warm plates and serve at once. For the fluffiest result, cook the batter promptly rather than allowing it to stand.

NUTRITION - PER SERVING

197 calories | 5 g fat | 28 g carbohydrate | 10 g protein

Recipe adapted from Allrecipes - Fluffy Canadian Pancakes, submitted by W King

Photo: Sally's Baking Addiction