

## Stonehurst Place Signature Pancakes

At Stonehurst Place we cook with Organic ingredients whenever possible.

- 1 ¼ cups all-purpose flour
- ¾ teaspoon sea salt
- 4 teaspoons aluminum-free baking powder
- 1 tablespoon sugar
- ¼ teaspoon ground nutmeg
- ½ teaspoon lemon juice
- 1 teaspoon pure vanilla extract
- 2 medium eggs, beaten
- 1 cup whole milk
- 5 tablespoons butter

### Method

1. Whisk together in a small bowl the flour, sugar, baking powder, nutmeg, and salt and set aside.
2. Heat milk and butter until butter is melted. Beat in eggs; add vanilla and lemon juice. Combine flour mixture and wet ingredients and stir until all dry ingredients are incorporated. Do not over-stir. The batter should have some lumps. Let rest about 5 minutes.
3. Heat griddle until droplets of water "dance" on the surface. Coat surface of griddle lightly with butter or spray with a cooking oil. Pour ¼ cup of batter onto hot griddle. (To make fresh fruit pancakes, drop fruit on top at this stage). Cook until bubbles form in the middle of the pancake and edges appear slightly dry. Flip and cook on the other side until lightly brown.
4. Serve with choice of toppings; maple syrup, homemade blueberry syrup or fresh fruit that has been sliced, lightly tossed with granulated sugar and let to stand about 30 minutes.

### Notes



Cook'nWithCaroline Notes:

"This recipe can easily be modified to include fresh fruit (blueberries, peaches, raspberries, etc.), toasted nuts, partially cooked apple pieces, etc. When modifying, substitute the nutmeg for a more appropriate spice and add some fresh lemon or orange zest.

Recipe may be doubled and plain pancake batter will keep covered in refrigerator up to a week. Dropping the fresh blueberries onto the batter when it has been placed on the griddle keeps the batter from turning a bluish-grey."



### Servings/Yield

3 servings  
9 to 10 3" pancakes

#### NUTRITION FACTS

Servings: 3  
**Amount Per Serving**  
Calories: 477

**Total Fat:** 23.15g

**Cholesterol:** 167mg

**Sodium:** 666mg

**Total Carbs:** 51.49g

**Dietary Fiber:** 1.59g

**Sugars:** 8.78g

**Protein:** 11.85g