

# Apple Pancakes

Fresh from the garden: apples

## Equipment:

metric measuring spoons  
metric measuring cups  
clean tea towel  
chopping board  
cook's knife  
colander  
heavy-based frying pan  
wooden spoon  
spatula  
baking tray  
baking paper  
medium bowls  
serving platter

## Ingredients:

### APPLE FILLING AND TOPPING

4 large apples  
1 cup unpacked light brown sugar  
2 tsp cinnamon  
1 tsp nutmeg  
1 tsp allspice  
1/4 tsp salt

### BATTER

3 cups (375 g) all-purpose flour  
1 1/2 tbsp baking powder  
1 1/2 tsp salt  
2 tsp cinnamon  
1 tsp ginger  
1/4 tsp ground nutmeg  
4 tbsp sugar  
2 1/2 cups (600 mL) buttermilk  
4 tbsp (56 g) unsalted butter, melted  
2 large eggs

## Method (What to do):

1. Preheat the oven to 90 degrees C.
2. Finely dice the apple (in class we grated the apple instead).
3. Place apple, brown sugar, cinnamon and salt in a frying pan or medium pot.
4. Cook on medium heat, stirring until the apples are softened. Set aside.
5. In a medium bowl, mix together the flour, sugar, baking powder, salt, cinnamon, ginger and nutmeg. Set aside.
6. In a separate bowl, mix together the buttermilk, butter and eggs, mixing well to combine. Fold in the dry ingredients and then a quarter of the apple mixture, being careful not to over mix (lumps are okay).
7. Heat a nonstick pan or griddle on medium-low heat.
8. Spoon equal amounts of batter into the pan, roughly a heaped tablespoon. Remember to leave space in between pancakes for flipping. Make sure there will be enough pancakes to the whole class.
9. If necessary, use a spoon to flatten the top of the pancake to spread the batter evenly.
10. Cook for about 2 - 3 minutes on this side, you will see bubbles form and begin to pop. Flip, and cook for an additional 1 - 2 minutes.
11. Place the finished pancakes on a baking sheet and leave in the oven to keep warm while you continue making the other pancakes.
12. Serve with the remaining apple topping.