

Pancakes

Grains/Breads

Grains/Breads

B-13

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Enriched all-purpose flour	2 lb	1 qt 3 ½ cups	4 lb	3 qt 3 cups	1. Blend flour, baking powder, salt, dry milk, and sugar in mixer for 3 minutes on low speed.	
Baking powder		¼ cup	3 ¼ oz	½ cup		
Salt		1 ½ tsp		1 Tbsp	2. Combine eggs, water, and oil. Add to dry ingredients.	
Instant nonfat dry milk	2 ½ oz	1 cup	5 oz	2 cups		
Sugar	2 ¼ oz	⅓ cup	4 ½ oz	⅔ cup		
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	14 oz	1 ⅔ cups OR 8 each	1 lb 12 oz	3 ⅓ cups OR 16 each		
Water		1 qt 1 ¼ cups		2 qt 2 ½ cups		
Vegetable oil		1 cup		2 cups		
						3. Blend for 2 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.
						4. If desired, lightly coat griddle surface with pan release spray. Portion batter with level No. 20 scoop (3 Tbsp 1 tsp) onto griddle, which has been heated to 375° F.
					5. Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on other side, approximately 1 minute.	
					6. Serve immediately or reheat in covered steamtable pans (12" x 20" x 2 ½"): Conventional Oven: 350° F for 10-15 minutes Convection Oven: 300° F for 8-10 minutes	

SERVING:	YIELD:	VOLUME:
1 pancake provides 1 serving of grains/breads.	50 Servings: 50 (4 inch) pancakes	50 Servings: about 2 quarts 2 cups (batter)
	100 Servings: 100 (4 inch) pancakes	100 Servings: about 1 gallon 1 quart (batter)

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Edited 2004

Special Tip:

For 50 servings, use 4 oz (1 $\frac{1}{3}$ cups) dried whole eggs and 1 $\frac{1}{3}$ cups water in place of eggs.

For 100 servings, use 8 oz (2 $\frac{2}{3}$ cups) dried whole eggs and 2 $\frac{2}{3}$ cups water in place of eggs.

Variation

A. Pancakes (Using Master Mix)

50 servings: Omit step 1. Use 2 lb 13 oz (2 qt 1 cup) Master Mix and 2 $\frac{1}{4}$ oz ($\frac{1}{3}$ cup) sugar. In step 2, omit oil. In step 3, blend for 3 minutes on medium speed. Continue with steps 4-6.

100 servings: Omit step 1. Use 5 lb 10 oz (4 qt 2 cups) Master Mix and 4 $\frac{1}{2}$ oz ($\frac{2}{3}$ cup) sugar. In step 2, omit oil. In step 3, blend for 3 minutes on medium speed. Continue with steps 4-6.

Nutrients Per Serving

Calories	127	Saturated Fat	0.89 g	Iron	1.09 mg
Protein	3.36 g	Cholesterol	34 mg	Calcium	89 mg
Carbohydrate	16.26 g	Vitamin A	84 IU	Sodium	205 mg
Total Fat	5.34 g	Vitamin C	0.1 mg	Dietary Fiber	0.5 g