

Oatmeal Pancakes

Author: Adapted from Smitten Kitchen blog, via cookbook Good to the Grain



1/2 cup oat flour (see notes)

1 cup all-purpose flour

2 tablespoons sugar

2 teaspoon baking powder

3/4 teaspoon Kosher salt

3 tablespoons unsalted butter, melted and cooled slightly (plus extra for the pan)

1 1/3 cups whole milk

2 cups cooked oatmeal (see notes) cooled to room temp

1 tablespoon molasses, or 1 tablespoon honey

2 large eggs

Per Serving (excluding unknown items): 224 Calories; 8g Fat (32.0% calories from fat); 7g Protein; 31g Carbohydrate; 2g Dietary Fiber; 62mg Cholesterol; 386mg Sodium.

Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

Description: Add milk (more) if needed to get a perfect batter. Sample one to see what you get, then adjust.

Notes: Adapted from Smitten Kitchen's blog; she tweaked it some from the cookbook version. To make oat flour - pulse rolled oats in a food processor or spice grinder until finely ground (3/4 cup of oats yields about 1/2 cup oat flour). To make oatmeal bring 2 cups of water, 1 cup of rolled oats and a pinch of salt to a boil and simmer on low for 5 minutes. Let cool.

1. Whisk the dry ingredients (oat flour, flour, sugar, baking powder and salt) together in a large bowl. In a smaller bowl, whisk the melted butter, milk, cooked oatmeal, honey and eggs together until thoroughly combined. Gently fold the wet ingredients into the dry ingredients. Using a light hand is important for tender pancakes; the batter should be slightly thick with a holey surface.

2. Heat a 10-inch cast-iron pan or griddle (or electric skillet to 350) over medium heat until water sizzles when splashed onto the pan. Lower to medium-low. Rub the pan generously with butter; the author says this is the key to crisp, buttery edges. Working quickly, dollop mounds of batter onto the pan, 2 or 3 at a time. Once bubbles have begun to form on the top side of the pancake, flip the pancake and cook until the bottom is dark golden-brown, about 3-5 minutes total, depending on the thickness of the batter. Wipe the pan with a cloth before griddling the next pancake. Continue with the rest of the batter.

3. Serve the pancakes hot, straight from the skillet or keep them warm in a low oven. They will reheat, again in a low oven or a few at a time in the microwave for just 10 seconds or so.

4. Do ahead: Although the batter is best if used immediately, it can sit for up to 1 hour on the counter or overnight in the refrigerator. When you return to the batter, it will be very thick and should be thinned, one tablespoon at a time, with milk. Take care not to overmix.