

# Ian's Famous Canadian Pancakes

This makes enough for breakfast for three fisherfolk and was made famous during various visits to New Zealand. Ian offers the following additional comments:

- The traditional Canadian accompaniment is bacon and, as you have seen, I like marmalade
- I generally put about 1 cup plain to 1/3 cup whole meal plain flour – don't use self-raising flour but you do need to use baking powder
- milk quantity is flexible to get suitable consistency
- dry ingredients can be mixed at home. The final mixing of wets is then much quicker
- stir the batter only until dry ingredients are just blended
- the pan is hot enough when drops of water sprinkled on the surface will dance around

## Ingredients

- 1 1/3 cups flour
- 3 tablespoons sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg
- 1 1/4 cups milk
- 1/2 teaspoon vanilla
- 3 tablespoons melted butter or oil

## Method

- Mix dry ingredients
- In separate bowl, beat egg, add milk
- Make well in centre of dry ingredients; slowly add egg-milk mixture. Add vanilla and melted butter or oil.
- Stir quickly till just mixed and batter is still lumpy in appearance. Do NOT over mix or pancakes will not be light and fluffy
- Drop by 1/4 cupfuls on hot greased frying pan/barbeque plate
- Cook pancakes until top side is full of bubbles; turn to the other side. Turn only once during cooking