

Pancakes - USDA Recipe B130

Meal Components: Grains, Meat / Meat Alternate

B13

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	2 lb	1 qt 3 1/2 cups	4 lb	3 qt 3 cups	<ol style="list-style-type: none"> 1. Combine flour, cinnamon, baking powder, salt, dry milk, and sugar in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.
Cinnamon		1/2 tsp		1 tsp	
baking powder		1/4 cup		1/2 cup	
Salt		1 tsp		2 tsp	
Instant nonfat dry milk	2 1/2 oz	2/3 cup	5 oz	1 1/3 cups	
Sugar	2 1/4 oz	1/4 cup	4 1/2 oz	1/2 cup	
Frozen whole eggs, thawed	14 oz	1 1/2 cups 2 Tbsp 2 tsp	1 lb 12 oz	3 1/4 cups 1 Tbsp 1 tsp	<ol style="list-style-type: none"> 2. Combine eggs, vanilla, water, and oil in a large bowl. Stir well.
Vanilla extract		1 tsp		2 tsp	
Water		1 qt 1 1/3 cups		2 qt 2 2/3 cups	

3. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX.
4. Lightly coat griddle surface with pan release spray. Heat griddle to 375 °F.
5. Portion batter with No. 20 scoop (3 Tbsp 1 tsp) onto hot griddle.
6. Cook until surface of pancake is covered with bubbles and bottom side is lightly browned for approximately 2 minutes.
7. Turn pancake and cook until lightly browned on other side for approximately 1 minute.
8. Transfer to a steam table pan (12" x 20" x 2 1/2").
9. Critical Control Point: Hold for hot service at 135 °F.
10. Serve 1 pancake.

Variation: Fresh banana, whole, pureed	8 oz	3/4 cup 1 Tbsp	1 lb	1 1/2 cups 2 Tbsp
Applesauce, unsweetened	1 lb	2 cups	2 lb	1 qt
Variation: Fresh blueberries, slightly crushed	1 lb	3 cups	2 lb	1 qt 2 cups

11. Variation: Fold in fruit after step 3. Stir gently. Continue with step 4.

Notes

*See Marketing guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 pancake provides 1/4 oz equivalent meat/meat alternate and 1 oz equivalent grains.

CACFP Crediting Information: 1 pancake provides 1/4 oz meat/meat alternate and 1 serving grains/bread.

Serving	Yield	Volume
See Notes	50 Servings: about 5 lb 8 oz 100 Servings: about 11 lb	50 Servings: about 2 quarts 3 cups / 50 pancakes 100 Servings: about 1 gallon 1 quart 2 cups / 100 pancakes

Nutrients Per Serving

Calories	116	Saturated Fat	1 g	Iron	
Protein	4 g	Cholesterol	32 mg	Calcium	48 mg
Carbohydrate	15 g	Vitamin A	72 IU	Sodium	198 mg
Total Fat	5 g	Vitamin C		Dietary Fiber	2 g