Grandma Carter's Fly-Off-the-Plate Pancakes

BREAKFAST

YIELD	ACTIVE	TOTAL	PER SERVING
≈8 pancakes + syrup, 3 servings	25 min	≈25 min	748 kcal · 765 mg Na · 10 g protein

EQUIPMENT
Cast iron griddle or skillet · Sifter or strainer · Small saucepan

#	INGREDIENT	MASS	VOLUME	PROCEDURE
BROWN SUGAR SYRUP				
1	Brown sugar, packed	220 g	1 cup	Put the brown sugar, water, butter and salt in the saucepan. Boil, stirring, until thick, 3–4 min.
	Water	118 g	½ cup	
	Butter, unsalted	57 g	¼ cup	
	Kosher salt, Morton		dash	
2	Vanilla extract	1 g	¼ tsp	Take the pan off the heat and stir in the vanilla. Keep the syrup warm while you make the pancakes.
PANCAKES				
3	Flour, all-purpose	125 g	1 cup	Sift the flour, sugar, baking powder and salt into a bowl, then mix them together.
	Granulated sugar	12.5 g	1 tbsp	
	Baking powder, Davis	14.4 g	1 tbsp	
	Kosher salt, Morton	1.2 g	¼ tsp	
4	Egg	50 g	1 large	In a second bowl, beat the egg, milk and sour cream together. Stir in the dry ingredients from step 3 until just combined; a few lumps are fine.
	Milk	244 g	1 cup	
	Sour cream	36 g	2 rounded tbsp	
5	Butter, unsalted*, melted*	28 g	2 tbsp	Stir the melted butter into the batter.
6				Heat the griddle over medium and grease it lightly. Pour ≈¼ cup of batter per pancake. Flip when bubbles pop on top and the edges look set, ≈2 min. Cook ≈1 min more. Serve with the warm syrup.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Brown sugar, packed	220 g	836	62	0
Butter, unsalted	85 g	609	9	1
Vanilla extract	1 g	3	0	—
Flour, all-purpose	125 g	455	3	13
Granulated sugar	12.5 g	48	0	—
Baking powder, Davis	14.4 g	—	1,555	—
Kosher salt, Morton	1.2 g	—	480	—
Egg	50 g	72	71	6
Milk	244 g	149	105	8
Sour cream	36 g	71	11	1
Total		**2,243**	**2,296**	**29**
Per serving (1/3)		**748**	**765**	**10**

Nutrition: USDA FoodData Central: SR Legacy (brown sugar, unsalted butter, vanilla, flour, sugar, egg, milk, sour cream) and Branded Foods labels (Davis, Morton). Rounded tbsp taken as 1½ level (18 g). All the syrup is counted, so the numbers drop if you use less. Dash of salt, water and griddle grease not counted.

NOTES

- On the card: “Recipe from Memaw, your great G-ma, my mother Lilly.”
- The griddle step isn’t on the card, and the syrup is moved first here so it’s ready when the pancakes are.