Lofty Buttermilk Pancakes

BREAKFAST

YIELD	ACTIVE	TOTAL	PER SERVING
9–10 pancakes, 3 in (half batch)	≈25 min	≈30 min	437 kcal · 1,050 mg Na · 11 g protein

EQUIPMENT
Cast iron griddle or skillet · Wooden spoon

#	INGREDIENT	MASS	VOLUME	PROCEDURE
1	Flour, all-purpose	150 g	1¼ cups	Whisk the flour, sugar, salt, baking powder and baking soda together in a large bowl.
	Granulated sugar	12.5 g	1 tbsp	
	Kosher salt, Morton	4.5 g	1 scant tsp	
	Baking powder, Davis	2.4 g	½ tsp	
	Baking soda	2.3 g	½ tsp	
2	Egg yolk	17 g	1 large	In a second bowl, whisk the yolk, buttermilk and milk. Whisk in the butter until combined.
	Buttermilk, low-fat	245 g	1 cup	
	Milk, *whole*	61 g	¼ cup	
	Butter, unsalted, *melted, cooled*	71 g	5 tbsp	
3	Egg white, *not beaten*	33 g	1 large	Pour the wet mix into the dry and stir with the spoon until barely combined. Add the white and stir just until a thick batter forms. Rest 5 min.
4	Neutral oil (canola)		½ tsp per batch	Heat the oil over medium-high until shimmering, then turn to medium-low. Pour ≈¼ cup per pancake. When the edge bubbles look dry and airy, ≈2½ min, flip. Cook until golden, ≈2½ min more.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Flour, all-purpose	150 g	546	3	15
Granulated sugar	12.5 g	48	0	—
Kosher salt, Morton	4.5 g	—	1,800	—
Baking powder, Davis	2.4 g	—	259	—
Baking soda	2.3 g	—	629	—
Egg yolk	17 g	55	8	3
Buttermilk, low-fat	245 g	98	363	8
Milk	61 g	37	26	2
Butter, unsalted	71 g	509	8	1
Egg white	33 g	17	55	4
Total		**1,311**	**3,151**	**32**
Per serving (1/3)		**437**	**1,050**	**11**

Nutrition: USDA FoodData Central: SR Legacy (unbleached all-purpose flour, sugar, baking soda, egg yolk and white, low-fat cultured buttermilk, whole milk, unsalted butter) and Branded Foods labels (Morton; Davis baking powder, ⅛ tsp = 0.6 g). Pan oil and toppings not counted.

NOTES

– Double for 18–20 (1¾ tsp Morton). Don’t beat the white: stirred in unwhipped, it makes these lofty. Lumps are fine. Too brown? Lower the heat. Keep batches warm on a rack in a 200 °F (93 °C) oven.

Source: The Kitchn (Dana Velden), via Food52 Genius Recipes