

K's Kitchen: Pastry flour makes for yummy pancakes

By Kathryn Reed

Sue often says she could skip the pancakes and just have the syrup. It's something about being from Vermont.



I need something to go with my syrup. And every now and then I like her to try a new pancake recipe.

The recipe below we got while on our girls camping trip last summer. What makes it unique is the pastry flour was ground at the mill we visited in Calistoga. The package says "not for human consumption" because the mill doesn't meet current day health codes. Still, everyone who has eaten these flapjacks in our house is still alive.

Sue first made them when my nephew visited last summer. They seemed a bit runny to her so she kept adding more flour. Plus, she didn't think what was in the bowl would be enough for the three of us. Oliver and I were shaking our heads in amusement.

We had enough pancakes for days.

Next time Sue followed the recipe exactly. She proved the recipe could feed four. Of course the other two at the table were my mom and my sister – and neither are huge eaters. So, you might want to increase the quantities if people at the table are super hungry.

What is so much better about these pancakes is how light and moist they are compared to the stuff from a box. I'm going to

guess they are healthier too – if pancakes can ever be healthy. Sue does add sliced bananas to her pancakes, so there is that nutritional component.

Even though we have this special pastry flour, any pastry flour should suffice.

Bale Mill Pancakes

1 $\frac{1}{4}$ C pastry flour

1 T baking powder

2 T sugar

$\frac{1}{2}$ tsp. salt

1 beaten egg

1 C milk (or buttermilk)

2 T vegetable oil

Mix all dry ingredients.

Mix egg, milk, oil and add to dry ingredients.

Bake on ungreased griddle.