

PANCAKES



FOOD SERVICE



A must on every breakfast and brunch menu, pancakes are versatile, popular and profitable. This recipe is for a simple thick pancake which can be stacked, and which can be used as a base with many options for finishing the dish.

PANCAKES



SERVES 12

INGREDIENTS

		Approx Unit Price		Approx Ingredient Cost
600g	plain flour	0.00115	100%	\$0.69
25g	baking powder (2 tbsps)	0.00890	100%	\$0.22
440g	Chelsea Caster Sugar	0.00262	100%	\$1.15
2	eggs, no 6	0.20000	100%	\$0.40
600ml	milk	0.00140	100%	\$0.84
400ml	natural yoghurt, unsweetened	0.00250	100%	\$1.00
150g	butter, melted	0.01000	100%	\$1.50

METHOD

Sift the flour with the baking powder and caster sugar into a mixing bowl.

In a separate bowl, mix together the yoghurt, milk, melted butter and eggs until well combined. Add the egg mixture to the flour mixture and whisk together until smooth.

Set mixture aside in chiller until ready to use.

Heat a non-stick frying pan over medium heat and spray with cooking oil spray. When hot, add small ladlefuls of the batter to the mixture, leaving space for the pancake to spread slightly, and allowing room to be able to turn over.

Cook until bubbles are appearing all over the uncooked side (about 2 minutes), then flip over and cook another 1-2 minutes. If pancakes are browning too quickly, reduce the heat.

Serve immediately, or cool on cooling rack to reheat later. To reheat, place a portion of pancakes onto a plate and cover with kitchen paper. Microwave on high for approximately 1 minute, until piping hot.

To serve, arrange 3 pancakes onto a plate and serve with preferred garnish.

RECIPE VARIATIONS

- Bacon, Banana and Maple Syrup - cut a ripe, firm, unpeeled banana in half lengthwise and dust cut side with Chelsea Icing Sugar. Place on a baking sheet and cook under a salamander until caramelised and browned, or cook cut-side down in a non-stick frying pan in a little butter. Grill 4 rashers of streaky bacon until crispy. Serve pancake stack with banana halves (remove skin first), crispy bacon and drizzle over a generous amount of Chelsea Maple-flavoured Syrup.
- Toasted Pecans and Maple Butter - to make maple butter, blend together 225g softened unsalted butter and 80g Chelsea Maple-flavoured Syrup. Scrape onto a sheet of cling film, wrap into a log and chill until required. To serve, cut a slice of maple butter (remove all traces of cling film), and serve on top of hot pancakes, allowing the butter to start to melt. Serve toasted pecan halves alongside with fresh berries and berry compôte.
- Toasted Walnuts (or Hazelnuts) and Golden Syrup Butter - exactly as above, replacing the maple syrup with Chelsea Golden Syrup and the pecans with walnuts (or hazelnuts).
- Other good flavour combinations: rhubarb compôte & custard / fresh lemon curd & crème fraîche / bitter orange marmalade / melted chocolate (use flavoured chocolate bars such as orange chocolate) / fresh lemon juice & Chelsea caster sugar.

TOTAL COST	\$5.80
COST PER PORTION	\$0.48
GROSS PROFIT %	70%
SALES TAX	15%

MIN. SELLING PRICE (per portion)	\$1.85
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Costs based on average wholesale prices at Feb 2011

SOME KEY POINTS TO REMEMBER:

- Keep cooked pancakes chilled until ready to use - they are good for reheating for a few days.

PROFIT

- a portion of 3 pancakes will cost around 50c + GST to make. Use this cost and add the cost of whichever garnish you use to calculate final selling price point.
- reduce wastage and ensure consistency by using a pre-determined spoon or ladle size to control portions. Cook over a medium-low heat to prevent scorching. On busy days, it is a good idea to pre-cook a number of portions of pancakes to free up stove space.

NUTRITION

- contains wheat gluten, milk products and eggs

SERVICE

- serve hot, preferably cooked to order
- will regenerate well if cooked in advance
- can be a purely sweet item, with berries, nuts, bananas etc or a sweet/savoury combination with grilled bacon, banana and maple syrup