

MAMMA D'S GERMAN PANCAKE RECIPE

THIS, absolutely will not work without CF Ranch Fresh Farm Fresh Eggs....

Mamma D, my Mother, gave this recipe to me in 1982. I do not have any idea where she came up with it nor did I even know she had it. I do not ever remember her preparing it for me, however, she must have because she knew exactly where it was when she went to get it. The name German Pancake is well know in Pancake Restaurants as they all have one on the menu, however, I have not ever seen one in Germany. It may be like the "Famous Italian Cream Cake" we have in the United States. It does not exist in Italy. The Italians do not even have anything even remotely like it.

The Recipe really does what it should. The pancake puffs up and fills the entire cast iron pan and goes up the sides and some of the time hangs over the side. I am going to provide it as she gave it to me and then the way I reworked it so it would be healthy for me to eat. Mamma D never "spared the horses" when she cooked until my Dad came down with Cholesterol problems and, later in her life, when she was attempting to keep me healthy. So, her recipe is not Heart Healthy, but GOSH it is delicious! Mine, further on down is Heart Healthy. Most likely everyone has a recipe of their own for German Pancakes, however, if you do not, here it is

MAMMA D'S ORIGINAL RECIPE

Set your oven at 400 degrees while you get the things needed out of the cabinet, allowing it to preheat.

You will need a Cast Iron Skillet, Mixer or Whisk, bowl to mix in, plate to set dirty things on, and, a serving plate heated; I heat mine in the microwave, 1 minute for one plate and not much more for several.

INGREDIENTS:

1/2 Stick of butter or margarine, put this in the Cast Iron Skillet, putting it in your Oven allowing it to melt and the skillet to heat while you are getting the other things out of the cabinet. Do not allow the butter to burn. What size Skillet? Who knows, just a normal household cast iron skillet; mine is, of course, the LODGE and I use the crêpe one which is not necessary; mine measure about 10 inches inside and 11&1/2 inches on the top.

1/2 Cup of Milk

1/2 Cup of Flour

2 Eggs

Dash Salt

¼ stick of Butter for your Cast Iron Skillet

1 Tablespoon Butter for your pancake when it comes from your oven.

Beat the above ingredients well and pour them into the hot Buttered skillet. Place the Skillet into the 400 degree oven to bake. Watch the Pancake and remove from the oven as it starts to get brown. How brown, you ask? Your call, how you like it. It will depend upon your oven, the size of eggs and the size and type of skillet; you are up to it; WATCH IT.

While the pancake is cooking squeeze the juice of one lemon, careful to remove the seeds. You will need Butter or Margarine and powdered sugar for the pancake. She did not specify how much of either. I guess how much you want. MY COOKING HAS SHOWN that I need 4 Tablespoons of Lemmon juice and ¼ cup of Powdered Sugar plus 2 Tablespoons for my taste per pancake.

When the pancake is removed from the oven slide it on to the heated serving plate. Put a Tablespoon of Butter, lemon juice (not cold, warm is better) and powdered sugar on your pancake to make a sauce. Fold your pancake over once, then, once again. Cut, eat and enjoy!!! It will really be good!!!

BARNEY'S HEART HEALTHY GERMAN PANCAKE

Mamma D, my Mother, gave this recipe to me in 1982. I do not have any idea where she came up with it nor did I even know she had it. I do not ever remember her preparing it for me, however, she must have because she knew exactly where it was when she went to get it. The name German Pancake is well know in Pancake Restaurants as they all have one on the menu, however, I have not ever seen one in Germany. It may be like the "Famous Italian Cream Cake" we have in the United States. It does not exist in Italy. The Italians do not even have anything even remotely like it.

The Recipe really does what it should. The pancake puffs up and fills the entire cast iron pan and goes up the sides and some of the time hangs over the side. I am going to provide it as she gave it to me and then the way I reworked it so it would be healthy for me to eat. Mamma D never "spared the horses" when she cooked until my Dad came down with Cholesterol problems and, later in her life, when she was attempting to keep me healthy. So, her recipe is not Heart Healthy. Mine, below is Heart Healthy. Most likely everyone has a recipe of their own for German Pancakes, however, if you do not have a Heart Healthy one, here it is

Set your oven at 400 degrees, allowing it to preheat, while you get the things needed out of the cabinet and frig.

You will need a Cast Iron Skillet, Mixer or Whisk, bowl to mix in, plate to set dirty things on and, a heated serving plate. I heat mine in the Microwave. The heated serving plate is very important to keep your meal warm as you eat it. The Pancake is a lot better if it stays warm the entire time of the meal. You will also need something to remove the hot skillet from the oven so you do not get burned. Remember, Hot Skillets, as anything coming from your oven, will be very HOT! Do not get burned!

INGREDIENTS:

1/4 Cup of Benical, Take Control Margarine, or Light Olive Oil. Put this in your Lodge Cast Iron Skillet and allow it to melt/get hot along with your Skillet while you are getting the other things out of the cabinet. Do not allow it to burn. What size Skillet? Who knows, just a normal household cast iron skillet. She never told me the size and I just use what I have; mine is, of course, a LODGE and I use the crêpe one which is not necessary; mine measure about 10 inches inside and 11½ inches on the top.

1/2 Cup of Skim Milk

1/2 Cup of Flour, you could use half whole wheat or whole oat flour if you wanted.

2Egg whites

1 Tablespoon of Lite Olive Oil in the skillet before into oven.

Beat the above ingredients well and pour them into the hot skillet. Place the Skillet with your mixture into the 400 degree oven to bake. Watch the Pancake and remove from the oven as it starts to get brown. How brown, you ask? Your call, how you like it.

While the pancake is cooking squeeze the juice of one LARGE lemon, careful to remove the seeds. MY COOKING HAS SHOWN that I need 4Tablespoons of Lemmon juice and ¼ cup plus 2 Tablespoons of Powdered Sugar for my taste, per pancake.

When the pancake is removed from the oven slide it on to the heated serving plate. Put your Benical, lemon juice (not cold, warm is better) and powdered sugar on your pancake to make a sauce. Fold your pancake over once, then, once again so it ends up in a quarter size. Cut, eat and enjoy!!! It will really be good!!!

NOTE: I do not put any Butter or Benical on the Pancake. I have noticed I do not need it with the Lemmon Juice and Powdered Sugar. Just depends upon how RICH you want it.

Please, let me know how it comes out.

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