

Recipes excerpted from ***The Big Book of Breakfast*** by Maryana Vollstedt. Published by Chronicle Books, LLC, San Francisco, CA. Copyright 2003. Reprinted with permission of the publisher. All rights reserved.

Sour Cream Pancakes

Makes 10 to 12 pancakes

These are so light and tender that the friend who gave me this recipe calls them “fly off the plate” pancakes. Blueberry-Maple Syrup makes a nice topping.

1 cup all-purpose flour
1/4 teaspoon salt
1 tablespoon brown sugar
1 tablespoon baking powder
1 large egg
1 cup milk
3 tablespoons sour cream
1 tablespoon melted butter
Blueberry-Maple Syrup for topping (recipe follows)

In a medium bowl, combine flour, salt, brown sugar, and baking powder. In a large bowl, whisk together egg, milk and sour cream. Whisk in dry ingredients. Add melted butter and whisk until just blended.

Preheat a nonstick griddle or skillet over medium-high heat. Lightly spray or brush with vegetable oil. Pour 1/4 cup batter onto griddle for each pancake. Cook until bubbles form on the surface, about 2 minutes. Turn and cook until other side is golden, 1 minute longer. Serve with Blueberry-Maple Syrup.

Blueberry-Maple Syrup

Makes about 1-1/2 cups

1/2 cup maple syrup
1 cup fresh or frozen blueberries, thawed if frozen rinsed

In a small saucepan over medium-high heat, bring syrup to a boil. Add blueberries. Reduce heat to low, and simmer until slightly thickened, about 2 minutes.