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*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.