



**SIGN** of the **BEAR**  
KITCHENWARE

LOCALLY OWNED AND SONOMA GROWN - MAKING LIFE DELICIOUS SINCE 1972

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Recipes from **Maple Syrup Cookbook** by Ken Haedrich. Published by Storey Publishing, North Adams, MA. Reprinted with permission of the publisher. All rights reserved.

### Classic Pancakes

These pancakes are like home to me. After I've been spinning off all sorts of pancake variations, they're comforting to come back to. They have an honest, grainy flavor; just the right amount of crunch; and a pleasant, cakey texture. Remember that whole-grain flours vary widely in their absorptive capabilities, so the batter may have to be thinned with a little milk to reach the proper consistency.

1 cup cornmeal, preferably stone-ground  
1-1/2 cups whole wheat flour  
1/2 teaspoon salt  
1 tablespoon baking powder  
3 eggs  
1-3/4 cups milk  
2 tablespoons molasses  
1/4 cup oil or 4 tablespoons butter, melted  
Butter for greasing the skillet  
Warm pure maple syrup for drizzling on top

1. Stir together the cornmeal, flour, salt, and baking powder in a large bowl.
2. In a separate bowl, beat the eggs well and blend in the milk and molasses.
3. Make a well in the dry ingredients, then pour in the egg mixture and the oil. Stir just until smooth. Let the batter stand for several minutes before cooking.
4. Heat a large skillet or griddle over medium-high heat, then butter it lightly. Drop the batter by heaping tablespoonfuls and cook until the pancake bottoms are golden and bubbles are popping on the surface, about 1 minute. Turn and cook 1 minute on the other side. Keep warm.
5. Repeat with remaining batter. Serve with warm maple syrup.

Yield: About 14 four-inch pancakes.