



Family Ties Stack Upwith Pancakes

(An elementary grade family baking activity)

Baking Project: Explore your family history with pancakes.

Long workdays have become a fact of American life. Pioneers had one strength we can learn from: they often ate *and* worked together. Eating together is one of the most important things parents can plan to do. For the time challenged, working together to eat together becomes a solution.

Fast food is needed. Pioneers used pancakes as a fast staple morning, noon or night. But why should you make pancakes yourself vs. buying them ready-made?

- Gets everyone off the couch or away from the screen for awhile and opportunities to get creative
- Builds activity into life
- Adds whole grains and a wider variety of grains into a meal
- Strengthens children's functional literacy
- Best of all, because it's fun!

Materials/Equipment Needed:

- Copy of recipe: Multi-grain 'Cakes
- Ingredients for Multi-grain 'Cakes
- Large container
- Whisk
- Skillet or griddle
- Stirring spoon
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup

Family Activities:

- Read the recipe together.
- Wash hands and gather all ingredients and equipment.
- Make the Mix Ingredients for Multi-grain 'Cakes

Baking Activity:

- Make the Mix Ingredients for Multi-grain 'Cakes

Multi-grain 'Cakes

Makes about 22 oz. or 5 cups mix

Mix Ingredients:

1³/₄ cups whole wheat flour
1 cup unbleached all purpose flour
³/₄ cup oat bran or quick oatmeal
¹/₂ cup cornmeal
¹/₂ cup soy flour
¹/₄ cup finely chopped sunflower kernels or nuts
¹/₄ cup granulated or brown sugar
2 teaspoons baking powder
1 ¹/₂ teaspoons salt
1 teaspoon baking soda

1. Combine ingredients with large wire whisk or whisk attachment on mixer.
2. Store refrigerated in a sealed container—up to four weeks.

Nutrition Information: One cup mix (4.25 oz.) has: 421 calories; 15g protein; 7g fat; 11 g fiber; 84 g carbohydrates; 10g sugars; 0 cholesterol; 445mg potassium; 884 mg sodium; 152 mg calcium

Pancakes:

Makes 10, (4-inch) cakes

- 1¼ cups low-fat buttermilk, milk or sourdough starter*
- 2 tablespoons vegetable oil
- 1 whole egg, lightly beaten
- 1¼ cups multigrain pancake mix

1. In a medium bowl, combine the milk, oil and egg.
2. Add the pancake mix and stir ***just until blended***. If too thick to pour easily, quickly thin with a little milk.
(Batter does not hold well—but if necessary, cover and keep it refrigerated.)
3. Spray skillet or griddle with non-stick spray. Heat to 400 degrees F.
4. Ladle or spoon about ¼ cup batter onto the griddle or skillet.
5. Turn cakes when tops show bubbles erupting and the edges are cooked.

Nutrition information: One of 10 pancakes provides: 84 calories; 3 g protein; 4g total fat; 10g carbohydrates; 1g fiber; 2g sugars; 22 mg cholesterol; 88 mg potassium; 120 mg sodium

Tips for great pancakes:

1. Do not over mix the batter. Mix just until the dry mix is mixed with the liquids.
2. Spray or grease the skillet/griddle. Then preheat it to 350 degrees F.
3. Sprinkle fruit or nuts onto each pancake just before flipping.
4. Turn the pancake only once, when bubbles appear on the surface and edges are dry.

Bake for Family Fun Exploration:

1. Make older children part of the time solution. Assign one to prepare the mix ahead so you'll have it. Teens can shop for ingredients you may need.
2. Talk about how pancakes fit into your family tree—or family tradition. Parents, when did your family eat pancakes when you were children? Who made them? Explore your family pancake history: French crepes, Russian pflinzen, Danish ebelskiver, Jewish latkes, African American journey cakes and other flat breads of all types.
3. Get creative. Offer options for family members. Before flipping...sprinkle surface of each pancake with chopped nuts, dried, frozen or fresh fruit pieces, chocolate chips...
4. Plan to serve pancakes with eggs, milk or yogurt and fruit.
5. Freeze the extras. Leftover pancakes freeze well in plastic sealed bags. These are easy to microwave for a quick snack or meal later on.
6. For your younger children, start by enjoying a book together—then plan when you'll make pancakes together for a meal this week. Anticipation is half the fun!
7. Older children will enjoy looking for pancake recipes reflecting your family background and traditions. Then, make the pancakes together.

8. Sourdough 'Cakes*': Stir in 1 cup sourdough starter* and decrease milk for batter to $\frac{3}{4}$ cup. Mix pancake batter as directed.

9. Try these great options for toppings:

Honey butter—blend $\frac{1}{2}$ cup room temperature butter and $\frac{1}{3}$ cup honey

Fruit Butter topping: $\frac{1}{2}$ cup butter (1 stick), softened and mixed with 3 tablespoons of favorite fruit preserves.

Fruit Sauce: Use a blender or processor to puree: 1 can (15-oz) apricots, drained
1 can (15-oz) peaches, drained
1 fresh nectarine or peeled orange

Vocabulary:

Family: group of relatives

Books for Reading Together:

If You Give a Pig A Pancake. Numeroff, Laura. 1998. HarperCollins Publishers. NY, NY.

Journey Cake Ho! Sawyer, Ruth. Viking, 1953.

Marvin and the Great North Woods. Lasky, Kathryn. Harcourt Brace & Co. NY. 1997.

Pancakes. Tomie de Paola. 1978. Harcourt Brace Jovanovich, FL.

Pancakes, Pancakes! Eric Carle. 1990. Simon & Schuster/Aladdin Paperbacks.

Prairie Day. Adapted from The Little House Books. Laura Ingalls Wilder. 1997. Harper Collins, NY.

***Quick Sourdough Starter.**

In a 6-cup bowl combine 2 cups unbleached flour (or half whole wheat flour); 1 pkg. active dry yeast; 2 cups warm (105 degree F.) water.

Stir, cover lightly with waxed paper and let stand overnight or up to five days.

Stir down. Use amount needed. Keep remainder refrigerated—cover with vented lid.

Replenish every 7 to 10 days with 1 cup flour and 1 cup water. Stir. Let stand at room temperature overnight.

Then use or return to refrigerator.

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