Carrot Raisin Oat Pancakes

Twelve small pancakes, three per breakfast portion · Active 40 min · Total 1 hr 10 min

Skills: Resting an oat batter and cooking thin vegetable pancakes through without scorching the surface

Ingredients

- 1 1/4 cups all-purpose flour (150 g)
- 1 cup plain old-fashioned rolled oats (80 g)
- 1 1/2 teaspoons baking powder (6 g)
- 1/2 teaspoon ground cinnamon (1 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1 large egg
- 1 1/4 cups milk (300 ml)
- 2 medium carrots, finely grated (150 g trimmed weight)
- 1/3 cup raisins (60 g)
- 2 tablespoons neutral oil (30 ml), divided: 1 tablespoon/15 ml in batter and remainder for three frying batches

Set out

Grater, Two mixing bowls and whisk, Large nonstick skillet and broad turner, Low oven and heatproof plate, Food thermometer, Kitchen scale helpful for dividing batter

Allergens

wheat, egg, milk. Check labels and substitutions.

Make it

1. Whisk flour, oats, baking powder, cinnamon and salt in one bowl. Beat egg, milk and 1 tablespoon/15 ml oil in the other. Fold wet ingredients into dry, then add grated carrot and raisins. Rest for 10 minutes.

2. Heat a holding oven to 200°F/95°C. Divide the complete batter into twelve approximately equal portions, about 65–70 g each depending on egg/carrot moisture.

3. Warm one-third of the remaining frying oil in the skillet over medium-low heat. Add four portions and spread each to about 4 inches/10 cm across. Cook for 3–4 minutes on the first side, then 2–3 minutes on the second, until golden, the batter is fully set and the center reaches at least 160°F/71°C. Lower heat if browning too fast.

4. Hold finished pancakes on the oven plate and repeat for two more batches with the remaining oil. Serve three pancakes per person.

No syrup needed in the base

Raisins supply little sweet pockets. The recipe does not depend on a separate bottle of syrup.

Ingredient labels

Flour supplies wheat, egg supplies egg and milk supplies milk. Oats may have wheat/barley cross-contact; dried fruit labels may include sulfites or other added ingredients.

A useful detail

The 70-minute total includes fine grating, ten minutes batter rest and three cooking batches. A smaller skillet that holds only two pancakes takes longer.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Freeze promptly cooled pancakes in separated layers for up to 2 months and thaw in the refrigerator before reheating. Do not leave raw egg batter warm between widely separated meals.