# Cornmeal Breakfast Pancakes

Eight cornmeal pancakes, two per breakfast portion · Active 30 min · Total 1 hr

Skills: Resting a cornmeal batter and cooking shallow pancakes through at moderate heat

## Ingredients

- 1 cup all-purpose flour (120 g)
- 2/3 cup yellow cornmeal (100 g)
- 1 1/2 teaspoons baking powder (6 g)
- 1 tablespoon sugar (12 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1 large egg
- 1 1/4 cups milk (300 ml)
- 2 tablespoons neutral oil (30 ml), divided equally between batter and two frying batches

## Set out

Two mixing bowls and whisk, Large nonstick skillet and broad turner, Low oven and heatproof plate, Food thermometer

## Allergens

wheat, egg, milk. Check labels and substitutions.

## Make it

**1.** Whisk flour, cornmeal, baking powder, sugar and salt in one bowl. Beat egg, milk and 1 tablespoon/15 ml oil in the other. Fold wet into dry only until no dry patches remain. Rest for 10 minutes.

**2.** Heat holding oven to 200°F/95°C. Divide the batter into eight approximately equal portions, about 75–80 g each. Heat half the remaining frying oil in the skillet over medium-low heat.

**3.** Add four portions, spreading each to about 4 inches/10 cm across. Cook for 3–4 minutes until the lower side is golden and the edge begins setting. Turn and cook for 2–3 minutes more until the center is set with no wet batter and reaches at least 160°F/71°C.

**4.** Hold on the oven plate while repeating with the remaining oil and four batter portions. Serve two pancakes per person.

## Eight equal shares

The batter is divided into eight pancakes. A fixed tiny scoop would produce a different count and serving size.

## Ingredient labels

Flour supplies wheat, egg supplies egg and milk supplies milk. Check cornmeal and baking-powder labels for further ingredients or cross-contact statements.

## A useful detail

The 60-minute total includes the ten-minute cornmeal rest and two cooking batches. A smaller pan requires more batches and time.

## 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 with separators for up to 2 months and thaw in the refrigerator before reheating.