Banana Milk-Powder Pancakes

Twelve small banana pancakes, three per breakfast portion · Active 35 min · Total 1 hr 5 min

Skills: Reconstituting a measured milk quantity and cooking a moist banana batter through gently

Ingredients

• Nonfat dry milk powder and safe drinking water, amounts directed by the label to make 1 1/4 cups/300 ml prepared milk (powder is often about 25–35 g; follow actual label)

• 2 medium ripe bananas (240 g peeled weight), mashed

• 1 large egg

• 1 1/2 cups all-purpose flour (180 g)

• 1 1/2 teaspoons baking powder (6 g)

• 1/4 teaspoon fine salt (1.5 g)

• 2 tablespoons neutral oil (30 ml), divided: 1 tablespoon/15 ml in batter and remainder for three frying batches

Set out

Measuring jug and whisk, Mixing bowls and fork, Large nonstick skillet and broad turner, Low oven and heatproof plate, Food thermometer

Allergens

milk, egg, wheat. Check labels and substitutions.

A useful detail

The 65-minute total includes milk preparation, banana mashing and three cooking batches. A small pan that fits only two pancakes takes longer.

Make it

1. Reconstitute milk powder with safe drinking water according to its label and measure exactly 300 ml prepared milk. Refrigerate any extra promptly. Heat a holding oven to 200°F/95°C.

2. Mash the peeled banana in a bowl. Beat in egg, prepared milk and 1 tablespoon/15 ml oil. Whisk flour, baking powder and salt separately, then fold into the wet mixture only until no dry flour remains.

3. Divide the whole batter into twelve approximately equal portions. Warm one-third of the remaining frying oil in the skillet over medium-low heat. Add four portions and spread to about 4 inches/10 cm across. Cook for 3–4 minutes per side until golden, fully set with no wet batter and at least 160°F/71°C in the center.

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

Measure finished liquid

The batter uses 300 ml prepared milk. Label-directed powder and water amounts create that quantity before it enters the recipe.

Ingredient labels

Milk powder supplies milk, egg supplies egg and flour supplies wheat. Read the powder label for additional ingredients; a plant beverage powder is not the same product.

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. Keep unused prepared milk cold and follow its label guidance.