

Canadian Pancakes

Canadian Pancakes are an OMAHLY sailing favourite, filling, tasty and easy to make.

The following recipe serves two people and makes eight stackable fluffy pancakes.

Toppings can be anything you fancy, savoury or sweet, a popular favourite is Pineapple and Maple Syrup as shown.

Should you wish to make a smaller quantity, use two medium eggs and half of all the other ingredients listed.

Recipe, Ingredients and Instructions

	Recipe serves	Prepared for
	2	2

Ingredient	Amount	Scaled amount
Plain Flour	1 cup	1 cup
Baking Powder	1 tbsp	1 tbsp
Milk (Semi Skimmed)	1 cup	1 cup
Eggs (Medium)	3 ----	3 ----
Salted Butter	Knob ----	Knob ----
Tinned Pineapple Rings	1 ----	1 ----
Canadian Maple Syrup	To taste ----	To taste ----

Instructions

- Mix the flour and baking powder together in a medium sized mixing bowl
- Break the eggs and separate the whites from the yolks.
- Whisk the egg yolks and milk together, then add to the mixing bowl with the flour and baking powder and whisk to a smooth batter.
- Whisk the egg whites in a separate bowl until they are thick enough to form peaks.
- Add the whisked egg whites to the batter and gently fold together until thoroughly mixed in. Be careful not to over mix. The mixture should look fluffy and aerated.
- Heat a small knob of butter in a frying pan over a medium heat. Once the butter has melted, pour a small amount of mixture into the pan (a six inch diameter or fifteen centimetre spread is a good size).
- Cook until bubbles form and pop in the batter and the edges turn golden brown. Flip the pancake over and cook for a minute or until golden brown on the underside.
- Serve with a pineapple ring and Canadian maple syrup

OMAHLY sailing recommends the American Cup and Spoon measuring method for onboard simplicity



Shopping List

Ingredients	Have it	Quantity
Plain Flour	<input type="checkbox"/>	1 Cup
Baking Powder	<input type="checkbox"/>	1 tbsp
Milk (Semi Skimmed)	<input type="checkbox"/>	1 Cup
Eggs (Medium Sized)	<input type="checkbox"/>	3
Salted Butter	<input type="checkbox"/>	Knob
Tinned Pineapple Rings	<input type="checkbox"/>	1
Canadian Maple Syrup	<input type="checkbox"/>	To taste



Equipment

- Stainless Steel Whisk
- Wooden Spatular
- Trangia 25-2 Aluminium Cook Set
- Snow Peak Titanium Plate
- Snow Peak Titanium Spork
- Light My Fire Fireknife
- American Measuring Cups and Spoons