Alton Brown's Fluffy Whole Wheat Pancakes

By MaMa's Apprentice on April 22, 2009



Photo by Karabea

* Prep Time: 10 mins
* Total Time: 15 mins
* Serves: 4, Yield: 12 4-in pancakes

ABOUT THIS RECIPE

"I've tried many whole wheat pancake recipes. Some were good, some not so good but I never had one make me say, "Wow! A truly fluffy whole wheat pancake!" until this one. Posting it here so I don't lose it! We love to eat these for dinner with some turkey sausage. Very filling!"

INGREDIENTS

THE DRY GOODS

* + 2 cups whole wheat flour ( I used whole wheat pastry flour.)
  + 1 teaspoon baking powder
  + 1/2 teaspoon baking soda
  + 1 teaspoon salt
  + 3 tablespoons sugar

THE WET WORKS

* + 2 large eggs
  + 2 cups buttermilk
  + 4 tablespoons unsalted butter ( I used about 2 T. to cut down on fat.)

DIRECTIONS

1. Mix together all the dry ingredients in a large bowl. In a separate bowl, whisk together all wet ingredients. (I just melted the butter slightly before adding it in with the eggs and buttermilk.).
2. Add the wet stuff to the dry stuff and mix just until batter comes together. Do NOT mix smooth. Set aside batter to rest for 5 minutes.
3. \* Heat an electric griddle to 350 degrees or place a nonstick frying pan over medium-low heat.
4. \*Test the griddle by flicking water on it. If the water dances across the surface, you’re good to go.
5. \* Rub down the griddle with a little butter or spray with nonstick spray.
6. Ladle 1 scoop of batter onto the griddle. (Batter will be thick! Just spread it out with the bottom of your ladle or the back of a spoon.) Cook until bubbles form in the batter and bottom is golden, approximately three minutes. Flip and cook until the second side is golden, another a minute or so. Adjust the heat as necessary as you go along. Serve while hot!