

Three-Grain Pancakes

Grains/Breads

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A-06B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Buckwheat flour	5 oz	1 cup	10 oz	2 cups	<p>1. In a mixing bowl, use the whip attachment on low speed to combine all ingredients for 30 seconds. Scrape the sides of the bowl and mix on medium speed for 1 minute until batter is smooth.</p> <p>2. Pour 1 qt 1 cup (2 lb 15 oz) of batter into each lightly greased half-sheet pan (18" x 13" x 1").</p> <p>3. To Bake: Conventional Oven: 450 degrees F, 10 minutes Convection Oven: 400 degrees F, 8 minutes Bake until golden brown.</p> <p>4. Cut each pan into 25 pieces (5 x 5).</p>
Enriched bran flour	5 oz	1 cup	10 oz	2 cups	
Whole wheat flour	5 oz	1 cup	10 oz	2 cups	
Baking powder		2 Tbsp		1/4 cup	
Sugar		1/4 cup	4 oz	1/2 cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Fresh large eggs OR		2 each		4 each	
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
Vegetable oil		1/4 cup		1/2 cup	
Lowfat milk		3 cups		1 qt 2 cups	

Special Tip:

For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.