Alton Brown: Blueberry Flap Jacks

1 c. White Whole Wheat Flour (or ½ c. AP & ½ c. WW)
1/4 tsp. Baking soda
1/2 tsp. Baking powder
1/2 tsp. Kosher salt
1 tsp. Sugar
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1 egg, separated
1 c. buttermilk
2 tbsp. Butter, melted
1/2 c. frozen blueberries
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Maple Syrup (optional)

In one bowl, whisk together egg whites and buttermilk. In another bowl, whisk together
egg yolks and melted butter. Combine the two egg mixtures and whisk until thoroughly
combined. Combine all of the dry ingredients in a separate bowl. Pour wet mixture over
dry mixture and mix just enough to moisten (there will be lumps). Gently fold in
blueberries. Use 1/4 cup portions to make pancakes. When bubbles begin to set around
the edges of the pancake and the underside is golden, flip gently. Continue to cook for
a couple of minutes until the pancake is set. Makes 8 small thick and fluffy

Melt the butter and separate the egg (keep both parts)
Measure the buttermilk & whisk together with the egg whites
Whisk together the egg yolks & melted butter; combine all egg
mixtures thoroughly.
Measure the flour & baking soda into a large bowl--(prep skillet for
cooking) 

***HEAT & GREASE THE ELECTRIC SKILLET
Measure the baking powder, salt & sugar into the flour bowl
Pour wet mixture into the dry mixture and mix till moist
Gently fold in blueberries & spray pan with non-stick spray
Add pancake batter to pan and cook until done; repeat
Measure ½ cup syrup & heat in microwave for 45 seconds
Wash dishes in hot, soapy water
Dry dishes & sink & place towel in laundry basket
Put dishes away & place recipe in basket
Wipe off counters, stove & microwave
Empty garbage & Sweep floors
Blueberry Flap Jacks Pre-Lab Questions

1. How do you separate an egg?

2. Which part of the egg does this recipe use? What should you do with the other part?

3. Why should you wash your hands after working with the raw egg?

4. Why is it important to cover the butter when melting it in the microwave?

5. Circle the correct statement as it pertains to this recipe:
   - The dry ingredients get mixed into the wet ingredients.
   - The wet ingredients get mixed into the dry ingredients.

6. True or False: The batter should be lump free.

7. What tool do you use to “gently fold in” the blueberries? What do you think would happen if you weren’t gentle?

8. How much batter is used for each pancake? ________________

9. What signs indicated the pancake is ready to flip? What tool would you use?

10. Pancakes= _____________Carbs   Syrup=______________Carbs