

Savory Vegetable Pancake & Topping Challenge

Define the term **SAVORY**: _____

Carrots

Pumpkin/Squash

Cauliflower

Green Beans

Broccoli

Corn

Pre-Lab

- Your group will select one of the above favorite veggies to feature in your savory pancake using the base pancake mix (1 cup to 1 ½ of cups).
- Your group will need to utilize at least one complementing herb in your recipe and create a topping or sauce that befits the savory flavors of your pancake.
- You may utilize the internet for ideas, but your original recipe must be approved by the teacher via a signature _____
- Provide your teacher with a list of ingredients you will need.

Lab

- In 43 minutes, your group will create, plate, serve and clean up a savory pancake and topping featuring your selected vegetable to a panel of teachers who will rate your final product.
- Your group's savory pancake and topping recipe must be an original recipe--complete with name, brief menu-like description and nutrition facts information per serving. This information will be shared with the panel of teachers during your presentation.
- Savory vegetable pancakes and toppings will be rated on taste, texture, appearance, nutritional value and presentation using a 1-5 scale. If there is a tie, whichever group has the most nutritious pancake will be declared the winners! Use the [recipe nutrition calculator](#) to create an analysis for your pancake; screenshot and save it to be shared during your presentation.

Frankie's Pancake MIX—Ingredients:

- 4 1/2 cups all-purpose flour
- 4 teaspoons baking powder
- 1 tablespoon kosher salt - 2 packets (1T) sugar packet

Steps: In a large bowl, whisk together the flour, baking powder, salt and sugar.

Store in an airtight container for 3 to 4 months.

Savory Vegetable Pancake & Topping Recipe

Original Name _____ Kitchen# _____

Teacher Approval _____

Detailed Preparation Steps & Cooking Directions

Menu Description

Savory Pancake & Topping Evaluation Form

Group Members _____

Name of Savory Pancake & Topping _____

Criteria	Comments	Scoring
Appearance		Low High 1 2 3 4 5
Taste		Low High 1 2 3 4 5
Texture		Low High 1 2 3 4 5
Nutritional Value		Low High 1 2 3 4 5
Presentation		Low High 1 2 3 4 5
Total Points:		