



Chef Amelia's Giant Apple Buckwheat Pancake

This recipe was developed by Chef Amelia Pankow, 2021 Junior Iron Chef Champion

Ingredients

1 1/2 cups All-Purpose Flour
3/4 cup Buckwheat Flour
1/4 cup Sugar
1 tbsp Baking Powder
1 tsp Baking Soda
1/2 tsp Salt
1 tsp Ground Cinnamon
2 Medium Apples, grated (about 8 ounces grated)
2 1/2 cups lowfat Buttermilk
2 Eggs, gently beaten
2 Tbsp unsalted Butter, melted
1 1/2 tsp Vanilla Extract
Extra butter for greasing pan
Maple Syrup and Butter for serving



Recipe Process & Instructions

1. Preheat oven to 425F
2. Grease an 18 x 13-inch baking sheet (or two 9 x 13 pans) with butter. Set aside.
3. Mix All-Purpose Flour, Buckwheat Flour, Sugar, Baking Powder, Baking Soda, Salt, and Cinnamon in a large mixing bowl with a whisk until combined.
4. Mix Buttermilk, Eggs, Melted Butter, Vanilla, and Grated Apples in a medium mixing bowl until completely mixed.
5. Pour wet ingredients into the dry ingredients and stir until all dry ingredients are mixed into the wet ingredients, but try not to overmix.
6. Put batter into pan and spread until it is an even layer.
7. Bake for 15 minutes until lightly browned.
8. Cut into squares