

Cottage Cheese Pancakes

Author: 5 Second Rule blog

Carolyn T's
Main Cookbook

Servings: 5

Yield: 25



6 whole eggs, separated
1 pinch cream of tartar
16 ounces cottage cheese, full fat, small curd
1 pinch salt
2/3 cup all-purpose flour
Maple syrup, for serving

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 231 Calories; 8g Fat (31.7% calories from fat); 22g Protein; 16g Carbohydrate; trace Dietary Fiber; 262mg Cholesterol; 479mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 0 Fruit; 1/2 Fat.
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Notes: Beating the egg whites separately and folding them into the batter makes these pancakes exceptionally tender and light. The cottage cheese adds additional softness and creaminess. I suggest making the pancakes small to ensure they'll cook all the way through.

1. Separate the eggs, placing the whites and yolks in separate medium/large mixing bowls. (If you have a stand mixer, place the whites in the bowl of the stand mixer fitted with the whisk attachment.)
2. Add the cream of tartar to the egg whites and beat until stiff peaks form. Set aside.
3. Add the cottage cheese and salt to the yolks and beat well with a wooden spoon, hand-held electric mixer, or the paddle attachment on your stand mixer. Stir in the flour and combine well.
4. Lighten the egg yolk/cottage cheese batter by stirring in one-third of the beaten egg whites. Then pour all the cottage cheese batter into the bowl with the remaining whites. Fold until the batter is uniformly combined, taking care not to deflate the whites too much.
5. Heat a large non-stick skillet or cast-iron griddle over medium-high heat. Coat with nonstick spray if necessary. Use an ice cream scoop to dollop small rounds of batter onto the hot skillet, dragging the batter a bit to create somewhat oblong shapes. (This will help the cakes cook through.) Cook two to three minutes per side, flipping once, until golden brown and speckled, working in batches. Serve warm, with maple syrup.