Charles' Buttermilk Pancakes

Slightly adapted from my DH Dave's Dad's recipe
Internet address:



3 cups all-purpose flour

1 tablespoon baking soda, scant

1 teaspoon salt, scant

1 teaspoon granulated sugar

2 large eggs

1 quart buttermilk (it may need a few T. more)

Oil for greasing the pan for each batch you cook

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 8

1. In a large bowl (use a Pyrex pouring style measuring cup/bowl if you have one) combine all the ingredients.
2. Use an electric mixer to mix until the batter is smooth.
3. Preheat oven to 250° and heat all the plates, including one for serving.
4. Heat a nonstick frying pan to medium-high. Pour about 2 teaspoons of canola oil into the pan and spread around with a spatula. Pour batter into smaller, rather than larger rounds. When you can see bubbles toward the middle of the batter (about 1 1/2 to 2 minutes), turn and allow to cook the other side for about 1 - 1 1/2 minutes. Remove pancake to the heated plate in the oven. Continue cooking pancakes until you've used all the batter.
5. Serve with your choice of toppings: butter, maple syrup, whipped cream and strawberries, or other fruit syrups.

Yield: 30 3-inch pancakes

Per Serving (excluding unknown items): 241 Calories; 3g Fat (10.6% calories from fat); 10g Protein; 42g Carbohydrate; 1g Dietary Fiber; 57mg Cholesterol; 885mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.