



## Waffles or Cakes

### Ingredients:

1 3/4 c. all-purpose flour  
2 tsp. Clabber Girl® Baking Powder  
1/2 tsp. salt  
2 Tbsp. sugar  
2 eggs  
1 1/4 c. milk  
1/2 c. vegetable oil  
1/2 c. chopped pecans (optional)

### Waffle Batter Directions:

1. Combine flour, baking powder, salt, and sugar in a medium bowl; set mixture aside.
2. Beat eggs; add milk and oil, mixing well.
3. Stir liquid mixture into dry ingredients. Stir just until combined.
4. Fold in pecans.
5. Pour 1 c. batter into a preheated, lightly oiled waffle iron. Cook 5 minutes or until steaming stops and waffles are done.
6. Repeat procedure with remaining batter.

### Pancake Batter Directions:

1. Increase milk to 1 1/2 c.
2. Use only 1 egg and reduce oil to 1/4 c.
3. For each pancake, pour 1/4 c. batter on a hot, lightly greased griddle.
4. Cook until tops of pancakes are covered with bubbles and edges appear slightly dry.
5. Turn and continue cooking until bottom sides are browned.

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## Measure and Mix it Up

**Activity:** Baking waffles or pancakes

**Lesson:** Measuring techniques and using a mixer

### Not Just For Breakfast Anymore...

1. Explain the role of double acting baking powder. The double action of Clabber Girl® refers to the release of some carbon dioxide during mixing and the remainder during baking. This produces a balanced, uniform rise and a light-textured product.
2. Display fresh pecans, showing market forms. Describe the selection of plump, golden-brown, uniform nutmeats. Discuss storing pecans in the refrigerator for up to nine months or the freezer for up to two years. Pecans are a natural, good-tasting food that provides protein, iron, calcium, B vitamins, potassium, phosphorus, and fiber.
3. Conduct a "brainstorming session" with students to list creative uses for waffles, pancakes, and toppings. Include entrée or dessert items for lunch or dinner, as well as breakfast/brunch recipes.
4. Review the list of ideas and discuss how quickly a creative meal can be made. Examine how to save time and effort by assembling ingredients and measuring quickly and accurately.
5. Note which ideas on the creative list contain pecans, fruits, vegetables, and dairy products. These foods complement the nutrients, carbohydrates, and fiber naturally found in waffles and pancakes.
6. Supply copies of this recipe.

### Student Learning Steps

1. Review muffin method of mixing and correct measuring techniques. Remember, over mixing will create a bread that is less tender.
2. Specify labs to make waffles and other pancakes. Some might make main dish toppings and others select dessert toppings so that tastes may be shared. Have students assist in checking supply of ingredients and available equipment. Determine correct use of griddles and waffle bakers.
3. Evaluate quality of waffles or pancakes, looking for even browning, symmetrical shape, tender texture, balanced flavor, and attractive presentation. Compare cost of homemade products to convenience items.



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