



## Recipe Corner

by Dorothy Johnson

Through all the centuries of recorded history food has played a leading role as the motivating force behind great events. Breakfast to start the day off gives one energy for the days work. For a brunch or lunch pancake party reaches all ages. Pancakes kids adore especially when their mother or dad lets them help prepare the pancakes.

### HIGHLAND PANCAKES

- 3/4 cups oats
- 1 1/2 cups milk
- 1 1/4 cups sifted flour
- 3 tbsp. sugar
- 3 tbsp. baking powder
- 1 tsp. salt
- 2 eggs, beaten
- 1/4 cup oil

Mix oats and milk and let stand 5 minutes. Sift together flour, sugar, baking powder and salt. Add dry ingredients to oats mixture along with eggs and oil, stirring only until combined. For each hot cake, pour about 1/4 cup batter onto a hot, lightly greased griddle. Bake until bubbles appear on surface, turn and bake until golden brown. Serve with butter and maple syrup. Makes 4 servings.

### FLAKES FLAPS

- 1 cup sifted flour
- 1 tbsp. sugar
- 2 1/2 tsp. baking powder
- 3/4 tsp salt
- 1 egg, well beaten
- 1 1/4 cups milk
- 3 tbsp. melted shortening
- 1 cup bran flakes or crisp whole wheat flakes, crushed

Sift together flour, sugar, baking powder and salt. Combine egg and milk. Gradually stir in flour mixture and mix until smooth. Stir in shortening. Fold in cereal. Pour by large spoonfuls onto hot greased griddle. Bake until brown on both sides. Serve with maple syrup, butter or honey. Makes 12 flap jacks.

### CORN FLAP JACKS

- 1 2/3 cups milk or water
  - 2 cups buttermilk biscuit mix
  - 1-8 oz. can whole kernel corn
- Combine milk and biscuit mix and blend thoroughly. Drain corn and stir into batter. Drop batter by spoonfuls onto a hot, lightly greased griddle. Turn when bubbles appear. Brown other side. Serve hot with warmed applesauce, grilled ham, bacon or luncheon meat and syrup if desired. Makes 4 to 5 servings.

### GINGERBREAD PANCAKES

- 1 egg
  - 1 cup milk
  - 1-14 oz. pkg. gingerbread mix
  - 2 tbsp. butter or margarine melted
  - Honey or syrup
- Beat together egg and milk. Thoroughly blend in gingerbread mix and stir butter. Bake on lightly greased griddle, browning on both sides. Serve with honey or syrup flavored with grated orange peel. Makes 20-3 inch pancakes.

### APPLE RICE GRIDDLE CAKES

- 1 cup sifted flour
- 1 tbsp. sugar
- 1 tbsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 2 eggs
- 3/4 cup milk
- 1 cup finely grated apple

- 1 cup cooked rice
  - 2 tbsp. melted butter or shortening
- Sift together flour, sugar, baking powder salt, cinnamon and nutmeg. Beat eggs. Blend in milk, apple, rice and shortening. Add dry ingredients and mix well. For each pan cake, spoon about 3 tbsp. batter on lightly greased hot griddle. Spread batter slightly. Bake until bubbles form and edges dry. Turn and bake until brown. Makes about 14 pancakes.



CHOCO - CHIP PANCAKES

- 2 cups packaged pancake or buttermilk biscuit mix
- 2 tbsp. brown sugar
- 1/2 tsp. vanilla
- 1/2 cup chopped walnuts
- 3/4 cup semi-sweet chocolate pieces
- 2 tbsp wheat germ or oats (optional)

Prepare batter according to directions on package. Add brown sugar, vanilla, walnuts, chocolate pieces and wheat germ (if desired). Mix lightly and allow to stand 10 minutes before baking. Using a 1/4 cup measure, spoon batter onto heated lightly greased griddle. Bake until lightly browned on one side, then flip. Serve topped with vanilla or chocolate fudge or syrup, whipped cream, chopped nuts, and a long stemmed cherry. Makes 12 pancakes.

### BLUEBERRY CHEESE CAKES

- 2 cups packaged pancake or buttermilk biscuit mix
  - 2 tsp. grated lemon peel
  - 2 tbsp. sugar
  - Fresh, canned or frozen blueberries, well drain
  - Cottage cheese
  - Yogurt or sour cream
- Prepare batter according to package directions, using buttermilk as the liquid. Add

### NUTTY BANANA PANCAKES

- 2 cups pkg. pancake or buttermilk biscuit mix
  - 1/2 tsp. cinnamon
  - 1 cup chopped walnuts or pecans
  - 3 to 4 small bananas, sliced
- Prepare pancakes according to package directions. Add cinnamon and nuts to batter. Mix lightly and allow to stand 10 minutes before baking. Using a 1/4 cup measure spoon batter onto heated lightly greased griddle and top each pancake with 5 slices of banana. Bake until brown on one side. Serve a stack of pancakes topped with vanilla or banana nut ice cream, a drizzle of honey, caramel or golden syrup and additional sliced bananas and toasted coconut. Makes 14-4 inch pancakes.

## Flipping Out Over Pancakes

lemon peel and sugar. Carefully fold in 1 cup blueberries. Allow to stand 10 minutes before baking. Spoon batter on to heated lightly greased griddle. Bake until lightly browned on one side, flip and cook on other side. Serve stack pancakes topped with a large scoop of cottage cheese, yogurt or sour cream, 1/4 cup blueberries. Makes 14-4 inch pancakes.

### 'NUT BATTER "N" JELLY CAKES

- 2 cups packaged pancake or buttermilk biscuit mix
- 1 cup crushed peanuts
- 1/2 tsp. cinnamon
- 1/2 tsp. cinnamon
- 2 tbsp. brown sugar
- Whipped cream
- Vanilla yogurt
- Jelly or fruit flavored syrup

Prepare pancakes according to directions or package. Add peanuts, cinnamon and brown sugar. Mix lightly and allow batter to stand 10 minutes before baking, using a 1/8 cup measure, drop batter on heated lightly greased griddle. Bake until browned on one side, flip and cook on other side. Serve stack cakes, topped with whipped cream, vanilla flavored yogurt. Add jelly or fruit flavored syrup and additional sprinkling of crushed peanuts, if desired. Makes 28 dollar size cakes.

### RAISIN PANCAKES

- 3 cups flour
- 2 tbsp. sugar
- 1 1/2 tsp. baking powder
- 1 tsp. salt
- 1 beaten egg
- 1 cup milk
- 1 tbsp. melted butter
- 1/2 cup sliced raisins

Mix and sift flour sugar, baking powder, and salt together. Combine egg, milk and shortening. Combine mixtures and beat smooth. Add raisins. Drop on well-greased hot griddle and brown both sides. Serves 6.

### CORN GRIDDLE CAKES

- 2 1/2 cups flour
- 4 tsp. baking powder
- 1/2 tsp. salt
- 1 tbspx sugar
- 2 cups milk
- 1 beaten egg
- 1 1/2 tsp. melted shortening
- 2 1/2 cups canned whole-grain corn

Mix and sift the dry ingredients. Add milk slowly and then beat in egg. Beat until smooth, about 1 minute. Add melted shortening and blend well. Add corn which has been well drained. Drop by tbsp. on a hot griddle and bake until bubbles form on top, then turn and bake on the other side. These cakes are very tender and should be handled carefully in turning or they will break. This makes about 36 griddle cakes. They should be served at once.

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