

# Beignets, French Toast Pancakes & Toppings





# CONTENTS

Beignets .....	75
Best Pancake Batter .....	77
Buttermilk Pancakes .....	78
Blueberry Pancakes .....	79
Chocolate Chip Pancakes .....	79
Pecan or Walnut Pancakes .....	79
Apple Pancakes.....	79
Bananas Foster Pancake Topping .....	80
Cornmeal Cakes .....	81
Blueberry Corn Cakes .....	82
Bacon Maple Corn Cakes .....	82
Orange Cranberry Pancakes .....	83
Cranberry Syrup.....	84
Pumpkin Pancakes .....	85
Pecan Pumpkin Pancakes .....	86
Apple Raising Topping .....	86
Jiffy Corn Cakes.....	87
Sweet potato pancakes .....	88
Potato Pancakes .....	89
French Toast .....	90



# Beignets

Let's dive right in. This is a dead simple donut. Call it what you want, but it's a donut at heart. Maybe a fritter. Make this a day ahead. Make in the evening and you can fry them off the following morning.

This should make about 20 – 24 servings

5	tsp	active dry yeast
2 1/2	cups	warm water (about 110 F but not warmer)
1 1/2	cups	evaporated milk (that's a 12 ounce can)
1	cup	whole milk
1	cup	granulated sugar
14	cups	flour
1/2	cup	shortening
2	tsp	salt
4	each	eggs

Powdered sugar as needed

- In mixing bowl, dissolve yeast in water; proof
- Add sugar, salt, eggs, milk and 4 cups of flour; blend well
- Add about half of remaining flour, beat until smooth
- Add shortening and remaining flour; beat until smooth
- Cover and refrigerate.

The next morning. Start by setting the fryer to **360F**

- On a lightly floured table, roll out 1/8 inch thick; cut into 2 1/2" squares.
- Lay beignets in the oil. They should quickly start puffing up. Using the fry baskets to submerge them instead of flipping them over is a simple trick.
- When done, remove and drain very well on a rack, then transfer to a serving pan or dish.
- Sprinkle the warm (not hot) beignets generously with powdered sugar.



## Best Pancake Batter

You can use this as the foundation for lots of pancakes, put a dab of it in omelets (like some famous pancake chains do) to make them fluffier, or add nuts, fruit or chocolate chips to increase variety.

The batter will keep for several days refrigerated. If it's too thick, add cold water. You'll also want to add a dash of baking powder as it will lose some of its leavening power over time.

Makes a fair bunch

3	cups	flour
2	Tbsp	baking powder
2	tsp	salt
2	Tbsp	granulated sugar
2 1/2	cups	milk
2	each	eggs
1/3	cup	melted butter
2	tsp	vanilla

- Mix the dry ingredients together in a bowl.
- Mix the wet ingredients together separately.
- Combine the two with a wire whip; don't overmix (it makes them chewy and tough).
- Keep chilled before, during, and after use.
- Portion out onto grill; 4 inch diameter is a nice size for a serving of 3 pancakes.



## Buttermilk Pancakes

For this one, we'll make our own buttermilk. Easy. Add the lemon juice to the milk in the recipe. Leave it out for about 30 minutes. Done. On to the recipe.

Makes a bunch of pancakes.

4 1/2	cups	milk
1/4	cup	lemon juice or vinegar
4	each	eggs
1/2	cup	melted butter
1	tsp	vanilla extract
4	cups	flour
1/4	cup	granulated sugar
1	tsp	salt
1 1/2	Tbsp	baking powder
2	tsp	baking soda

- Combine the milk and lemon juice or vinegar; let stand at room temperature half an hour or so before making this recipe.
- Mix the dry ingredients together in a bowl.
- Mix the wet ingredients together separately.
- Combine the two with a wire whip; **don't overmix** (it makes them chewy and tough).
- Keep chilled before, during, and after use.
- Portion out onto grill; 4 inch diameter is a nice size for a serving of 3 pancakes.



## Blueberry Pancakes

Use either one of the previous recipes. The key here is to use frozen blueberries and add them after you've put the pancakes on the grill, and before flipping them. That way, your pancakes don't turn purple and you can control how the pancakes look. When you flip the pancakes over, the blueberries cook and come off the grill piping hot. Everybody's happy.

## Chocolate Chip Pancakes

Same thing as blueberry, you put them in after you pour out the batter. You don't want a bunch of chocolate chip batter hanging around because you'll just end up throwing it away.

## Pecan or Walnut Pancakes

At the risk of repeating ourselves, you put them in the batter after pouring it out on the grill. For the same reasons as we mentioned above

## Apple Pancakes

Add the following to either of the pancake batter recipes:

1/4	cup	butter
3	cups	apples, peeled, cored, diced small, about 1/2 inch or less
1/2	tsp	cinnamon
1/8	tsp	nutmeg (and don't worry if you don't have any)

- Sauté apples in the butter until a bit tender, add spice; let cool.
- Add to pancake batter.
- Prepare pancakes as you normally would.

## Bananas Foster Pancake Topping

It's not the real deal, but it is a very respectful nod to the traditional N'Awlins dessert. No booze in it, and no ice cream either, but you can fix the ice cream part pretty easily. 😊

1	cup	margarine
½	cup	brown sugar, packed
1	tsp	cinnamon
½	tsp	nutmeg
1	cup	breakfast syrup
1	tsp	rum extract (optional)
6	each	bananas, cut into ½ inch thick slices
1	cup	toasted pecans

- In a skillet, melt butter and add sugar, spices, syrup and rum extract.
- Increase heat and cook until bubbling, sugar dissolves and mixture starts to thicken.
- Reduce heat, add bananas and gently fold sauce over bananas, cooking about 3 minutes.

### Serving Suggestions:

- Spoon over pancakes, about 1/3 cup per serving.
- Serve this on the side in a shallow 1/3 pan
- Run it down the center of a long pan between two rows of light, fluffy pancakes.

## Cornmeal Cakes

These are a nice change – or addition – for your breakfast line. Corn cakes really go well with maple syrup and butter. They're also great with blueberries.

Makes about 24 cakes

6	each	eggs
2	cups	buttermilk (make your own; it's better)
1 1/2	cups	whole milk or 2%
1/2	cups	melted butter
2	cups	frozen corn (thawed)
2	cups	yellow corn meal
2	cups	flour
2	tsp	salt
1/4	cup	granulated sugar
1	Tbsp	baking powder

- Mix eggs, milk(s), butter and corn together in a bowl.
- Mix dry ingredients together; add to the wet.
- Just stir in the wet until combined. Don't overmix.
- Set aside for 15 minutes, covered, but not in the cooler.
- Pour out batter onto the grill like any pancake batter.
- Cook until the edges dry and bubbles form and break in center; flip.



## Blueberry Corn Cakes

These are some kicked up (sorry Emeril) corn cakes! As you're cooking them on the grill, toss frozen blueberries into each pancake; cook as usual.

As an alternative, you can heat a can of blueberry pie filling and put it on the line as a compote type topping. Add some frozen blueberries to make it even more blueberry-ish. Sure; as if that was a real word.



## Bacon Maple Corn Cakes

Well, now we're talking. This is a simple one and well, you'll either love it or not. Probably don't start out making a lot of this, but there will be a cult following that will want more.

Yield: 1 1/2 cups

1 cup breakfast syrup

1/4 cup butter

1/2 cup bacon, crispy, crumbled in rather large pieces

- Melt the butter and put the bacon in it.
- When the butter is sizzling, add the syrup
- Cook until it's hot and remove from heat; serve

WORTH SAYING: You can add bacon to the batter. Lots of it.

## Orange Cranberry Pancakes

These are tart, tangy and light. You'll make your buttermilk by combining the lemon juice and milk first, and setting aside for about half an hour.

Makes a bunch of pancakes.

3	cups	milk	}	Combine and set aside 30 minutes
3	Tbsp	lemon juice		
1	cup	orange juice		
1	cup	dried cranberries		
4	each	eggs		
1/2	cup	melted butter		
1/4	tsp	nutmeg		
4	cups	flour		
1/4	cup	granulated sugar		
1	tsp	salt		
1 1/2	Tbsp	baking powder		
1 1/2	tsp	baking soda		
2	tsp	orange zest (optional, but really good to add)		

- In a saucepan, heat the orange juice and cranberries to a simmer and then turn off heat. Let cool while buttermilk is standing.
- Mix the dry ingredients together in a bowl.
- Mix buttermilk, orange juice, eggs and butter together.
- Mix together the wet and dry mixtures. Don't overmix, or the resulting cooked pancakes will be tough and chewy, just mix until moistened.
- Portion out onto grill; 4 inch diameter is a nice size for a serving of 3 pancakes.

## Cranberry Syrup

In case you have some hardcore cranberry lovers, here's a cranberry syrup.

1	cup	dry cranberries
1/2	cup	orange juice
1/2	cup	water
1	Tbsp	cornstarch
1/2	cup	sugar
1	Tbsp	lemon juice

- Rough chop the cranberries.
- Put them in a saucepan with everything but the water and cornstarch.
- Bring to a simmer and cook slowly until the berries are tender.
- Combine the water and cornstarch, making a slurry.
- Add to the saucepan and bring to a boil, cooking until it thickens.
- Remove from heat. Serve



## Pumpkin Pancakes

This is a great autumn item. Cut the recipe in half just in case (that's half a can of pumpkin). These are pretty fantastic with toasted pecans and Steen's syrup. There are more serving ideas after the recipe.

3	cups	milk
2	cups	pumpkin, canned
2	each	eggs
4	Tbsp	vegetable oil
4	Tbsp	vinegar
4	cups	flour
1/2	cup	brown sugar
1 1/2	Tbsp	baking powder
2	tsp	baking soda
2	tsp	allspice
2	tsp	cinnamon
1	tsp	ginger (if you must use fresh grated, use 1/4 cup)
1	tsp	salt

- In a bowl, mix together the milk, pumpkin, egg, oil and vinegar.
- Combine the dry ingredients in a separate bowl.
- Stir into wet ingredients – just enough to combine; don't overmix.
- Pour about 1/4 to 1/3 cup per pancake onto a hot, well-oiled grill and cook until bubbles on surface break and edges begin to dry up.
- Flip and when done, should be a golden brown on both sides.
- Put in serving pan; place on line. Can keep warm in a low oven, covered.





## Pecan Pumpkin Pancakes

- Toast 1 cup pecans lightly and allow to cool.
- Add half to the batter and make pancakes as usual.
- Before serving pancakes, sprinkle some pecans on top.

## Apple Raising Topping

1/2	cup	raisins
1/2	cup	water
1/2	cup	brown sugar
1	can	apple pie filling
1	tsp	lemon juice
1	tsp	vanilla extract
1	tsp	cinnamon

- In saucepan, add raisins, water, and lemon juice; bring to boil and turn off.
- Let stand 5 minutes and add remaining ingredients.
- Transfer to a 1/6 line pan



# Jiffy Corn Cakes



Okay, now we're not even trying. (kidding)

## Sweet potato pancakes

Here's a great way to use some of those leftover baked sweet potatoes. And no complaints, guaranteed. Sweet and savory, these are very well complemented with a sautéed apple topping – or just some Steen's syrup.

Yield: 12 servings

1 ½	lbs.	sweet potatoes
3	cups	flour
2	Tbsp	baking powder
2	tsp	salt
½	tsp	nutmeg
½	tsp	cinnamon
3	cups	milk
4	each	eggs
½	cup	butter, melted
½	cup	pecans, chopped (optional)

- If using left over baked, remove flesh, warm just enough to mash.
- If using uncooked, peel, boil until tender, chop and mash.
- Add butter, milk and eggs to potatoes and mix well.
- In a separate medium bowl, combine dry ingredients.
- Add the dry mixture to potato mixture; blend to form a batter.
- Drop batter onto grill; cook until surface begins to bubble.
- Turn, cook to a golden brown.

## Potato Pancakes

This traditionally German, savory dish is more of a hash brown alternative than a pancake replacement. Try putting them out next to the hash browns or home fries sometime, or serve them with fried fish, with a pork roast or grilled sausage and onions. They are usually served with applesauce or sour cream.

One other note: you can use the frozen hash browns instead of baking potatoes. Just thaw first.

Yield: about 12 servings:

4	each	eggs
1/4	cup	flour
1/2	tsp	baking powder
1	tsp	salt
1/2	tsp	pepper
1/2	tsp	garlic, granulated
8	each	large potatoes, peeled
1	cup	onion, finely chopped



- In a large bowl, combine eggs, flour, baking powder and spices.
- Peel and shred or grate the potatoes.
- Add onions and potatoes to the egg mixture; stir until it comes together.
- On a very well-oiled grill, or in a hot skillet with 1/4 inch of oil, drop heaping spoons of potato “batter”. Make cakes about 3 inches in diameter and about 1/2 inch thick.
- Cook about 3 minutes, turn and flatten gently with spatula. Don’t mash.
- When brown and crisp, remove and drain very well.

## French Toast

Let's talk about the bread first. Real French toast, or "Pain Perdu" isn't made from some lame, limp, skinny slice of sandwich bread. The real stuff is made from a thick, substantial slice of French bread; something that will hold up to a good soaking in eggs, milk, sugar and spices.

Well, it turns out that in French households there's usually a lot of leftover bread that meets that description. Pain Perdu means "lost bread" in Français. Coincidence?

So to drone on a little bit, if you want to serve good French Toast – really good, then here are a couple of suggestions:

- Use GOOD bread. Use French bread (SONOCO stock item 340062), cut it in slices as shown here.



- Don't put cinnamon in the batter. It clumps and makes the product ugly and doesn't help the taste much either. Keep that shaker of cinnamon handy though.
- More egg, less milk makes for a richer batter.
- Use powdered sugar instead of granulated as a sweetener. Unlike the granulated, it stays blended in without sinking to the bottom. Just mix it with the milk before you add eggs.
- IF you're just using margarine, try clarifying it first. It doesn't burn at high temps, and it doesn't spatter either. Melt a couple pounds in a saucepan, put in the cooler overnight. The next day, poke a hole like a can opener in the solid oleo and pour off the water. Pull out the margarine and use.

## French Toast Batter

This is a richer batter than you are probably used to. With no cinnamon, you can use it for something else when you're done with it. For example, it can go in a sweet roll mix as part of your milk. Remember it has vanilla so it won't do well for a hot roll mix. And you can use it 2 days before you need to discard it.

Makes 6 servings of 3 pieces French bread each

9	slices	French bread
6	each	eggs
1 1/2	cups	milk
1/2	tsp	ground nutmeg (optional but really good)
2	tsp	vanilla
1/4	cup	powdered sugar

- Blend the powdered sugar into the milk.
- Crack the eggs in a bowl; add everything else but the bread.
- Have ready and soak bread as French toast is ordered.
- Butter grill well and cook until golden and crispy on both sides.
- Cut in half diagonally, plate as shown and dust with powdered sugar

