- Prep Time: 10 minutes
- Resting Time: 10 minutes
- Cook Time: 15 minutes
- Total Time: 35 minutes
- Difficulty Level: Easy
- Intensity Level: Low (Gentle folding and precise thermal control required)
- Yield: 8 big, fluffy pancakes (Serves 4)

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Ingredients

To achieve optimal rise and moisture, use fresh, room-temperature ingredients.

Dry Ingredients

- 2 cups (250g) All-Purpose Flour: Provides the core structure. (Ensure you spoon and level your flour rather than scooping directly from the bag to avoid a dense pancake).

- 2 tbsp Sugar: Adds subtle sweetness and aids in golden-brown Maillard browning on the skillet.

- 2 tsp Baking Powder: The primary leavening agent responsible for creating lift and air pockets.

- 1/2 tsp Baking Soda: Works alongside the acidity in buttermilk to create rapid carbon dioxide bubbles.

- 1/2 tsp Salt: Essential for balancing flavor and enhancing sweetness.

Wet Ingredients

- 1 1/2 cups (360ml) Buttermilk (or Whole Milk): Buttermilk yields the softest crumb and best rise due to its acid content. If using whole milk, add 1 tablespoon of lemon juice or white vinegar and let sit for 5 minutes.

- 1 Large Egg (Room Temperature): Binds the batter and adds rich structure.

- 4 tbsp (56g) Unsalted Butter (Melted and slightly cooled): Incorporates richness into the crumb. Plus extra butter or oil for greasing the pan.

- 1 tsp Pure Vanilla Extract: Adds depth and aromatic sweetness.

Intensity & Thermal Control Guide

Pancakes require consistent heat management. Running your pan too hot scorches the outside while leaving the interior gooey; running it too cold leads to tough, pale pancakes that absorb grease rather than rise.

```
       [ PREHEAT ]              [ FIRST SIDE ]            [
SECOND SIDE ]
   Medium (350°F / 175°C)    Medium-Low (325°F / 165°C) Medium-
Low (325°F / 165°C)
      Pan Warming Up           Bubbles Pop & Set          Golden
Brown Finish
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- Preheat Phase: Medium Intensity (350°F / 175°C on an electric griddle).

- Cooking Phase: Medium-Low Intensity (325°F / 165°C). A lower, steady heat allows the center of the pancake to cook through completely while the baking powder builds height before the exterior darkens too quickly.

Step-by-Step Instructions

Step 1: Combine the Dry Ingredients

In a large mixing bowl, whisk together the all-purpose flour, granulated sugar, baking powder, baking soda, and salt. Whisking thoroughly ensures the leavening agents are evenly distributed throughout the flour, preventing uneven pockets during cooking.

Step 2: Mix the Wet Ingredients

In a separate medium bowl or glass measuring cup, combine the buttermilk, egg, melted (and cooled) butter, and vanilla extract. Whisk vigorously until the egg is completely incorporated and the mixture is smooth.

> Pro Tip: Make sure your melted butter has cooled slightly before adding it to the buttermilk and egg. If it is boiling hot, it will cook the egg and curdle the cold milk.

Step 3: Combine Wet and Dry (Do Not Overmix!)

Pour the wet mixture into the bowl with the dry ingredients. Use a silicone spatula to gently

fold the ingredients together just until combined.

- The golden rule of fluffy pancakes: Stop mixing as soon as the flour streaks disappear! Your batter should be lumpy. Over-mixing activates the gluten proteins in the flour, turning fluffy pancakes chewy and tough.

Step 4: The 10-Minute Rest (Critical Step)

Set the batter aside at room temperature for 10 minutes without stirring. During this rest period, two crucial chemical processes occur:

1. The flour fully hydrates, absorbing the liquids.

2. The acidic buttermilk reacts with the baking soda and baking powder, forming micro-bubbles that trap air inside the batter.

Step 5: Preheat and Season the Skillet

Set a non-stick skillet, heavy cast-iron pan, or electric griddle over Medium heat (350°F / 175°C). Lightly coat the surface with a small pad of butter or a light sweep of neutral oil (like canola or vegetable oil). Wipe away any excess oil with a paper towel—you want a thin, light film on the pan, not a swimming pool of fat, which causes uneven blotchy browning.

Step 6: Cook the Pancakes

Reduce heat slightly to Medium-Low (325°F / 165°C). Pour 1/3 cup of batter onto the hot skillet for each pancake.

1. Side 1 (2 to 3 minutes): Watch the surface closely. As heat penetrates the batter, bubbles will form on top. When the bubbles begin to burst and leave small open holes, and the edges look set and matte (no longer wet), slide a thin spatula underneath.

2. The Flip: Gently flip the pancake over in one swift motion. Do not press down on the pancake with your spatula! Pressing squeezes out all the trapped air pockets you worked hard to build.

3. Side 2 (1 to 2 minutes): Cook until the bottom is light golden brown and the center is cooked through and springy to the touch.

Repeat with the remaining batter, lightly regreasing the pan between batches as needed.

Variations & Mix-Ins

To add extra flavor, fold mix-ins directly onto the pancake surface while side 1 cooks in the skillet (rather than stirring them into the whole bowl of batter, which can cause them to sink to the bottom):

- Classic Blueberry: Add 5 to 6 fresh or frozen blueberries per pancake immediately after pouring the batter into the pan.

- Chocolate Chip: Sprinkle 1 tablespoon of semi-sweet chocolate chips over each pancake as side 1 cooks.

- Cinnamon Brown Sugar Swirl: Mix 2 tablespoons melted butter, 3 tablespoons brown sugar, and 1/2 teaspoon cinnamon in a small zip-top bag. Snip the corner and swirl over the batter right after pouring.

- Banana Walnut: Top cooking pancakes with thinly sliced ripe bananas and chopped toasted walnuts.

Storage, Freezing, and Reheating

Pancakes are ideal for meal prep! Make a double batch on the weekend and enjoy fresh-tasting pancakes all week long.

- Refrigeration: Store leftover pancakes in an airtight container in the refrigerator for up to 4 days.

- Freezing: Allow pancakes to cool completely on a wire rack. Layer them between sheets of parchment paper and place them inside a freezer-safe zip-top bag. Freeze for up to 3 months.

- Reheating:

    - *Toaster:* Place frozen or chilled pancakes directly into a toaster on a medium setting for a crisp exterior and warm interior.

    - *Oven:* Arrange pancakes in a single layer on a baking sheet, cover loosely with foil, and bake at 350°F (175°C) for 8 to 10 minutes.

    - *Microwave:* Heat on high for 20–30 seconds for chilled, or 45–60 seconds for frozen (note: microwave heating results in a softer edge).

Comprehensive Nutritional Information

Nutritional values are calculated per serving (based on 2 pancakes per serving, batch yielding 8 pancakes total, un-topped).

Metric	Amount Per Serving
Calories	295 kcal
Total Fat	10.5 g
Saturated Fat	5.8 g
Trans Fat	0.2 g
Cholesterol	62 mg
Sodium	480 mg
Total Carbohydrates	41.5 g
Dietary Fiber	1.2 g
Sugars	8.5 g
Protein	8.2 g
Vitamin D	0.6 mcg (3% DV)
Calcium	165 mg (13% DV)
Iron	2.1 mg (12% DV)
Potassium	210 mg (4% DV)