

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Intensity Level: Easy / Beginner

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Ingredients

- 1 ½ cups all-purpose flour
- 3 ½ teaspoons baking powder
- 1 tablespoon white sugar
- ¼ teaspoon salt, or to taste
- 1 ¼ cups whole milk
- 1 large egg

- 3 tablespoons unsalted butter, melted, plus more for the pan
 - 1 teaspoon pure vanilla extract (optional, but highly recommended)
 - For Serving: Maple syrup, fresh berries, butter, powdered sugar
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Instructions

Phase 1: The Dry Ingredients (Intensity: Low)

1. Prepare Your Station: In a large mixing bowl, whisk together the flour, baking powder, sugar, and salt. This ensures that the leavening agents are evenly distributed, which is key to a uniform rise. Set the bowl aside.

Phase 2: The Wet Ingredients (Intensity: Low)

1. Combine the Liquids: In a separate medium bowl, whisk together the milk, egg, melted butter, and vanilla extract until well blended. Make sure your melted butter isn't scorching hot, or it could cook the egg. Let it cool for a minute after melting.

Phase 3: The Batter (Intensity: Medium – Don't Overmix!)

1. Bring it Together: Pour the wet ingredients into the bowl with the dry ingredients.

2. The Golden Rule: Gently stir the mixture with a wooden spoon or spatula until just combined. The batter should be lumpy. Do not overmix. Overmixing develops the gluten, which results in tough, flat, and chewy pancakes instead of light and fluffy ones. A few streaks of flour are perfectly fine.
3. Rest the Batter: Let the batter rest for 5 minutes while you heat your pan. This brief rest allows the flour to hydrate and the baking powder to start creating bubbles, resulting in a lighter texture.

Phase 4: The Cook (Intensity: Medium)

1. Heat the Griddle: Heat a large, non-stick skillet or griddle over medium heat. To test if it's ready, flick a few drops of water onto the surface. If they sizzle and dance, you're good to go. Lightly grease the pan with a small amount of butter.
2. Pour the Pancakes: Pour about $\frac{1}{4}$ cup of batter onto the hot griddle for each pancake. Use the back of your measuring cup to gently spread the batter into a circle if needed.
3. The First Side (Approx. 2-3 minutes): Cook until bubbles begin to form on the surface of the pancake and the edges look set and slightly dry. You'll see the bubbles pop and leave small holes. This is your signal to flip.
4. The Flip: Carefully slide a spatula under the pancake and flip it over in one confident motion.
5. The Second Side (Approx. 1-2 minutes): Cook the other side until it is golden brown and the pancake is cooked through.

6. Keep Warm: Transfer the cooked pancakes to a plate and cover loosely with a clean kitchen towel or foil to keep them warm while you cook the rest of the batter. Add a little more butter to the pan between batches if needed.

Recipe Notes & Tips

- The Lumpy Batter is Your Friend: Embrace the lumps! They are a sign that you haven't overworked the gluten.
- Buttermilk Swap: For an even more classic, tangy flavor, you can substitute the milk with buttermilk. If you don't have buttermilk, you can make a quick version by adding 1 tablespoon of lemon juice or white vinegar to 1 $\frac{1}{4}$ cups of milk and letting it sit for 5 minutes.
- Add-ins: Feel free to fold in chocolate chips, blueberries, or chopped nuts *after* the batter is mixed but before cooking.
- Keep Them Warm: Placing the cooked pancakes in a single layer on a baking sheet in a 200°F (95°C) oven is a great way to keep them all warm for serving.
- Freezer-Friendly: These pancakes freeze beautifully. Let them cool completely, then place them in a single layer on a baking sheet to freeze. Once frozen solid, transfer them to a zip-top freezer bag. Reheat in a toaster or microwave.

Nutrition Information (Estimated)

Serving Size: 2 pancakes (based on a yield of 9 pancakes)

Please note: This information is an estimate and is provided for informational purposes only. It is not a substitute for professional dietary advice. The values will vary based on the exact ingredients and portion size used.

- Calories: 325 kcal
- Total Fat: 12g
 - Saturated Fat: 7g
 - Trans Fat: 0g
- Cholesterol: 75mg
- Sodium: 380mg
- Total Carbohydrates: 44g
 - Dietary Fiber: 1g
 - Total Sugars: 5g

- Protein: 8g