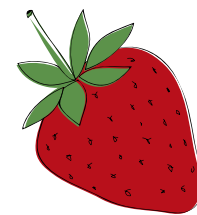


TGG Cooking Lesson 1: Fluffy Whole Wheat Pancakes and Strawberry Compote



Weds 6/10 at 1pm on Instagram Live

Search @FoodRightInc on Instagram to view the lesson starting at 1pm

Bring these things to the lesson:

Fluffy Whole Wheat Pancakes

Ingredients

- 2 cups whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt (not provided)
- 3 Tablespoons sugar
- 2 large eggs (not provided)
- 2 cups buttermilk* (milk and lemon juice or apple cider vinegar) (milk not provided)
- 2 Tablespoons melted butter (not provided)
- Oil for cooking (not provided)

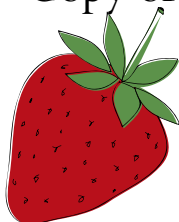
Strawberry Compote Ingredients

- 1 quart strawberries (1.5 lbs)
- 2 Tablespoons sugar
- ½ teaspoon vanilla extract (optional) (not provided)
- 1 lemon (optional)



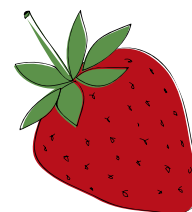
Cooking Equipment

- | | | |
|--|------------------------|-------------------------|
| • Stove | • Spatula for flipping | • 2 Large mixing bowls |
| • Hot mitts | • Mixing spoon | • Whisk |
| • Pot with lid | • Liquid measuring cup | • Cutting board |
| • Frying pan | • Measuring spoons | • Chef's knife |
| • Rubber spatula | • Dry measuring cups | • Microplane (optional) |
| • Copy of the recipes (on the back of this page) | | |



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Fluffy Whole Wheat Pancakes

Yields 30 silver-dollar sized pancakes (1/8 cup batter ea.) Serves 4 people

Dry Ingredients

- 2 cups whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt

Wet Ingredients

- 3 Tablespoons sugar
- 2 large eggs
- 2 cups buttermilk* (milk and lemon or apple cider vinegar)
- 2 Tablespoons melted butter

- Oil for cooking

Directions

1. If you do not have buttermilk, make it by adding 2 Tablespoons vinegar or lemon juice to 2 cups milk. Set aside for 5 minutes or more and allow it to thicken.
2. Mix together all the dry ingredients in a large bowl. In a separate bowl, whisk together all wet ingredients.
3. Add the wet to the dry and mix just until batter comes together. Do NOT mix smooth. Set aside batter to rest for 5 minutes.
4. Heat a nonstick frying pan over medium-low heat. Test the griddle by flicking water on it. If the water dances across the surface, it is ready
5. Rub down the griddle with a little oil or spray with nonstick spray.
6. Use a ladle or measuring cup to measure out **1/8 cups batter**.
7. Cook until bubbles form in the batter and bottom is golden, approximately 3 minutes. Flip and cook until the second side is golden, another 1 minute or so. Adjust the heat as necessary as you cook.

Strawberry Compote Yield = 3 cups

Ingredients

- 1 quart strawberries (1.5 lbs)
- 2 Tablespoons sugar
- 2-4 Tablespoons water
- ½ teaspoon vanilla extract (optional)
- 1 lemon, zested and juiced (optional)

Directions

1. Hull the strawberries—pinch and twist off leaves.
2. Finely chop the strawberries in 8 equal pieces.
3. *Zest and juice the lemon. (optional)*
4. Add all ingredients to a pan, cover and bring to a boil.
5. Remove lid, reduce heat and simmer for 5 minutes or until strawberries are soft and mixture is red and soupy.

All recipes courtesy of Youth Chef Academy by FoodRight, Inc.

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