



# Pancakes

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*makes about 12 three-inch pancakes*

2½ cups all-purpose flour

½ teaspoon salt

1¼ teaspoons baking soda

2 tablespoons sugar

2 cups plain, full-fat yogurt

1 cup whole milk

1 egg, separated

2 tablespoons butter, melted

In a large mixing bowl, whisk together the flour, salt, baking soda and sugar. Place the white of the egg in a small mixing bowl and beat with a hand mixer until stiff but not dry. Whisk the yolk together with the yogurt and the melted butter in a third bowl.

In 3 additions, add the flour mixture to the yogurt mixture; stir until combined but lumpy – it will be very thick. Gradually stir in the whole milk, being careful not to over-mix the batter. Gently fold in the egg whites. The batter should be a little thick, but light-textured.

Heat a griddle or skillet over medium heat and test temperature by sprinkling with a few drops of water. If the water disappears at once, the griddle is too hot. If it flattens out and boils, the griddle is not hot enough. If the drops bounce and sizzle before disappearing, the griddle is ready for use. Brush it lightly with vegetable oil or melted butter.

Pour the batter in uniform amounts from a pitcher or the tip of a large spoon (I use a ladle; it holds just about 1/4 cup of batter). When the surface of the pancakes are full of bubbles and the edges become set, turn them with a spatula and brown the other side. Turn only once.

Serve at once, or keep warm for a few minutes in a 200° F oven.