

Weekday Pancakes

Memorize it: Looking for a go-to pancake recipe that doesn't require much thinking to throw together in the morning, when everyone's *hangry*, glaring at you, expecting something delicious? In this recipe, you don't need to count higher than two, for starters. Make it even easier and use 1 cup all-purpose flour and nix the whole wheat.

See Cook's Notes about extra time savers.

Ingredients

3/4 cup all-purpose flour
1/4 cup whole wheat flour
2 tablespoons sugar
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon fine salt
1 cup buttermilk
1 large egg
1 tablespoon melted unsalted butter
Maple syrup mixed with some walnuts, warmed, for serving

Directions

Whisk the flours, sugar, baking powder, baking soda and salt together in a large bowl. Pour the buttermilk into a large, glass measuring cup and crack in the egg. Whisk to combine. Whisk in the butter. Pour into the flour and whisk quickly, just until the batter is wet. If you overmix it, you'll get heavy pancakes. No one wants a heavy pancake.

Heat a large, nonstick skillet over medium heat until a splash of water dances and evaporates right away, about 3 minutes (or heat an electric skillet to 325 degrees). Ladle about 1/4 cup of the batter into the skillet; you can probably fit 3 to 4 pancakes at a time. Press 3 to 5 banana slices into the batter, whatever will fit, but don't overload them or the batter around them won't cook. When fat bubbles begin to show on the surface of the batter, after about 1½ minutes, peek underneath to make sure the

bottom is a lovely golden brown color. If so, flip and cook the second side until it's the same color, about 1½ more minutes. Remove to a plate and cook the second batch.

Cook's Notes

-- When measuring flour, scoop flour into measuring cup and level off with a knife.

-- You can make this way ahead by storing dry ingredients together in a tightly sealed container with instructions for the wet ingredients (1 cup buttermilk, 1 egg, 1 tablespoon melted butter) posted on the container. You can double or triple the batch. To make a single batch, scoop out 1 cup plus 3 tablespoons of the dry mixture.

total time: 25 minutes

active prep: 25 minutes

serves: 4 (8 pancakes)

difficulty: easy