

# 3ABN Recipes

Recipes from *3ABN Presents*, February 5, 2003 (show 03006)

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## Overnight Pancakes

1 c. whole wheat pastry flour  
1 c. all-purpose flour  
1/8 c. milled cane sugar  
1 tsp. active dry yeast  
1 tsp. salt  
1 1/2 c. Silk Vanilla Soymilk  
7 Tbsp Earth Balance Margarine, melted and cooled  
1 Tbsp. EnerG Egg Replacer  
1/4 c. water

Makes 16 1/4 cup pancakes

1. Mix the flours, milled cane sugar, yeast, and salt into a large bowl, then carefully mix in the milk and melted margarine to make a thick batter.
2. Cover the bowl and leave at room temperature overnight.
3. Next morning, whisk the water into the EnerG Egg replacer until thick and foamy. Stir "egg" mixture into the pancake batter.
4. Heat the prepared griddle or skillet over medium heat. Reduce the heat and pour about 1/4-cup batter into the pan and cook in batches of 3-4 for 1-2 minutes over low heat, until small bubbles begin to appear on the surface and the underside is golden brown.
5. Turn the pancakes over and cook the other side for about 2 minutes.
6. Transfer to a plate and keep them warm in a low oven while you cook the remainder.
7. Serve immediately with fresh fruit and pure maple syrup. These are also good with fruit syrup.
8. Spread each pancake with peanut or almond butter, top with unsweetened applesauce and sprinkle with granola or Grape Nuts.

*Barbara Kerr*

## Gingerbread Pancakes

3/4 c. whole wheat pastry flour  
3/4 c. all-purpose flour  
2 tsp. Rumford Baking Powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 tsp. ground ginger  
2 tsp. ground cinnamon  
1 tsp. ground cloves  
1 Tbsp. EnerG Egg Replacer  
1/4 c. water  
1/2 c. milled cane sugar or Sucanat  
1 c. Silk Vanilla Soymilk  
1/4 c. Earth Balance Margarine, melted

1. Mix the flour, baking powder, baking soda, salt, ginger, cinnamon, cloves and milled cane sugar into a bowl.
2. Whisk the water into the EnerG Egg replacer until thick and foamy.
3. Stir in the soymilk and melted margarine.
4. Add all at once to the flour mixture and combine well.
5. Heat the prepared griddle or skillet over medium heat.
6. Reduce the heat and pour about 1/4-cup batter into the pan, spread with the back of a spoon, and cook in batches of 3-4 for 1-2 minutes over low heat, until small bubbles begin to appear on the surface and the underside is golden brown.
6. Turn them over and cook the other side for 1 minute.
7. Transfer to a plate and keep them warm in a low oven while you cook the remainder.
8. Serve with Warm Toffee Sauce.

*Barbara Kerr*

## Warm Toffee Sauce

1/4 c. Earth Balance Margarine  
1/3 c. Sucanat  
1/2 c. French Vanilla Silk Creamer  
1 Tbsp. cornstarch

1. In a small saucepan bring the margarine, Sucanat and creamer to a boil; cook 1 minute.
2. Pour about 1 Tbsp. of hot liquid into cornstarch and stir to dissolve.
3. Stir into sauce and thicken.
4. Remove from heat and serve.

*Barbara Kerr*

# Lemon Poppyseed Pancakes

1/2 c. whole wheat pastry flour  
1/2 c. all-purpose flour  
1/2 tsp. Rumford Baking Powder  
1/2 tsp. baking soda  
1/4 tsp. salt  
6 Tbsp. milled cane sugar  
2 Tbsp. poppy seeds  
1 1/2 tsp. EnerG Egg Replacer  
1/8 c. water  
2/3 c. Silk Vanilla Soymilk  
grated zest of 1 orange  
grated zest of 1 lemon

1. Stir together the flours, baking powder, and baking soda into a large bowl, then stir in the milled cane sugar and poppyseeds.
2. Grate the zest from each fruit being careful not to take the white part.
3. Add the zest on top of the flour mixture.
4. In a small bowl whisk the water into the EnerG Egg replacer until thick and foamy.
5. Stir in the melted margarine and soymilk.
6. Stir into the flour mixture combining well.
7. Heat the prepared griddle or skillet over medium heat.
8. Reduce the heat and pour 1/4-cup of the batter into the pan and cook in batches of 3-4 for 1 minute over low heat, until small bubbles begin to appear on the surface and the underside is golden brown.
9. Turn them over and cook the other side for 1 minute.
10. Transfer to a plate and keep them warm in a low oven while you cook the remainder.
11. To serve, spread the poppyseed pancakes with a thin coating of Lemon Glaze.

*Barbara Kerr*

# Lemon Glaze

3/4 c. fresh lemon juice  
1/4 + 1/8 c. milled cane sugar  
1/4 + 1/8 c. water  
1 Tbsp. cornstarch

1. Bring lemon, sugar & water to a boil.
2. Dissolve cornstarch with a small amount of hot liquid.
3. Stir into saucepan and thicken to serve.

*Barbara Kerr*

## Currant and Pistachio Griddle Cakes

2/3 c. whole wheat pastry flour  
2/3 c. all-purpose flour  
2 tsp. Rumford Baking Powder  
1 tsp. salt  
1/4 c. milled cane sugar  
2/3 c. rolled oats  
1/2 c. shelled pistachios, coarsely chopped  
1/2 c. currants, rinsed well with hot water  
1 c. Silk Vanilla Soymilk  
1 Tbsp. EnerG Egg Replacer  
1/4 c. water  
1/4 c. Earth Balance Margarine, melted, plus extra for brushing  
grated zest of 1 lemon  
2 Granny Smith Apples

1. Combine the flours, baking powder, and salt into a large bowl, then stir in the milled cane sugar, oats, nuts and currants.
2. In a smaller bowl whisk the water into the egg replacer until it is thick and foamy.
3. Stir in the melted margarine, soymilk and lemon zest.
4. Add to the dry mixture and combine well.
5. Batter should be somewhat thick.
6. Melt an additional 2 tablespoons of margarine for brushing the apples with.
7. Prepare the apples by slicing them horizontally into 1/8-inch rings and removing the core of each slice with a very small cookie cutter. (Hearts, leaves and star shapes work well.)
8. Heat the prepared griddle or skillet over medium heat. Reduce the heat.
9. Brush one side of an apple slice generously with melted margarine and lay oiled-side-down in the skillet.
10. Repeat with 3 more apple slices.
11. Carefully spoon pancake batter on top of each apple slice, not exceeding the edges of the apple too much.
12. Batter should be about 1/2-inch thick.
13. Cook on low heat for about 5-7 minutes on that side. It takes awhile for the heat to cook the batter through the apple slice.
14. Turn pancakes and cook for about 2-3 more minutes.
15. Repeat until all the mixture and apple slices have been used.
16. Transfer to a plate and keep them warm in a low oven while you cook the remainder.
17. Serve plain or with Lemon Glaze.

*Barbara Kerr*

## Pine Nut and Polenta Pennycakes

1 c. pine nuts  
1/4 c. whole wheat pastry flour  
1 tsp. Rumford Baking Powder  
1/4 tsp. salt  
1/4 + 1/8 c. instant polenta (fine yellow cornmeal)  
1/8 c. milled cane sugar  
1/4 c. Silk Vanilla Soymilk  
1 1/2 tsp. EnerG Egg Replacer  
1/8 c. water  
1/8 c. Earth Balance Margarine, melted  
grated zest of 1 orange

1. Put the pine nuts into a dry skillet and cook over a low heat, stirring constantly, until just brown.
2. Transfer to a bowl and let cool.
3. In a bowl combine the flour, baking powder, and salt and stir in the polenta and sugar.
4. Stir in the milk, melted margarine and orange zest. Allow the batter to sit for 5 minutes to soften the polenta and thicken slightly.
5. In a small bowl whisk the water into the egg replacer until thick and foamy.
6. Stir into the batter.
7. Reserving 1/4 cup pine nuts, stir the remaining nuts into the pancake batter.
8. Heat the prepared griddle or skillet over medium heat. Reduce the heat.
9. Using a 1 tablespoon scoop, drop the batter into the hot skillet.
10. Flatten each pennycake with the back of a spoon slightly.
11. Top each with a small sprinkle of remaining pine nuts.
12. Pennycakes should be the size of a fifty-cent piece, but thick.
13. Cook in batches of 6-8 for about 2 minutes over low heat, or until small bubbles begin to appear around the edges and the underside is golden brown.
14. Turn the pancakes over and cook the other side for about 2 minutes.
15. Transfer to a plate and keep them warm in a low oven while you cook the remainder.
16. Serve brushed with melted margarine and dredged in fructose or Honey Curry Dip.

*Barbara Kerr*

## Honey Curry Dip

1/2 c. honey  
1 Tbsp. curry powder

1. In a small saucepan heat honey-curry mixture until simmering.
2. Cook for 1 minute.
3. Cover and let stand for 30 minutes to overnight.
4. Serve warm or at room temperature.

*Barbara Kerr*



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