



Pancakes with Warm Maple Syrup & Coffee Butter

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



712 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 servings blueberries fresh with sugar, for serving sliced
- ☐ 0.5 cup hot-brewed coffee brewed
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 3 servings maple syrup warmed pure for serving
- ☐ 2 cups pancake mix store-bought (such as Robby's pancake mix)
- ☐ 6 tablespoons butter unsalted softened

☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap

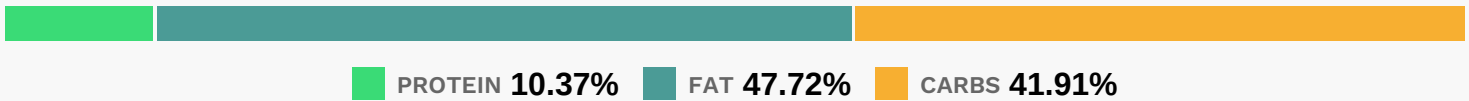
Directions

- ☐ In a medium bowl, whisk the pancake mix, flour, milk, eggs, and melted butter together until smooth. Cover the bowl tightly with plastic wrap and refrigerate for at least 2 hours, and as long as overnight.
- ☐ Put the coffee in a small saucepan, bring to a simmer over medium heat, and cook until reduced by about half.
- ☐ Remove from the heat and cool completely.
- ☐ Put 4 tablespoons of the softened butter in a small bowl and whisk in the cooled reduced coffee until completely incorporated. Set aside until ready to serve.
- ☐ Melt 1 tablespoon of the butter on a pancake griddle or heavy skillet over medium-low heat.
- ☐ Add the batter by 1/4-cup amounts to make 4- to 5-inch pancakes and cook until bubbles appear on the surface and the bottoms are browned and crisp, 3 to 4 minutes. Flip the pancakes and continue cooking until browned on the bottom, 2 to 3 minutes more.
- ☐ Transfer to a plate in a low oven to keep warm until ready to serve. Continue with the remaining batter, adding the remaining butter as needed.
- ☐ To serve, put 3 warm pancakes on each plate. Top each serving with 1 tablespoon of the coffee butter and some warm syrup, garnish with the fruit, and serve immediately.
- ☐ 0 Whipped Maple Syrup
- ☐ Maple syrup is sweet and delicious, but I give it more textural interest by using Versawhip, a soy protein. It's one of the cooler so-called "molecular" ingredients that chefs play with; it's

probably no coincidence it's also one of the most forgiving and easy to use. It aerates maple syrup until it's the consistency of whipped cream, without using any cream. Versawhip is available from the manufacturer Will Powder (Will

- ☐
- Powder.net); the online gourmet retailer L'Epicerie (Lepicerie.com); and Amazon.To make whipped maple syrup, put 1 cup of pure maple syrup and 2 teaspoons Versawhip in the bowl of a standing mixer fitted with the whisk attachment.
- ☐
- Mix on low speed until dissolved, then increase the speed to medium-high and whip until the syrup holds soft peaks. The whipped syrup can be held at room temperature for up to 1 hour.

Nutrition Facts



Properties

Glycemic Index:63.17, Glycemic Load:20.72, Inflammation Score:-8, Nutrition Score:25.226956491885%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg Quercetin: 11.37mg, Quercetin: 11.37mg, Quercetin: 11.37mg, Quercetin: 11.37mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 711.63kcal (35.58%), Fat: 38.36g (59.01%), Saturated Fat: 20.28g (126.77%), Carbohydrates: 75.79g (25.26%), Net Carbohydrates: 70.31g (25.57%), Sugar: 34.72g (38.57%), Cholesterol: 265.25mg (88.42%), Sodium: 554.17mg (24.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.8mg (5.27%), Protein: 18.75g (37.5%), Vitamin B2: 1.05mg (61.88%), Manganese: 1.18mg (58.78%), Phosphorus: 538.47mg (53.85%), Calcium: 444.83mg (44.48%), Selenium: 25.78µg (36.82%), Vitamin K: 31.18µg (29.7%), Vitamin B1: 0.44mg (29.02%), Vitamin A: 1439.83IU (28.8%), Vitamin B12: 1.52µg (25.29%), Fiber: 5.48g (21.92%), Vitamin D: 2.88µg (19.17%), Vitamin B5: 1.92mg (19.17%), Folate: 76.44µg (19.11%), Potassium: 658.65mg (18.82%), Vitamin C: 14.88mg (18.03%), Vitamin B6: 0.33mg (16.48%), Magnesium: 59.7mg (14.93%), Zinc: 2.23mg (14.86%), Iron: 2.64mg (14.66%), Vitamin B3: 2.6mg (13%), Vitamin E: 1.93mg (12.9%), Copper: 0.17mg (8.55%)