



Silver Dollar Buttermilk-Pecan Pancakes with Bourbon Molasses Butter and Maple Syrup

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



754 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup bourbon to taste
- ☐ 1.5 cups plus 3 tablespoons buttermilk
- ☐ 6 servings confectioners' sugar for garnish
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose

- ☐ 2 tablespoons granulated sugar
- ☐ 6 servings kosher salt to taste
- ☐ 1 tablespoon brown sugar light
- ☐ 6 servings maple syrup warmed pure
- ☐ 3 tablespoons blackstrap molasses
- ☐ 0.5 cup pecans toasted finely chopped
- ☐ 6 servings pecans toasted coarsely chopped for garnish, optional
- ☐ 0.8 teaspoon sea salt fine
- ☐ 1 tablespoon sugar
- ☐ 1 cup butter unsalted softened 2 sticks
- ☐ 3 tablespoons butter unsalted cooled melted plus more for griddle
- ☐ 0.5 vanilla pod split
- ☐ 1 teaspoon vanilla extract pure

Equipment

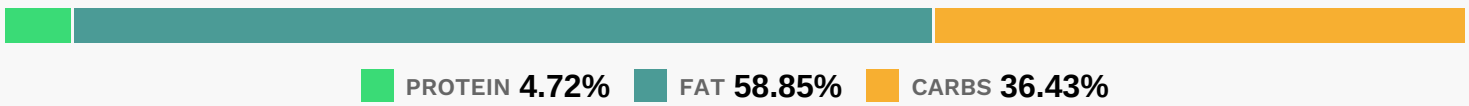
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Preheat the oven to 200 degrees F.
- ☐ Whisk together the flour, pecans, granulated sugar, light brown sugar, baking powder, baking soda, and salt in a medium bowl.
- ☐ Whisk together the eggs, buttermilk, butter and vanilla extract and vanilla bean in a small bowl.

- ☐ Add the egg mixture to the dry mixture and gently mix to combine. Do not overmix.
- ☐ Let the batter sit at room temperature for at least 15 minutes and up to 30 minutes before using.
- ☐ Heat a cast iron or nonstick griddle pan over medium heat and brush with melted butter. Once the butter begins to sizzle, use 2 tablespoons of the batter for each pancake and cook until the bubbles appear on the surface and the bottom is golden brown, about 2 minutes, flip over and cook until the bottom is golden brown, 1 to 2 minutes longer.
- ☐ Transfer the pancakes to a platter and keep warm in a 200 degree F oven.
- ☐ Serve 6 pancakes per person, top each with some of the bourbon butter.
- ☐ Drizzle with warm maple syrup and dust with confectioners' sugar.
- ☐ Garnish with fresh mint sprigs and more toasted pecans, if desired.
- ☐ Combine the bourbon and sugar in a small saucepan and cook over high heat until reduced to 3 tablespoons, remove and let cool.
- ☐ Put the butter, molasses, salt and cooled bourbon mixture in a food processor and process until smooth.
- ☐ Scrape into a bowl, cover with plastic wrap and refrigerate for at least 1 hour to allow the flavors to meld.
- ☐ Remove from the refrigerator about 30 minutes before using to soften.

Nutrition Facts



Properties

Glycemic Index:75.61, Glycemic Load:30.76, Inflammation Score:-7, Nutrition Score:15.659130422641%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 754.43kcal (37.72%), Fat: 46.99g (72.3%), Saturated Fat: 25.31g (158.21%), Carbohydrates: 65.45g (21.82%), Net Carbohydrates: 63.72g (23.17%), Sugar: 38.76g (43.06%), Cholesterol: 164.99mg (55%), Sodium: 745.1mg (32.4%), Alcohol: 6.91g (100%), Alcohol %: 3.79% (100%), Protein: 8.49g (16.97%), Manganese: 1.26mg (62.98%), Vitamin B2: 0.62mg (36.43%), Selenium: 20.62µg (29.46%), Vitamin A: 1314.56IU (26.29%), Vitamin B1: 0.36mg (24.14%), Calcium: 183.9mg (18.39%), Folate: 71.42µg (17.86%), Phosphorus: 172.76mg (17.28%), Iron: 2.61mg (14.47%), Magnesium: 55.82mg (13.95%), Copper: 0.25mg (12.3%), Vitamin D: 1.79µg (11.91%), Potassium: 381.68mg (10.91%), Vitamin B3: 2.16mg (10.78%), Vitamin E: 1.41mg (9.37%), Zinc: 1.3mg (8.68%), Vitamin B12: 0.5µg (8.34%), Vitamin B5: 0.83mg (8.33%), Vitamin B6: 0.15mg (7.63%), Fiber: 1.73g (6.93%), Vitamin K: 3.79µg (3.61%)