

## Lesson 19

**Approximate Time:** 50 minutes

### How to Make Quick Breads—Pour Batters

**Introduction:** Quick breads can be prepared in a short amount of time and may be made from batter or dough. Pancakes, waffles, gingerbreads, and popovers are examples of quick breads that are made from pour batters. Making pour batters will help you to develop skills that are necessary in making many types of batters.

**Learning Goals:** After studying this lesson, you will be able to:

- Identify the characteristics of a quick bread made from a pour batter.
- Prepare an acceptable pancake/waffle from a pour batter.
- Explain the function of ingredients in baked products, such as pour batters. See Lesson 18 for ingredient functions.

**Learning Activities:** Study the definition of pour batters and the process for making them below. Then follow steps 1 through 4 to complete this lesson.

- *Pour batters* are thin flour and liquid mixtures. They have more liquid than flour and can be poured from a spoon, ladle, or mixing bowl. The muffin method is often used to combine ingredients for pour batters. The dry ingredients are combined first. Next, beat together the eggs, milk, and melted fat or vegetable oil in a separate bowl. Add the liquid ingredients to the dry ingredients and stir quickly until all ingredients are just combined. Baking powder and baking soda, either individually or in combination, are the leavening ingredients used in quick breads. They begin to produce carbon dioxide gas once they are combined with liquids. Once added to a heat source, pour batters continue to rise until the gluten sets.
1. **Recipe choice** Choose a pour batter recipe from those that are part of this lesson. If necessary, write the recipe on a recipe card.
  2. **Lab plan** Create a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
  3. **Performance test** In the foods lab, demonstrate for your teacher the following:
    - a.) How to combine ingredients in a pour batter.
    - b.) How to test the griddle to be sure it is hot.
    - c.) When to turn pancakes over and how to identify when waffles are done.
  4. **Evaluation** Complete *Thinking About How to Make Quick Breads: Pour Batters*. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

(Continued on next page)

# Pancakes

**Cook: 4 minutes per pancake**

• 1 cup all-purpose flour	Dry M. cup	B. Spatula
• 1 Tablespoon sugar		
• 2 teaspoons baking powder	M. spoons	B. spatula
• 1/4 teaspoon salt		
• 1 beaten egg	Custard cup	Fork
• 1 cup milk		Liquid MC
• 2 Tablespoons cooking oil	M. Spoon	Blade
		Spatula

1. In a medium mixing bowl stir together the flour, sugar, Baking powder, and salt. Make a well in the center of the dry mixture.
2. In another medium mixing bowl combine the egg, milk, and cooking oil. Whisk together
3. Add egg mixture all at once to the dry mixture. Stir with a large spoon just till moistened (batter should be lumpy). DO NOT OVER MIX.
4. For standard-size pancakes, pour about 1/4 cup batter onto a hot, lightly greased griddle or heavy skillet.
5. Cook over medium heat about 2 minutes on each side or till pancakes are golden brown, turning to second sides when pancakes have bubbly surfaces and edges are slightly dry. turner

Serve warm. Makes 8 to 10 standard-size (4-inch) (8 servings).

## Basic Crepes

**Yield** Makes 32 six-inch or 12 ten-inch crepes

### Ingredients

- 1 3/4 cups all-purpose flour
- 1/2 teaspoon coarse salt
- 2 cups whole milk, room temperature, plus more if needed
- 3 large eggs, room temperature
- 2 1/2 ounces (5 tablespoons) unsalted butter, melted, plus more for skillet

### Directions

1. Sift flour and salt into a large bowl. Whisk together milk and eggs in a medium bowl. Pour milk mixture into flour mixture, whisking to combine. Whisk in butter. Strain mixture into a medium bowl, and refrigerate for at least 2 hours (or up to 1 day). Batter should be the consistency of heavy cream; add more milk if needed.
2. Heat an 8- or 12-inch nonstick skillet over medium heat, and brush with butter. Ladle or pour 3 tablespoons batter (for small crepes) or 1/3 cup batter (for large crepes) into pan, turning and tilting skillet to coat bottom evenly with batter. Cook until top of crepe appears set, bottom is firm and golden brown in spots, and center is lifted by pockets of air, about 1 minute.
3. Run a spatula around edge of crepe to loosen. Slip spatula under crepe, and gently flip in one swift gesture. (If it doesn't land quite right, that's okay; use the spatula to unfold or rearrange it.) Cook until bottom is firm and golden brown in spots, about 45 seconds. Transfer to a plate, and cover. (The first one will not be your finest.) Repeat with remaining batter, brushing pan lightly with butter as needed (every 2 or 3 crepes). Serve immediately.

### Variations

- **Dessert Crepes**

Add 3 tablespoons sugar and 1 teaspoon vanilla to crepe batter.

- **Whole Wheat Crepes**

Substitute 1/2 cup whole wheat flour for 1/2 cup of white flour.

- **Chocolate Crepes**

Add 1/4 cup sugar, 1 teaspoon vanilla, and 3 tablespoons of unsweetened cocoa to the crepe batter.

- **Cheese Crepes**

Add 1/2 cup grated cheese to crepe batter. Stir frequently while using the batter to keep cheese evenly distributed.

<http://southernfood.about.com/od/breadrecipes/r/bl30413q.htm>

## Thinking About How to Make Quick Breads: Pour Batters

**Directions:** Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. Pancakes and waffles are made from a pour batter. In your own words, define pour batter.

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2. Leavening agents cause the batter to rise when it is cooked. What leavening agents are used with your pour batter recipe?

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3. In your own words, explain the muffin method used to prepare quick bread recipes, such as pancakes or waffles.

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4. How do you test a griddle or waffle iron to be sure it is hot and ready to use?

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5. How do you know when to turn pancakes? How do you know when waffles are done?

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6. Use cookbooks or other resources to locate two to three recipes that are examples of pour batters. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

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7. Summarize the function of each of the ingredients used in the recipes in this lesson.

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