

pancakes!

THEY CAN BE SWEET OR SAVORY. SOME PEOPLE LOVE THEM AT BREAKFAST, WHILE OTHERS ENJOY THEM FOR DINNER ... OR EVEN DESSERT.

AND THEY'VE BEEN A FAVORITE KIWANIS FUNDRAISER SINCE JUST ABOUT FOREVER.

In many Kiwanis towns, especially in North America, the pancake is king when it comes to fundraising. This year, the Sioux Falls, South Dakota, Kiwanis Club handed out US\$21,500 to 13 children's organizations—all raised by pancake sales. Ask residents in many towns what Kiwanis is about, and they know about their club's pancake breakfasts. It's tradition to many and a great way to rake in the funds to help children around the world.

In the Americas, buttermilk pancakes rule. If you're Austrian, it's *Kaiserschmarrn*. Eastern Europeans love *blini*. The French have mastered the *crêpe*. In Malaysia, it's *Apam Balik*. Colombians love *cachapas*. The Japanese crave *okonomiyaki* and in Iceland, it's *pönnukaka*. Of course, these are just a few variations—there are plenty more. Since we're celebrating our history and 100 years of fundraisers and service projects, we decided to share some pancake recipes to inspire you for your next event.

It's pancake time ... with an international twist.



BUTTERMILK PANCAKES

Ingredients

2 cups buttermilk
1 cup flour, sifted
1 egg at room temperature
1 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon bacon grease
or melted butter

Process

In small mixing bowl, combine all of the ingredients and mix well. Pour by spoonfuls onto a hot, lightly oiled griddle. Cook until the batter is bubbly. Turn over. Serve immediately with butter and syrup or favorite fruit sauce.

Tip: Try dropping fresh blueberries or chocolate chips into the pancake while the first side is cooking.



CRÊPES

Ingredients

1 1/4 cups whole milk
 2 eggs
 3/4 cup all-purpose flour
 1-2 tablespoons sugar for sweet crêpes (omit for savory crêpes served with a savory filling such as ham and cheese)
 Pinch of salt
 Butter

Process

By hand: Pour the flour in a large bowl, break the eggs in the middle and mix with a bit of milk. Add more milk and beat with a fork until the batter is smooth.

Heat a large nonstick frying pan, add a bit of butter to coat the surface and pour about 3/4 cup of batter in the pan, making it travel across the surface so it coats it evenly. Once the edges start pulling away from the pan, flip the crêpe over, either with a spatula, by hand or by tossing the crêpe in the air. The surface of the crêpe should be a light yellow with some light brown areas. Save to a plate and repeat until you run out of batter.

Serve with a little sugar sprinkled over, roll up the crêpe and enjoy! Other fillings: jams, Nutella, chocolate and banana, etc.

Savory crêpes: Add grated Swiss cheese and ham, roll up the crêpe, add grated cheese on top, and warm up in the oven. Other fillings: smoked salmon and asparagus with a bit of sour cream, béchamel sauce with ham or cheese or both, seafood. The possibilities are endless.

Tip: Basic way to fold a crêpe is to roll it. Or, fold in half and in half again.

KAISERSCHMARRN

Ingredients

4 eggs, yolks and whites separated
1/2 cup milk
1/2 cup granulated sugar
1 pinch salt
1 cup plain flour
Handful of raisins
1 tablespoon butter
2 tablespoons powdered sugar
Apples or stewed plums

Process

Beat the egg whites until soft peaks form.

Tip: Lift your beater or whisk straight up: The egg whites will form soft mounds rather than a sharp peak.

Beat the egg yolks in a separate bowl until smooth; mix in the milk, granulated sugar, salt, flour and raisins until just moistened. Fold in the egg whites.

Melt the butter in a large frying pan over medium heat. Pour the batter into the pan and cook until golden brown; flip and cook until set on the other side, about 1 minute. Tear the kaiserschmarrn into pieces using two forks and continue cooking until golden brown, about 2 minutes. Sprinkle with powdered sugar to garnish, and serve with a dollop of apple or stewed plums.





POTATO PANCAKES

Ingredients

5 level tablespoons flour
1 1/2 pounds peeled potatoes
1 small onion, skinned
1 egg, beaten
1/2 level teaspoon salt
1/8 level teaspoon pepper
Oil for frying

Process

Measure flour into a medium-sized bowl. Over it, grate the peeled potatoes and onion, using a fine grater, then quickly stir in the egg, salt and pepper. Lightly grease a heavy pan and put over medium heat. Drop heaped tablespoonfuls of the potato mixture into the hot pan and fry until crisp and golden on the underside, turn and brown on the other side. Drain on kitchen towel. Serve instead of a vegetable or with applesauce or mixed stewed fruit at luncheon or supper. Also great served with bacon and eggs.

Recipe courtesy of Dee MacKenzie | Kiwanis Club of South Bend, Indiana



VEGAN SWEDISH PANCAKES

Ingredients

1 1/3 cups flour (You may need a bit more)
 2 teaspoons baking powder
 2 teaspoons dairy-free margarine
 2 1/2 cups oat milk
 1 tablespoon raw sugar
 1/2 teaspoon salt

Process

Mix it all together and cook like traditional pancakes. Serve with fruit and, if you want, vegan whipped cream.

Tip: If serving these to nonvegans, offer real, sweetened whipped cream as well.

Recipe courtesy of Kara Fairchild | Kiwanis Club of Cortland, New York

RED VELVET CHEESECAKE PANCAKES

Ingredients

2 eggs beaten
 1 cup milk
 2 tablespoons melted butter
 2 cups flour
 2 tablespoons cocoa powder
 2 tablespoons powdered sugar
 1 teaspoon baking powder
 Red food coloring
 New York-style cheesecake (put it in the fridge to make sure it's firm)
 For syrup:
 1/2 cup white chocolate chips
 1/2 cup heavy cream

Process

Whisk together the liquids: milk, eggs and melted butter. Pour milk mixture into a bowl with the dry ingredients of flour, cocoa powder, baking powder and powdered sugar. Add a few drops of food coloring into the batter, and mix until all incorporated. Remove the cheesecake from the fridge and cut into tiny bite-size cubes. Prepare greased griddle and scoop pancake batter onto the griddle, about 1/4 cup per pancake. Add the cheesecake bites onto the



pancake while the first side cooks. When bubbles appear, flip pancakes and repeat.

Syrup

Microwave white chocolate chips and heavy cream for 30 seconds, then stir. Repeat until all the chocolate is melted.

Recipe courtesy of Jonathan Cao-Nguyen, Circle K Club of California State University-Long Beach, California. His recipe gathered the most "likes" on Kiwanis International's Facebook page request for pancake recipes. He will receive a US\$50 gift certificate to the Kiwanis Family Store. (K)