

Martha Washington's Most Excellent Pancakes

Follow the recipe below to make pancakes just like George Washington's wife, Martha.

Equipment:

Measuring cups and spoons
Paring knife
Medium mixing bowl
Large mixing bowl
Electric mixer or whisk
Wooden spoon
Griddle
spatula

Ingredients:

3 cups flour
3 ½ teaspoons baking powder
¾ teaspoon salt
½ teaspoon nutmeg
¾ cups butter
2 cups milk or cream
3 egg yolks well beaten
3 egg whites, stiffly beaten

Directions (Makes approximately 25 pancakes):

1. Mix the flour, baking powder, salt and nutmeg in a large mixing bowl.
2. Cut in the butter until the resulting mixture is as fine as corn meal.
3. In a separate bowl, combine the egg yolks and milk.
4. Add the flour mixture until the batter is smooth.
5. Fold in the beaten egg whites.
6. Put the batter in a wide mouth pitcher and pour onto a hot, well-greased griddle. Each pancake should be about the size of one saucer.
7. When nicely brown on one side, turn with a spatula.
8. When nicely brown on the other side, remove from griddle and place on a dish or plate.
9. These griddle cakes should be served hot with butter or syrup, or with sugar and milk both of which Martha and George thoroughly enjoyed as a breakfast dish.

Here is the original recipe from Martha Washington's cookbook:

"To make Exolent Pan Cakes:

Take eggs, beat them very well, put to them a quart of Cream & as much flower as is needfull, then put in a pad of fresh butter, & a grated Nutmeg & Salt and let it Stand where it may keep warm but not too hott, so frye it in a fine frying pan without butter."