



Buttermilk Pecan Ricotta Pancakes

Prep Time: 15 minutes
Cook Time: 20 minutes
Yield: 4 servings, 2 pancakes per person

INGREDIENTS

2 cups flour
¼ teaspoon salt
¼ teaspoon baking soda
½ teaspoon baking powder
2 tablespoons brown sugar
¼ teaspoon ground nutmeg
1 tablespoon lemon zest
¾ cup buttermilk
¼ cup milk
1 egg, yolk and whites separated
1 tablespoon lemon juice
4 tablespoons butter, 2 tablespoons of the butter melted
2 teaspoons vanilla extract
½ cup ricotta cheese
½ cup pecans, toasted



DIRECTIONS

1. Add the flour, salt, baking soda, baking powder, sugar and nutmeg to a bowl. Mix ingredients well.
2. Add the lemon zest and mix well.
3. In a separate bowl, combine the buttermilk, milk, egg yolk, lemon juice, melted butter, vanilla extract and mix well. The rest of the butter will be used to grease the pan before frying the pancakes.
4. Add the ricotta cheese to the wet ingredients and mix together. There will be a few small lumps of ricotta cheese in the batter but that's fine.
5. For the egg whites, use a hand mixer fitted with the beaters on medium-low speed until the mixture is frothy. Then increase the speed and beat the egg whites until they form stiff peaks when the beaters are lifted out of the bowl. You can throw in a small pinch of sugar to stabilize the egg whites. Set the bowl aside.
6. Now, make a well in the dry ingredients and pour in the wet ingredients and mix until just combined and smooth. There will be lumps and that is okay. Be careful not to overmix the batter or your pancakes will be tough.
7. Scoop in ¼ of the egg whites and stir gently.
8. Now, fold in the rest of the egg whites while being careful not to overmix so you don't deflate the egg whites and lose the lightness of the batter.
9. Let the batter rest for 5 minutes in the fridge. This resting period will give time for the gluten, the protein network in the flour, to relax so that the pancake batter will be extra light.
10. Bring a frying pan to medium heat. Heat 1/2 tablespoon of butter in the pan until melted and slightly bubbling. You can also use canola or vegetable oil.
11. Ladle in about ¼ cup of batter into the frying pan. At this time, you can sprinkle the toasted pecans onto the uncooked pancakes. Let the pancake cook until the edges begin to brown and small bubbles form on the top, about 4-6 minutes.
12. Flip the pancake over and cook until golden brown, another 2-3 minutes.
13. Keep cooked pancakes in an oven at 200 degrees to keep warm. Cover with aluminum foil to keep them from drying out.
14. Serve hot with butter and maple syrup.