

Idaho Child Nutrition

Recipe: 500141 PANCAKES

Recipe Source: USDA B-13
 Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: EACH

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 018371 LEAVENING AGENTS,BAKING PDR,LOW-SODIUM..... 002047 SALT, TABLE..... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 019335 SUGARS,GRANULATED.....	2 LB 1/4 CUP 1 1/2 TSP 2 1/2 OZ 2 1/4 OZ	1. Blend flour, baking powder, salt, dry milk, and sugar in mixer for 3 minutes on low speed.
001123 EGG,WHOLE,RAW,FRESH..... 014429 WATER,MUNICIPAL..... 004318 OIL,VEG,TYPE B-COMMOD.....	8 large 1 QT + 1 1/4 CUP 1 CUP	2. Combine eggs, water, and oil. Add to dry ingredients. 3. Blend for 2 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX. 4. If desired, lightly coat griddle surface with pan release spray. Portion batter with level No. 20 scoop (3 Tbsp 1 tsp) onto griddle, which has been heated to 375° F. 5. Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on other side, approximately 1 minute. 6. Serve immediately or reheat in covered steamtable pans (12" x 20" x 2 1/2"): Conventional Oven: 350° F for 10-15 minutes Convection Oven: 300° F for 8-10 minutes
		Special Tip For 50 servings, use 4 oz (1 1/3 cups) dried whole eggs and 1 1/3 cups water in place of eggs. For 100 servings, use 8 oz (2 2/3 cups) dried whole eggs and 2 2/3 cups water in place of eggs.
		Variation A. <i>Pancakes (Using Master Mix)</i> 50 servings: Omit step 1. Use 2 lb 13 oz (2 qt 1 cup) Master Mix and 2 1/4 oz (1/3 cup) sugar. In step 2, omit oil. In step 3, blend for 3 minutes on medium speed. Continue with steps 4-6. 100 servings: Omit step 1. Use 5 lb 10 oz (4 qt 2 cups) Master Mix and 4 1/2 oz (2/3 cup) sugar. In step 2, omit oil. In step 3, blend for 3 minutes on medium speed. Continue with steps 4-6.

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		Serving
1 pancake provides 1 serving of grains/breads.		

Calories	127	Iron	1.09 mg	Protein	3.36 g	10.58%	Calories from Prot
Cholesterol	34 mg	Calcium	89.00 mg	Carbohydrates	16.26 g	51.20%	Calories from Carb
Sodium	205 mg	Vitamin A	84 IU	Total Fat	5.34 g	37.81%	Calories from T Fat
Dietary Fiber	0.50 g	Vitamin C	0.10 mg	Saturated Fat	0.89 g	6.30%	Calories from S Fat
				Trans. Fat	0.00* g	0.00%	Calories from Trans. Fat

<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
					? - Shellfish
					? - Soy
					? - Wheat
<u>Moisture & Fat Change</u>					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050024	Pancakes			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	018371	LEAVENING AGENTS,BAKING PDR,LOW-SODI			
I	002047	SALT, TABLE			
I	001155	MILK, DRY, NONFAT, INST, WO/ VIT A			
I	019335	SUGARS, GRANULATED			
I	001123	EGG, WHOLE, RAW, FRESH			
I	014429	WATER, MUNICIPAL			
I	004318	OIL, VEG, TYPE B-COMMOD			