

PANCAKES, SYRUP AND SAUSAGES

PANCAKES

Dry Ingredients

375 mL Flour
7 mL Baking Powder
1 mL Salt
50 mL Sugar
5 mL Baking Soda

Liquid Ingredients

400 mL Buttermilk
1 Egg
50 mL Oil

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1. Wash hands. Put on apron.
2. Sift dry ingredients into LARGE GLASS bowl.
3. Combine liquid ingredients in LARGE glass liquid measure. Mix with a fork.
4. Add LIQUID ingredients to DRY INGREDIENTS and mix with wooden spoon until just moistened. The batter should be somewhat LUMPY.
5. Turn element to #4. Melt approximately 5 or 10 mL margarine in frypan (obtain this from teacher's demo table). When heated, drop about 50 mL batter in three spots in pan (this is to make three small pancakes).
6. Turn when bubbles appear (and holes stay around the edges) on top surface. Cook on other side until golden brown. You DO NOT pat down with the spatula — you want FLUFFY pancakes!
7. You may need to add a tiny bit more margarine for each new batch of pancakes. You will keep pancakes warming in oven set at 200° until all are done.

SAUSAGES

1. Place 1 **sausage** per person in small teflon FRYING PAN (in stove drawer).
2. Add water to almost cover sausages.
3. Turn element to #7. When bubbles appear, turn element to # 3 and simmer sausages for 10 minutes (use stove timer) until cooked through (all the same colour).
4. Drain off water. Return pan to element set on MEDIUM (#4) and brown the sausages. When done, turn off element and keep warm until serving time in frypan which is left on the warm (turned off) element.

TURKEY BACON

1. Obtain 1 piece of turkey bacon per student from the demo table.
2. Using a small Teflon frying pan, cook bacon at #4.
3. The bacon will pop and crackle so be careful! Turn down the element to #3 if you need to.
4. The bacon is cooked when it is slightly browned (about 5-7 minutes).
5. Take bacon out of the pan using tongs, and place on a paper towel-covered plate. Place the bacon in the oven at 200°F to keep warm until pancakes are ready to be served.

HEAD COOK

Get laundry (3 tea towels, 2 dish cloths) for group. Set oven to warm at 200'.
Get out sifter, LARGE GLASS mixing bowl, large teflon frypan (stove drawer),
wooden spoon, fork. Place 10-15 mL margarine from demo table in frypan.
Measure flour into medium metal bowl. Refill flour canister if empty.
Follow recipe on other side → → → to make pancakes with help from Head
Supplies. Keep warm until serving time in warm oven.
CLEAN-UP – Put away all dishes. Responsible for kitchen check.

HEAD SUPPLIES takes BLUE TRAY

Measuring spoons, knife (for leveling), 6 custard cups, Large (liquid) Glass
measure needed.

Custard cups

7ml. Baking Powder
1 ml salt
50 ml sugar
5 ml Baking Soda
1 Egg
50 mL oil

Large liquid measure

400 ml Buttermilk

Help Head Cook make pancakes according to recipe on other side → → → →
Read the recipe out loud as Head Cook mixes ingredients.

CLEAN-UP – Dry prep dishes. Wash serving dishes.

SUPPORTING COOK → + 1 turkey bacon per person!

Collect 1 sausage per person from front in the small teflon frypan.

Cook sausages according to recipe on other side → → → →

If no Housekeeper, set table.

CLEAN-UP – Wash prep dishes. Dry serving dishes.

Supporting Supplies takes orange tray

Collect frozen orange juice,

Cook bacon according to recipe on other side.

Make orange juice in jug and put in fridge.

Help set table.

Clean up: Sweep Kitchen floor. Spray and wipe placemats,
counters, table and stove top.