

Buttermilk Pancakes

Cook's Illustrated

1 cup all-purpose flour, unbleached
1 tablespoon sugar, or less
1/2 teaspoon salt
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1 cup buttermilk
2 tablespoons sour cream
1 large egg
1 1/2 tablespoons melted butter
vegetable oil/butter

Per Serving (excluding unknown items): 223
Calories; 8g Fat (32.1% calories from fat); 7g
Protein; 30g Carbohydrate; 1g Dietary Fiber; 70mg
Cholesterol; 536mg Sodium. Exchanges: 1 1/2
Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 1
1/2 Fat; 0 Other Carbohydrates.

Servings: 4

Whisk flour, sugar, salt, baking powder and baking soda together in a medium bowl. In second bowl, whisk together buttermilk, sour cream, egg and melted butter.. Make a well in the center of dry ingredients and pour in wet ingredients; gently stir until just combined (batter should remain lumpy with streaks of flour). Do not overmix. Allow batter to rest for at least 10 minutes..

Heat 1 teaspoon oil in large non-stick fry pan/griddle over medium heat until shimmering. Wipe out most of oil with a paper towel, leaving a thin film. Pour batter onto pan surface and cook until edges are just set about 2 to 3 minutes. Flip and continue to cook for 1 to 2 minutes longer. Serve now.