



Province of the
EASTERN CAPE
EDUCATION

HOSPITALITY STUDIES

GRADE 10

TERM 2 WEEK 3

PANCAKES, CRUMPETS AND WAFFLES NOTES

This document consists of 7 pages.

NUTRITIONAL VALUE

- As flour is the main ingredient, batters fall under the starch (carbohydrate) group
- Provide energy
- Milk supplies calcium
- Eggs provide protein
- Fewer calories than fat
- Fillings served with the batter products add extra nutritive value

DEFINITION: Thin mixtures of flour and liquid.

- The proportion of liquid to flour depends on the type of batter.
- Air or gas is incorporated into batters to aerate them or to make them light.
- The batters are cooked quickly before the air or gas can escape, to give a light end product.
- Air is incorporated by beating air into the eggs, and then using the beaten eggs in the batter mixture. Sifting the dry ingredients also incorporates air.
- Gas is released from baking powder in the mixture.

TYPES OF BATTERS:

1) *THIN OR POURING BATTERS:*

- Liquid to dry (flour) ingredients = 1:1
- Have a thin consistency and pour in a steady stream.
- E.g. Pancake batters. Waffle batters are a bit thicker.

2) *DROP BATTERS:*

- Liquid to dry ingredients = 1:2
- Thicker consistency and break when poured or dropped from a spoon.
- E.g. crumpets and muffins



METHODS OF MIXING BATTERS:

- Sift and mix the salt and baking powder with the flour
- Beat eggs separately
- Add half the liquid to the beaten eggs and stir into the flour
- Add remaining liquid
- Beat together well
- Use as soon as possible

THE EMULSION (MUFFIN) METHOD OF A MIXING BATTER:

Emulsion: a mixture of two or more unblendable liquids

STEP 1:

Make sure that the milk, eggs and flour are cool enough to allow the oil to partially solidify, to give a velvety texture.

STEP 2:

Combine beaten eggs, the melted butter or oil and the liquid together.

STEP 3:

Combine all the dry ingredients together and add to the mixed liquid ingredients.

Advantage: The batter can be mixed in a short time

COOKING METHODS:

- These batters are cooked on a greased griddle / frying pan or waffle pan.
- They are fried on one side, turned over when bubbles appear on the surface, and fried on the other side.
- The pan must be well greased, but don't use too much fat or oil.





PRESENTING AND SERVING:

Pancakes:

- Served with cinnamon, sugar and lemon juice or lemon wedges
- 'pannekoek'
- it's crispy if eaten immediately
- can be used to be filled with savoury fillings and topped with a sauce



Crumpets:

- aka flapjacks, hotcakes, silver dollar pancakes and griddlecakes
- it is a small, thick pancake about 10cm diameter
- often served in a stack topped with butter and syrup (& bacon)
- made from self-raising flour, eggs, milk and salt
- it is a smooth batter which is fried in butter to give a slightly raised flat cake
- served hot for breakfast or tea with butter and syrup / honey



Waffles:

- These are eaten all over the world (esp Belgium and USA)
- They can be eaten plain or sprinkled with icing sugar., or with toppings like syrup/ honey and cream / ice cream.
- Breakfast waffles are served with butter, syrup, fruit or icing sugar.
- Dessert waffles are served with sweet toppings.
- Waffles can also be served with savoury toppings like chicken, meat and bobotie.

Belgium Waffles: These are made with a yeast-leavened batter. Usually lighter, thicker and crispier with larger pockets.



CHARACTERISTICS:

- **Pancakes** : thin, flat round cakes in a pan or on a griddle. As bubbles can form during cooking, they may be pale with dark spots when the bubbles occurred. They do not rise.
- **Crumpets**: small and have a more cake-like texture than pancakes
- **Waffles**: crispier than pancakes. Waffle pan should be filled evenly to ensure all the pockets are filled and cooked.

In order to ensure a good product:

- Have all the necessary equipment ready so that you can cook the batter immediately before the gas escapes.
- A hot pan will ensure a good end product.