Fat's Lab

Old Fashioned Pancakes

Ingredients

Original recipe makes 8 servings

- 1 1/2 cups all-purpose flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 1/4 cups milk
- 1 egg
- 3 tablespoons butter, melted

Directions

In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Make Pancake Batter and One group will cook with

- 1) Crisco
- 2) Butter
- 3) Margarine
- 4) Vegetable oil
- 5) Whole Wheat with Butter
- 6) Whole Wheat with Crisco

Product	Type of Fat	Flavor	Texture	Conclusion