

## INVITING IDEAS

## Your family will flip over these oatcakes

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JOHNSTON

Oat cuisine doesn't classify as serious food prepared in grand manner or necessarily topped with an elaborate sauce, but it does classify as a great breakfast comfort food. Some oatcake "aficionados" believe all proper oatcakes are composed of leavened batter made of oatmeal, flour, milk, water, salt, sugar and yeast. When oatcakes are flipped they almost look like Indian Chapatis — you can stuff them or top them, but they still taste like pancakes, no matter how you flip 'em.

- Here are some oat ideas:
- Grate a hard cheese over the back of an oatcake, then fold over, roll over, or fold into quarters for easy handling.
  - Using large oatcakes as a pizza base — add your favorite tomato sauce and shredded cheese (bacon or sausage too).
  - Make a clown face out of an oatcake — use chocolate chips or raisins for eyes and mouth, a cherry for the nose, and make a whip cream or yogurt collar. This is fun for children's parties.
  - Spread softened cheddar cheese over

the back of an oatcake, top with a slice of smoked salmon and roll up. This is perfect for even the most elegant brunch.

■ Dress up plain oatcakes: add a cheese sauce, fruity chutney, warmed fruit topping, flavored yogurt or shredded coconut. Another option is bacon, mushroom and melted cheese. Top oatcakes with ice cream or frozen yogurt, whipped cream and chocolate chips, peanut butter chips or butterscotch chips, honey or real maple syrup.

Henry Ford, who was progressive in all things, had his personal party chef Ian Willemse making Soybean Oatmeal Pancakes in the 1930s. Long before our local health food stores, Henry Ford saw the possibilities of utilizing soy beans in food as well as the manufacturing of commercial products.

Here are some recipes to try.

## SOYBEAN OATMEAL PANCAKES OR WAFFLES

- 3 egg whites
- 1 teaspoon salt
- 1/2 cup honey (or sugar)
- 1 1/4 cups milk
- 1/2 cup soybean oil (or melted soy margarine)

- 3/4 cup soybean flour
- 1 cup whole wheat flour
- 1/4 cup instant rolled oats
- 1 tablespoon baking soda

Beat the egg whites, salt and honey (or sugar) until foamy. Add the milk and oil and stir a little. Then fold in the flours, rolled oats, and baking soda. Heat a greased skillet to about 350 degrees F. Pour 2-ounce pancakes. Cook until they bubble, turn and brown the other side. Serve with honey or syrup. Yield 3 1/2 dozen, 2-ounce pancakes.

Recipe from "Cooking For Henry" by Ian Willemse and Eleanor Eaton, published by The Dorning Company, 1993.

## OAT PANCAKES

- 1 1/2 cups rolled oats (not instant)
- 6 tablespoons butter or margarine
- 2 1/2 cups flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 - 1 teaspoon salt
- 4 large eggs
- 2 cups buttermilk

In a large saucepan, combine rolled oats with 2 1/2 cups water. Bring to a simmer over medium heat and cook stirring, fre-

quently, for approximately 4-5 minutes. Remove from the heat source and stir the butter or margarine into the hot oatmeal until they are melted.

Sift together the flour, sugar, baking powder, baking soda, and salt into a large mixing bowl. In another bowl, whisk together the eggs and buttermilk.

Slowly stir in the oatmeal into the egg/milk mixture. Add oatmeal mixture to the dry ingredients — and stir just enough to mix.

Spray a grill, griddle or large frying pan with no-stick cooking spray, (butter or margarine can also be used). Preheat the pan or grill to very hot. Ladle out an eight-inch circle — cook until they are bubbly, then flip and cook the other side until it is as brown as desired.

Serve with your favorite topping. Yield 8, 8-inch pancakes.

This recipe is based on an old recipe dating back to the 19th century where batter of this type was left overnight to swell — and then rest.

## APPLE OATCAKES

Ingredients for the night before:

- 1/2 cup buckwheat flour (you can also

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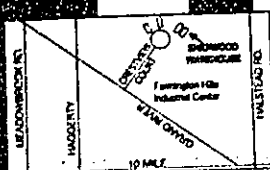
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## A COMMERCIAL MESSAGE

Those who wish to incorporate restaurant-style ranges or refrigerators into their remodeled kitchens should be sure that their selections are compatible with their kitchen size, appearance, and function, as well as their lifestyles. Many manufacturers of commercial grade appliances offer so-called "professional" lines for home use. Aside from exacting a better toll from the appliance budget, commercial-style appliances may require additional floor support or upgraded installation. For these reasons, homeowners with a taste for commercial grade appliances are advised to discuss their choices with their kitchen specialists very early in the remodeling process. Commercial appliances which are not ADA and UL approved do not meet community safety standards and are not safe or practical for home use.

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**HINT:** Do not allow the use of commercial grade appliances to overwhelm the rest of your kitchen.

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