

# PANCAKES, SAUSAGES, MAPLE SYRUP & ORANGE JUICE (for 4)

**Cookery Principle:** Muffin Method  
Pork Cookery

## Ingredients:

1  $\frac{1}{2}$  c + 2 T flour  
1 T baking powder  
2 T + 2 tsp sugar  
 $\frac{1}{2}$  tsp salt  
1  $\frac{1}{2}$  c + 2 T milk  
2 eggs  
 $\frac{1}{4}$  c oil

8 pork sausages

## Syrup:

$\frac{1}{2}$  c boiling water  
1 c brown sugar  
 $\frac{1}{4}$  tsp maple flavouring

## Equipment:

large mixing bowl  
small mixing bowl  
liquid measure  
dry measures  
small measures  
wooden spoon  
metal spatula  
fork  
cutting board  
paring knife  
rubber spatula  
flipper  
electric fry pan  
small fry pan  
small saucepan  
jellyroll pan

## Method:

### Pancakes:

1. Combine flours, baking powder, sugar, and salt in large mixing bowl. Make a well.
2. Beat eggs in small mixing bowl and add oil and milk.
3. Pour liquid mixture into dry all at once. Stir until combined.
4. Place 10 ml oil in large fry pan and preheat to 4-5 on stove.
5. Using the smallest dry measure, pour batter into heated fry pan.
6. Cook until no longer shiny on top, bubbles pop, and bottoms are golden. Turn over and cook other side until golden.
7. Keep warm in oven at lowest setting. (Place in single layer on jelly roll pan.)

### Syrup:

1. Bring water to boil in small saucepan.
2. Dissolve sugar in boiling water.
3. Add maple flavouring.

### Sausages:

1. Pierce each sausage 3 times on one side with a fork. Fry sausages in small fry pan on medium heat (no oil necessary).
2. Brown sausages and turn several times in fry pan.
3. Add about 50 ml water, reduce heat, cover with a plate, and cook for 10 - 15 minutes until cooked (no pink inside).

Food Groups:

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Product Standards:

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Tablesetting:



Lab Duties:

DW \_\_\_\_\_  
DD \_\_\_\_\_  
HK \_\_\_\_\_  
SD \_\_\_\_\_