

# Fluffy Whole Wheat & Buttermilk Pancakes

Topped with warm BC berry compote, streusel and candied orange peel



## Whole Wheat & Buttermilk Pancakes

Combine all dry ingredients in a bowl. Add eggs and mix in milk and buttermilk. The batter should be thick but not too thick (if additional liquid is required, add a little water). Set aside and let rest for 1 hour.

Heat a small amount of oil in a frying pan or flat grill. When hot, spoon pancake batter onto hot surface. Cook until the pancakes start to bubble on top and are slightly dry around the edges, about 2½ minutes. Flip over and cook until golden, about 1 minute. Repeat until all of the batter has been used. Keep warm until ready to serve.

## BC Berry Compote

In a medium saucepan on low heat, cook all berries with sugar for 30 minutes. Cool down and set aside.

## Streusel (for garnish)

Combine all ingredients together and crumble into lumps. Place on a baking sheet in a medium oven (180°C / 350°F) until roasted and hardened. Cool down.

## Candied Orange Peels (for garnish)

Grate orange peel using a zester. Add zests to the sugar and let it cure for a few hours at room temperature.

## PLATING

Stack pancakes on top of each other. Place the candied orange peel on top of the pancakes and sprinkle with fresh streusel. Spoon berry compote on the side. Garnish with a fresh mint sprig.

Can also be served with Canadian maple syrup.

Serves 4

## Whole Wheat & Buttermilk Pancakes

120 g	½ cup	whole wheat flour
120 g	½ cup	white flour, sifted
60 g	¼ cup	white sugar
10 g	2 tsp	baking powder
5 g	1 tsp	baking soda
1 g	¼ tsp	salt
2		eggs
60 ml	¼ cup	milk
120 ml	½ cup	buttermilk
60 ml	¼ cup	canola oil, for cooking

## BC Berry Compote

60 g	¼ cup	blueberries
60 g	¼ cup	blackberries
60 g	¼ cup	strawberries
90 g	⅓ cup	white sugar

## Streusel

120 g	½ cup	butter, salted
60 g	¼ cup	white sugar
60 g	¼ cup	white flour, sifted

## Candied Orange Peels

1		orange
30 g	2 Tbsp	white sugar
		sprigs of fresh mint, for garnish



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