

MASTER CHEF NYU



The Ultimate Cooking Showdown!



Team: The Violet Femmes Whole Wheat Apple Pie Pancakes

2 cups whole wheat flour
1 tsp baking powder
½ tsp baking soda
1 tsp salt
3 Tbsp sugar
2 large eggs

2 cups buttermilk
1 cup unsalted butter
1 ½ cups brown sugar
6 Tbsp all purpose flour
1 cup skim milk
8 green apples



Wash, peel, and slice all apples into approximately 8 cups.

Melt 4 tbsp unsalted butter in microwave. Slowly whisk melted butter into 2 cracked eggs in a large bowl. Add buttermilk, whisk together and set aside

Heat an electric griddle to 350° or place a nonstick frying pan over medium-low heat.

Measure out 2 cups of whole wheat flour, 1 tsp baking powder, ½ tsp baking soda, 1 tsp salt, and 3 tbsp sugar. Add all these ingredients to a food processor. Pulse together flour mixture in food processor for 5 sec. Place flour mixture in large mixing bowl.

Slowly add egg mixture to flour mixture. Mix just until batter comes together. Set aside for 5 minutes. Drop small amount of water on griddle/pan. If water moves across the hot surface, you can begin making pancakes. Rub griddle/pan down with ½ tsp butter. Wipe up with paper towel.

Using a 2 ½ ounce disher, ladle 1 scoop of batter onto griddle/pan. Cook pancake until bubbles form on surface and the bottom is golden, about 3 minutes. Flip pancake and cook another 2 minutes. Remove pancake from griddle and keep warm by laying inside folds of kitchen towel, under a heating pad. Repeat to make 12 small pancakes. Add more butter to griddle/pan as necessary.

Combine 1 ½ cups brown sugar and 6 tbsp all purpose flour in a large sauce pan. Melt 4 tbsp unsalted butter. Stir butter and ½ cup skim milk into flour mixture in saucepan. Cook mixture over medium heat for 5 minutes, or until thickened. Add apples and cook 15 minutes, until tender, stirring often.

Stack 3 pancakes on each plate and spoon ½ cup of apple mixture onto each stack. Pour some of apple mixture, ¾ cup around each stack, and serve