

Grandma39s Soul Food Pancakes with Plantains

Oscar · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

8

Description

My grandmother is from Mississippi I call these her soul food pancakes because she grew up at a time when people who had very little made simple meals taste super delicious Every Sunday before church she made these pancakes to get us out of bed They have a crepe like texture but are still pancakes and are delicious

Ingredients

- - 1 tablespoon butter
- or more as needed - 2 plantains
- cut into 1/2-inch pieces (Optional) - 1 egg - 1 cup evaporated milk - 2 tablespoons margarine
- melted - 1 cup all-purpose flour - 1 ½ tablespoons white sugar - 2 teaspoons baking powder - 1 teaspoon vanilla extract - ½ teaspoon salt - 1 teaspoon butter
- or as needed

Instructions

1. Heat 1 tablespoon butter in a skillet over medium-low heat; saute plantains until golden brown
2. about 5 minutes per side. Transfer plantains to a paper towel-lined plate using a slotted spoon. Beat egg in a large bowl until fluffy. Stir milk and margarine into egg; add flour
3. sugar
4. baking powder
5. vanilla extract
6. and salt. Stir mixture until batter is smooth. Fold plantains into batter. Melt 1 teaspoon butter in a heavy griddle or frying pan over medium heat. Griddle is ready with a drop of water breaks into several smaller balls that dance around griddle. Pour batter
7. about 1/4 cup per pancake
8. into hot griddle. Cook until bubbles form and the edges are dry
9. 2 to 3 minutes. Flip pancakes and cook until browned on the other side
10. 2 to 3 minutes. Repeat with remaining batter. Cook's Note: For a thinner batter
11. add water to find your preferred consistency. If plantains are very ripe
12. the sugar in them will make them turn darker faster while sauteeing in butter
13. but they will still taste good.