



# Fitch Hill Inn

*A Bed & Breakfast*

## Banana Pancakes

The pancakes are thick and hearty without being too heavy. I like this recipe because putting the bananas onto the pancakes allows the bananas to caramelize on the griddle, giving the pancakes a very nice flavor.

Half    Full

1	2	cups Flour
1/2	1	teaspoons Baking Soda
1/4	1/2	teaspoon Salt
1	2	Eggs, lightly beaten
1-1/4	2-1/2	cups Buttermilk
1/2	1	teaspoons Vanilla Extract
1	2	Tablespoons Vegetable Oil
1	1-2	ripe Bananas (not over ripe)

1. Sift together into a large bowl the flour, baking soda and salt.
2. In a medium bowl, whisk together the eggs, buttermilk, vanilla and vegetable oil.
3. Gradually add the liquid to the dry ingredients, mixing until just combined. The batter should be slightly lumpy. Do not over-mix or the pancakes will be tough.
4. Peel and thinly slice the bananas. Set some aside to garnish the finished pancakes.
5. Heat the griddle or heavy skillet over medium heat until a drop of water dances on the surface. Lightly grease with vegetable oil or cooking oil spray. Drop large spoonfuls of batter onto the cooking surface.
6. When the tops of the pancakes start to set, cover them with the sliced banana. Turn the pancakes when they are lightly browned on the bottom. Cook until the banana is browned on the bottom.
7. The pancakes can be served fresh from the griddle or may be transferred to a baking sheet in a warm oven while you cook the rest of the batter.
8. Serve warm with Vermont maple syrup, honey, yogurt, or sour cream.

Yield: Half recipe – 2 generous servings  
Full recipe – 4 generous servings