Oatmeal Pancakes
Per Unit (Yield: 6-8 medium sized pancakes)

Ingredients:

<table>
<thead>
<tr>
<th>Metric Measurement</th>
<th>Imperial Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>175 mL milk</td>
<td>¾ cup</td>
</tr>
<tr>
<td>140 mL quick oats or rolled oats</td>
<td>½ cup + 1 Tbsp</td>
</tr>
<tr>
<td>100 mL all purpose flour</td>
<td>1/3 cup + 1 Tbsp + 1 tsp</td>
</tr>
<tr>
<td>4 mL baking powder</td>
<td>¾ tsp</td>
</tr>
<tr>
<td>1 mL salt</td>
<td>¼ tsp</td>
</tr>
<tr>
<td>10 mL sugar</td>
<td>2 tsp</td>
</tr>
<tr>
<td>1 egg</td>
<td>1</td>
</tr>
<tr>
<td>25 mL vegetable oil</td>
<td>1 Tbsp + 2 tsp</td>
</tr>
<tr>
<td>5-10 mL vegetable oil</td>
<td>1-2 tsp</td>
</tr>
</tbody>
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Method:
1.) Pour milk over oats and let stand for 10 minutes.
2.) Sift together all remaining dry ingredients.
3.) In a small bowl, beat the egg lightly with a fork; add 25 mL of the oil.
4.) Add the egg mixture to the milk and oats.

Show Me #1 -Raise your hand & teacher will check progress :) 
5.) Heat a frying pan over medium heat. Add 5 mL oil to the pan. *Optional: Heat 2 frying pans per kitchen unit to speed up the cooking process
6.) Make a well in the dry ingredients and pour in the milk mixture. Do not over mix; the batter should be lumpy.
7.) Check to see if the pan is hot by sprinkling a few drops of water into the center; if the water bounces around the pan, then evaporates, it is ready to use.
8.) Scoop approximately 50 mL of batter into the pre-heated pan. Flip the pancakes when bubbles in the center of the pancake pop, then cook the second side until golden brown.
9.) Transfer all pancakes onto a large plate. Serve with fruit or spreads/syrup.
Oatmeal Pancakes
Demonstration Day Questions

1.) Why is it important to combine the oats and the milk for 10 minutes? Fill in the blanks.
   So that the oats absorb _______ and cook ________.

2.) What to the oats add to this recipe?
   a.) fibre
   b.) whole grains
   c.) flavour and texture
   d.) all of the above

3.) How will your group serve toppings?
   a.) At the table, right from the bottle or jar.
   b.) At the table, in a small serving dish, with a spoon.
   c.) Each member of the kitchen unit will have their own dish of toppings at the table
   d.) At the kitchen the housekeeper will pour them onto all the pancakes.

4.) Fill in the blanks below:

   - Egg Safety -
   Eggs can contain *Salmonella*, bacteria that can make us_______.
   Wash hands and surfaces frequently.
   Thoroughly _____ all utensils used.
   _______ to proper temperatures.
   Don’t “cross contaminate” eggs and other foods; keep them__________.
   Refrigerate them properly before and after cooking.

5.) Which of the 4 food groups are represented in this recipe?

6.) What ingredient could you add to this recipe in order to include all four of the food groups?