

Kernza[®] Pancakes

adapted from a recipe by Joe Kaplan, Perennial Pantry



TIMING

- Prep: 10 minutes
- Cook Time: 25 minutes
- Total: 35 minutes
- Yield = 10-12 Pancakes

EQUIPMENT

- Mixing Bowls
- Spatula
- Whisk or fork
- Ladle

INGREDIENTS

Ideal, but not imperative, that they are at room temperature.

- 1 Cup Kernza Flour
- ½ Cup All Purpose Flour
- 1 ⅓ Cups Milk
- 1 Large Egg
- 2 Tbsp Sugar
- 1.5 Tsp Salt
- 1 Tsp Baking Powder
- ½ Tsp Baking Soda

for Dairy-Free and Buttermilk recipes visit z.umn.edu/kernzapancakes

METHOD

1. If using butter or coconut oil, melt on stove top or in the microwave.
2. Begin preheating a non-stick pan or skillet to medium-low heat.
3. In a large mixing bowl, combine both flours, sugar, salt, baking powder, and baking soda, and mix until combined.
4. In a separate bowl, whisk the wet ingredients together: milk; oil, butter, or coconut oil; and an egg.
5. Add the wet ingredients to the dry ingredients, and stir with a rubber spatula until fully combined.
6. Apply a thin layer of oil or butter to the preheated non-stick pan or skillet.
7. Use a ladle or “pour-friendly” container to pour the batter on to the skillet.
8. Cook for about four minutes on one side (the edges will start setting; bubbles will form in the middle and eventually start popping).
9. Flip the pancakes and cook for an additional two minutes.
10. Eat immediately, or keep warm in a 200°F oven.

Kernza[®] Chocolate Chip Cookies

adapted from Betty Crocker New Picture Cookbook
(McGraw Hill Book Company, 1961)



INGREDIENTS

- 1/3 cup soft shortening
- 1/3 cup soft butter
- 1/2 cup packed brown sugar
- 1 egg
- 1 tsp vanilla
- 1 cup all-purpose flour
- 1/2 cup Kernza flour
- 1/2 tsp. soda
- 1/2 tsp. salt
- 1/2 cup chopped nuts (optional)
- 1 1/4 cups chocolate chips

METHOD

1. Heat oven to 375 degrees.
2. Mix shortening, sugars, egg, and vanilla thoroughly.
3. Blend dry ingredients and stir into the shortening mixture.
4. Mix in chocolate chips and nuts (optional).
5. Drop rounded spoonfuls 2" apart onto an ungreased baking sheet.
6. Bake 8–10 minutes. Cool slightly before removing from baking sheet.

Warning: Kernza contains gluten. This flour may contain wheat, tree nuts, and/or peanuts. Kernza is a domesticated wild grain (intermediate wheatgrass) and is not genetically modified.