



HOME CHEF

BREAKFAST

From-Scratch Cornmeal Pancakes

With Strawberry, Maple Syrup, and Turkey Bacon



We have nothing against good old pancakes and maple syrup, the stalwart stacks that are a tentpole of the breakfast table. This version substitutes half of the flour with cornmeal to give these flapjacks a wonderfully grainy texture. Topping the whole thing off with strawberry preserves, and serving up a side of turkey bacon, makes this breakfast familiar, satisfying, and refreshing.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 823
Carbohydrates: 139g
Fat: 17g
Protein: 30g
Sodium: 652mg
per serving

DIETARY



NUT-FREE

DRINK PAIRING

Oranges are in season all winter long, so that means they're cheap—grab a ton and squeeze your own fresh juice!

INGREDIENTS

6 Turkey Bacon
2 Tbsp. Butter
¾ Cup Flour
¾ Cup Cornmeal
1 ½ oz. Sugar
1 ½ tsp. Baking Powder
6 oz. Milk, Whole
6 oz. Liquid Egg
2 oz. Strawberry Preserves
2 oz. Breakfast Syrup

WHAT YOU NEED

Salt
Cooking Spray

EQUIPMENT

Baking Sheet
Small Pan
2 Mixing Bowls
Medium Pan

DID YOU KNOW?

Cornmeal is made from grinding corn kernels into a coarse powder and many refer to it as “maize.” In many ways, “maize” is the best way of describing corn since it was first domesticated in Mesoamerica where it was called “maiz.” Corn was so important it took on sacred qualities for many Central American, South American, and Native American cultures. Oh, and Korn spelled with a “K” is a metal band from the 90’s.

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Cook Turkey Bacon

Preheat oven to 400 degrees. Prepare a baking sheet with foil. Arrange slices of **turkey bacon** on baking sheet and cook for 8–10 minutes. Because it comes fully cooked and has a lower fat and calorie content than traditional pork bacon, turkey bacon won’t get quite as crispy as regular bacon. *Styling hack: for wavy turkey bacon, make five tubes of foil and space them about an” apart, then rest bacon across the tubes!* Remove from oven and set aside.



Prepare the Pancakes

Melt half of the **butter** in a small pan or microwave and allow to cool slightly. In a mixing bowl, combine **flour, cornmeal, sugar, baking powder** and 1 tsp. of **salt**. Mix until thoroughly combined. In second mixing bowl, combine **milk, eggs and melted butter**.



Combine the Ingredients

Pour the **“wet” ingredients** into the **“dry” ingredients** and whisk until thoroughly combined. *Why do you always add wet ingredients into dry ingredients? Because it makes for a more uniform and consistent batter. If you mixed dry into wet, the dry ingredients would float and clump on top of the liquid and would require more vigorous mixing to combine- resulting in a less tender pancake.*



Make the Pancakes

Place a medium pan over medium heat. Once hot (test by sprinkling a drop of water on the surface—if it dances, you’re good to go.) Spray lightly with **cooking spray**, and ladle ¼ cup **pancake batter** into the pan, leaving room between pancakes. When the surface begins to bubble, about 1–2 minutes, turn and cook the second side for an additional 1–2 minutes. Set aside, refresh cooking spray and repeat. *The “first pancake” theory—that the first one is always bad—isn’t necessarily true. It’s all about making sure the pan is thoroughly preheated before cooking!*



Plate the Dish

Stack **pancakes** on a plate and top and top with **butter** and **strawberry preserves**. Serve **bacon** and **maple syrup** on the side.