

# DOUBLE CHOCOLATE

## whole wheat pancakes

Recipe adapted from The Gourmet Cookbook

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### INGREDIENTS:

- 1 1/4 cup whole wheat flour
- 1/3 cup corn meal
- 1 T sugar
- 2 t baking powder
- 1 t salt
- 1 T cocoa powder
- 2 large eggs, separated
- 1/4 cup vegetable oil
- 1 t vanilla extract
- 1 1/2 cup milk
- a heaping 1/2 cup of dark chocolate chunks
- syrup, powdered sugar, and fresh fruit for topping

### DIRECTIONS:

- 1.** Whisk together flour, cornmeal, sugar, baking powder, salt, and cocoa powder in a large bowl. Whisk together yolks, oil, vanilla, and milk in another bowl and add to the flour mixture, whisking until smooth. Let batter stand for 5 minutes to allow flour to absorb liquid (batter will thicken). Fold in chocolate chunks.
- 2.** Beat egg whites in a large bowl with an electric mixer at moderately high speed until they just hold stiff peaks. With a whisk, gently but thoroughly fold into batter.
- 3.** Brush a griddle or 12-inch nonstick skillet with oil and heat over medium high heat until hot, but not smoking. Reduce heat to medium. Working in batches of 3 or 4, spoon 1/4 cup of batter per pancake onto skillet. Cook pancakes until bubbles appear on surface, edges are set and undersides are golden, 45 seconds to 1 minute. Flip pancakes and cook until undersides are golden and pancakes are cooked through. Lower heat if pancakes brown too quickly and insides aren't set.
- 4.** Transfer pancakes to plate and serve with maple syrup, powdered sugar, and strawberries. Or store on a baking sheet in a 200° until ready to serve.

