

YUMMY NORTHWEST

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FLIPPIN' GOOD!

Comfort food comes in many forms, one of my favorite being breakfast pancakes. Slather on the butter, pour on the syrup, eat with abandon.

The current Atkins diet fad of eating pure protein while shunning other healthy foods, like apples, onions, maple bars and pancakes, can't last. Our bodies need carbs. You don't want to eat too many, of course, but if you don't eat any, you're headed for a major breakdown.

Somebody get me a bumper sticker that reads: More pancakes, please.



Case of the Breakfast Pancake

The E-Mail Mystery
by Carolyn Keene

Did you know Nancy Drew is still solving mysteries after beginning her career in 1930? You go, girl! In this story, Nancy fuels up on blueberry pancakes before beginning the search for clues.



EASY DOES IT

"In 1932, a group of women from a Seattle, Wash., bridge club decided that making a pie took too darn long. So they took it upon themselves to create the world's first easy-to-make piecrust mix. Thus the words 'crust' and 'ease' were put together for the very first time to form our name Krusteaz."

Introduction to Krusteaz products at www.continentalmills.com

Also on the Web site of this Seattle-based company are recipes you can make using Krusteaz pancake mixes. Try Tropical Dream Pancakes, Spiced Honey Apricot Stack or Cappuccino Cream Pancakes. That ought to get you started in the morning!

Breakfast at the Mallory

This issue of Yummy Northwest began in the dining room of the Mallory Hotel in Portland.

I heard that locals love the Mallory's German pancakes. Not knowing what they were, my friend, Flora, and I decided to split an order.

When the waiter brought two plates piled sky high with a doughy mixture, we gulped. But we dug in through the powdered sugar sprinkled on top and did our best to eat as much as we dared. It reminded me somewhat of a fluffed up Polish pancake (see recipe, page 2). Flora loves the Mallory and doesn't want to give any criticism, but she did admit she thought her portion "resembled a plate of uncooked dough."

It turns out this massive feed was one pancake despite our doubts. For \$10, it's pretty much all you can eat. And quite memorable.

Mallory Hotel (restaurant)
729 S.W. 15th Ave.
Portland, Ore.
(800) 228-8657

The Alien Version

Have you heard the one about the farmer who got pancakes from visitors from outer space? Apparently, it's no joke. I read it in four different places on the Internet! Here is the story, summarized as best I can without laughing too hard.

In April 1961, a 60-year-old Wisconsin chicken farmer named Joe Simonton heard a noise outside his home. He found a huge silvery disk with three men (aka aliens) inside whom he described as about 5 feet tall, Italian-looking and wearing black two-piece suits.

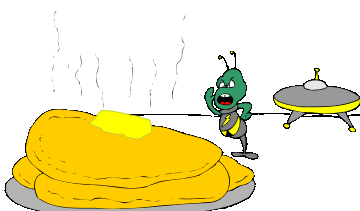
One alien gestured to ask Simonton to fill a jug with water and in return gave the farmer four pancakes. Simonton ate one and later said it tasted like cardboard. The saucer then took off, never to be seen again.

The U.S. Air Force officially reported:

The cake was composed of hydrogenated fat, starch, buckwheat hulls, soya bean hulls, wheat bran. Bacteria and radiation readings were normal for this material. Chemical, infrared and other destructive type tests were run on this material. The Food and Drug Laboratory of the U.S. Department of Health, Education and Welfare concluded that the material was an ordinary pancake of terrestrial origin.

Believe what you will. The details are precise, though variable story to story.

Read one full version here:
ufos.about.com/library/weekly/aa082399.htm



PANCAKES IN SEATTLE ...SORTA

Go to www.jerrykindall.com to read the Seattle Pancake Page.

Webmaster Jerry explains:

"This page explores the plethora of pancakes to be enjoyed in the greater Seattle area. Why? Well, why not?"

Good ol' Jerry does not hesitate to review pancake places outside of Seattle! (shudder!) Some people complain, but not readers of Yummy Northwest, who I know are willing to travel far and wide throughout the Northwest for good eating.

If you're getting hungry now, check out Jerry's comprehensive list of pancake resources.



Before you sit down...

Waiter, I'm in a hurry. Will my pancakes be long?

No, sir, they'll be flat and round!



HEARTY AND RICH

This recipe is so easy I'm typing it from memory; in fact, come to think of it, this is the first time I've written it down. My mom passed the recipe down to me from her mother-in-law, my Polish grandma.

Polish Pancakes

2 cups flour
 2 eggs
 2 cups milk

Mix ingredients together. Heat oil in a medium-sized skillet, then pour in enough batter to cover bottom of pan. Cook until brown on each side. Cut into fourths.

These heavy-duty delights can be eaten hot or cold, plain or with butter, syrup, jam or fruit. Yummmm!



Easy Syrup

1 cup white sugar
 1 cup brown sugar
 1 cup water
 1/2 teaspoon Mapleine (no imitations!)

Stir together sugars and water in saucepan. Bring just to a boil. Remove from heat and add Mapleine.



About YUMMY NORTHWEST

Each monthly issue highlights an edible delight available in the Pacific Northwest.

Contact the editor

Comments, corrections, topic ideas and submissions are all most welcome.
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