

January 28th is National Flapjack Day!

Flapjacks, hoecakes, pancakes, griddlecakes, johnnycakes - they're all related to each other and they're all delicious. Here's a simple recipe for a flapjack that does NOT have too much baking powder like Henny's! You may need grown-up help with this.

1 & 1/2 cups of flour

3 teaspoons baking powder

1 tablespoon sugar

1/2 teaspoon of salt

2 teaspoons of melted butter

1/2 teaspoon of vanilla

1 & 1/4 cups of milk

1 egg

In a large bowl, mix together all the dry ingredients - the flour, baking powder, sugar, and salt. Make a little hole in the center of the flour mixture and pour in the butter, vanilla and milk, then add the egg. With a big wooden spoon mix it all together until it's well combined.

In a griddle or large frying pan, heat some vegetable oil on medium-high heat until the oil starts to shimmer (or make little waves). Carefully pour a large spoonful of batter into the pan and watch until it begins to get bubbles on the top. With a spatula, gently slide it under the flapjack and turn it over. Cook for another 30-45 seconds or so and with the spatula lift it onto a plate.

Eat with butter and, of course, maple syrup. Mmmmm.