Plenty of Pancakes

Have you ever followed a recipe before?

Before you begin:

- Never use the stove without an adult's supervision.
- Always remember to keep the handle of the skillet turned in so you cannot accidentally bump into it.
- Be sure to wash your hands with soap and hot water after you touch the raw eggs.

Perfect Pancakes

1 cup flour
1 tablespoon sugar
2 teaspoons baking soda
¼ teaspoon salt
1 egg
1 cup milk
2 tablespoons oil

1 Here are some other things you will need: a measuring cup, a teaspoon, a tablespoon, a small bowl, a medium-sized bowl, a wooden spoon, cooking spray, a skillet, a spatula, AND a big appetite.

2 First, mix together the dry ingredients in a medium-sized bowl. Then, mix the milk, egg, and oil together in a small bowl. Make a well, or hole, in the middle of the dry ingredients. Pour the egg mixture into the well. Stir the batter only until it is moist. It should still look lumpy. (If you stir it too long, the pancakes will be tough instead of fluffy.)

3 Coat a skillet with cooking spray and heat it over a medium heat. When the skillet is hot, pour in enough batter to make a circle about the size of your fist. Then, tilt the skillet slightly to let the batter spread out and form a bigger circle.

4 When the edges turn light brown and start to bubble, use a spatula to flip the pancake.

5 Serve the pancakes with butter and warm maple syrup. This recipe makes about 8–10 pancakes.

Banana Akara

(African Banana Fritters)

6 very ripe bananas
1 cup flour
½ cup granulated sugar
½ cup water
1 teaspoon nutmeg

6 Here are some other things you will need: a measuring cup, a teaspoon, a fork, a small bowl, a large bowl, cooking spray, a skillet, and a spatula.

7 Peel the bananas, and place them in the large bowl. Mash the bananas with a fork. Then, add the flour and stir until blended.

8 Mix together the water and sugar in a small bowl to make a syrup. Then, add the nutmeg to the syrup. Add the syrup to the banana mixture, and mix well. If it is thicker than pancake batter, add a bit more water.

9 Coat a skillet with cooking spray, and heat it over a medium heat. When the skillet is hot, pour in a small amount of the mixture.

10 Use a spatula to turn the fritter when the edges begin to turn golden brown. This recipe makes about 24 small banana fritters.

LIVEWORKSHEETS

NAME _____

Vocabulary Skills

Write the words from the recipes that have the meanings below.

1. frying pan

_____
Pts: 1

2. damp or slightly wet

_____
Pts: 1

3. to turn slightly so something slopes or slants

_____
Pts: 1

4. a wet mixture used in cooking

_____
Pts: 1

Underline the prefix in each word for numbers 5–8. Then, complete each sentence with one of the words.

5. misuse
6. preview
7. nonfiction
8. incomplete

9. Kahlil used a _____ book about dinosaurs to write his report.

10. My parents wanted to _____ the movie before my sister and I watched it.

Reading Skills

1. Check the reason the author probably wrote this story.

_____ to show you how to become a chef

_____ to tell about how to make different types of pancakes

_____ to explain some important rules to remember when you are cooking

2. Number the sentences below to show the order in which you should do each step when you make banana akara.

_____ Mash the bananas with a fork.

_____ Flip the fritter when the edges turn brown.

_____ Coat the skillet with cooking spray.

_____ Peel the bananas.

_____ Add the nutmeg to the syrup.

3. What will happen if you stir the pancake batter for too long?

_____

_____

Study Skills

An **index** is located at the end of many nonfiction books. It is an alphabetical listing of all the topics in a book. You can use the index to find out where to look for information about a particular topic. Use the index below to answer the questions.

INDEX

banana fritters (akara) 16
cranberry-walnut bread 12
French toast 9
pancakes 2
  blueberry pancakes 3
  banana-pecan pancakes 4
spice cake 21
waffles 5

1. On what page can you find a recipe for French toast?

_____

2. How many pancake recipes are there in this book?

_____

LIVEWORKSHEETS