**UPSIDE-DOWN APPLE PANCAKES (Dutch)**

**One recipe per unit of 4-5 people**

15 mL margarine

25 mL sugar

15 mL brown sugar

5 mL cinnamon

1 apple, peeled, cored and thinly sliced (evenly and neatly)



**BATTER:**

40 mL all-purpose flour

1 mL baking powder

1 egg yolk \*

40 mL milk

2 egg whites \*

40 mL sugar

**\* Note**:

*To avoid wasting or storing extra egg yolk(s), use one egg (separated) and 25 mL liquid egg white.*

1. Preheat oven to 400ºF. Grease **sides only** of a full-size pie plate or oven-safe frying pan. Greasing is not necessary in a non-stick pan. Prepare apple as above.
2. Place margarine in the pie plate or frying pan and heat/melt in oven for about 2 minutes.
3. Combine sugar (25 mL), brown sugar and cinnamon. Sprinkle over butter and bake for 2 minutes.
4. Arrange thinly sliced apples over the sugar-cinnamon mixture and bake for 10 minutes.

**BATTER:**

1. **After** the apples go in the oven, prepare the batter. In a medium mixing bowl, combine flour and baking powder. Combine egg **YOLK** with milk. Blend in to flour mixture and set aside.
2. In a separate small mixing bowl, beat egg whites (2) until **soft peaks** form. Gradually add sugar and continue beating until **stiff peaks** form.
3. Fold beaten egg whites carefully in to milk mixture until well blended. Spread batter evenly and smoothly over apples.
4. Bake for about 15 minutes or until lightly browned
5. Remove from oven and loosen edges.
6. Place a plate over the pancake. Invert so pancake falls on to serving plate.
7. Cut into wedges and enjoy warm.



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**Questions for Upside-Down Apple Pancake Lab**

1. Briefly describe two ways to separate eggs.
2. Why is it important that you do not get any yolk into the separated egg white?
3. Briefly describe what soft peaks look like.
4. How can you tell if you have stiff peaks?
5. Briefly describe the method of “folding in.”

What piece of kitchen equipment will you need to use for this task?

1. Briefly describe how you should invert the pancake on to the serving plate.
2. How should/could the apples be arranged?
3. Draw a diagram of how you would arrange the apples.