



## **German Black Forest Pancakes with Cherry Glaze + Cheerful Cherry Vanilla Soda**

By Erin Fletter

**Prep Time 25 / Cook Time 8 / Serves 4 - 6**

### **Shopping List**

FRESH OR FROZEN

2 C pitted cherries, fresh or frozen

1 small carrot

DAIRY AND EGGS

1 large egg, room temperature **\*\* (see allergy subs below) \*\***

3/4 C buttermilk OR 3/4 C milk + 1 1/2 tsp lemon juice or vinegar **\*\* (see allergy subs below) \*\***

3 T unsalted butter **\*\* (see allergy subs below) \*\***

PANTRY

1 1/4 C all-purpose flour **\*\* (see allergy subs below) \*\***

1/2 C cocoa powder **\*\* (see allergy subs below) \*\***

1 tsp baking powder

1/4 tsp baking soda

1/4 tsp salt

1/2 tsp pure vanilla extract **\*\* (see allergy subs below) \*\***

2/3 C brown sugar

1 to 2 T vegetable oil **\*\***

1 C powdered sugar

3 C sparkling water

HAVE ON HAND

2 to 3 C ice

## Fun-Da-Mentals Kitchen Skills

**chop:** to cut something into small, rough pieces using a blade.

**flip:** to turn food, like a pancake or fritter, over to cook on its other side or to coat both sides of food with batter or glaze.

**fry:** to fry in a pan in a small amount of fat.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**wet vs dry:** to mix wet and dry ingredients separately before combining them: dry ingredients are flours, leavening agents, salt, and spices; wet ingredients are those that dissolve or can be dissolved (sugar, eggs, butter, oils, honey, vanilla, milk, and juices).

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

## Equipment

Skillet

Small bowl

Cutting board

Kid-safe knife

Grater

- Medium mixing bowl
- Large mixing bowl
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Whisk
- Pancake turner
- Blender (or pitcher + immersion blender)
- Liquid measuring cups

## Ingredients

### German Black Forest Pancakes with Cherry Glaze

- Pancakes:
- 1 C pitted cherries, fresh or frozen (thawed) reserve juice for glaze
- 1 small carrot
- 1 1/4 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***
- 1/2 C cocoa powder **\*\***(for CHOCOLATE ALLERGY sub carob powder)**\*\***
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 large egg, room temperature **\*\***(for EGG ALLERGY sub 1/2 ripe banana + 1/2 tsp baking soda)**\*\***
- 3/4 C buttermilk OR 3/4 C milk + 1 1/2 tsp lemon juice or vinegar **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk + lemon juice or vinegar)**\*\***
- 1/4 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***
- 3 T unsalted butter, softened **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free unsalted butter)**\*\***
- 1/2 C brown sugar
- 1 to 2 T vegetable oil **\*\*** for cooking
- Glaze:

- 1 C powdered sugar
- 1/2 to 2 tsp reserved cherry juice

## Cheerful Cherry Vanilla Soda

- 1 C pitted cherries, fresh or frozen (thawed) + reserved juice
- 2 T brown sugar
- 1/4 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***
- 3 C sparkling water
- 2 to 3 C ice

## Food Allergen Substitutions

### German Black Forest Pancakes with Cherry Glaze

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Chocolate:** Substitute carob powder for cocoa powder.

**Egg:** For 1 large egg, substitute 1/2 ripe banana + 1/2 tsp baking soda.

**Dairy:** For 3/4 C buttermilk, substitute 3/4 C dairy-free/nut-free milk + 1 1/2 tsp lemon juice or vinegar. Substitute dairy-free/nut-free unsalted butter.

**Soy:** Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

### Cheerful Cherry Vanilla Soda

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

## Instructions

### German Black Forest Pancakes with Cherry Glaze

#### intro

We're taking the ingredients of the Black Forest cake and making them into pancakes! This classic cake from Germany is popular around the world and includes two of our favorite foods: chocolate and cherries!

#### chop + grate

Have your kids chop **1 cup of pitted cherries**, reserving any juice in a small bowl for the glaze. (Be careful of cherry juice. It can stain clothing and carpets!) Grate **1 carrot**. Set the chopped cherries and

grated carrot to the side.

#### measure + mix

Measure and stir together the dry ingredients in a medium mixing bowl: **1 1/4 cup flour, 1/2 cup cocoa powder, 1 teaspoon baking powder, 1/4 teaspoon baking soda,** and **1/4 teaspoon salt.**

#### crack + combine

Crack **1 egg** into a large mixing bowl (this will be your wet ingredients bowl). Measure and combine the **egg, 3/4 cup buttermilk, 1/4 teaspoon vanilla extract, 3 tablespoons soft butter,** and **1/2 cup brown sugar.**

#### whisk + stir

Have your kids whisk the wet ingredients together until light and fluffy for up to 3 to 5 minutes. They can practice counting to 10 in German while they whisk: 1 eins (ines), 2 zwei (svie), 3 drei (dry), 4 vier (feehr), 5 fünf (foofn), 6 sechs (zehks), 7 sieben (zee-ben), 8 acht (ahkt), 9 neun (noyn), 10 zehn (sehn). Then, whisk the dry ingredients in with the wet ingredients. Stir in the **chopped cherries** and the **grated carrots.**

#### grease + cook

Grease a skillet on your stovetop with **1 to 2 tablespoons of vegetable oil** and warm it over medium-high heat. Once the skillet is hot, spoon the batter onto the skillet, about 2 tablespoons for each pancake, and wait for bubbles to form, about 2 to 3 minutes. Then flip and cook on the other side for about 1 minute. Have your kids make the glaze while an adult cooks the pancakes.

#### measure + whisk + drizzle

Time to make the glaze! Measure **1 cup powdered sugar** into a bowl and slowly add from **1/2 to 2 teaspoons of the reserved cherry juice,** whisking to get the consistency and color that you want. Drizzle the glaze over your cooked pancakes and enjoy! "Guten appetit" (Gooten ahp-peh-teet) or "Enjoy your meal" in German!

### Cheerful Cherry Vanilla Soda

#### measure + blend

In a blender (or pitcher for use with an immersion blender), measure **1 cup pitted cherries** with all of their juice, **2 tablespoons brown sugar,** and **1/4 teaspoon vanilla extract.** Blend at high speed until smooth and thick.

#### pour + stir + taste

Pour **3 cups of sparkling water** into your blender and stir. Taste and adjust, adding more brown sugar or sparkling water as needed. Add **2 to 3 cups of ice** and serve. Cheers!

# Featured Ingredient: Cherry!

Hi! I'm Cherry!

"My name is a tree, a fruit, a wood, a color, and a female name! My skin is often a rich, dark red color, and when you bite into me, my flesh is the same color! You can eat around the pit in my center and spit it out (or remove it with your fingers). If you want to remove the pit first, pull out my stem and insert the narrow end of a chopstick (or similar tool) into the hole left by the stem. Then push the pit out through the other end, or use a cherry pitter if you have one!"

## History & Etymology

The cherry is a stone fruit or drupe. People have been eating cherries for thousands of years.

Archaeological evidence of wild (sweet) cherries has been found in Europe from the Early Bronze Age, about 2077 BCE. They were probably being domesticated and grown by 800 BCE.

Turkey produces the most sweet variety of cherries, followed by the United States. Russia is the largest producer of sour cherries. Washington, California, and Oregon grow the most sweet cherries in the US, and Michigan grows the most sour cherries.

The Rainier cherry was named for Mount Rainier in Washington State and was developed in 1952 at Washington State University by crossing a Bing cherry with a Van cherry.

Maraschino cherries are sweetened, preserved sour cherries originally made with Marasca cherries from the Dalmatia region on the Croatian coast. They were preserved with Maraschino liqueur made from cherries and their pits, stems, and leaves. However, the maraschino cherries we use now are made with Queen (Royal) Anne cherries soaked in a sweetened, non-alcoholic syrup with artificial red food coloring added and are really imitation maraschino cherries.

Ornamental cherry trees are grown for their beauty when they flower. They grow naturally in Japan and other countries. Large displays of cherry tree blossoms attract tourists in springtime to places in Japan, the US (especially Washington DC), and other countries.

Cherry trees produce a reddish-brown hardwood used to make furniture, cabinets, and musical instruments. You can also smoke meat using cherry wood chips.

The world record for cherry-pit spitting is over 93 feet! Brian Krause, part of the Krause family cherry-pit spitting dynasty, set the record at an annual contest in Eau Claire, Michigan, in 2004.

The cherry is the state fruit of Utah.

The English word "cherry" comes from the Old Northern French "cherise," from the Latin "cerasum," based on the Greek "kerasos."

## Anatomy

The average life for a cherry tree is 15 to 30 years, although black cherry trees can live up to 250 years. However, the oldest cherry blossom tree in Japan, the "Jindai Zakura," is about 2,000 years old!

Cherry fruit grows on a flowering tree from the *Prunus* genus, which belongs to the Rosaceae (rose) family. The two main species used commercially are the sweet cherry (*Prunus avium*) and the sour cherry (*Prunus cerasus*). There are over 1,000 varieties; however, we will highlight only four common ones:

Bings are sweet red cherries and dark red when ripe. They taste sweet with just a bit of tartness and are suitable for snacking, salads, ice cream, or baked goods.

Rainiers are sweet cherries that are yellow and reddish-pink. They are good in salads and for snacking.

Queen (Royal) Anne cherries are sweet and look like Rainiers but are more tart. They are often covered in chocolate for candies, used in baking, and to make modern maraschino cherries.

Montmorency cherries are sour cherries primarily grown in the state of Michigan. They are light red, tart, and can be used year-round because they are often canned, dried, or frozen. They are used in pies, cobblers, and, if dried, in trail mix or salads.

Fruit from the Black cherry tree (*Prunus serotina*) can be eaten raw, and the cherries are also added to baked goods, jelly, wine, and yogurt. They are sweet cherries and are dark red to almost black when ripe. In addition, black cherry wood is used in cabinet and furniture-making.

## How to Pick, Buy, & Eat

When picking cherries, make sure they are firm, plump, and shiny, with attached green stems. There should be no bruises, cracks, holes, or wrinkles. Bing cherries should be dark red and Rainier cherries bright yellow and red.

Store unwashed cherries immediately in a plastic bag in the refrigerator with their stems attached. Try to eat or cook them within seven days. Rinse in a colander before using, and then pat them dry with a kitchen or paper towel.

Cherry cake, pie, cobblers, crisps, and tarts are popular desserts. Cherries are also made into jelly or preserves, ice cream, milkshakes, syrups, and sauces to accompany grilled or roasted meat. Raw cherries are great for a snack, but they can also be sliced or chopped to add to salads.

Maraschino cherries are sour cherries soaked in sweet syrup. They are used to garnish ice cream, gelatin desserts, pudding, milkshakes, cocktails, and soft drinks (especially cherry sodas).

It takes about 80 cherries to make a homemade cherry pie!

## Nutrition

Cherries have a moderate amount of vitamin C and fiber, and sour cherries have about 50 percent more vitamin C than sweet cherries.

Some studies indicate that cherries, which have antioxidants, help repair damage to the cells of our bodies and aid our muscles in their recovery after a strenuous workout. They also may help prevent gout or ease its pain and can be used as a sleep aid.

Some of these purported health benefits require eating a lot of cherries, so it may be beneficial to drink a concentrated cherry juice instead.

As their names imply, sweet cherries contain more sugar than the sour varieties, but you would not want to eat the sour type raw.

A cherry pit is inedible, and the kernel inside it is toxic if ingested in large amounts.