



Cheery Cottage-Cheesecake Pancakes

By Erin Fletter

Prep Time 15 / **Cook Time** 4 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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

whip: to beat food with a whisk or mixer to incorporate air and produce volume.

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

brush: to apply a liquid, like melted butter or marinade, to a pan or a food.

Equipment

- Griddle or Skillet
- Small bowls (2)
- Large mixing bowl
- Dry measuring cups
- Measuring spoons
- Whisk
- Rubber spatula
- Oil or pastry brush to grease griddle or skillet
- Heat-resistant spatula turner

Ingredients

Cheery Cottage-Cheesecake Pancakes

- 3 eggs, separated ******(for EGG ALLERGY sub 2 bananas, mashed)******

- 2 T granulated sugar or honey
- 1 tsp pure vanilla extract ******(for CELIAC/GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******
- 1 C cottage cheese ******(for DAIRY ALLERGY sub 1 C dairy-free/nut-free cream cheese)******
- 1/3 C all-purpose flour ******(for CELIAC/GLUTEN ALLERGY sub 1/3 C gluten-free/nut-free all-purpose flour)******
- vegetable oil or butter ****** to grease skillet
- honey, optional for serving with pancakes

Food Allergen Substitutions

Cheery Cottage-Cheesecake Pancakes

Egg: For 3 eggs, substitute 2 bananas, mashed.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor. For 1/3 C all-purpose flour, substitute 1/3 C gluten-free/nut-free all-purpose flour.

Dairy: For 1 C cottage cheese, substitute 1 C dairy-free/nut-free cream cheese. Use vegetable oil to grease the skillet.

Soy: Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

Instructions

Cheery Cottage-Cheesecake Pancakes

preheat + measure + whisk

Adults preheat a griddle or skillet. Have kids measure and whisk together **1/3 cup flour** and **2 tablespoons sugar or honey** in a small bowl and set it aside.

crack + whip

Crack and separate **3 eggs** (the whites from the yolks), adding the whites to a large bowl and the yolks to another small bowl. Whip the egg whites with a whisk until stiff peaks form.

measure + whisk or fold

Have kids measure and fold together **1 cup cottage cheese**, the **egg yolks**, and **1 teaspoon vanilla extract** in the large bowl with the **egg whites**. Now have kids lightly whisk or fold the flour and sugar mixture into the wet egg ingredients until just combined.

brush + pour + cook

Brush the hot griddle or skillet with vegetable oil or butter. For each pancake, pour approximately 4 tablespoons of the batter on the griddle or skillet and cook on each side for 2 minutes until light golden brown. Repeat until no batter remains. Makes about 12 6-inch pancakes. Serve the Cheery Cottage-Cheesecake Pancakes with **Kid-Made Strawberry Butter** and top with the **Honey Balsamic Strawberries!**

Featured Ingredient: Cottage Cheese!

Hi! I'm Cottage Cheese!

"I can be a low-fat, protein-filled meal on my own, or you can add me to granola, fruit, smoothies, and baked goods!"

Cottage cheese is made from curdled skim milk, and its texture is known for its small curds. It has a mild, slightly sour taste and a creamy, somewhat soupy consistency.

Early curd cheeses made with milk and salt in Mesopotamia in 3,000 BCE were similar to today's cottage cheese.

Cottage cheese is thought to be the first cheese made in America by immigrants from Europe who had separated curds and whey when making farmer cheese. The name "cottage cheese" started being used in the 1800s.

To make cottage cheese, an acid is introduced to the milk to separate the solids from the whey (the watery part). The acid can be vinegar or lactic acid from a bacteria culture. This process develops the curd, which is cut, cooked, and pressed to release more whey. The resulting curds are then rinsed and salted.

Farmer or baker's cheese is a type of cottage cheese, but it is drier and firmer because more of the liquid has been pressed out. It is used in baking and cooking and can be sliced or crumbled.

Because the curds are made with skim milk, cottage cheese begins as a non-fat product. However, a light cream dressing is often added, resulting in a higher fat content, depending on the percentage of milk fat in the dressing. If it contains 4 percent fat, it is like whole milk; if it has 2 percent milkfat, it is considered low-fat cottage cheese.

Cottage cheese can be eaten alone or with added spices or fruit, like apples, peaches, pears, and pineapple. It can be part of a salad or dip. It can replace ricotta cheese in lasagna or cream cheese in cheesecake or jello salad.

Cottage cheese is high in protein and calcium and low in sugar. Its casein (KAY-seen) protein is a complete protein. It may contain probiotics, good bacteria that can improve digestion. Non-fat and low-fat versions can be part of a healthy, low-fat diet!