



# Cooking with the Club

with Chef Robert Larios

Photos by Patricia M. Larios



## BREAKFAST PUMPKIN PANCAKES

Serves 5-7

It's not often I deliver a breakfast recipe, but here is a terrific one for autumn. Pumpkin pancakes with maple syrup and a side of breakfast sausages are a delicious combination for breakfast. Of course you can add a bonus side of scrambled eggs or replace the sausages with bacon; do what you want because it's your kitchen and you are in charge. You might even want to add some whipped cream on top of the pancakes with some toasted chopped walnuts or pecans.

You might wonder if you can just add a box of pancake mix to speed up the mixing process with the pumpkin puree. My answer is, sure you can; let me know how it goes. But I recommend comparing the flavor with this recipe; I am pretty sure you will notice the difference.

*iBuen provecho!*

*Chef Larios*

### INGREDIENTS:

- Unsalted butter cubes, to taste
- 1/4 cup maple syrup
- 3 teaspoons brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1 1/2 cups all-purpose unbleached flour
- 2 teaspoons baking powder
- 2 eggs
- 1 1/3 cups 2 percent milk
- 3/4 cup canned pumpkin filling
- 1/2 cup ricotta cheese
- 1 teaspoon salt
- 2 to 6 breakfast sausage links

### DIRECTIONS:



**1** In a mixing bowl, combine the brown sugar, baking powder, flour, salt, cinnamon and nutmeg. In another bowl, whisk eggs, milk, pumpkin and cheese. Stir in the dry ingredients until fully mixed.

In a hot and greased griddle, drop about 1/4 cup of batter. Turn when bubbles form on top. Cook until the second side is golden brown. Serve with butter and maple syrup.

Into another pan at about medium high heat, place your breakfast sausages and turn periodically to brown them.

**2** Plate and enjoy!



### Cooking TIDBIT

*The pumpkin can also be pureed in a mixture from a real pumpkin instead of the canned version in this recipe.*

### Food Quote

"If you are afraid of butter, then use cream instead."

– Julia Child



### [ A Cook's Dictionary ]

**Nutmeg:** The hard, egg-shaped nutmeg seed is grayish-brown and about one inch long. The flavor and aroma are delicately warm, spicy and sweet. Nutmeg is sold ground or whole. Whole nutmeg freshly ground with a nutmeg grater or grinder is superior to that which is commercially ground and packaged. Nutmeg is excellent when used in baked goods, milk- or cream-based preparations like custards, white sauces or eggnog and on fruits and vegetables – particularly potatoes, spinach and squash.

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