

## **BANANA NUT PANCAKES**

**SOURCE: SAVEUR 4/02 (Katie Chafin)**

### **INGREDIENTS:**

1 1/4 C sifted flour  
1 tsp baking powder  
1 TBS sugar  
1/4 C shelled chopped walnuts  
2 very ripe bananas, peeled  
1 egg  
1 1/4 C buttermilk  
1 TBS crème de banana liqueur  
4 TBS melted butter

### **DIRECTIONS:**

Pre-heat oven to 200° F - sift flour, baking powder & sugar together in large bowl -add walnuts - set aside. Using fork, mash bananas in medium bowl into lumpy paste. Whisk in egg, buttermilk, liqueur & 2 TBS of the butter - then add to flour mixture, whisking till well-combined - set batter aside to rest for 10 minutes. (Katie prefers to mash bananas into the batter to distribute their flavor!)

Coat large skillet with thin film of the butter & heat over medium heat. Make 2-3 pancakes at a time by ladling about 1/4 C batter for each pancake into skillet, keeping about 4" between pancakes. Cook till bubbles form on tops of pancakes & bottoms turn golden (1 - 1 1/2 minutes). Flip pancakes & continue cooking till bottom is golden & center is cooked through (about 2 minutes more). As pancakes are finished, loosely wrap in clean kitchen towel on large plate & keep warm in oven. Repeat process with remaining batter, buttering skillet as necessary to keep pancakes from sticking. Serve with softened butter & maple syrup, if desired.