

# Cleo Coyle's Blueberry Buttermilk Firehall Pancakes

*Text and photos copyright (c) 2011 by Alice Alfonsi who writes The Coffeehouse Mysteries as Cleo Coyle with her husband, Marc Cerasini*

*Ever since I was a little girl, growing up in Western Pennsylvania, I've associated firefighters with pancakes. Why? Unlike New York City, with its full-time professional department of over 11,000 firefighters (the largest in the USA), my tiny hometown had a volunteer service. One of the ways the volunteers raised money was through their Firehall Pancake Breakfasts, which is why firefighters = "firehall pancakes"—a blast from my past to your breakfast table. Eat with joy! ~ Cleo Coyle*



## **Cleo Coyle's Fresh Blueberry Syrup**

**Yields:** 2 cups syrup

**Ingredients:**  
2 pints fresh blueberries  
(pictured)  
1/2 cup white, granulated sugar  
1/2 cup water



### **Directions:**

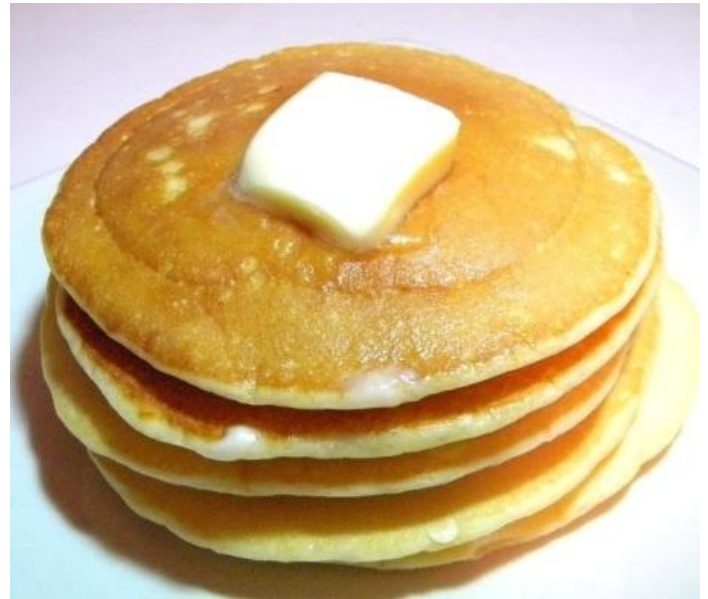
Place all ingredients in a bowl and lightly stir until all sugar is dissolved. Allow to stand 30 minutes to an hour. Transfer everything to a saucepan (ideally your pan will have a non-stick surface). Be sure to include all excess liquid that accumulated at the bottom of the bowl. Heat the blueberry mixture to boiling then reduce heat a bit and simmer 8 to 10 minutes, stirring often to prevent sticking. The mixture will thicken and darken (see photo above). Remove from heat and serve immediately over pancakes, ice cream, slices of angel food or pound cake. To store, allow to come to room temperature then pour into an airtight container and keep in the refrigerator.

# Cleo Coyle's Favorite Buttermilk Pancakes

**Yields:** 12 pancakes (*about 5 inches in diameter*)

## Ingredients:

4 Tablespoons butter  
4 eggs  
1-1/2 cups lowfat buttermilk (*or substitute regular milk with 1 tsp lemon juice*)  
+ 1/4 cup lowfat buttermilk (*or milk*)  
1 teaspoon pure vanilla extract  
2-1/2 cups all-purpose flour (*measure **after** sifting*)  
3 Tablespoons white, granulated sugar  
1/4 teaspoon salt  
3 teaspoons baking powder



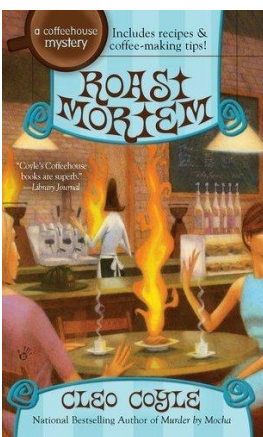
**Step 1 - Make Batter:** Melt butter and set aside to cool a bit. In a mixing bowl, whisk together eggs, vanilla, and 1-1/2 cups of the buttermilk (or regular milk with lemon added). Add *sifted* flour (be sure to measure *after* sifting or you'll have too much), sugar, salt, baking powder, and finally the melted butter. As you stir together the ingredients, consider the batter's thickness.

**Step 2 - Adjust Thickness:** If you like thick, heavy pancakes, you're good to go. I prefer to add in that additional 1/4 cup of buttermilk (or milk) at this point. Depending on your climate, you may need to add even more buttermilk to get the batter to your desired thickness (or thinness). Note, however, do not over-mix or you'll produce gluten and your pancakes will be tough instead of tender.

**Step 3 - Ladle, Flip, and Serve:** You can either make the pancakes immediately or allow the batter to sit in the refrigerator (and hydrate) for 30 minutes to an hour. Ladle batter onto a pre-heated, *non-stick* griddle or skillet. For best results, do *not* grease. (*TIP: If you have a good quality, non-stick griddle or skillet, one that conducts heat evenly, you should get prettier pancake results without the grease. Butter, cooking spray, and oil will all produce mottled surfaces on your cakes.*) When the tops begin to bubble, flip. Serve with butter and blueberry syrup (recipe included in this download).



**SYRUP LOVE:** My fresh Strawberry Syrup pairs like a dream with these pancakes, too. This easy, 2-ingredient syrup also makes great use of your overripe berries. [Click here](#) to get the recipe or check my website's Recipe Page for the link and..



*Eat with joy! ~ Cleo*

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