

Cleo Coyle's Pumpkin Pancakes with Warm Butter Pecan Sauce

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Makes 8 – 10 pancakes, *depending on size*

4 tablespoons butter, melted
4 eggs
½ cup pureed pumpkin (*I use canned*)
1-½ cups milk (*low fat is fine*)
1 teaspoon pure vanilla extract
1 teaspoon pumpkin pie spice (*double if you like spice!*)
(*optional*) ½ teaspoon orange zest (*grated orange peel*)
¼ cup dark brown sugar, packed
¼ teaspoon salt
2 cups all-purpose flour
2 teaspoons baking powder

Step 1 - Make batter: Melt butter and set aside to cool a bit. In a mixing bowl, whisk together eggs, pureed pumpkin, milk, vanilla, pumpkin pie spice, and (optional) orange zest. Add brown sugar, salt, and the melted butter that you set aside. Finally mix in the flour and baking powder. Do not over-mix the batter at this point or your pancakes will be tough instead of tender. You can make the pancakes immediately or cover bowl with plastic wrap and allow batter to sit in the refrigerator (and hydrate) for 30 minutes to an hour (or even overnight).

Step 2 – Cooking the perfect pancake: (a) Pre-heat: Pre-heat a nonstick griddle or skillet. For best results, do not grease. If you have a good quality, nonstick pan, you will see prettier results without the grease. Butter, cooking spray, and oil all produce mottled surfaces on your pancakes.

(b) Pour: Using a measuring cup, pour ¼ cup of batter onto pre-heated griddle; immediately pour ¼ cup more right on top of the first pour. The pancake batter should spread into a perfect circle, about five inches in diameter.

(c) Flip and finish: When you see bubbles begin to form on pancake's top, it's ready to flip. Cook lightly on the other side and serve with my Butter Pecan Sauce (see p. 2) or try this healthier option. Squeeze juice from the wedge of an orange over the top of your warm pumpkin pancakes and dust with powdered sugar. This is a lower calorie option than butter and syrup and it tastes delicious, a little like a carnival funnel cake, one of my favorite treats from childhood.



Cleo Coyle's Warm Butter Pecan Sauce

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*Full of buttery sweet caramel flavor,
this sauce is delicious served warm
over ice cream or pancakes. ~ Cleo*

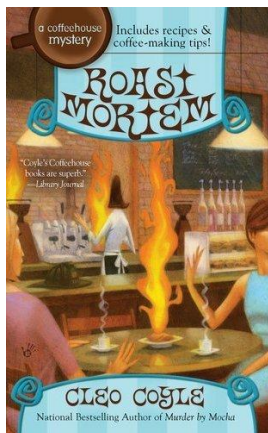
Makes 2/3 cup sauce

½ cup butter (1 stick)
¼ cup half-and-half or heavy cream
½ cup dark brown sugar, packed
¼ cup chopped pecans

Quick warning – Do not melt butter first in this recipe. If you do, the butter may separate and your sauce will not thicken properly unless you boil it down. Instead, use this method: In a saucepan, over low heat, combine solid butter, half-and-half (or cream), brown sugar, and chopped pecans. Stir immediately and continually. Mixture should not boil. When butter is fully melted, remove from heat, cover and keep warm to serve over pancakes or ice cream.

CLEO'S HEALTHIER TOPPING OPTION: Squeeze juice from the wedge of an orange over the top of your warm pancakes and dust with powdered sugar. This is a much lower calorie option than butter and syrup and it tastes delicious.

Eat with Joy! ~ Cleo Coyle



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