Cheddar and Roasted Red Pepper Pancakes



What You'll Need

- 3/4 cup all-purpose flour
- 3/4 cup whole spelt flour
- 3 tsp baking powder
- 1 tbsp sugar or honey
- 1 tsp sea salt
- 1 2/3 cups whole milk
- 1 tsp apple cider vinegar
- 1 egg
- 2 cups grated aged cheddar cheese (old or extra old)
- 1 1/2 cups roasted red peppers
- Maple syrup
- Butter
- Berries

Directions

1. Mix the flours, baking powder, sugar or honey, and sea salt together in a bowl.
2. In another bowl, mix the milk, vinegar, and egg.
3. Add half of the milk mixture to the flour mixture. Start to mix with a whisk. Continue to add the milk, whisking to make sure there are no flour lumps. Add the cheese and red peppers.
4. Heat a non-stick skillet to medium-high heat. Depending on the skillet, some oil or butter may need to be added to prevent sticking. Using a ladle, scoop some of the batter into the skillet. Cook the pancake on one side until holes start to form. Flip over and cook on the other side. Cook the rest of the pancakes. Remove from the skillet and place on a plate. Serve with butter, maple syrup and berries (optional).

Tip: The texture of the pancake can vary, based on the temperature. A good high heat can make a nice fluffy pancake. If the heat is too low, the pancake can be tough. If the temperature is too high, it can burn on the bottom before it is time to flip. Be sure to experiment with your skillet to find the right temperature.

To roast the peppers: Cut the peppers in half and remove the seeds. Flatten the peppers. Place on a baking sheet and place under the broiler. Broil until the skins blacken. Remove from the oven and let cool. Peel the skin off the peppers and discard the skins. This can be done ahead of time. The peppers can be stored in an airtight container in the refrigerator for several days or stored longer in the freezer