

Doing a Great Pancake Brunch At Union Church

by Bill Minnick
February 18, 2007

© 2007 Union Church of Cupertino
All rights reserved

Doing a Great Pancake Brunch

Table of Contents

Dedication	ii
Foreword	ii
Introduction	1
Task Group 1 Purchase Food ingredients and Disposable Tableware	3
Task Group 2 Make Maple Syrup (Several Days Before)	4
Task Group 3 Set-up Tables, Chairs and Place-Settings (Saturday)	5
Task Group 4 Kitchen Equipment Preparation (Saturday)	6
Task Group 5 Kitchen Equipment Prep; Food Prep & Cook (Sunday)	7
Recipe 1 Maple Syrup (from scratch)	8
Recipe 2 Pancakes (from Scratch)	9

Doing a Great Pancake Brunch

Dedication

This book is dedicated to the past and present Members and Friends of Union Church of Cupertino who had the foresight, wisdom, energy, vision and generosity to build the church facility we freely use for so many worthwhile purposes.

Foreword

On Sunday, December 12, 2004, a few old timers worked with Church Youth and their leaders to put on a very successful pancake brunch for 100 hungry church members and friends in Union Church's Calvert Hall. It all happened like clockwork, with a minimum of stress and a maximum of dining pleasure for the attendees.

About 15 church youth ages 16 to 6 years old all pitched in to accomplish 90% of the work, and with no prior special training or instruction. Jobs were assigned on the fly according to each person's capabilities. We ended up serving over 100 people about 300 tasty, hot, made-from-scratch pancakes topped with butter and home-made maple syrup.

Everyone involved learned a lot about large group food preparation and serving; the kids worked critical jobs to make it all happen, and they all got that wonderful feeling that they were part of a winning team. Nothing said it better than the praise given the kids by so many of the adults dining that day, and the many requests for the pancake recipe. With many coming back for second helpings, every drop of batter was used and every pancake was eaten.

So the Pancake Brunch Team decided to write down the recipes and instructions we used so others can do another Great Pancake Brunch at Union Church in the future. And when we make improvements to the recipes or process we update this booklet, and place the latest edition on the Web at <http://www.unionchurch.org> as a .pdf (Adobe Acrobat) file for all to print off and share.

Readers are encouraged to download and/or photocopy this document in its entirety and give copies at no charge to friends and associates. We have copyrighted this booklet to prevent the use of all or part of this material for personal financial gain.

Bill Minnick
office@unionchurch.org

Doing a Great Pancake Brunch

Introduction

This booklet contains complete instructions to put on a high quality, home-cooked Pancake Brunch at Union Church. Enclosed recipes and instructions describe how to prepare a pancake breakfast for 100 people in the kitchen at, and served and seated in Calvert Hall. Ingredients purchases, recipes and instructions can be adjusted to accommodate a different number of people depending on the need.

Facilities and equipment used in the Calvert Hall kitchen include the gas stove grill, Westinghouse electric heater (floor roll-around model), and the coffee and tea making-heating units.

Some equipment must currently be brought in to the Church kitchen by the cooking team. This includes a KitchenAid mixer with two bowls, a 4 to 6-cup batter dispenser is recommended, a good pancake turner (spatula), a crock pot to heat syrup, a Pyrex 2-cup measure, dry 1-cup and 1/3 cup measure and set of measuring spoons are recommended.

Set up 13 tables with colorful plastic tablecloths (stored in Kitchen cabinet near sink), each with 8 folding chairs in the main hall. We recommend setting out at each place a plastic disposable knife, fork, spoon and folded napkin under the fork (fork on left). Each Table has a free-will offering basket (stored in kitchen near phone).

Our Church youth hand out plates, pancakes, butter and syrup at the serving table that is set up near the door to the kitchen. On another table near the kitchen Church youth pour coffee and tea. To accommodate 100 people coming out of the church service about 11:05AM, we began cooking 16 pancakes at a time (in a 4 by 4 arrangement) on the griddle at 10:30 AM. We heated the Westinghouse electric warmer to 190 degrees at 10:15AM and filled its tray with cooked pancakes stacked between linen towels by 11:05AM. We took the tray to the serving table and served directly from it, plus we kept cooking pancakes on the grill and brought trays of 16 fresh pancakes directly to the serving table for serving. This approach gave us the freshest stream of warm pancakes at a rate that kept the line of diners moving as fast as possible.

Our church youth and youth leader(s) can successfully follow these instructions. All required work activities and job descriptions are described to help future youth groups produce a great pancake breakfast.

Our **first objective** for the pancake breakfast is to provide a **superior and memorable food** experience for our church members and friends. Our **second objective** is to provide a **satisfactory, productive service experience** for the people involved in doing the work, and a **useful learning for our youth**, when involved. Our **third objective** is to **produce income** for the group putting on the pancake breakfast. Typical expenses are about \$40 - \$50 and net income is about \$200.

Importance of Food Quality

- A. Church members and friends will look forward to the enjoyment of a home-made pancake breakfast or brunch which is better tasting and use better ingredients than can be ordered in local restaurants. The number of diners who ask for the pancake recipe is a good measure of the quality achieved
- B. Unusually good food quality will please our members and friends, and provide yet another reason for joining Union Church.

Doing a Great Pancake Brunch

Important quality aspects of this pancake breakfast are as follows:

1. The pancakes are made from scratch from the best ingredients: unbleached flour, unsweetened soymilk, canola & coconut oil, fresh NON-aluminum-based baking powder and fresh eggs.
2. The batter is mixed quickly (not excessively beaten) and thickness is adjusted if necessary with some milk. Pancakes on the griddle should be a maximum of ¼ inch thick and about 4 inches in diameter.
2. Butter pats are served instead of lesser quality spreads
3. Syrup is made from scratch with real sugar and contains 10% real Maple syrup (no corn syrup)
4. Pancakes are fresh griddle-cooked and served hot.

IMPORTANT NOTE: We use NO partially or fully hydrogenated vegetable oils, high fructose corn syrup, or preservatives and we minimize the animal food sources in our recipes to avoid health risks associated with these ingredients.

The person in charge of planning and executing the pancake breakfast must see that all of these quality aspects are achieved if the breakfast is to meet our established quality goals.

Doing a Great Pancake Brunch

Task Group 1 Purchase Food ingredients and Disposable Tableware

The following ingredients to serve 100 people (plus the serving and kitchen staff) can be purchased at Trader Joes, Safeway, Smart & Final or Whole Foods; shop for best prices.

Food Ingredients list (Serves 100 people):

- 2 dozen eggs (extra large or jumbo)
- 2 5-lb bags Gold Medal or King Arthur Unbleached flour
- ½ lb oat bran (e.g. from Whole Foods bin)
- 9 qts unsweetened soymilk
- 1 can (10 oz) fresh Rumford Baking powder (no aluminum ingredients)
- 1 box salt (not iodized) (or 4 oz loose sea salt from Whole Foods bins)
- 1 12-fl-oz bottle Trader Joe's Pure Maple Syrup (Dark Grade B)
- 1 1-oz bottle of ground cardamom spice
- 1 5-lb bag of white cane sugar
- 1 1-lb box golden brown sugar
- 1 1-oz bottle real vanilla flavoring
- 1 1-oz bottle imitation maple flavoring
- 1 box of 200 pats of real butter (Altadena brand from Smart & Final is good choice)
- 1 pint jar of "No Sugar" maple syrup (for diabetic diners)
- 6 2-qt containers fresh orange juice
- 1 14 fl oz jar Spectrum refined coconut oil
- 1 16 fl oz Spectrum canola oil

Disposable tableware (for 100 people):

- 100 8-oz "hot" cups (for coffee or tea) (Styrofoam OK)
- 100 6-oz "cold" cups (for orange juice)
- 13 32-oz Styrofoam cups (for dry ingredients mix)
- 13 small plastic bowls (each to hold 2 eggs, cracked from shells)
- 1 package 200 (or more) paper napkins
- 1 package of 100 each: plastic knives, forks, spoons (Smart & Final has good heavy duty choice)
- 1 package of 125 heavy paper plates

Doing a Great Pancake Brunch

Task Group 2 Make the Maple Syrup

Several days in advance of the Pancake Brunch, make the Maple Syrup recipe (at the end of this booklet) that serves 100 people. Be careful to keep the water just under a boil stirring in the sugar slowly. Heat syrup in a crock-pot at high temperature setting beginning two hours before the Brunch is served.

NOTE: Using a microwave oven to heat syrup is **not** recommended; syrup will explode out of the container if enough heat builds up.

Doing a Great Pancake Brunch

Task Group 3

Set-up Tables, Chairs and Place Settings (DAY BEFORE)

One day before the Pancake Brunch (usually Saturday), assign a team of 2 to 3 people to set up tables, chairs, and place settings for 100 people. Best table arrangement is 8 tables on each side of Calvert Hall. Put plastic tablecloths on tables (table cloths stored in kitchen cabinet near sink). Select colors that fit the occasion.

Set each place at the table with a fork on a folded paper napkin on left, a knife (blade facing left) and spoon on the right (see photograph). Set a wicker basket on each table for the free-will offering (stored on kitchen counter near telephone). Place any decorative items such as small flower bouquet on table if available.

Set up coffee, tea & juice (drinks) serving table on left of kitchen door and Pancake serving table on right of kitchen door. Cover both with plastic tablecloths. On drinks table, put out about 50 hot cups, 50 cold cups, and tray for sugar and creamer (stored on kitchen counter near paper towel dispenser). Coffee mate and sugar are stored on counter near telephone.

Set up the pancake serving table with paper plate stack closest to kitchen door, then put out 3 pairs of tongs to serve the pancakes; leave spaces on table for the deep pancake tray from Westinghouse heater (put down hot mats), butter pat bowl with 3 forks and syrup in crock-pot.

Doing a Great Pancake Brunch

Task Group 4 Kitchen Equipment Preparation (DAY BEFORE)

A. Clean & Season Stove Griddle

This is a two or three-person job of about 1 hour. Scrape grill carefully with large spatula to clean grill down to metal surface. Use screen-style sandpaper to polish surface. Wipe surface with damp soap-free sponge. Light both griddle burners with wooden match. Wait 10 minutes, then put on a tablespoon of olive oil; wipe over all surface with a paper towel. Wipe off excess oil. Turn off griddle burners.

B. Clean Stove Burner Area

Also, clean around the regular stove burners so the stove looks completely clean to anyone entering the kitchen.

Doing a Great Pancake Brunch

Task Group 5

Kitchen Equipment Preparation; Food Preparation & Cooking (SUNDAY MORNING SCHEDULE)

- A. Set up extra equipment in kitchen (8:30 AM)**
Put electric mixer on counter near stove. Put large heavy-duty spatula on shelf above stove. Put crock-pot on counter near plug to left of door to main hall. Put Westinghouse heater near plug to right of door to main hall.
- B. Prepare Dry Pancake Mix (9 AM)**
On the large kitchen table put out 13 large (32 oz) Styrofoam cups. Fill each cup with one recipe of pancake dry ingredients. Once all cups are filled, dump each in the electric mixer and stir (dry) for a minute at medium speed. Put dry ingredients back in empty cup. Do this to all 13 cups.
- C. If Frozen Orange Juice Concentrate is Used, Mix it. (9 AM)**
Mix concentrate in filtered water that is at room temperature the day before; store in plastic jugs in refrigerator overnight. Shake before serving.
- D. Heat Syrup In Crock-pot on High (Sunday 9 AM)**
- E. If Frozen Orange Juice Concentrate is Used, Mix with Good Water. (9 AM)**
- F. Turn on Room Heat & Stove Griddle burners (set to full heat) (9:30 AM)**
- G. Crack One Egg each in 12 Small Dishes (9:30 AM)**
- H. Open Butter Pats and Stack on Serving Plate (9:30 AM)**
- I. Clean up the Westinghouse Warmer Tray (9:45 AM)**
- J. Turn on Westinghouse Warmer; Set To 190 degrees (Sunday 10 AM)**
- K. Begin Cooking Pancakes (Sunday 10:30 AM)**
Mix pancake batter just before needed. Pour fresh batter from mixer bowl into the pancake batter dispenser.
Put pancake batter on Griddle in 4 x 4 pattern with pancake batter dispenser.
Wait about a minute before flipping pancake.
- L. Store Cooked Pancakes in Westinghouse Warmer (10:35 to 11:05)**
Separate pancake layers in the warmer with paper towel strips.
- M. Begin Serving Brunch (Sunday 11:05 AM)**
- N. Begin Kitchen Clean-Up; take down and store Tables, Chairs (Sunday 12:05 PM)**

Doing a Great Pancake Brunch

Recipes

Maple Syrup Recipe (serves 100 people)

Bring to a boil in a 4-qt stainless steel pot:

6 cups good water

Slowly stir in:

9 ½ cups white cane sugar

2 ½ cups golden brown sugar

Be sure all sugar is dissolved. Then shut off heat and stir in:

1/8 tsp salt

¾ tsp real vanilla flavoring

1 tsp imitation maple flavoring

¾ cup real maple syrup

Let hot syrup cool until warm and place in covered jar or other tight container. Store in refrigerator until needed.

This recipe can be made in smaller batches by reducing ingredients proportionally.

Doing a Great Pancake Brunch

Recipes

Pancake Recipe (basic recipe serves 6 to 8 people)

Step 1

Measure into Electric Mixer bowl:

- 2 cups unbleached white flour
- 1 tbsp white sugar
- 2 tbsp oat bran
- ¼ tsp (rounded) salt
- 1 tsp (heaping) Rumford baking powder
- 1 pinch ground cardamom spice

Step 2

Mix all these dry ingredients at slow speed for about a minute.

Step 3

Transfer the mixed ingredients to a clean, dry 32 oz Styrofoam cup. (For 90 people, make up 14 batches of dry ingredients in advance.)

Step 4

Mix equal parts melted refined Spectrum coconut oil and canola oil so you have on hand ¼ cup oil mix per pancake batch.

Step 5

- a. Crack 1 egg into clean mixing bowl;
- b. Beat at fast speed for ½ minute;
- c. Add 2 cups unsweetened soymilk to bowl;
- d. Beat at medium speed for ½ minute;
- e. Mixing at slow speed, dump in the container of dry ingredients;
- f. Immediately pour in the melted oil (mixed in **Step 4**);
- g. Mixing no more than 30 additional seconds total, (immediately adjust thinness of batter with soymilk if needed). (Be careful not to make batter too thick or too thin, nor to beat the batter too long.)

QUALITY NOTES: Batter is the right thickness when it makes a pancake no more than ¼ inch thick when cooked. If the batter is beaten too long, it loses most of the rising power of the baking powder.

Step 6

Eject batter for each pancake from dispenser or spoon onto 350°F griddle to make 3 to 4 inch diameter pancakes ¼ inch thick. Cook on first side until bubbles appear in batter (about one minute); then flip pancake and cook for a minute and remove from griddle. The Church gas stove griddle holds 16 pancakes.

Doing a Great Pancake Brunch

Step 7

Serve cooked pancakes immediately or store between layers of linen cloth or paper towel in warming tray until served.