

Key to fluffy pancakes

If using a box mix like Bisquick original or Pearl Milling Whole Wheat, when omitting the egg, you need to replace both a leavening source and 3 tablespoons of liquid per egg replaced.

To replace the leavening, generally add 1 teaspoon of baking powder per cup of mix used. Ensure the baking powder is less than one year old.

DO NOT use too much baking powder or your pancake will have a 'tinny' taste that is off-putting.

While baking powder, unlike baking soda, is 'self-activated', it likes a little help from an acid to really activate the bubbles that create the lift. Therefore, add 1 tablespoon of vinegar for each cup of vegan milk used. Do NOT use apple cider vinegar. You can use lemon juice, too, which is actually more acidic but most folks do not have it in the fridge readily available.

You will NOT taste the vinegar in the finished product. By using 1 tablespoon of vinegar, now you might only need to add 2 additional tablespoons of plant based milk or water to get the correct batter consistency per egg replaced. The batter thickness goal is that you want the batter to drip off of the whisk when the whisk is held up from the batter. Caution: If the batter is too wet, the flour won't be able to trap the bubbles created by the baking powder, resulting in flat pancakes

Best practice is to mix the baking powder into the pancake mix before adding the liquid. At this time also add any dry spices desired like cinnamon so they can be thoroughly incorporated and any large lumps of mix can be quashed now.

Next best practice is to mix plant based milk or water with the vinegar and any liquid flavoring desired like vanilla or almond extracts.

While not required, for maximum richness and flavor one must add margarine or oil to the batter which will coat the flour and limiting gluten development and help ensure that the pancakes remain tender.

Finally, add the liquid mix to the dry mix and only whisk until liquid is incorporated into the dry. Overmixing is the number 1 reason for dense or rubbery pancakes. The more you mix, the more you strengthen the gluten in the batter, which makes the product dense. While lumps in a batter might be annoying, they will 'pop' while cooking if you have mixed it to the correct level.

Let the batter rest for 1-2 minutes to allow the acid/base chemical leavening process to proceed and allow the gluten to rest. But do not allow it to rest for much longer than that or the bubbles will grow and die before the first pancake is poured.

You need to have the pan warmed before the batter is ready to pour. However, if the pan is too hot, your pancakes will not get done in the middle because they'll burn too quickly.

Below are some additional tips:

~ Don't use an electric mixer for the batter as you will form tough gluten strands.

~Don't crowd the pan. Use a griddle if you have one.

~ Don't use too much oil in the pan. It will result in a tough exterior. A very thin layer of oil is what you want.

~ If you use cast iron, put it on moderate low heat (right around 3 on my stovetop), but you will probably need to adjust a little to get the temp just right. Remember, the temp is not set in stone. Lower and raise in tiny increments as needed. Even turning the dial 1/4 inch can result in big changes.

~ Once you drop the pancake in, refrain from futzing with the batter too much. But don't be afraid to delicately nudge the batter a tiny bit with your fingers to get a more circular shape and more even cooking. But the batter should spread a tiny bit and puff up all on its own.

Photo guide

Bisquick Original



Enriched Flour Bleached (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Starch, Vegetable Oil (Palm, Sunflower, Canola, and/or High Oleic Soybean Oil), Leavening (Baking Soda, Monocalcium Phosphate, Sodium Aluminum Phosphate), Dextrose, Sugar, Salt, Monoglycerides.

Pearl Milling Original (only)



Enriched Bleached Flour (Bleached Wheat Flour, Niacinamide, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Salt, Calcium Carbonate.

Kroger store brand



Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Shortening (Canola Oil and/or Palm Oil TBHQ [Preservative]), Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate, Contains 2% or Less of: Dextrose, Salt.

Birch Benders Original (only)



Organic Wheat Flour, Organic Cane Sugar, Leavening (Calcium Phosphate, Baking Soda), Salt, Contains 2% or Less of: Organic Potato Starch, Organic Tapioca Flour.

Wal Mart store brand



INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM AND SOYBEAN OIL, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), CONTAINS 2% OR LESS OF: SUGAR, DEXTROSE, SALT, ASCORBIC ACID.

YES, Wal Mart store brand “complete” pancake mixes are vegan!



INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, IMITATION BLUEBERRY PIECES (DEXTROSE, SOYBEAN OIL, ENRICHED BLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], NATURAL AND ARTIFICIAL FLAVOR, CITRIC ACID, CELLULOSE GUM, FD&C BLUE #2, FD&C RED #40, FD&C BLUE #1), DEXTROSE, SALT, MONOCALCIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SOYBEAN OIL.



INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE) DEXTROSE, SOYBEAN OIL, SALT, NATURAL FLAVOR.



INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, BROWN SUGAR, DRIED APPLE PIECES, DEXTROSE, LESS THAN 2% OF: BAKING SODA, CINNAMON, MONOCALCIUM PHOSPHATE, NATURAL FLAVOR, SALT, SODIUM ALUMINUM PHOSPHATE, SOYBEAN OIL.

NOT VEGAN

Anything with the word “buttermilk”

National brands with the word “complete” (complete=milk) like Pearl Milling Company™ **Complete** Pancake & Waffle Mix

Jiffy Biscuit Mix

Aldi Brand Biscuit Mix

Kodiak brand

Krusteaz brand

Hungry Jack

These Wal Mart ones are NOT vegan:

