



Pancake 松饼

INGREDIENTS 原料

	Baker's % †	Gram 克
SWH pastry flour (White Spear) 软白麦糕点粉 (White Spear)	100	175
Baker's sugar 糖	9.5	17
Dextrose 葡萄糖	3	5.3
Salt 盐	1.5	2.6
Butter 黄油	8.5	14.9
Baking Soda 小苏打	1.8	3.2
Monocalcium phosphate 单磷酸钙	0.45	0.79
Sodium acid pyrophosphate (SAPP-28) 焦磷酸钠	2	3.5
Water 水	138.5	242
Chia seeds 奇亚籽	8	14
Chocolate chips or blueberries 巧克力豆或蓝莓	23	40
Total 总计		518.4

Procedure 制作步骤

1. Mix together the dry ingredients at speed 2 in a KitchenAid mixer with whisk attachment for 1 min. Scrape down the sides. Mix for an additional 1 min.

将干性原料在带有打蛋头的KitchenAid搅拌机中以2速搅拌1分钟。刮边后再搅拌1分钟

2. Add butter and mix at speed 2 in a KitchenAid mixer with whisk attachment for 1 min. Scrape down the sides. Mix for an additional 1 min. Flour mix will be lumpy and nonhomogeneous.

加入黄油，在带有打蛋头的KitchenAid搅拌机中以2速度搅拌1分钟。刮边，再搅拌1分钟。混合物将会是块状和不均匀的

3. Pour 242 mL of water into a separate mixing bowl. Add the dry mix on top of the water. 在另一个搅拌缸内倒入242ml的水。将干性混合物倒在水上

4. Mix at speed 2 in a KitchenAid mixer with whisk attachment. Mix an additional 10 s. 在带有打蛋头的KitchenAid搅拌机中以2速搅拌，额外搅拌10秒。

The batter will be somewhat lumpy at the end of mixing. This is expected consistency of the batter; do NOT blend to smooth homogeneity.

在搅拌的最后，面糊会有些结块。这是期望的面糊稠度；不要搅拌到光滑均匀。

5. Bake the pancake on a griddle with a stable temperature at 190 C. Use a food scoop to dispense batter onto the griddle, cook for 75 s on one side, flip, and cook an additional 75 s.

将松饼放在温度稳定在190℃的平底锅上烘烤。用食物勺将面糊倒入平底锅，一面煎75秒，翻面，再煎75秒。