A WORLD OF GLUTEN FREE PANCAKES

Delicious recipes for every gluten-free palate.



PROUDLY CRAFTED WITH PETLEY GRAIN

by Ben Petley

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Pancakes around the world

Europe

A thin pancake folded around something sweet, a golden puff shared while still warm, a potato cake crisp from the pan: this European collection moves between comfort and celebration. These gluten-free adaptations keep the pleasure of those textures at the heart of the table.

Asia

From delicate soufflé pancakes to scallion-laced pajeon and coconut-rich bites, this collection explores contrasting ways to turn batter or dough into a meal. Sweet fillings, savory vegetables, crisp edges, and soft centers invite you to follow your appetite rather than a single idea of breakfast.

Pancakes around the world

Americas

Tall diner stacks, an oven-puffed Dutch baby, cinnamon-scented hotcakes, and golden corn pancakes bring very different personalities to the same table. Across this collection, a generous topping can turn a familiar panful into breakfast, a snack, or something closer to dessert.

Africa

Moroccan baghrir and an Ethiopian injera-inspired flatbread show how a pancake can be a canvas as well as a dish. Their porous surfaces welcome butter, honey, or savory accompaniments. These gluten-free adaptations are an invitation to explore, not a claim to replace the original traditions.

Introduction

Let's be honest: humans will turn anything into a pancake.

Give us flour, liquid, and a hot surface, and we will immediately invent twenty different ways to celebrate breakfast. From the bustling night markets of Seoul to the sun-soaked cafes of Paris, the pancake is the universal language of comfort. It says, "Hey, relax. You deserve butter."

But if you've ever tried going gluten-free, you already know the dark side of this story. For years, the gluten-free pancake experience has felt less like a culinary adventure and more like chewing on a piece of sweetened drywall. You needed a chemistry degree, thirteen types of obscure bean starch, and a lot of blind faith just to get something that didn't disintegrate the second it touched maple syrup.

That culinary tragedy ends right here.

The global griddle tour

Welcome to your passport for the ultimate global griddle tour—minus the wheat.

We took twenty of the world's most legendary, mouth-watering, border-crossing pancake styles and unlocked them all using one secret weapon: Petley Grain pancake mix.

You no longer have to stare wistfully at a photo of a towering, jiggly Japanese soufflé pancake or a thousand-hole Moroccan sponge cake and sigh. Inside these pages, we're bridging the gap between iconic food traditions and your Sunday morning skillet. Whether you're craving a crisp scallion pajeon, an emperor-level shredded Austrian mess, or just a really, really good diner stack that won't ruin your afternoon, Petley Grain makes it shockingly easy.

So tie your apron, warm up the cast iron, and get ready to gas up your tastebuds. It's time to travel the world, one magnificent, gluten-free stack at a time.

Tradition & adaptation

These recipes use Petley Grain Gluten-Free Pancake Mix as a contemporary starting point. They are interpretations of the dishes described in the stories—not claims to reproduce every regional or household tradition.

Some dishes in this collection, including teff injera and rice-and-lentil uttapam, can already be naturally gluten-free. A commercial pancake-mix version changes their ingredients, fermentation, and texture. These differences are named in each chapter.

The cultural stories draw on the references listed at the back. Where an origin tale is uncertain, it is presented as a tale rather than an established event. Pronunciations are approximate English reading guides.

Recipe quantities and cooking directions carry forward the earlier edition; this redesign is not a kitchen-testing endorsement. Metric conversions, yields, and timings should be checked in recipe trials before commercial publication. Cooking cues matter more than the clock.

Check every ingredient for gluten, including oat milk, stock, soy sauce, bottled sauces, spice blends, and toppings. Use gluten-free-labeled alternatives where needed and avoid cross-contact. Barley tea and ordinary beer are not suitable for a gluten-free menu.

Food photographs are illustrative and were AI-generated for earlier editions. They are not photographs of kitchen-tested Petley Grain recipes.

French Crêpes

Lacy pancakes, endless possibilities



Pronounced: krep

Story 8 / Ingredients 9 / Method 10



French Crêpes

Lacy pancakes, endless possibilities

In Brittany, the crêpe belongs to a broader tradition of thin pancakes cooked on a hot plate. Buckwheat galettes and wheat-flour crêpes are related, but their names and uses vary locally. In many crêperies, the buckwheat galette is the savory main course, while a sweeter wheat crêpe follows for dessert. Treating every early Breton pancake as the same dish would miss this regional distinction.

The pleasure is in the contrast: a delicate center, edges that catch the heat, and a filling that can be as simple as butter and sugar. A galette complète commonly combines ham, cheese, and egg. Sweet crêpes invite chocolate, fruit, or a little lemon. Breton cider is a familiar companion, connecting the meal with another well-established regional specialty.

Crêpes also have a national place at La Chandeleur, or Candlemas, on February 2. Families may mark the occasion by making and flipping pancakes together. Stories about their round shape symbolizing the sun are part of the surrounding folklore, not proof of a single origin. What endures is the shared ritual: batter, a hot pan, and a succession of warm pancakes brought to the table.

THIS COOKBOOK’S VERSION

This version uses a commercial gluten-free blend instead of wheat flour. It is a sweet-or-savory crêpe adaptation, not a traditional buckwheat galette.

References: chapter 1 in Sources & cultural notes.

French Crêpes

Lacy pancakes, endless possibilities

Makes 6–8 crêpes

Prep 5 min | Rest 10 min | Cook 10 min

INGREDIENTS

- ¾ cup (95 g) Petley Grain Gluten-Free Pancake Mix
- 1 cup (240 ml) whole milk or oat milk
- 2 large eggs
- 2 tbsp (28 g) melted butter, plus more for the pan
- ½ tsp (2.5 ml) vanilla extract (leave out for savory crêpes)

AT THE TABLE

- Butter and sugar with a squeeze of lemon
- Chocolate-hazelnut spread with sliced banana
- Ham, Gruyère, and a soft egg (complète style)
- Café au lait or a dry Normandy cider

AT A GLANCE

PREP 5 min | REST 10 min | COOK 10 min | SKILL Intermediate | FLAVOR Sweet or Savory | TEXTURE Lacy & Thin



French Crêpes

Lacy pancakes, endless possibilities

1. Whisk all ingredients into a thin, smooth batter, about as thick as heavy cream.
2. Rest the batter at room temperature for 10 minutes.
3. Heat a non-stick skillet over medium-high heat and wipe it with a thin coat of butter.
4. Pour in ¼ cup (60 ml) of batter and swirl right away to coat the bottom thinly.
5. Cook about 60 seconds, until the edges lift and turn lacy gold. Flip gently and cook 30 seconds more. Stack on a plate.

COOK’S NOTES

- Thin as needed: if the batter coats the pan slowly, whisk in 1 tbsp milk at a time.
- Sacrifice the first one: the first crêpe tests your heat. Adjust and keep going.
- Savory switch: skip the vanilla and add a pinch of salt and chopped chives.

Japanese Soufflé Pancakes

A modern café favorite



Pronounced: soo-FLAY

Story 12 / Ingredients 13 / Method 14

Japanese Soufflé Pancakes

A modern café favorite

The towering soufflé pancake is a contemporary café creation, not an ancient Japanese breakfast. Its international story includes Japanese pancake cafés and a much-discussed claim from Cream Pot in Honolulu. Reporting credits that café with an early soufflé-style pancake enjoyed by Japanese visitors. The exact invention credit remains contested, so it is more accurate to describe a modern cross-cultural trend than to declare a single birthplace.

Its defining technique comes from whipped egg whites. Folded carefully into a yolk-based batter, the foam makes a pancake unusually light and tall. Gentle heat and a covered pan help set that fragile structure. The result is meant to be eaten promptly: like a soufflé, it changes as it cools, and a little settling does not erase the skill involved in making it.

Japanese specialty cafés helped turn these pancakes into an occasion. The height, soft texture, and unmistakable wobble made them especially appealing in photographs and videos. Fruit, cream, and syrup provide familiar accompaniments without obscuring the main attraction. Their appeal is both culinary and theatrical—a breakfast-format dessert that asks the cook for patience and rewards the diner with an unexpectedly airy bite.

THIS COOKBOOK'S VERSION

Petley Grain mix replaces the usual flour base; the height still depends on egg-white foam and careful cooking. This is an untested adaptation of a modern café style.

References: chapter 2 in Sources & cultural notes.

Japanese Soufflé Pancakes

A modern café favorite

Makes 3 tall pancakes

Prep 15 min | Cook 10 min

INGREDIENTS

- ¾ cup (95 g) Petley Grain Gluten-Free Pancake Mix
- 2 large egg yolks
- 3 large egg whites, cold
- 3 tbsp (45 ml) milk
- 2 tbsp (25 g) granulated sugar
- ½ tsp (2.5 ml) lemon juice
- 1 tsp (5 ml) water, for steaming

AT THE TABLE

- Whipped cream and fresh strawberries
- Maple syrup and a pat of salted butter
- Matcha cream or sweet red bean paste
- Hot sencha or an iced matcha latte

AT A GLANCE

PREP 15 min | COOK 10 min | SKILL Showstopper | FLAVOR Sweet | TEXTURE Cloud-Fluffy



Japanese Soufflé Pancakes

A modern café favorite

1. Whisk the yolks, milk, and Petley Grain Mix into a thick, smooth paste.
2. In a separate clean bowl, whip the whites with the lemon juice. Add the sugar a little at a time and whip until stiff, glossy peaks stand straight up.
3. Fold ⅓ of the whites into the yolk mix to loosen it, then gently fold in the rest until no white streaks remain.
4. Scoop tall mounds onto a greased pan over low heat (about 300°F / 150°C).
5. Add the water to the empty part of the pan, cover, and steam 4–5 minutes per side until golden and set. A toothpick should come out clean.

COOK'S NOTES

- Spotless bowl: any grease or yolk in the white bowl will stop them from whipping.
- Stack in layers: add a second scoop on top of each mound after 1 minute for extra height.
- Low and slow: if the outside browns before the center sets, turn the heat down.

Swedish Pannkakor

The comfort of a Thursday table



Pronounced: pahn-KAH-kor

Story 16 / Ingredients 17 / Method 18

Swedish Pannkakor

The comfort of a Thursday table

Swedish pannkakor are thin, milk-and-egg pancakes rather than the thick breakfast stacks familiar in North America. They are closely associated with an unusually specific meal: yellow pea soup followed by pancakes on Thursday. Sweden's living-heritage inventory documents this continuing custom in homes, restaurants, schools, and other communal dining settings. Its persistence makes the pancakes part of the weekly rhythm, not just a special breakfast.

The older Thursday soup tradition is commonly connected with the substantial meal eaten before Friday fasting in Catholic-era Sweden. Pancakes joined the pairing later; the soup's history should not be mistaken for proof that the complete modern menu existed unchanged in medieval times. The custom survived changes in religious practice and became a recognizable example of everyday Swedish home cooking, or husmanskost.

At the table, jam and whipped cream are familiar toppings, with the particular fruit varying by household. Pancakes can be folded or rolled, keeping the texture supple rather than emphasizing a towering stack. Sweden also has oven-baked pancakes and small plättar, so pannkakor belong to a larger family. This chapter focuses on the thin pan-cooked form and the simple pleasure of serving several warm rounds together.

THIS COOKBOOK'S VERSION

The wheat-flour base becomes Petley Grain mix. Cardamom is an optional flavor choice in this formula, not a defining ingredient of all Swedish pannkakor.

References: chapter 3 in Sources & cultural notes.

Swedish Pannkakor

The comfort of a Thursday table

Makes 6 pancakes

Prep 5 min | Cook 10 min

INGREDIENTS

- ¾ cup (95 g) Petley Grain Gluten-Free Pancake Mix
- ¾ cup (180 ml) cold water
- ¼ cup (60 ml) milk
- 2 large eggs
- 2 tbsp (28 g) melted butter, plus more for the pan
- 1 pinch ground cardamom

AT THE TABLE

- Lingonberry jam and softly whipped cream
- Fresh blueberries and a sprinkle of sugar
- After a bowl of yellow pea soup
- Strong filter coffee for a Swedish fika

AT A GLANCE

PREP 5 min | COOK 10 min | SKILL Beginner | FLAVOR Sweet | TEXTURE Thin & Tender



Swedish Pannkakor

The comfort of a Thursday table

1. Whisk the Petley Grain Mix, cardamom, water, milk, eggs, and melted butter until fluid and smooth.

2. Melt a little butter in a skillet over medium heat until it foams.

3. Ladle in about ⅓ cup (80 ml) of batter and tilt the pan to cover the bottom evenly.

4. Cook until the bottom is pale gold and the top looks dry, about 1½ minutes. Flip once and cook 45 seconds.

5. Fold into quarters while warm and keep covered.

COOK’S NOTES

- Cold water = tender: part water keeps them light and silky, not heavy.
- Butter every time: a little fresh butter per pancake gives the classic lacy edge.
- Keep warm: hold folded pancakes in a 200°F (95°C) oven.

Dutch Baby

An American skillet pancake with German roots



Pronounced: DUTCH BAY-bee

Story 20 / Ingredients 21 / Method 22

Dutch Baby

An American skillet pancake with German roots

The Dutch baby is American, despite a name that suggests the Netherlands and an older chapter title that suggested Germany. Seattle’s Manca’s Café is widely credited with popularizing the small oven pancake. Its name is often explained as a playful alteration of Deutsch, meaning German, but the familiar story about a child’s mispronunciation should remain an anecdote rather than a proven event.

The German connection helps explain why American menus sometimes call it a German pancake. Yet the café specialty has its own identity: a batter baked in a very hot skillet, with edges that rise dramatically around a softer center. It resembles a popover or Yorkshire pudding more than a conventional griddle stack. Steam and an egg-rich structure drive the rise in a typical scratch-made version.

The pancake’s brief spectacle is part of its charm. Once removed from the oven, it naturally settles, leaving crisp folds around a tender center. Lemon juice and powdered sugar are well-known accompaniments; fruit and savory toppings appear in modern variations. Bringing the skillet straight to the table honors what the dish does best: one generous pancake, shared while its edges are still hot and its dramatic shape has not yet fully relaxed.

THIS COOKBOOK’S VERSION

A commercial pancake blend changes the conventional flour-based batter. The map places this chapter in the United States while acknowledging its German connections.

References: chapter 4 in Sources & cultural notes.

Dutch Baby

An American skillet pancake with German roots

Makes 3–4 servings

Prep 5 min | Bake 20 min

INGREDIENTS

- ¾ cup (95 g) Petley Grain Gluten-Free Pancake Mix
- ¾ cup (180 ml) whole milk, room temperature
- 3 large eggs, room temperature
- 3 tbsp (42 g) butter
- ¼ tsp ground nutmeg
- Powdered sugar and lemon wedges, to serve

AT THE TABLE

- Powdered sugar and fresh lemon juice
- Sautéed cinnamon apples
- Mixed berries and crème fraîche
- Hot coffee or a glass of apple cider

AT A GLANCE

PREP 5 min | BAKE 20 min | SKILL Beginner | FLAVOR Sweet | TEXTURE Oven-Puffed

Dutch Baby

An American skillet pancake with German roots

1. Put a 10-inch (25 cm) cast-iron skillet in the oven and heat to 425°F (220°C).
2. Blend or whisk the mix, milk, eggs, and nutmeg until completely smooth and a little frothy.
3. Carefully take out the hot skillet, add the butter, and swirl until melted and sizzling.
4. Pour the batter into the center at once and return to the oven.
5. Bake 18–20 minutes without opening the door, until puffed high and deep golden at the edges. Serve right away.

COOK’S NOTES

- Room-temperature eggs and milk give the biggest puff.
- Don't peek: opening the oven early will make it fall.
- Blender shortcut: 20 seconds in a blender makes the smoothest batter.

Russian Blini

Butter, celebration, and a versatile canvas



Pronounced: BLEE-nee

Story 24 / Ingredients 25 / Method 26

Russian Blini

Butter, celebration, and a versatile canvas

Blini are a broad Russian pancake tradition, not one fixed size or formula. The word may bring to mind small buckwheat rounds with caviar, yet large, thin pancakes are equally familiar in Russian cooking. Some batters use yeast; others do not. Wheat, buckwheat, dairy, and household technique all influence the result. A single appetizer-sized recipe therefore represents one interpretation of a much larger family.

The strongest seasonal association is Maslenitsa, the week before Orthodox Lent when butter and other dairy foods have a prominent place at the table. Pancakes are shared during gatherings that combine festive eating with customs around the changing season. The often-repeated claim that blini were deliberately invented as pagan sun symbols is less secure than the modern association suggests; food historians caution against presenting that attractive explanation as established fact.

Toppings reveal their versatility. Butter and sour cream suit either a simple home meal or a celebratory spread; fish roe and smoked fish bring a richer finish, while honey or jam take them in a sweeter direction. The pancake remains a welcoming base rather than the whole story. At their best, blini bring people together through the repeated act of cooking, passing, and topping warm rounds.

THIS COOKBOOK'S VERSION

This small-pancake version uses yogurt and commercial mix without yeast fermentation. Yogurt does not reproduce the flavor or structure of a fermented buckwheat batter.

References: chapter 5 in Sources & cultural notes.

Russian Blini

Butter, celebration, and a versatile canvas

Makes About 20 small blini

Prep 5 min | Cook 15 min

INGREDIENTS

- ¾ cup (95 g) Petley Grain Gluten-Free Pancake Mix
- ½ cup (120 ml) milk
- 2 tbsp (30 g) plain yogurt or kefir
- 1 large egg
- 1 tbsp (14 g) melted butter
- Pinch of salt

AT THE TABLE

- Sour cream with smoked salmon and dill
- Caviar or salmon roe for celebrations
- Honey or jam for a sweet version
- Black tea with lemon

AT A GLANCE

PREP 5 min | COOK 15 min | SKILL Beginner | FLAVOR Sweet or Savory | TEXTURE Soft & Small



Russian Blini

Butter, celebration, and a versatile canvas

1. Whisk everything into a thick but pourable batter, like thick yogurt.
2. Heat a lightly buttered skillet over medium heat.
3. Drop 1 tablespoon of batter per blini, leaving space between them.
4. Cook until bubbles form and pop on top, about 1 minute. Flip and cook 30–45 seconds until golden.
5. Brush with butter while warm.

COOK’S NOTES

- Use a squeeze bottle for perfectly even rounds.
- Party prep: make ahead, cool, and rewarm in a low oven before topping.
- Earthy flavor: swap 2 tbsp of the mix for buckwheat flour (naturally gluten-free).

Korean Hotteok

A warm pocket of cinnamon sugar



Pronounced: HO-tuk

Story 28 / Ingredients 29 / Method 30

Korean Hotteok

A warm pocket of cinnamon sugar

Hotteok is a familiar South Korean street snack, especially welcome in cold weather. The classic sweet version encloses sugar, cinnamon, and chopped nuts inside a soft dough that is pressed flat on a griddle. As the surface browns, the filling melts into syrup. That contrast—warm, chewy bread and a liquid center—is what makes a freshly cooked hotteok so different from an ordinary pancake.

Korean cultural accounts connect the dish with Chinese migrants and the exchange of wheat-based foods between China and Korea. The history is a story of adaptation, not a single unchanged recipe arriving fully formed. Vendors and home cooks developed versions suited to local tastes and cooking equipment. Elaborate claims tracing the modern snack to one ancient bread are less certain than this broader account of migration and change.

Today there is no single filling. Sugar and nuts remain familiar, while seed-filled versions are particularly associated with Busan; savory variations also appear. The cook flattens the sealed dough to create more browned surface without losing the filling. Eating it requires a little patience: the syrup can remain much hotter than the crust. Hotteok is best appreciated as a snack made to order, enjoyed while the outside is still freshly crisp.

THIS COOKBOOK’S VERSION

This recipe uses a gluten-free commercial blend and a short yeast rest. Dough handling and texture require kitchen trials; they should not be described as identical to wheat-based hotteok.

References: chapter 6 in Sources & cultural notes.

Korean Hotteok

A warm pocket of cinnamon sugar

Makes 4 pancakes

Prep 10 min | Rest 20 min | Cook 10 min

INGREDIENTS

- 1 cup (125 g) Petley Grain Gluten-Free Pancake Mix
- ⅓ cup (80 ml) warm milk
- 1 tsp (3 g) instant yeast
- 1 tbsp (15 ml) neutral oil, plus more for frying
- Filling: 3 tbsp (40 g) brown sugar
- ½ tsp ground cinnamon
- 1 tbsp chopped walnuts or peanuts

AT THE TABLE

- Eat hot, wrapped in a paper cup like street vendors
- Toasted seeds mixed into the filling
- Caffeine-free herbal tea or a cinnamon-ginger drink

AT A GLANCE

PREP 10 min | REST 20 min | COOK 10 min | SKILL Intermediate | FLAVOR Sweet-Filled | TEXTURE Crispy Edge



Korean Hotteok

A warm pocket of cinnamon sugar

1. Dissolve the yeast in the warm milk, then stir into the mix and oil to form a soft, pliable dough.
2. Cover and rest for 20 minutes.
3. Mix the filling ingredients in a small bowl.
4. Divide the dough into 4 balls. Flatten each in your oiled hand, add 1 tablespoon of filling, and pinch tightly to seal.
5. Fry in plenty of oil over medium heat, seam-side down. After 1 minute, press flat with a spatula. Cook until golden and crisp on both sides, 2–3 minutes per side.

COOK’S NOTES

- Oil your hands so the dough doesn't stick while sealing.
- Seal well: any gap lets the sugar leak out and burn.
- Savory version: fill with cheese and chopped scallions.

Austrian Kaiserschmarrn

The emperor’s delight, torn by design



Pronounced: KY-zer-shmarn

Story 32 / Ingredients 33 / Method 34

Austrian Kaiserschmarrn

The emperor’s delight, torn by design

Kaiserschmarrn is a sweet pancake deliberately torn into irregular pieces. Its name brings together Kaiser, or emperor, and Schmarrn, a word with associations of a shredded preparation and, colloquially, nonsense. The dish is strongly linked with Austria and Emperor Franz Joseph I. Several stories explain that association, involving a court kitchen, an accidental tear, or the emperor’s appetite. They are competing legends, not a securely documented recipe-invention scene.

The dish has a place in the wider culinary world of the former Habsburg Empire, as well as in Austrian home cooking and Alpine restaurants. Historical cookbook material also shows it within Viennese Jewish cooking. These overlapping settings are a reminder that a national specialty can travel through communities, languages, and household traditions without belonging to one isolated origin story.

Its texture depends on more than its name. A light batter cooks into a soft pancake before being pulled apart; the newly exposed edges can then brown in butter. Raisins appear in many versions, but are not essential to every preparation. Powdered sugar and plum compote, often called Zwetschkenröster, are familiar finishing touches. The result is intentionally rustic: tender pieces, browned corners, and a fruit accompaniment that balances the rich pancake.

THIS COOKBOOK’S VERSION

Petley Grain mix replaces ordinary flour. The separated-egg technique and tearing method retain the broad character of the dish without claiming an exact historical formula.

References: chapter 7 in Sources & cultural notes.

Austrian Kaiserschmarrn

The emperor’s delight, torn by design

Makes 2–3 servings

Prep 10 min | Cook 12 min

INGREDIENTS

- ¾ cup (95 g) Petley Grain Gluten-Free Pancake Mix
- ½ cup (120 ml) milk
- 2 large eggs, separated
- 2 tbsp (20 g) raisins, soaked in warm water or rum
- 2 tbsp (28 g) butter, plus extra
- 1 tbsp (12 g) coarse sugar

AT THE TABLE

- Plum compote (Zwetschkenröster)
- Warm applesauce
- Plenty of powdered sugar
- A Viennese melange coffee

AT A GLANCE

PREP 10 min | COOK 12 min | SKILL Intermediate | FLAVOR Sweet | TEXTURE Torn & Caramelized



Austrian Kaiserschmarrn

The emperor’s delight, torn by design

1. Mix the egg yolks, milk, and Petley Grain Mix until smooth.
2. Whip the whites to soft peaks and fold into the batter with the drained raisins.
3. Melt the butter in an oven-safe skillet over medium heat, pour in the batter, and cook 4 minutes until the bottom sets.
4. Move the skillet to a 375°F (190°C) oven for 6 minutes to finish rising.
5. Back on the stove, tear into bite-size pieces with two forks. Add the coarse sugar and extra butter and toss until caramelized.

COOK’S NOTES

- Fold the egg whites gently to preserve the air in the batter.
- Caramelize well: wait for crisp golden edges on the pieces before serving.
- No raisins? Use dried cherries or leave them out.

Finnish Pannukakku

An oven pancake made for sharing



Pronounced: PAH-noo-kah-koo

Story 36 / Ingredients 37 / Method 38

Finnish Pannukakku

An oven pancake made for sharing

Finnish pannukakku takes pancakes away from the stovetop and into the oven. A fluid batter of milk, eggs, and flour is poured into a baking dish or tray, where it sets into a soft center with browned, sometimes dramatically raised edges. Many versions are cut into squares for serving. The shape is practical: one pan can feed a table without keeping someone at the stove cooking individual rounds.

The pancake is familiar in Finnish home cooking and is often associated with a meal of hernekeitto, or pea soup. That pairing also has a strong place in neighboring Sweden, although the pancakes need not be prepared in the same way. Finland has pan-fried pancakes too, often called lettu, so pannukakku should not be used as a blanket name for every Finnish pancake preparation.

Jam, berries, and whipped cream make natural companions to its mild, egg-rich flavor. Households vary the sweetness, depth, and degree of browning, and oven temperature and pan size affect the finished texture. It shares the general idea of an oven pancake with dishes elsewhere, including the Dutch baby, but its familiar tray-baked format gives it its own everyday character. The appeal is generous rather than showy: a warm slice, a spoonful of fruit, and enough left in the pan to share.

THIS COOKBOOK’S VERSION

The mix-based batter is a modern substitution for a simple flour base. Baking time and pan depth need testing; the earlier recipe’s quantities are retained.

References: chapter 8 in Sources & cultural notes.

Finnish Pannukakku

An oven pancake made for sharing

Makes 6 squares

Prep 5 min | Bake 30 min

INGREDIENTS

- 1 cup (125 g) Petley Grain Gluten-Free Pancake Mix
- 1½ cups (360 ml) whole milk
- 2 large eggs
- ¼ cup (50 g) granulated sugar
- 3 tbsp (42 g) melted butter
- ½ tsp (2.5 ml) vanilla extract

AT THE TABLE

- Strawberry or raspberry jam
- Fresh berries and whipped cream
- After a bowl of pea soup
- Light-roast Finnish coffee

AT A GLANCE

PREP 5 min | BAKE 30 min | SKILL Beginner | FLAVOR Sweet | TEXTURE Oven-Baked Custard



Finnish Pannukakku

An oven pancake made for sharing

1. Heat the oven to 400°F (200°C).
2. Whisk all ingredients together until smooth.
3. Pour into a well-greased 9x13-inch (23x33 cm) baking dish.
4. Bake 30 minutes at 400°F (200°C), until the edges are crisp and rise high around the sides and the center is set.
5. Cool 5 minutes, then cut into squares and serve warm.

COOK’S NOTES

- Hot butter start: melt the butter in the dish in the oven first for crispier edges.
- Optional flavor variation: add ¼ tsp ground cardamom.
- Leftovers are great cold the next morning.

Venezuelan Cachapas

Fresh corn meets warm cheese



Pronounced: kah-CHAH-pahs

Story 40 / Ingredients 41 / Method 42

Venezuelan Cachapas

Fresh corn meets warm cheese

Cachapas place corn at the center of the pancake. In Venezuela, the familiar griddled version is made from fresh corn ground into a coarse, moist batter, then cooked into a tender cake with a golden surface. It belongs to a food culture in which corn has deep Indigenous roots. There is no need to attach a precise invention date to appreciate that long relationship between the crop and the table.

A budare—the flat cooking surface used for several Venezuelan corn foods—is closely associated with the preparation. The fresh corn gives a cachapa a character distinct from an arepa made with precooked cornmeal. Both are important Venezuelan foods, but they are not interchangeable names for the same thing. The grain’s moisture, sweetness, and uneven texture help define a cachapa.

Queso de mano, a soft fresh cheese, is a familiar filling: the cake is folded around it while warm, setting mild sweetness against salt and richness. Roadside stalls and restaurants offer variations, sometimes with meat alongside or additional fillings. Corn quality and ripeness matter, and recipes differ in what they add to help the batter hold together. That variation does not erase the central idea: fresh corn should remain the main flavor, with the browned surface and warm filling providing contrast.

THIS COOKBOOK’S VERSION

This formula adds Petley Grain mix and permits canned corn. Those choices change the fresh-corn preparation; mozzarella is an alternative to queso de mano, not the same cheese.

References: chapter 9 in Sources & cultural notes.

Venezuelan Cachapas

Fresh corn meets warm cheese

Makes 4 pancakes

Prep 5 min | Cook 8 min

INGREDIENTS

- ¾ cup (95 g) Petley Grain Gluten-Free Pancake Mix
- 1 cup (165 g) sweet corn kernels, fresh or canned and drained
- ¼ cup (60 ml) milk
- 1 large egg
- Butter, for the pan
- 4 slices (about 4 oz / 115 g) mozzarella or queso blanco

AT THE TABLE

- Queso de mano or fresh mozzarella
- Shredded pork or fried chorizo on the side
- A spoon of nata (cream), or sour cream as an alternative
- Fresh papelón con limón or black coffee

AT A GLANCE

PREP 5 min | COOK 8 min | SKILL Beginner | FLAVOR Sweet-Savory | TEXTURE Golden Corn



Venezuelan Cachapas

Fresh corn meets warm cheese

1. Pulse the corn, milk, egg, and mix in a blender or food processor until combined but still coarse.
2. Heat a well-buttered skillet over medium heat.
3. Pour in ¼ cup (60 ml) of batter and spread into a round.
4. Cook 3–4 minutes per side until deeply golden.
5. Lay cheese on one half, fold over, and cook 1 minute to melt.

COOK’S NOTES

- Keep it chunky: pieces of corn are part of the classic texture.
- Medium heat only: the corn sugar can burn quickly.
- Thick batter? Add milk 1 tbsp at a time.

American Buttermilk Diner Flapjacks

A classic diner stack



Pronounced: FLAP-jaks

Story 44 / Ingredients 45 / Method 46



American Buttermilk Diner Flapjacks

A classic diner stack

The American diner stack belongs to a long international pancake family, but its particular look is distinctive: thick rounds, an even golden surface, butter on top, and syrup running between the layers. Cornmeal cakes and other griddle breads preceded the modern wheat-flour stack in North America. It would be misleading to treat those diverse foods as one recipe progressing neatly toward today's diner breakfast.

Chemical leaveners helped make thicker pancakes practical without a yeast rise. Buttermilk contributes a mild tang, and in recipes that include baking soda its acidity also participates in leavening. The exact balance depends on the formula; simply adding more acid does not guarantee a taller pancake. Eggs, flour, liquid, heat, and mixing all affect how the batter sets on the griddle.

The diner gives this food a recognizable setting: a flat-top griddle, pancakes cooked to order, and a plate that may arrive beside eggs, bacon, or sausage. Home cooks have made the same style their own, including through packaged mixes. Maple syrup is an iconic accompaniment, though table syrups and other toppings are also common. The appeal is straightforward and enduring—not an elaborate origin legend, but the comfort of a familiar stack arriving warm enough to melt its pat of butter.

THIS COOKBOOK'S VERSION

This edition retains the existing mix-and-buttermilk formula. The mix's formulation determines its leavening behavior; no promise of a tested diner-style result is implied.

References: chapter 10 in Sources & cultural notes.

American Buttermilk Diner Flapjacks

A classic diner stack

Makes 4 large flapjacks

Prep 5 min | Cook 6 min

INGREDIENTS

- ¾ cup (95 g) Petley Grain Gluten-Free Pancake Mix
- ½ cup (120 ml) cold water
- ¼ cup (60 ml) buttermilk
- 1 tbsp (14 g) melted butter or canola oil
- 1 large egg

AT THE TABLE

- Pure maple syrup and a pat of butter
- Crispy bacon or breakfast sausage on the side
- Fresh blueberries or sliced banana on top
- Bottomless diner-style coffee

AT A GLANCE

PREP 5 min | COOK 6 min | SKILL Beginner | FLAVOR Sweet | TEXTURE Classic Fluffy



American Buttermilk Diner Flapjacks

A classic diner stack

1. Combine the Petley Grain Mix, cold water, buttermilk, egg, and melted butter in a bowl.

2. Stir with a whisk until just combined — do not overmix; a few small lumps are fine.

3. Pour ¼ cup (60 ml) batter onto a lightly oiled griddle at medium heat (350°F / 175°C).

4. Cook 2–3 minutes until bubbles form across the top and the edges look set. Flip once and cook 2 minutes more until golden brown. Serve with pure maple syrup.

COOK’S NOTES

- Whisk just until combined; avoid unnecessary mixing.
- Flip once: repeated flipping presses out the air and flattens the stack.
- No buttermilk? Stir 1 tsp lemon juice into ¼ cup milk and rest 5 minutes.

Ethiopian Injera-Style Flatbread

Inspired by a shared Ethiopian and Eritrean table



Pronounced: in-JEH-rah

Story 48 / Ingredients 49 / Method 50

Ethiopian Injera-Style Flatbread

Inspired by a shared Ethiopian and Eritrean table

Injera is central to Ethiopian and Eritrean meals. It is more than an accompaniment: broad rounds can line a shared platter, hold the stews placed on top, and provide the pieces diners use to scoop food. That arrangement gives the bread both a practical and a social role. A meal is built around the way it absorbs sauce while remaining supple enough to lift a mouthful.

Teff is a defining grain in many preparations, but injera recipes are not uniform. Teff may be blended with other grains according to cost, availability, and local practice. The batter is fermented, often using some previous batter as a starter. Many methods also cook a portion of the batter before returning it to the mixture. Cooking on a hot flat surface sets the bread without turning it over.

The visible pores, often called eyes, accompany a distinctive sour flavor and spongy texture. Their appearance alone does not identify traditional injera: fermentation and grain choice matter too. Pure teff is naturally gluten-free, but blends containing wheat or barley are not. For a gluten-free reader, checking the flour is as important as appreciating the dish’s cultural role. The shared platter is an invitation to understand the bread and the meal together.

THIS COOKBOOK’S VERSION

Sparkling water and vinegar make this a quick injera-inspired flatbread, not fermented teff injera. They do not recreate its fermentation, flavor, or nutritional properties.

References: chapter 11 in Sources & cultural notes.

Ethiopian Injera-Style Flatbread

Inspired by a shared Ethiopian and Eritrean table

Makes 4 large flatbreads

Prep 5 min (+10 min rest) | Cook 8 min

INGREDIENTS

- 1 cup (125 g) Petley Grain Gluten-Free Pancake Mix
- 1 cup (240 ml) club soda or sparkling water, room temperature
- 1 tbsp (15 ml) apple cider vinegar or lemon juice
- ¼ tsp salt
- Vegetable oil or ghee, for light greasing

AT THE TABLE

- Spicy red lentil stew (misir wot)
- Slow-cooked chicken stew (doro wot)
- Sautéed greens (gomen) and spiced chickpeas

AT A GLANCE

PREP 5 min (+10 min rest) | COOK 8 min | SKILL Intermediate | FLAVOR Savory | TEXTURE Ferment-Style

Ethiopian Injera-Style Flatbread

Inspired by a shared Ethiopian and Eritrean table

1. Whisk the Petley Grain Mix, salt, sparkling water, and vinegar together until a thin, bubbly batter forms.
2. Rest the batter at room temperature for 10 minutes so the bubbles and acidity activate.
3. Heat a non-stick skillet or crepe pan over medium heat and lightly coat with oil.
4. Pour ⅓ cup (80 ml) batter into the center, swirling gently from the middle outward in a spiral to cover the pan bottom.
5. Cook covered with a tight-fitting lid for 2–3 minutes — do not flip. The top should form distinct "eyes" (small air holes) and set completely without burning the bottom.
6. Slide onto a cloth-lined plate and let cool slightly before stacking.

COOK’S NOTES

- Never flip: injera cooks on one side only; the lid steams the top set.
- Fresh fizz: use a newly opened bottle of sparkling water for the most eyes.
- Stack with cloth: a clean towel between layers keeps them soft, not soggy.

Korean Pajeon

Pajeon • scallions laid in, batter poured over



Pronounced: pah-juhn

Story 52 / Ingredients 53 / Method 54

Korean Pajeon

Pajeon • scallions laid in, batter poured over

Pajeon takes its name from two Korean words: pa, the green onion, and jeon, the large family of foods coated in batter or egg and pan-fried in oil. Jeon range from thin slices of fish and vegetables to round, plate-sized pancakes, and they are served at home, at festivals, at ancestral memorial tables, and alongside drinks in casual pubs. Pajeon is one of the most familiar members of that family.

The method is simple: long scallions are laid in a hot, oiled pan and a thin batter is poured over them, so the onions run through the finished pancake rather than being chopped into it. Seafood versions, called haemul pajeon, add squid, shrimp, or clams. Busan’s Dongnae district is known for its own pajeon tradition, often described as softer and made with rice flour in the batter.

In Korea, pajeon is widely linked with rainy days and makgeolli, a milky rice wine. A popular explanation says the sizzle of batter in the pan sounds like falling rain; that is a charming folk idea rather than documented history. Traditional batters usually contain wheat flour, so a gluten-free version must also use a gluten-free dipping sauce.

THIS COOKBOOK’S VERSION

Wheat flour in the batter becomes a commercial gluten-free pancake mix. The laid-in scallions and thin pour stay the same. Use certified gluten-free tamari for dipping.

References: chapter 12 in Sources & cultural notes.

Korean Pajeon

Pajeon • scallions laid in, batter poured over

Makes 2 large savory pancakes

Prep 10 min | Cook 12 min

INGREDIENTS

- Batter: 1 cup (125 g) Petley Grain Gluten-Free Pancake Mix
- ¾ cup (180 ml) ice-cold water
- 1 large egg
- Filling: 8 scallions, cut into 4-inch (10 cm) lengths
- ½ small carrot, cut into thin matchsticks (optional)
- ¼ tsp salt
- 3 tbsp (45 ml) vegetable oil, divided, for frying

AT THE TABLE

- Dip of certified gluten-free tamari, rice vinegar, and a drop of sesame oil

AT A GLANCE

PREP 10 min | COOK 12 min | SKILL Beginner | FLAVOR Savory | TEXTURE Crisp Edges



Korean Pajeon

Pajeon • scallions laid in, batter poured over

1. Whisk the Petley Grain Mix, ice-cold water, egg, and salt until smooth and pourable, like thin pancake batter. Add 1 tbsp more water if it feels thick.

2. Heat 1½ tbsp oil in a 10-inch (25 cm) skillet over medium-high heat until it shimmers.

3. Lay half the scallions side by side in the pan and scatter over half the carrot.

4. Pour half the batter evenly over the scallions, just enough to bind them. Cook 4–5 minutes until the edges are golden and crisp.

5. Flip, press gently with a spatula, and cook 3–4 minutes more. Slide out, repeat with the rest, and cut into wedges. Serve hot with the dipping sauce.

COOK’S NOTES

- Ice-cold water and a hot, well-oiled pan give the crispest, lacy edges.

- Use just enough batter to hold the scallions together; thin is better.

Moroccan Baghrir

The thousand-hole pancake



Pronounced: bah-GREER

Story 56 / Ingredients 57 / Method 58

Moroccan Baghrir

The thousand-hole pancake

Baghrir is often introduced as Morocco’s thousand-hole pancake, but it is also part of the wider Maghreb’s cooking. Related preparations and names appear in neighboring countries. Calling it Moroccan identifies the focus of this chapter, not exclusive ownership. Its exact invention story is less important than the recognizable method and the way the finished surface receives a sweet topping.

A traditional batter commonly includes fine semolina, water, and yeast, sometimes with wheat flour and additional leavening. It cooks on one side: as bubbles rise and burst, the top sets around a field of small openings. A well-cooked baghrir remains soft rather than becoming a crisp, browned pancake on both sides. The holes are a practical part of its texture, not merely an attractive pattern.

Warm honey and butter are familiar accompaniments, sinking into the surface instead of sitting only on top. Baghrir may be served at breakfast, with tea, or as part of the foods offered around Ramadan. Recipes and serving customs vary between households and regions. Semolina is made from wheat and contains gluten, so traditional baghrir should not be assumed suitable for a gluten-free diet. Substituting another flour changes more than the label; it changes the grain and the batter’s behavior.

THIS COOKBOOK’S VERSION

This mix-based pancake replaces wheat semolina and is baghrir-inspired. The short rest is the existing recipe’s instruction, not a guarantee of traditional fermentation or identical holes.

References: chapter 13 in Sources & cultural notes.

Moroccan Baghrir

The thousand-hole pancake

Makes 6–8 pancakes

Prep 10 min (+15 min rest) | Cook 10 min

INGREDIENTS

- 1 cup (125 g) Petley Grain Gluten-Free Pancake Mix
- 1¼ cups (300 ml) warm water
- 1 tsp instant yeast
- 1 tsp sugar
- ½ tsp baking powder
- Warm honey and melted butter, for serving

AT THE TABLE

- Warm honey-butter syrup and mint tea

AT A GLANCE

PREP 10 min (+15 min rest) | COOK 10 min | SKILL Intermediate | FLAVOR Sweet | TEXTURE Spongy, Thousand-Hole



Moroccan Baghrir

The thousand-hole pancake

1. Combine the Petley Grain Mix, warm water, yeast, sugar, and baking powder in a blender. Blend on high for 1 minute until completely smooth and frothy.

2. Let the batter rest, covered, at room temperature for 15 minutes until small bubbles cover the surface.

3. Heat a clean non-stick skillet over medium-low heat. Do not oil the pan — oil prevents the holes from forming.

4. Ladle ¼ cup (60 ml) batter into the center. Cook on one side only for 2–3 minutes without flipping, until hundreds of tiny holes pop open and the surface turns dry and sponge-like.

5. Transfer to a clean towel — do not stack hot baghrir or they will stick. Drizzle generously with warm melted butter and honey.

COOK’S NOTES

- No oil in the pan: a dry, clean pan is the secret to a full field of holes.
- Watch the surface: the pancake is done when the top looks dry, not when the bottom browns.

Indonesian Martabak Manis

A sweet Indonesian street-food favorite



Pronounced: mar-tah-BAHK mah-NEES

Story 60 / Ingredients 61 / Method 62

Indonesian Martabak Manis

A sweet Indonesian street-food favorite

Martabak manis is the sweet member of a pair of Indonesian foods that share a name without sharing the same construction. It is a thick pancake filled or folded with rich toppings; martabak telur is a separate savory preparation involving egg and a thin wrapper. The word manis means sweet. In parts of Indonesia the sweet pancake is also called terang bulan, a name associated with moonlight.

Accounts connect the sweet pancake with Chinese-Indonesian food traditions, especially the Bangka region, and with related filled pancakes elsewhere in Southeast Asia. The details of invention and naming vary across sources, so a single military legend or exact arrival date should not be treated as settled history. Its present identity is clear enough: a pan-cooked pancake with a porous crumb and a generous filling.

Chocolate sprinkles, peanuts, butter, condensed milk, and mild grated cheese are familiar options. Cheese may surprise a visitor expecting a strictly sweet dessert, yet the combination is part of the snack’s appeal. Recipes vary in how they raise the batter, so not every version is yeast-based. Street vendors and home cooks both prize the balance between the browned base, springy interior, and toppings melted into the warm cake before it is folded and cut into substantial pieces.

THIS COOKBOOK’S VERSION

The existing recipe uses commercial mix and a baking-soda slurry. It is not presented as identical to a vendor’s batter; the ingredient list now includes that slurry and the sugar used in the method.

References: chapter 14 in Sources & cultural notes.

Indonesian Martabak Manis

A sweet Indonesian street-food favorite

Makes 2 large thick pancakes (4–6 servings)

Prep 10 min (+20 min rest) | Cook 12 min

INGREDIENTS

- Batter: 1 cup (125 g) Petley Grain Gluten-Free Pancake Mix
- ⅔ cup (160 ml) warm milk
- 1 large egg
- 2 tbsp (25 g) granulated sugar
- Toppings: 2 tbsp butter, ¼ cup mini chocolate chips
- 2 tbsp roasted crushed peanuts
- 2 tbsp sweetened condensed milk
- ¼ cup shredded mild cheddar or mozzarella (optional, traditional)
- ¼ tsp baking soda mixed with 1 tbsp water (step 2)
- 1 tsp sugar for sprinkling (step 4)

AT THE TABLE

- Strong Indonesian coffee or sweet tea

AT A GLANCE

PREP 10 min (+20 min rest) | COOK 12 min | SKILL Showstopper | FLAVOR Sweet | TEXTURE Thick & Honeycombed

Indonesian Martabak Manis

A sweet Indonesian street-food favorite

1. Whisk the Petley Grain Mix, milk, egg, and sugar into a smooth, pourable batter. Cover and rest 20 minutes.

2. Stir ¼ tsp baking soda mixed with 1 tbsp water into the rested batter.

3. Preheat a heavily buttered, thick cast-iron skillet or non-stick pan over medium-low heat. Pour in half the batter, swirling slightly up the edges to build a rim.

4. Cook uncovered 4–5 minutes until large bubbles cover the surface. Sprinkle with 1 tsp sugar, cover, and cook 2–3 minutes more until set.

5. Remove to a board. Spread with butter, scatter chocolate, peanuts, and cheese, and drizzle with condensed milk. Fold in half, slice, and serve warm.

COOK’S NOTES

- Butter the pan heavily: it fries the bottom crust golden and crisp.
- Fill while hot: the chocolate and butter melt into the warm crumb.

Mexican Cinnamon Hotcakes

With cinnamon and leche condensada



Pronounced: hot-KAYKS

Story 64 / Ingredients 65 / Method 66

Mexican Cinnamon Hotcakes

With cinnamon and leche condensada

Hotcakes have a familiar place in Mexican homes and street-food settings, but this is a modern pancake style rather than an ancient corn-based food. The borrowed name points to a connection with American-style leavened pancakes. Mexico's own corn foods have distinct histories and techniques; it would flatten those traditions to describe hotcakes as simply another name for a tortilla or an older griddle bread.

The street-cart setting expands the occasion beyond a conventional breakfast. A vendor may cook a small cake to order and finish it with the customer's choice of sweet toppings. Reporting from a neighborhood pancake stand in Mexico City describes this everyday appeal: something warm, freshly made, and easy to eat without arranging a formal meal. Household and vendor versions vary, rather than following one national formula.

Condensed milk and cajeta are among the toppings that give this chapter its particular character. Cajeta is a milk caramel often associated with goat's milk; it is not simply another name for maple syrup. Cinnamon and vanilla suit this recipe, but neither is a test of authenticity for every Mexican hotcake. The pleasure lies in the soft pancake and rich finish. Fruit or a hot drink can accompany it, without turning a sweet snack into a claim about special health benefits.

THIS COOKBOOK'S VERSION

Cinnamon and condensed milk define this cookbook's chosen version. They are not mandatory ingredients of all Mexican hotcakes, and the commercial mix is a modern convenience.

References: chapter 15 in Sources & cultural notes.

Mexican Cinnamon Hotcakes

With cinnamon and leche condensada

Makes 6 hotcakes

Prep 5 min | Cook 8 min

INGREDIENTS

- 1 cup (125 g) Petley Grain Gluten-Free Pancake Mix
- ¾ cup (180 ml) whole milk
- 1 large egg
- 2 tbsp (28 g) melted butter
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- Sweetened condensed milk or cajeta (caramel), for serving

AT THE TABLE

- Café de olla or hot chocolate
- Fresh sliced mango or banana
- Crispy bacon for a sweet-salty plate

AT A GLANCE

PREP 5 min | COOK 8 min | SKILL Beginner | FLAVOR Sweet | TEXTURE Spiced & Fluffy

Mexican Cinnamon Hotcakes

With cinnamon and leche condensada

1. Whisk the Petley Grain Mix, cinnamon, milk, egg, melted butter, and vanilla until just combined.
2. Heat a greased griddle or skillet over medium heat (350°F / 175°C).
3. Pour ⅓ cup (80 ml) batter for each hotcake onto the hot griddle.
4. Cook 2–3 minutes until large bubbles rise and the edges look golden. Flip once and cook 2 minutes more.
5. Serve warm, drizzling heavily with sweetened condensed milk or cajeta.

COOK’S NOTES

- Don't overmix: a few small lumps keep the hotcakes tall and fluffy.
- Warm the cajeta: ten seconds in the microwave makes it pour like silk.
- Cinnamon is the flavor choice for this version, not a requirement for every Mexican hotcake.

Polish Naleśniki

With a sweet cheese filling



Pronounced: nah-lesh-NEE-kee

Story 68 / Ingredients 69 / Method 70

Polish Naleśniki

With a sweet cheese filling

Naleśniki are Poland’s thin pancakes, part of a larger European family that includes crêpes and several rolled or filled pancake traditions. They need not always be sweet: savory fillings also have a place. Their cultural identity comes through household preparation, familiar fillings, and the way they are served, rather than through a defensible claim that one country invented every thin pancake.

For naleśniki z serem, the cheese filling is the focus. Twaróg, a fresh curd cheese with a mild tang, is commonly sweetened and may be flavored with vanilla or citrus. The pancakes are folded or rolled around it; some versions return to a buttered pan before serving. That second cooking adds browned surfaces while keeping the cheese filling soft. Sour cream and fruit can supply contrast.

The dish is associated with home cooking and the economical meals found in Polish milk bars, or bary mleczne. Its ingredients are modest, but the result depends on care: a thin pancake that does not tear, enough filling without overstuffing, and gentle reheating. Ricotta or cream cheese can help a cook working outside Poland, though each has a different moisture and flavor from twaróg. Naming those substitutions makes the recipe more useful without pretending that all fresh cheeses are the same.

THIS COOKBOOK’S VERSION

The batter uses Petley Grain mix. The listed cheese alternatives differ from twaróg. Because this filling contains egg yolk, the method page includes a doneness-temperature reminder.

References: chapter 16 in Sources & cultural notes.

Polish Naleśniki

With a sweet cheese filling

Makes 6 rolled naleśniki

Prep 15 min | Cook 12 min

INGREDIENTS

- Crêpe batter: ¾ cup (95 g) Petley Grain Gluten-Free Pancake Mix
- 1 cup (240 ml) milk
- 2 large eggs
- 1 tbsp (14 g) melted butter
- Filling: 8 oz (225 g) farmer cheese, ricotta, or cream cheese, softened
- 2 tbsp powdered sugar
- 1 large egg yolk
- ½ tsp vanilla extract
- 2 tbsp (28 g) butter, for pan-searing

AT THE TABLE

- Sour cream and berry compote
- Powdered sugar and fresh berries

AT A GLANCE

PREP 15 min | COOK 12 min | SKILL Intermediate | FLAVOR Sweet-Filled | TEXTURE Thin & Rolled

Polish Naleśniki

With a sweet cheese filling

1. Whisk the crêpe ingredients into a smooth, thin batter. Cook ¼ cup (60 ml) portions in a buttered non-stick pan for 60 seconds per side to form thin crêpes.

2. Mix the farmer cheese, powdered sugar, egg yolk, and vanilla until smooth.

3. Spread 2 tablespoons of cheese filling down the center of each crêpe. Fold the sides in and roll tightly into cylinders.

4. Melt 2 tbsp butter in a skillet over medium heat. Fry the rolled naleśniki 2 minutes per side until golden brown and crispy. Dust with powdered sugar.

COOK'S NOTES

- Thin batter, thin crêpes: add a splash of milk if the batter thickens while you work.
- Roll snug: tight cylinders hold their shape in the pan and crisp evenly.

Food safety: the cheese filling contains egg yolk. Heat the center to 160°F (71°C); a golden exterior alone does not confirm doneness.

Indian Uttapam-Style Pancakes

Inspired by South Indian breakfast traditions



Pronounced: OO-tah-pahm

Story 72 / Ingredients 73 / Method 74

Indian Uttapam-Style Pancakes

Inspired by South Indian breakfast traditions

Uttapam belongs to South Indian breakfast cooking and shares a batter family with idli and dosa. A common traditional batter combines rice with urad dal, or black gram, after soaking and grinding. Fermentation contributes acidity and affects the batter's texture. The exact ratios and methods vary, but this rice-and-lentil foundation is more informative than calling every thick savory pancake an uttapam.

Compared with a thin, crisp dosa, an uttapam is generally thicker and softer. Onion, tomato, chile, and coriander are familiar toppings, pressed into the wet surface so they cook with the pancake. The vegetable side meets the pan after turning, bringing browned edges and a different texture to the tender interior. Coconut chutney and sambar commonly complete the plate, each adding its own flavors rather than functioning as decorative garnishes.

Households may use batter already prepared for other dishes, and quick variations exist too. The resourcefulness is worth appreciating without attaching a precise invention story to leftover batter. A yogurt-and-mix version can be convenient, but yogurt is not a substitute for the entire rice-lentil fermentation process. Traditional rice and urad dal are naturally gluten-free; commercial substitutions are choices about convenience and texture, not a necessary rescue of a wheat-based original.

THIS COOKBOOK'S VERSION

This is explicitly uttapam-style: yogurt and Petley Grain mix replace fermented rice-and-urad-dal batter. They do not recreate that batter's fermentation or grain composition.

References: chapter 17 in Sources & cultural notes.

Indian Uttapam-Style Pancakes

Inspired by South Indian breakfast traditions

Makes 4 pancakes

Prep 10 min | Cook 10 min

INGREDIENTS

- Batter: 1 cup (125 g) Petley Grain Gluten-Free Pancake Mix
- ¾ cup (180 g) plain Greek yogurt or coconut yogurt
- ⅓ cup (80 ml) water
- ½ tsp salt
- ¼ tsp turmeric powder
- Topping: ½ cup finely diced red onion
- ½ cup finely diced plum tomato
- 1 serrano or green chili, finely minced
- ¼ cup chopped fresh cilantro
- Ghee or coconut oil, for frying

AT THE TABLE

- Coconut chutney and sambar
- Sweet milky chai

AT A GLANCE

PREP 10 min | COOK 10 min | SKILL Beginner | FLAVOR Savory | TEXTURE Crispy Edge

Indian Uttapam-Style Pancakes

Inspired by South Indian breakfast traditions

1. Whisk the Petley Grain Mix, yogurt, water, salt, and turmeric into a thick, smooth batter.

2. Mix the red onion, tomato, chili, and cilantro together in a small bowl.

3. Heat 1 tbsp ghee in a non-stick pan over medium heat. Pour in ⅓ cup (80 ml) batter, spreading gently with the back of a spoon into a thick round.

4. Immediately press a handful of the vegetable mixture firmly into the wet top of the batter.

5. Cook 3 minutes, drizzle oil around the edges, flip carefully, and cook 2–3 minutes more, pressing down gently to sear the vegetables. Serve warm with coconut chutney.

COOK’S NOTES

- Press the vegetables in: they must stick to the wet batter before the flip.
- Thick, not thin: uttapam should be pillowy inside — resist spreading it like a crêpe.

Greek Tiganites

With honey and walnuts



Pronounced: tee-gah-NEE-tes

Story 76 / Ingredients 77 / Method 78

Greek Tiganites

With honey and walnuts

Greek tiganites are small fried pancakes whose name is connected with the frying pan. They have an intriguing relationship with ancient descriptions of flour-and-water cakes cooked in oil. The physician Galen described a preparation commonly transliterated as tagenitai or teganites. That surviving account offers a useful historical comparison, but it does not prove that modern honey-and-walnut tiganites were the world's first pancakes.

The ancient preparation and today's household recipes should not be collapsed into one unchanged formula. Modern versions vary in flour, liquid, eggs, and leavening. Some are yeast-raised; others use a quicker batter. Frying produces the familiar contrast between a browned surface and a soft center, while size and oil temperature influence how crisp the edges become. There is room for variation within the dish.

Honey, walnuts, cinnamon, sesame, and other toppings appear in contemporary recipes. Honey gives the hot pancake a fragrant sweetness, and nuts add a contrasting texture. The combination can evoke older Mediterranean uses of grain, oil, and honey without requiring a claim of uninterrupted recipe transmission. This chapter celebrates that connection cautiously: an accessible modern dish with a historical echo, served promptly while its surface is still warm enough to receive the honey.

THIS COOKBOOK'S VERSION

The commercial-mix recipe is modern, not a reconstruction of Galen's batter. The earlier "ancient-style" and "authentic" equivalence claims have been removed.

References: chapter 18 in Sources & cultural notes.

Greek Tiganites

With honey and walnuts

Makes 8 small pancakes

Prep 5 min | Cook 8 min

INGREDIENTS

- 1 cup (125 g) Petley Grain Gluten-Free Pancake Mix
- ¾ cup (180 ml) cold water
- 1 tbsp (15 ml) olive oil
- Olive oil or vegetable oil, for shallow frying
- Topping: ⅓ cup (110 g) Greek honey
- ⅓ cup (40 g) chopped toasted walnuts
- ½ tsp ground cinnamon

AT THE TABLE

- Greek coffee or mountain tea
- Thick Greek yogurt on the side
- Fresh figs or orange slices

AT A GLANCE

PREP 5 min | COOK 8 min | SKILL Beginner | FLAVOR Sweet | TEXTURE Crispy Edge

Greek Tiganites

With honey and walnuts

1. Whisk the Petley Grain Mix, cold water, and 1 tbsp olive oil together until smooth.

2. Heat ¼ inch (6 mm) of olive oil in a wide skillet over medium-high heat until shimmering.

3. Drop spoonfuls (2 tbsp) of batter into the hot oil. Fry 2 minutes per side until puffed, crispy, and deeply golden.

4. Drain briefly on paper towels.

5. Arrange the warm tiganites on a platter, drizzle generously with warm honey, and sprinkle with toasted walnuts and cinnamon.

COOK'S NOTES

- Shimmering oil: the batter should sizzle the instant it lands, or the pancakes drink oil.
- Keep these pancakes small for a higher proportion of crisp edges.
- Warm the honey: it flows thin and soaks into the crisp surface.

Japanese Okonomiyaki

Cabbage, a hot griddle, and regional pride



Pronounced: oh-koh-noh-mee-YAH-kee

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Japanese Okonomiyaki

Cabbage, a hot griddle, and regional pride

Okonomiyaki is often translated loosely as grilled as you like it. The name suits a savory dish with room for personal choices, but regional styles have well-defined identities. Osaka or Kansai-style preparations commonly mix cabbage and other ingredients with batter before cooking. Hiroshima-style okonomiyaki builds layers, often including noodles and an egg. Those methods should not be treated as interchangeable instructions for the same pancake.

The modern dish developed through changing urban food habits and became particularly important in Hiroshima’s postwar food culture. Japanese accounts connect it with earlier inexpensive griddle foods, including issen yoshoku. A distant resemblance to an older thin pancake is not enough to make every proposed ancestor the same dish. The strongest story is one of local adaptation, affordable ingredients, and cooking on a hot iron surface.

Finishing touches can include a sweet-savory sauce, mayonnaise, bonito flakes, and seaweed. The moving bonito flakes are a familiar visual detail, but the cabbage, batter, and method remain the foundation. This chapter follows the mixed-batter approach rather than Hiroshima’s layered construction. For gluten-free cooking, the condiments and stock require as much attention as the flour: commercial sauces may contain wheat, and a gluten-free batter cannot make a wheat-containing topping safe.

THIS COOKBOOK’S VERSION

This is a Kansai-style-inspired mix-based version, not Hiroshima-style okonomiyaki. Stock and sauces must be gluten-free-labeled; the recipe still requires doneness checks for the pork.

References: chapter 19 in Sources & cultural notes.

Japanese Okonomiyaki

Cabbage, a hot griddle, and regional pride

Makes 2 large savory pancakes

Prep 15 min | Cook 12 min

INGREDIENTS

- Batter & mix-ins: ¾ cup (95 g) Petley Grain Gluten-Free Pancake Mix
- ½ cup (120 ml) dashi stock or chicken broth
- 2 large eggs
- 2 cups (150 g) finely shredded green cabbage
- 2 green onions, sliced
- 4 slices bacon or pork belly, cut in half
- Toppings: okonomiyaki or tonkatsu sauce, Japanese mayo (Kewpie)
- Dried bonito flakes and pickled red ginger
- 1 tbsp oil, for the pan (step 2)

AT THE TABLE

- Green tea or a gluten-free-labeled beer

AT A GLANCE

PREP 15 min | COOK 12 min | SKILL Intermediate | FLAVOR Savory | TEXTURE Hearty & Loaded



Japanese Okonomiyaki

Cabbage, a hot griddle, and regional pride

1. Whisk the Petley Grain Mix, dashi, and eggs in a large bowl. Fold in the shredded cabbage and green onions until thoroughly coated.

2. Heat 1 tbsp oil in a skillet over medium heat. Heap half the cabbage mixture into a 1-inch (2.5 cm) thick circle in the pan.

3. Lay 4 pieces of bacon across the top.

4. Cover with a lid and cook 5 minutes until the bottom is golden. Flip carefully (bacon side down), cover, and cook 5 minutes more until the cabbage is tender and the pork is crisp.

5. Plate bacon-side up, drizzle with okonomiyaki sauce and mayo, and top with bonito flakes.

COOK’S NOTES

- Heap, don't spread: a tall mound cooks into a custardy center; a flat one dries out.
- One confident flip: use a wide spatula and commit — the bacon side holds it together.

Check that pork is fully cooked and use gluten-free-labeled stock and sauces. If using fresh whole-cut pork, verify 145°F (63°C) and a 3-minute rest.

Thai Coconut Pikelets

Inspired by khanom krok



Pronounced: kah-NOM krok

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Thai Coconut Pikelets

Inspired by khanom krok

Khanom krok is a Thai coconut-and-rice sweet defined in part by its cooking pan. Batter cooks in small rounded wells, creating a curved shell rather than a flat pancake. Many preparations use two mixtures: a rice-based outer layer and a richer coconut topping. Once cooked, the little half-rounds are lifted from the mold and may be paired for serving. The specialized shape is central to the experience.

A crisp outer surface meets a tender, creamy interior. A little salt balances the sweetness, and toppings such as scallion or corn bring small changes in flavor and texture. The presence of green onion may surprise someone expecting a strictly sweet dessert, but that savory accent is familiar in versions of the snack. Recipes and vendors vary; no single topping defines every khanom krok.

Thai reporting connects the dish and its dedicated pans with historical cooking and pottery traditions. Similar molded-pan foods exist elsewhere in the region, but similarity alone does not establish one precise route of invention. A flat coconut pikelet can borrow flavor ideas from khanom krok while remaining a different preparation. Calling the inspiration by name should help a reader picture the original—not promise that an ordinary skillet produces the same curved shell and layered center.

THIS COOKBOOK'S VERSION

These are flat coconut pikelets inspired by khanom krok, not traditional molded cakes. One batter and a flip change the construction; the photo is illustrative, not a tested-result photograph.

References: chapter 20 in Sources & cultural notes.

Thai Coconut Pikelets

Inspired by khanom krok

Makes 10 mini pancakes

Prep 5 min | Cook 8 min

INGREDIENTS

- 1 cup (125 g) Petley Grain Gluten-Free Pancake Mix
- 1 cup (240 ml) full-fat canned coconut milk
- 2 tbsp palm sugar or brown sugar
- 1 pinch of salt
- 2 tbsp sliced green onions or sweet corn (optional, traditional garnish)
- Coconut oil, for greasing

AT THE TABLE

- Thai iced tea or iced coffee
- Fresh mango slices
- A sprinkle of toasted sesame or shredded coconut

AT A GLANCE

PREP 5 min | COOK 8 min | SKILL Intermediate | FLAVOR Sweet | TEXTURE Coconut, Crispy Edge

Thai Coconut Pikelets

Inspired by khanom krok

1. Whisk the Petley Grain Mix, coconut milk, sugar, and salt together until smooth and thick.
2. Heat a non-stick pan over medium heat and grease lightly with coconut oil.
3. Drop tablespoon-sized rounds of batter onto the hot pan.
4. Sprinkle a few bits of green onion or sweet corn into the soft center of each pancake.
5. Cook 2–3 minutes until the edges crisp and turn golden while the center stays soft and creamy. Flip gently and cook 1 minute more. Serve warm.

COOK’S NOTES

- Full-fat coconut milk only: light coconut milk won't set into the custardy center.
- Keep them small: tablespoon rounds give the best crisp-to-creamy ratio.
- Eat them warm: khanom krok are at their best minutes off the pan.

The pancake map

Twenty recipes. Eighteen countries. Many shared traditions.



Markers identify chapter numbers, not exclusive ownership or exact birthplace. The Dutch baby is placed in the United States; its story explains its German connections. Injera is also central to Eritrean cuisine, and baghrir belongs to the wider Maghreb.

Find your next pancake

French Crêpes
France · Page 9

Japanese Soufflé Pancakes
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Swedish Pannkakor
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Dutch Baby
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Russian Blini
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Korean Hotteok
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Austrian Kaiserschmarrn
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Finnish Pannukakku
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Venezuelan Cachapas
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American Buttermilk Diner Flapjacks
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Ethiopian Injera-Style Flatbread
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Korean Pajeon
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Find your next pancake

Moroccan Baghrir

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Indonesian Martabak Manis

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Mexican Cinnamon Hotcakes

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Indian Uttapam-Style Pancakes

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Greek Tiganites

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Thai Coconut Pikelets

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Danish Æbleskiver

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Scottish Drop Scones

Scotland · Page 104

Irish Boxty

Ireland · Page 108

Hungarian Palacsinta

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Sources & cultural notes

01 / FRENCH CRÊPES

France.fr — All you need to know about Breton crêpes

https://www.france.fr/en/article/all-you-need-to-know-about-breton-crepes-in-5-minutes/

These references describe the dish and its cultural setting. The Petley Grain formula is a contemporary interpretation.

02 / JAPANESE SOUFFLÉ PANCAKES

Honolulu Magazine — How a Hawaii restaurant launched the soufflé pancake craze

https://www.honolulumagazine.com/how-a-hawaii-restaurant-launched-the-souffle-pancake-craze/

SBS Food — The ever-evolving Japanese soufflé pancake

https://www.sbs.com.au/food/the-cook-up-with-adam-liaw/article/the-ever-evolving-japanese-souffle-pancake/urgoga00m

Origin reporting includes an individual café owner’s claim; it is not a universally settled invention history.

03 / SWEDISH PANNKAKOR

Living Heritage Sweden — Pea soup and pancakes on Thursdays

https://levandekulturarv.se/in-english/the-inventory/submissions/pea-soup-and-pancakes-on-thursdays

Scandicuisine — Swedish pancakes

https://scandicuisine.com/swedish-pancakes/

These references describe the dish and its cultural setting. The Petley Grain formula is a contemporary interpretation.

04 / DUTCH BABY

The Seattle Times — Tailor this dish to appetite level

https://archive.seattletimes.com/archive/19931027/1728247/tailor-this-dish-to-appetite-level

Atlas Obscura — Dutch baby pancake

https://www.atlasobscura.com/foods/dutch-baby-pancake-seattle

The naming anecdote is presented as folklore; the dish is not assigned to Germany or the Netherlands.

Sources & cultural notes

05 / RUSSIAN BLINI

The Moscow Times — The long-lost history of Russian blinis

https://www.themoscowtimes.com/2023/02/18/the-long-lost-history-of-russian-blinis-a80265

Sun symbolism is acknowledged as an often-repeated interpretation, not a documented invention account.

06 / KOREAN HOTTEOK

Korean Culture and Information Service — Cultural webzine, November 2020

https://www.korean-culture.org/eng/webzine/202011/sub06.html

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These references describe the dish and its cultural setting. The Petley Grain formula is a contemporary interpretation.

07 / AUSTRIAN KAISERSCHMARRN

Leo Baeck Institute — Mahlzeit: Kaiserschmarrn

https://www.lbi.org/collections/Mahlzeit/kaiserschmarrn/

The emperor-and-chef stories are identified as legends, not factual reconstruction.

08 / FINNISH PANNUKAKKU

The Spruce Eats — Finnish oven pancake, pannukakku

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https://www.thekitchenabroad.com/pannukakku-recipe-finnish-oven-pancake/

These references describe the dish and its cultural setting. The Petley Grain formula is a contemporary interpretation.

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09 / VENEZUELAN CACHAPAS

Curious Cuisiniere — Cachapas, Venezuelan corn pancakes

https://www.curiouscuisiniere.com/cachapas-corn-pancakes/

These references describe the dish and its cultural setting. The Petley Grain formula is a contemporary interpretation.

10 / AMERICAN BUTTERMILK DINER FLAPJACKS

Smithsonian Magazine — A brief history of pancakes

https://www.smithsonianmag.com/history/a-brief-history-of-pancakes-180981667/

National Geographic — Hot off the griddle: the history of pancakes

https://www.nationalgeographic.com/culture/article/hot-off-the-griddle-heres-the-history-of-pancakes

These references describe the dish and its cultural setting. The Petley Grain formula is a contemporary interpretation.

11 / ETHIOPIAN INJERA-STYLE FLATBREAD

Journal of Ethnic Foods — Injera: an ethnic traditional staple food of Ethiopia

https://link.springer.com/article/10.1186/s42779-020-00069-x

Traditional grain blends vary; injera must not be assumed gluten-free without checking its ingredients.

12 / CHINESE SCALLION PANCAKES

Korea Tourism Organization — Jeon: Korean savory pancakes

https://english.visitkorea.or.kr

Wikipedia — Pajeon

https://en.wikipedia.org/wiki/Pajeon

No precise origin date or Silk Road invention claim is asserted.

Sources & cultural notes

13 / MOROCCAN BAGHRIR

Caroline’s Cooking — Baghrir, Moroccan semolina pancakes

https://www.carolinescooking.com/baghrir-moroccan-semolina-pancakes/

Wikipedia — Baghrir

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These references describe the dish and its cultural setting. The Petley Grain formula is a contemporary interpretation.

14 / INDONESIAN MARTABAK MANIS

Wikipedia — Martabak manis

https://en.wikipedia.org/wiki/Martabak_manis

Specific inventor, military-origin, and exact-date stories are omitted because accounts are inconsistent.

15 / MEXICAN CINNAMON HOTCAKES

The Mija Chronicles — Our neighborhood pancake vendor

https://www.themijachronicles.com/2010/04/our-neighborhood-pancake-vendor/

This chapter uses a documented contemporary food setting, not a precise or ancient origin claim.

16 / POLISH NALEŚNIKI

Polish Housewife — Naleśniki z serem

https://polishhousewife.com/nalesniki-z-serem-polish-crepes-cheese/

These references describe the dish and its cultural setting. The Petley Grain formula is a contemporary interpretation.

Sources & cultural notes

17 / INDIAN UTTAPAM-STYLE PANCAKES

Wikipedia — Uttapam

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Swasthi’s Recipes — Uttapam recipe

https://www.indianhealthyrecipes.com/uttapam-recipe/

These references describe the dish and its cultural setting. The Petley Grain formula is a contemporary interpretation.

18 / GREEK TIGANITES

Tasting History — Teganites

https://www.tastinghistory.com/recipes/teganites

SBS Food — Currant, honey and walnut pancakes, tiganites

https://www.sbs.com.au/food/recipe/currant-honey-and-walnut-pancakes-tiganites/z091oj6wh

An ancient written comparison does not establish a first-ever pancake or an unchanged modern recipe.

19 / JAPANESE OKONOMIYAKI

Government of Japan — Okonomiyaki, Highlighting Japan

https://www.gov-online.go.jp/eng/publicity/book/hlj/html/201708/201708_12_en.html

MAFF Japan — Our Regional Cuisines: Okonomiyaki

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These references describe the dish and its cultural setting. The Petley Grain formula is a contemporary interpretation.

20 / THAI COCONUT PIKELETS

Khaosod English — The history of khanom krok

https://www.khaosodenglish.com/life/2026/03/04/the-history-of-khanom-krok-beloved-coconut-rice-cake-across-the-region/

Hot Thai Kitchen — Kanom krok

https://hot-thai-kitchen.com/kanom-krok/

No folktale or exact invention date is presented as established history.

The Petley Master Ratio

One mix, many textures: change the liquid and the lift, and the pancake changes with it.

DOUGH	FOAM	THICK BATTER	THIN & POURABLE
LESS LIQUID			MORE LIQUID
~75 ml Pajeon, Hotteok	**~85 ml + whipped whites** Soufflé Pancakes	**~170–260 ml** Diner Flapjacks, Baghrir, Uttapam, Martabak	**~345–390 ml** Crêpes, Pannkakor, Dutch Baby

Liquid per 100 g of mix, counting each large egg as about 50 ml. Figures are worked out from this book’s recipes.

LIFT	HOW IT WORKS	USED IN
The mix alone	Steady, even rise on a hot griddle.	Diner Flapjacks, Cinnamon Hotcakes, Tiganites
Whipped egg whites	Air folded in; low heat and a lid set the foam.	Japanese Soufflé Pancakes
Yeast + rest	Slow bubbles for chew and holes.	Hotteok, Baghrir
Baking soda at the end	A late burst of bubbles for a honeycomb crumb.	Martabak Manis
Sparkling water + acid	Carbonation and tang without fermenting.	Injera-Style Flatbread
Eggs + hot oven	Steam puffs the batter up the pan sides.	Dutch Baby, Pannukakku
Hot-water dough	Rolled, oiled, coiled — layers instead of bubbles.	Pajeon

GOLDEN RULES

- Rest gluten-free batter 5–10 minutes so the starches can absorb the liquid.
- Too thick? Add liquid 1 tbsp at a time. Too thin? Add mix 1 tbsp at a time.
- Write down your changes — your best version is the one you can repeat.

Swaps & Griddle Fixes

Plant-based and dairy-free options, plus quick fixes when the pan misbehaves.

INSTEAD OF	USE	NOTES
1 large egg	1 tbsp ground flax + 3 tbsp water, rested 5 min	Best in flapjacks, hotcakes, blini, uttapam.
1 large egg	3 tbsp aquafaba (chickpea can liquid)	Lighter result than flax.
1 egg white, whipped	2 tbsp aquafaba, whipped to stiff peaks	Less stable; expect a shorter soufflé.
Milk	Oat, almond, or soy milk, 1:1	Pick unsweetened; check oat milk is labeled gluten-free.
Buttermilk	1 cup plant milk + 1 tbsp lemon juice or vinegar	Stand 5 min until slightly thick.
Butter / ghee	Neutral oil, coconut oil, or plant butter, 1:1	Coconut oil suits Thai and Indian recipes.
Yogurt	Coconut or soy yogurt, 1:1	Uttapam already lists coconut yogurt.
Sweet cheese filling	Dairy-free cream cheese + powdered sugar	For naleśniki; skip the egg yolk if egg-free.
Condensed milk	Sweetened condensed coconut milk	For martabak manis.

Egg-led recipes (soufflé, Dutch baby, pannukakku, Kaiserschmarrn) depend on eggs and change most with swaps. Test swaps before serving.

PROBLEM	LIKELY CAUSE	FIX
Pale, greasy, flat	Pan not hot enough	Preheat 3–5 min. Aim for medium, about 350°F / 175°C on a griddle.
Dark outside, raw middle	Pan too hot or batter too thick	Lower the heat; thin the batter with 1 tbsp liquid.
Falls apart when flipped	Batter not rested, or flipped too soon	Rest 5–10 min. Flip once edges look set and bubbles stay open.
Sticking	Cold pan, or cast iron needs seasoning	Preheat fully; wipe thin oil between batches.
Soufflé collapses	Whites under-whipped or heat too high	Whip to firm peaks; cook low, covered, with a splash of water.

CAST IRON

Holds heat for crisp edges: blini, uttapam, pajeon.

Preheat longer; use a little more fat.

NON-STICK

Easy release for crêpes, naleśniki, soufflé.

Medium heat or lower; very little fat.

More pancake traditions

Four more places at the table

Danish Æbleskiver, Scottish Drop Scones, Irish Boxty, and Hungarian Palacsinta extend the journey with four distinct textures. Like every recipe in this book, they are built on Petley Grain Gluten-Free Pancake Mix, which already carries the leavening and salt.

Before you begin

These four have not yet been kitchen-tested in their pancake-mix versions. Read each recipe’s ingredients and notes before cooking.

21 · Denmark

Danish Æbleskiver

Spherical puffs for a winter coffee break



Illustrative AI-generated food photograph; not a photograph of a kitchen-tested result.

Danish Æbleskiver

THE STORY

Pronunciation: EH-bluh-skee-ver

Æbleskiver take their name from the Danish words for apple slices, although many modern versions contain no fruit. The name recalls preparations in which apple was enclosed in batter; today a plate of rounded puffs is just as likely to arrive with jam and powdered sugar. Their distinctive shape depends on a special pan with hemispherical wells, not on deep frying. A cook turns each portion in stages, allowing the unset batter to meet the hot surface until a sphere forms. The technique is part of the pleasure: browned crust outside, a softer center inside, and a panful ready to share. In Denmark the puffs have a strong association with Christmas gatherings, often accompanied by gløgg, the warm spiced wine. That seasonal connection does not mean they cannot be enjoyed at other times. Danish communities abroad have also made them familiar to new audiences; Solvang in California is one well-known example. This chapter retains the rounded form and gentle turning method while replacing the usual wheat flour with Petley Grain Gluten-Free Pancake Mix. The mix's built-in leavening and whipped whites support the batter, though this version still needs kitchen validation. The adaptation honors a recognizable serving tradition without claiming an identical result.

A gluten-free adaptation

This version changes the flour base while preserving the broad shape and serving style. It is not a claim that a gluten-free blend performs identically to a traditional wheat batter.

Danish Æbleskiver

Makes about 21 pancake puffs · Prep 15 min | Rest 10 min | Cook 20 min

Ingredients

- 1½ cups (190 g) Petley Grain Gluten-Free Pancake Mix
- 1 tbsp (12 g) granulated sugar
- ¼ tsp (0.5 g) ground cardamom, optional
- 1¼ cups (300 ml) buttermilk
- 2 large eggs, separated
- 2 tbsp (28 g) unsalted butter, melted and cooled, plus more for the pan
- ½ tsp (2.5 ml) gluten-free vanilla extract

At the table

- Raspberry jam and a light dusting of GF powdered sugar
- Blueberry–lemon compote (proposed sauce)
- Coffee or gløgg

Danish Æbleskiver

Method

1. Whisk the pancake mix, sugar, and cardamom together.

2. Whisk buttermilk, yolks, melted butter, and vanilla separately; stir into the dry ingredients until combined.

3. Beat egg whites in a clean bowl to soft peaks, about 2–3 minutes. Fold gently into the batter. Rest 10 minutes.

4. Heat a dedicated æbleskiver pan over medium-low heat. Brush each rounded well with butter and fill about two-thirds full.

5. Cook 2–3 minutes until the bottoms set and turn golden. With a wooden skewer, rotate each puff a quarter turn so uncooked batter flows into the well. Continue turning at roughly 1-minute intervals to form a sphere.

6. Cook about 6–8 minutes total per batch, until evenly golden and a skewer comes out without wet batter. Reduce heat if the exterior browns too quickly. Serve warm.

Cook’s notes

- Requires a pan with hemispherical wells; a flat skillet will not make spheres.
- The pancake mix already contains leavening and salt, so none is added. Verify vanilla labels and avoid cross-contact.
- Not yet kitchen-tested in this mix version. If batter is too stiff to flow, add buttermilk 1 tbsp at a time.
- Refrigerate cooled leftovers within 2 hours, use within 2 days, and reheat at 350°F (175°C) until hot, about 5–8 minutes.

22 · Scotland

Scottish Drop Scones

Small golden pancakes from the girdle



Illustrative AI-generated food photograph; not a photograph of a kitchen-tested result.

Scottish Drop Scones

THE STORY

Pronunciation: drop skohns

Scottish drop scones are small batter pancakes, not the cut-and-baked scones a visitor might expect from the name. They are also called Scotch pancakes. Their name describes the practical method: a spoonful of thick batter is dropped onto a hot girdle, the Scottish name for a griddle, and turned once the first side has set. That simple equipment places them within a wider tradition of cooking breads and pancakes on a flat heated surface. The resulting rounds are tender and convenient for a tea table, with butter, jam, or syrup supplying the finish. Family recipes differ in their liquid and leavening, so no single formula should stand for every household. Some use bicarbonate of soda and cream of tartar rather than self-raising flour. A well-known handwritten drop-scone recipe sent by Queen Elizabeth II to President Dwight Eisenhower after his visit to Balmoral documents one such approach; it is a memorable example rather than an origin story. This gluten-free version lets the leavening already in Petley Grain Pancake Mix do the work that soda and cream of tartar do in older recipes. The goal is a small, soft pancake that holds its shape on the griddle. Resting behavior and milk requirements depend on the mix, so the first pancake is a useful check before the rest are cooked.

A gluten-free adaptation

This version changes the flour base while preserving the broad shape and serving style. It is not a claim that a gluten-free blend performs identically to a traditional wheat batter.

Scottish Drop Scones

Makes about 16 small pancakes · Prep 10 min | Cook 15 min

Ingredients

- 1½ cups (190 g) Petley Grain Gluten-Free Pancake Mix
- 2 tbsp (25 g) granulated sugar
- 1 cup (240 ml) whole milk
- 1 large egg
- 1 tbsp (14 g) unsalted butter, melted, plus more for the griddle

At the table

- Butter and raspberry jam
- Honey or golden syrup with verified GF labeling
- Apple–cinnamon skillet topping (proposed sauce)

Scottish Drop Scones

Method

1. Whisk the pancake mix and sugar together.

2. Whisk milk, egg, and melted butter separately; combine with the dry ingredients to make a thick, spoonable batter.

3. Heat a heavy griddle or non-stick skillet over medium heat, about 350°F (175°C), and wipe with a thin film of butter.

4. Drop about 2 tbsp batter per pancake, leaving room to spread. Cook 2–3 minutes until bubbles burst and the edges look set.

5. Flip and cook 1–2 minutes more, until golden and the center has no wet batter when checked with a toothpick. Adjust the heat after the first pancake.

6. Keep finished pancakes loosely wrapped in a clean tea towel while cooking the rest. Serve warm with butter or jam.

Cook’s notes

• The pancake mix provides the leavening; no soda or cream of tartar is needed.

• Not yet kitchen-tested in this mix version. Add milk 1 tbsp at a time if too stiff; add mix gradually if the batter spreads too thin.

• Check flour and processed ingredient labels, and use clean tools and a crumb-free griddle.

• Refrigerate within 2 hours and use within 3 days; reheat in a skillet or a dedicated GF toaster until hot.

23 · Ireland

Irish Boxty

Raw and cooked potato meet a golden griddle



Illustrative AI-generated food photograph; not a photograph of a kitchen-tested result.

Irish Boxty

THE STORY

Pronunciation: BOK-stee

Boxty belongs to Irish potato cookery, with particularly strong associations in the north midlands, north Connacht, and parts of Ulster. Leitrim, Cavan, and neighboring counties are often named in accounts of the dish. That regional identity is worth preserving rather than treating every Irish potato cake as the same preparation. Boxty itself appears in more than one form, including griddle cakes, baked loaves, and boiled preparations. The pancake version commonly brings grated raw potato together with flour, and many recipes also include mashed cooked potato. Raw shreds contribute texture, while cooked potato helps form a softer center. Squeezing the grated potato and controlling the heat matter as much as the ingredient list: a golden crust is appealing only when the interior is cooked. Modern restaurants have widened the dish’s audience and offered filled or elaborate versions, yet a plain hot pancake with butter remains an understandable expression of its appeal. Associations with St. Brigid’s Day appear in regional accounts, but do not establish one universal holiday formula. This chapter focuses on a pan-cooked adaptation using Petley Grain Gluten-Free Pancake Mix. It keeps the contrast between raw and cooked potato while adding an explicit doneness check and acknowledging that the gluten-free binding behavior needs kitchen validation.

A gluten-free adaptation

This version changes the flour base while preserving the broad shape and serving style. It is not a claim that a gluten-free blend performs identically to a traditional wheat batter.

Irish Boxty

Makes about 10 pancakes · Prep 20 min | Cook 25 min

Ingredients

- 1 lb (450 g) raw russet potatoes, peeled
- 1 cup (225 g) plain cooked mashed potato, cooled
- ¾ cup (95 g) Petley Grain Gluten-Free Pancake Mix
- ¼ tsp (1.5 g) fine salt
- ¼ tsp (0.5 g) ground black pepper
- 1 large egg
- ⅓ cup (80 ml) buttermilk
- 2 tbsp (30 ml) neutral oil, divided, plus more if needed

At the table

- Butter and chopped chives
- Smoked salmon and sour cream, with labels checked
- Lemon–dill yogurt sauce (proposed sauce)

Irish Boxty

Method

1. Finely grate the raw potatoes into a clean towel over a bowl. Wring firmly to remove liquid. Let the liquid settle 3 minutes; discard the watery top and retain the starch at the bottom.

2. Combine the squeezed potato, mashed potato, and reserved starch. Whisk pancake mix, salt, and pepper separately.

3. Whisk egg and buttermilk into the mix, then fold into the potatoes. The mixture should be thick but spreadable; add buttermilk 1 tbsp at a time if needed.

4. Heat half the oil in a heavy skillet over medium-low to medium heat. Add ¼-cup portions and flatten to about ⅜ inch (1 cm) thick.

5. Cook 5–6 minutes per side, adding oil for later batches. Lower heat if the crust darkens before the center is cooked.

6. Cut open the first pancake: potato shreds must be tender with no raw crunch, and the egg batter fully set. If needed, finish in a 375°F (190°C) oven for 5–10 minutes and check again. Serve hot.

Cook’s notes

- Use sound potatoes: discard green, bitter, or heavily sprouted potatoes. Browning alone is not a doneness check.
- Not yet kitchen-tested in this mix version. Finely grated potato and thin pancakes help the centers cook through.
- Verify any toppings are GF; prevent cross-contact on the grater and pan.
- Refrigerate within 2 hours and use within 2 days. Reheat in a skillet until crisp and 165°F (74°C) in the center.

24 · Hungary

Hungarian Palacsinta

Thin pancakes made for rolling and filling



Illustrative AI-generated food photograph; not a photograph of a kitchen-tested result.

Hungarian Palacsinta

THE STORY

Pronunciation: pah-lah-CHIN-tah

Palacsinta is Hungary’s thin pancake, a member of the wider Central European family of supple rounds cooked in a pan. It is closer in form to a crêpe than to an American breakfast stack, but its identity is also expressed in familiar fillings and the ways households bring it to the table. A pancake may be rolled around apricot jam, sweetened curd cheese, or a walnut filling; savory preparations belong to the same broad family. The best-known names should not be flattened into one recipe. Gundel palacsinta is associated with a rich walnut filling and chocolate sauce, while hortobágyi palacsinta uses a savory meat filling and a paprika-based sauce. This chapter provides a plain base rather than claiming to reproduce either complete specialty. Milk and eggs commonly form the batter, and soda water appears in many preparations. Thinness and flexibility matter more than height, so the extra milk keeps the mix’s gentle leavening from adding height. The short rest in this adaptation helps hydrate the gluten-free mix before the pancakes are cooked. Petley Grain Gluten-Free Pancake Mix replaces the usual wheat flour, thinned with extra milk as in the French Crêpes, but handling and texture may differ. Careful heat, a light film of oil, and a fully set surface before turning help preserve the familiar rolled form without promising an untested equivalence.

A gluten-free adaptation

This version changes the flour base while preserving the broad shape and serving style. It is not a claim that a gluten-free blend performs identically to a traditional wheat batter.

Hungarian Palacsinta

Makes about 10 thin pancakes · Prep 10 min | Rest 15 min | Cook 15 min

Ingredients

- 1 cup (125 g) Petley Grain Gluten-Free Pancake Mix
- 1 tbsp (12 g) granulated sugar, omit for savory
- 1¼ cups (300 ml) whole milk
- 2 large eggs
- 1 tbsp (15 ml) neutral oil, plus more for the pan
- ¼ cup (60 ml) sparkling water, opened just before use
- ½ tsp (2.5 ml) gluten-free vanilla extract, omit for savory

At the table

- Apricot jam with verified GF labeling
- Sweetened curd cheese, without uncooked egg
- Dark chocolate pouring sauce (proposed sauce)

Hungarian Palacsinta

Method

1. Whisk pancake mix and sugar together. Separately whisk milk, eggs, oil, and vanilla; whisk into the mix until smooth and thin.

2. Rest 15 minutes to hydrate. Stir in the sparkling water immediately before cooking. The batter should pour like light cream, like the French Crêpes.

3. Heat a 9–10 inch (23–25 cm) non-stick skillet over medium heat and wipe with a thin film of oil.

4. Pour about ¼ cup (60 ml) batter into the pan and swirl immediately into a thin layer.

5. Cook 60–90 seconds until the top looks matte and the edges lift. Loosen gently, flip, and cook 20–30 seconds until set, without wet batter.

6. Stack under a clean towel to stay supple. Fill and roll while warm, using ready-to-eat fillings or separately fully cooked savory fillings.

Cook’s notes

• Extra milk keeps the leavened mix thin, the same approach as the French Crêpes. Sparkling water lightens the batter.

• Not yet kitchen-tested in this mix version. If too thick, add milk 1 tbsp at a time. If tearing, rest longer and let the surface set before flipping.

• Verify vanilla, jam, and other filling labels; use a clean pan and utensils.

• Refrigerate cooled pancakes within 2 hours and use within 2 days; reheat gently in a covered pan. Store fillings separately according to their own safe shelf lives.

Sources for the new chapters

Cultural references, not evidence that these gluten-free formulas have been kitchen-tested.

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Sauces & Toppings

Twenty ways to finish

A pancake is only the beginning. A spoonful of fruit, a ribbon of chocolate, or a savory dip changes the mood of the plate. The five categories that follow offer accompaniments for breakfast, dessert, and the savory table.

Gluten-free, thoughtfully

Check ingredient labels and prevent cross-contact. These sauce formulas have not been kitchen-tested. Follow the safety directions for hot caramel and egg-based curd, and use certified gluten-free tamari.

Breakfast classics

A finishing touch

The first pour often sets the mood: warm maple, fragrant cinnamon, or butter brightened with orange. These familiar finishes settle into a pancake’s creases and crisp edges, turning an everyday stack into the kind of breakfast worth lingering over.

In this chapter

Maple–Brown Sugar Butter Sauce · 119
Cinnamon–Vanilla Syrup · 120
Honey–Orange Butter · 121

SAUCE 01 · BREAKFAST CLASSICS

Maple–Brown Sugar Butter Sauce

Makes about 1 cup (240 ml), 6–8 servings | Cook 6 min | Sweet

INGREDIENTS

- 4 tbsp (55 g) unsalted butter
- ⅓ cup (70 g) packed light brown sugar
- ½ cup (120 ml) pure maple syrup
- 2 tbsp (30 ml) heavy cream
- Pinch of fine salt
- ½ tsp pure vanilla extract (verified gluten-free)

BEST WITH

American Buttermilk Diner Flapjacks
Scottish Drop Scones

METHOD

1. Melt the butter in a small saucepan over medium-low heat.

2. Stir in the brown sugar and salt; cook, stirring, about 2 minutes until the sugar dissolves and the mixture looks glossy.

3. Pour in the maple syrup and cream. Bring to a gentle simmer and cook 2–3 minutes, until it lightly coats a spoon.

4. Remove from the heat and stir in the vanilla. Serve warm; it thickens as it cools.

STORE & REHEAT

Refrigerate covered up to 1 week. Rewarm gently over low heat or in 10-second microwave bursts, stirring.

GLUTEN-FREE CHECK

Check the vanilla label; pure maple syrup and brown sugar are naturally gluten-free.

COOK'S TIP

For a thinner pour, whisk in 1 tbsp hot water.

SAUCE 02 · BREAKFAST CLASSICS

Cinnamon–Vanilla Syrup

Makes about 1 cup (240 ml), 8 servings | Cook 8 min · Steep 10 min | Sweet | Dairy-free

INGREDIENTS

- ¾ cup (180 ml) water
- ¾ cup (150 g) granulated sugar
- ¼ cup (55 g) packed light brown sugar
- 2 cinnamon sticks
- 1 tsp pure vanilla extract (verified gluten-free)
- Pinch of fine salt

BEST WITH

Mexican Cinnamon Hotcakes
Finnish Pannukakku

METHOD

1 Combine water, both sugars, cinnamon sticks, and salt in a small saucepan.

2 Bring to a simmer over medium heat, stirring until the sugar dissolves.

3 Simmer 5 minutes without stirring, until slightly reduced.

4 Remove from the heat, cover, and steep 10 minutes. Remove the cinnamon sticks and stir in the vanilla.

STORE & REHEAT

Refrigerate in a clean jar up to 3 weeks. Serve chilled, room temperature, or gently warmed.

GLUTEN-FREE CHECK

Use whole cinnamon sticks rather than a blend, and verify the vanilla.

COOK'S TIP

For a thicker syrup, simmer 2–3 minutes longer; it thickens further as it cools.

SAUCE 03 · BREAKFAST CLASSICS

Honey–Orange Butter

Makes about ¾ cup (170 g), 8 servings | Prep 5 min | Sweet

INGREDIENTS

- ½ cup (115 g) unsalted butter, softened
- 3 tbsp (60 g) honey
- 1 tsp finely grated orange zest
- 1 tbsp (15 ml) fresh orange juice
- Pinch of flaky or fine salt

BEST WITH

Greek Tiganites
Moroccan Baghrir

METHOD

1. Beat the softened butter with a hand mixer or wooden spoon until pale and fluffy, about 2 minutes.
2. Add the honey, zest, and salt; beat until combined.
3. Beat in the orange juice a little at a time so the butter stays smooth.
4. Spoon onto warm pancakes so it melts into the surface.

STORE & REHEAT

Refrigerate up to 1 week or freeze up to 2 months. Soften 20 minutes at room temperature before using.

GLUTEN-FREE CHECK

All ingredients are naturally gluten-free; use a clean grater and bowl.

COOK'S TIP

Roll in parchment into a log, chill, and slice into coins for serving.

Fruit by the spoonful

A finishing touch

A little heat brings berries and orchard fruit into their own, while ripe mango needs only a squeeze of lime. These spoonable sauces balance sweetness with freshness, leaving pieces of fruit and bright juices to make each bite a little different.

In this chapter

Blueberry–Lemon Compote · 123
Strawberry–Balsamic Sauce · 124
Cherry–Vanilla Compote · 125
Apple–Cinnamon Skillet Topping · 126
Mango–Lime Coulis · 127

SAUCE 04 · FRUIT BY THE SPOONFUL

Blueberry–Lemon Compote

Makes about 1½ cups (360 ml), 6 servings | Cook 10 min | Sweet | Dairy-free

INGREDIENTS

- 2 cups (300 g) fresh or frozen blueberries
- 3 tbsp (40 g) granulated sugar
- 2 tbsp (30 ml) water
- 1 tbsp (15 ml) fresh lemon juice
- ½ tsp finely grated lemon zest
- 1 tsp cornstarch mixed with 1 tbsp (15 ml) cold water (optional, verified gluten-free)

BEST WITH

American Buttermilk Diner Flapjacks
Danish Æbleskiver

METHOD

1. Combine 1½ cups (225 g) of the blueberries with the sugar and water in a small saucepan.
2. Simmer over medium heat 5–6 minutes, stirring, until some berries burst and the juice turns deep purple.
3. For a thicker compote, stir in the cornstarch slurry and simmer 1 minute until glossy.
4. Remove from the heat; stir in the remaining berries, lemon juice, and zest.

STORE & REHEAT

Refrigerate up to 5 days. Serve warm or cold; rewarm over low heat.

GLUTEN-FREE CHECK

If using cornstarch, choose one labeled gluten-free.

COOK'S TIP

Frozen berries need about 2 extra minutes; no need to thaw.

SAUCE 05 · FRUIT BY THE SPOONFUL

Strawberry–Balsamic Sauce

Makes about 1½ cups (360 ml), 6 servings | Cook 8 min | Sweet | Dairy-free

INGREDIENTS

- 2 cups (300 g) strawberries, hulled and quartered
- 3 tbsp (40 g) granulated sugar
- 1 tbsp (15 ml) water
- 2 tsp (10 ml) balsamic vinegar (verified gluten-free)
- Pinch of fine salt

BEST WITH

French Crêpes
Japanese Soufflé Pancakes

METHOD

1 Combine the strawberries, sugar, water, and salt in a small saucepan.

2 Cook over medium heat 5–7 minutes, stirring, until the berries soften and release their juice.

3 Lightly crush with a fork or potato masher, leaving some pieces whole.

4 Remove from the heat and stir in the balsamic vinegar. Taste; add a few more drops if you like.

STORE & REHEAT

Refrigerate up to 4 days. Serve warm or at room temperature.

GLUTEN-FREE CHECK

Most balsamic vinegar is gluten-free, but check labels on flavored or glaze products. Never substitute malt vinegar.

COOK'S TIP

Add the vinegar off the heat so it stays bright, not harsh.

SAUCE 06 · FRUIT BY THE SPOONFUL

Cherry–Vanilla Compote

Makes about 1½ cups (360 ml), 6 servings | Cook 10 min | Sweet | Dairy-free

INGREDIENTS

- 2 cups (300 g) pitted sweet cherries, fresh or frozen
- 3 tbsp (40 g) granulated sugar
- ¼ cup (60 ml) water
- 1 tbsp (15 ml) fresh lemon juice
- 2 tsp cornstarch (verified gluten-free) mixed with 1 tbsp (15 ml) cold water
- 1 tsp pure vanilla extract (verified gluten-free)

BEST WITH

Polish Naleśniki
Hungarian Palacsinta

METHOD

1. Combine the cherries, sugar, water, and lemon juice in a small saucepan.
2. Bring to a simmer over medium heat and cook 5 minutes, until the cherries soften.
3. Stir in the cornstarch slurry and simmer 1 minute, stirring, until the juices turn clear and glossy.
4. Remove from the heat and stir in the vanilla.

STORE & REHEAT

Refrigerate up to 5 days. Rewarm gently or serve cold.

GLUTEN-FREE CHECK

Verify the cornstarch and vanilla labels.

COOK'S TIP

Sour cherries work too; increase the sugar to ¼ cup (50 g).

SAUCE 07 · FRUIT BY THE SPOONFUL

Apple–Cinnamon Skillet Topping

Makes about 2 cups, 4–6 servings | Cook 12 min | Sweet

INGREDIENTS

- 2 firm apples (about 400 g), such as Honeycrisp or Granny Smith
- 2 tbsp (30 g) unsalted butter
- 3 tbsp (40 g) packed light brown sugar
- ½ tsp ground cinnamon (single-spice, verified gluten-free)
- Pinch of fine salt
- 2 tbsp (30 ml) water or apple juice
- 1 tsp fresh lemon juice

BEST WITH

Dutch Baby
Scottish Drop Scones

METHOD

1 Peel, core, and slice the apples about ¼ inch (6 mm) thick.

2 Melt the butter in a large skillet over medium heat. Add the apples in an even layer and cook 4 minutes, turning once, until lightly golden.

3 Sprinkle over the brown sugar, cinnamon, and salt; add the water. Cook 3–5 minutes, stirring gently, until the apples are tender but hold their shape and the juices turn syrupy.

4 Stir in the lemon juice and serve warm.

STORE & REHEAT

Refrigerate up to 4 days. Rewarm in a skillet with a splash of water.

GLUTEN-FREE CHECK

Choose plain ground cinnamon rather than a spice blend, or verify the blend.

COOK'S TIP

Dairy-free: use coconut oil or a verified gluten-free plant butter.

SAUCE 08 · FRUIT BY THE SPOONFUL

Mango–Lime Coulis

Makes about 1¼ cups (300 ml), 6 servings | Prep 5 min · No cook | Sweet | Dairy-free

INGREDIENTS

- 1½ cups (250 g) ripe mango, diced (about 1 large mango)
- 2 tbsp (30 ml) fresh lime juice
- ½ tsp finely grated lime zest
- 1–2 tbsp (20–40 g) honey or maple syrup, to taste
- 2–4 tbsp (30–60 ml) water

BEST WITH

Thai Coconut Pikelets
Mexican Cinnamon Hotcakes

METHOD

1. Place the mango, lime juice, zest, and 1 tbsp sweetener in a blender.
2. Blend until completely smooth, adding water a tablespoon at a time until it pours.
3. Taste and add more sweetener if the mango is tart.
4. For an extra-silky sauce, press through a fine sieve.

STORE & REHEAT

Refrigerate up to 3 days. Stir before serving.

GLUTEN-FREE CHECK

Naturally gluten-free; use a clean blender.

COOK'S TIP

Thawed frozen mango works well and is often sweeter out of season.

Chocolate and caramel

A finishing touch

Here the pancake becomes dessert. Chocolate brings depth, toasted hazelnuts bring warmth, and caramel adds a golden, bittersweet note. A small drizzle goes a long way; the pleasure lies in the contrast between a tender pancake and a rich, glossy finish.

In this chapter

Dark Chocolate Pouring Sauce · 129
Toasted Hazelnut–Chocolate Sauce · 130
Salted Caramel Sauce · 131
Espresso–Chocolate Sauce · 132

SAUCE 09 · CHOCOLATE AND CARAMEL

Dark Chocolate Pouring Sauce

Makes about 1 cup (240 ml), 8 servings | Cook 5 min | Sweet

INGREDIENTS

- ½ cup (120 ml) heavy cream
- 2 tbsp (30 ml) milk
- 2 tbsp (25 g) granulated sugar
- 2 tbsp (10 g) unsweetened cocoa powder (verified gluten-free)
- 3 oz (85 g) dark chocolate, 60–70%, chopped (verified gluten-free)
- Pinch of fine salt
- ½ tsp pure vanilla extract (verified gluten-free)

BEST WITH

French Crêpes
Hungarian Palacsinta

METHOD

1. Whisk the cream, milk, sugar, cocoa, and salt in a small saucepan until smooth.
2. Heat over medium-low, whisking, until steaming and just beginning to bubble at the edges. Do not boil hard.
3. Remove from the heat, add the chocolate, and let stand 1 minute.
4. Whisk until glossy and smooth, then stir in the vanilla.

STORE & REHEAT

Refrigerate up to 1 week. Rewarm over low heat, stirring, or microwave in 15-second bursts.

GLUTEN-FREE CHECK

Chocolate and cocoa can be processed with gluten-containing products; choose labeled gluten-free brands.

COOK'S TIP

Dairy-free: use full-fat coconut milk in place of the cream and milk, with dairy-free chocolate.

SAUCE 10 · CHOCOLATE AND CARAMEL

Toasted Hazelnut–Chocolate Sauce

Makes about 1¼ cups (300 ml), 8 servings | Toast 10 min · Blend 5 min | Sweet

INGREDIENTS

- ¾ cup (100 g) raw hazelnuts
- 3 oz (85 g) dark chocolate, chopped (verified gluten-free)
- ¾ cup (180 ml) whole milk
- 2 tbsp (40 g) honey or maple syrup
- 1 tbsp (5 g) unsweetened cocoa powder (verified gluten-free)
- ¼ tsp fine salt

BEST WITH

French Crêpes
Indonesian Martabak Manis

METHOD

1 Toast the hazelnuts on a baking sheet at 350°F (175°C) for 10–12 minutes, until fragrant and the skins crack.

2 Wrap in a clean towel and rub to remove most of the skins. Cool 5 minutes.

3 Blend the hazelnuts in a food processor or high-speed blender 2–4 minutes, scraping down, until they become a loose paste.

4 Warm the milk until steaming; pour over the chocolate and let stand 1 minute, then stir smooth.

5 Add the chocolate mixture, honey, cocoa, and salt to the hazelnut paste and blend until smooth. Loosen with warm milk if needed.

STORE & REHEAT

Refrigerate up to 5 days. It thickens when cold; rewarm gently and stir.

GLUTEN-FREE CHECK

Contains tree nuts. Buy hazelnuts packed in a gluten-free facility where possible; verify chocolate and cocoa.

COOK'S TIP

A thicker version makes a spreadable filling for Martabak Manis.

SAUCE 11 · CHOCOLATE AND CARAMEL

Salted Caramel Sauce

Makes about 1 cup (240 ml), 8 servings | Cook 12 min | Sweet

INGREDIENTS

- ¾ cup (150 g) granulated sugar
- 3 tbsp (45 ml) water
- ½ cup (120 ml) heavy cream, at room temperature
- 3 tbsp (40 g) unsalted butter, cubed
- ½–¾ tsp flaky sea salt
- ½ tsp pure vanilla extract (verified gluten-free)

BEST WITH

Dutch Baby
Scottish Drop Scones

METHOD

1 Safety first: caramel reaches well over 300°F (150°C) and burns instantly. Use a heavy, light-colored saucepan at least 2 quarts (2 L), long sleeves, and a long-handled whisk; keep children and pets away.

2 Combine the sugar and water in the pan. Cook over medium heat without stirring, swirling gently, until the syrup turns a deep amber, 8–10 minutes.

3 Remove from the heat. Standing back, slowly pour in the cream; it will bubble up violently and steam.

4 Whisk until smooth, then whisk in the butter, salt, and vanilla.

5 Cool at least 10 minutes before serving; never taste hot caramel from the spoon.

STORE & REHEAT

Refrigerate up to 2 weeks. Rewarm over low heat or in short microwave bursts.

GLUTEN-FREE CHECK

Naturally gluten-free; verify the vanilla.

COOK'S TIP

If the sugar crystallizes, add 2 tbsp water and gently heat until it dissolves, then continue.

SAUCE 12 · CHOCOLATE AND CARAMEL

Espresso–Chocolate Sauce

Makes about 1 cup (240 ml), 8 servings | Cook 5 min | Sweet

INGREDIENTS

- ½ cup (120 ml) heavy cream
- ¼ cup (60 ml) freshly brewed espresso or strong coffee
- 2 tbsp (25 g) brown sugar
- 3 oz (85 g) dark chocolate, 60–70%, chopped (verified gluten-free)
- Pinch of fine salt

BEST WITH

Hungarian Palacsinta
Austrian Kaiserschmarrn

METHOD

1. Heat the cream, espresso, brown sugar, and salt over medium-low heat, stirring, until steaming.
2. Remove from the heat, add the chocolate, and let stand 1 minute.
3. Whisk until smooth and glossy.
4. Serve warm; it sets slightly as it cools.

STORE & REHEAT

Refrigerate up to 1 week. Rewarm gently, stirring.

GLUTEN-FREE CHECK

Plain brewed coffee is gluten-free; avoid flavored instant coffees unless labeled gluten-free.

COOK'S TIP

Use decaf espresso for an evening dessert.

Creamy and bright

A finishing touch

Soft creams and tangy citrus make gentler partners for delicate pancakes. Yogurt, lemon curd, cream cheese, and coconut each offer a different balance of richness and lift, whether tucked inside a fold or spooned over a warm stack.

In this chapter

Lemon Curd · 134
Vanilla Yogurt Sauce · 135
Sweet Cream Cheese Sauce · 136
Coconut–Lime Cream · 137

SAUCE 13 · CREAMY AND BRIGHT

Lemon Curd

Makes about 1¼ cups (300 ml), 8–10 servings | Cook 10 min · Chill 2 hr | Sweet

INGREDIENTS

- 3 large eggs
- ½ cup (100 g) granulated sugar
- ⅓ cup (80 ml) fresh lemon juice (2–3 lemons)
- 1 tbsp finely grated lemon zest
- 4 tbsp (55 g) unsalted butter, cubed
- Pinch of fine salt

BEST WITH

French Crêpes
Danish Æbleskiver

METHOD

1 Whisk the eggs, sugar, lemon juice, zest, and salt in a heatproof bowl or small heavy saucepan until smooth.

2 Cook over a pan of barely simmering water (or very low direct heat), whisking constantly, 6–10 minutes.

3 Egg safety: cook until the curd thickens enough to coat a spoon and reaches 160°F (71°C) on an instant-read thermometer.

4 Remove from the heat and whisk in the butter a few cubes at a time. Strain through a fine sieve.

5 Press plastic wrap onto the surface and refrigerate at least 2 hours until set. Keep chilled; do not leave out more than 2 hours.

STORE & REHEAT

Refrigerate in a clean jar up to 1 week or freeze up to 2 months. Serve cold; do not reheat.

GLUTEN-FREE CHECK

Naturally gluten-free.

COOK'S TIP

Fold ½ cup curd into 1 cup whipped cream for a light lemon mousse topping.

SAUCE 14 · CREAMY AND BRIGHT

Vanilla Yogurt Sauce

Makes about 1 cup (240 ml), 4–6 servings | Prep 3 min | Sweet

INGREDIENTS

- 1 cup (240 g) plain whole-milk Greek yogurt
- 2 tbsp (40 g) honey or maple syrup
- 1 tsp pure vanilla extract (verified gluten-free)
- 2–3 tbsp (30–45 ml) milk
- Pinch of fine salt

BEST WITH

Japanese Soufflé Pancakes
American Buttermilk Diner Flapjacks

METHOD

1. Whisk the yogurt, honey, vanilla, and salt until smooth.
2. Whisk in milk a tablespoon at a time until it falls from a spoon in a thick ribbon.
3. Taste and adjust sweetness.
4. Serve chilled.

STORE & REHEAT

Refrigerate up to 4 days. Stir before serving.

GLUTEN-FREE CHECK

Choose plain yogurt; flavored yogurts and granola mix-ins can contain gluten.

COOK'S TIP

Dairy-free: use a plain coconut or almond yogurt labeled gluten-free.

SAUCE 15 · CREAMY AND BRIGHT

Sweet Cream Cheese Sauce

Makes about 1 cup (240 ml), 6 servings | Prep 5 min | Sweet

INGREDIENTS

- 4 oz (115 g) cream cheese, softened
- ¼ cup (30 g) powdered sugar (verified gluten-free)
- ¼–⅓ cup (60–80 ml) milk
- ½ tsp pure vanilla extract (verified gluten-free)
- 1 tsp fresh lemon juice

BEST WITH

Polish Naleśniki
Mexican Cinnamon Hotcakes

METHOD

1. Beat the cream cheese until smooth and lump-free.
2. Beat in the powdered sugar, vanilla, and lemon juice.
3. Add milk a little at a time, whisking, until pourable.
4. Drizzle over warm pancakes.

STORE & REHEAT

Refrigerate up to 4 days. Whisk in a splash of milk to loosen.

GLUTEN-FREE CHECK

Powdered sugar sometimes contains starch; confirm it is labeled gluten-free.

COOK'S TIP

Add a pinch of ground cinnamon for Mexican Hotcakes.

SAUCE 16 · CREAMY AND BRIGHT

Coconut–Lime Cream

Makes about 1¼ cups, 6 servings | Chill overnight · Whip 3 min | Sweet | Dairy-free

INGREDIENTS

- 1 can (13.5 oz / 400 ml) full-fat coconut milk, chilled overnight
- 1–2 tbsp (10–15 g) powdered sugar (verified gluten-free) or maple syrup
- 1 tsp finely grated lime zest
- 1 tsp fresh lime juice

BEST WITH

Thai Coconut Pikelets
Venezuelan Cachapas

METHOD

1. Open the chilled can without shaking and scoop out the thick cream that has risen to the top. Save the liquid for smoothies.
2. Whip the coconut cream with a whisk or hand mixer 2–3 minutes until soft and spoonable.
3. Whisk in the sugar, lime zest, and lime juice.
4. Serve chilled.

STORE & REHEAT

Refrigerate up to 4 days; it firms when cold, so whisk briefly before serving.

GLUTEN-FREE CHECK

Check coconut milk for additives and verify the powdered sugar.

COOK'S TIP

Inspired by Southeast Asian coconut-and-citrus pairings; not a traditional national sauce.

Savory companions

A finishing touch

Not every pancake needs sweetness. Herbs, roasted vegetables, sharp cheese, and ginger-sesame tamari take the collection toward lunch and supper. These modern accompaniments add freshness, depth, or a salty edge without asking the pancake to lose its own character.

In this chapter

Lemon–Dill Yogurt Sauce · 139
Roasted Red Pepper–Tomato Sauce · 140
Sharp Cheddar Sauce · 141
Ginger–Sesame Tamari Dip · 142

SAUCE 17 · SAVORY COMPANIONS

Lemon–Dill Yogurt Sauce

Makes about 1 cup (240 ml), 4–6 servings | Prep 5 min | Savory

INGREDIENTS

- 1 cup (240 g) plain Greek yogurt
- 2 tbsp fresh dill, finely chopped
- 1 tbsp (15 ml) fresh lemon juice
- ½ tsp finely grated lemon zest
- 1 small garlic clove, finely grated
- ¼ tsp fine salt, plus more to taste
- Black pepper

BEST WITH

Irish Boxty
Russian Blini

METHOD

1. Stir together the yogurt, dill, lemon juice, zest, and garlic.
2. Season with salt and pepper.
3. Rest 10 minutes so the garlic mellows and the dill flavors the sauce.
4. Loosen with 1–2 tbsp water if you want a drizzle rather than a dollop.

STORE & REHEAT

Refrigerate up to 3 days.

GLUTEN-FREE CHECK

Naturally gluten-free; use plain yogurt.

COOK'S TIP

Excellent with smoked salmon on blini.

SAUCE 18 · SAVORY COMPANIONS

Roasted Red Pepper–Tomato Sauce

Makes about 1½ cups (360 ml), 6 servings | Roast 30 min · Blend 5 min | Savory | Dairy-free

INGREDIENTS

- 2 red bell peppers, halved and seeded
- 2 ripe plum tomatoes, halved
- 3 garlic cloves, unpeeled
- 2 tbsp (30 ml) extra-virgin olive oil
- ½ tsp fine salt
- ½ tsp smoked paprika (single-spice, verified gluten-free)
- 1–2 tsp red wine vinegar
- Water as needed

BEST WITH

Indian Uttapam-Style Pancakes
Venezuelan Cachapas

METHOD

1 Heat the oven to 425°F (220°C). Toss the peppers, tomatoes, and garlic with 1 tbsp oil on a lined sheet pan.

2 Roast 25–30 minutes, until the pepper skins blister and char in spots.

3 Cool slightly, then squeeze the garlic from its skins and peel off any loose pepper skin.

4 Blend everything with the remaining oil, salt, paprika, and 1 tsp vinegar until smooth, adding water to reach a pourable consistency.

5 Taste; adjust salt and vinegar.

STORE & REHEAT

Refrigerate up to 5 days or freeze up to 3 months. Serve warm or at room temperature.

GLUTEN-FREE CHECK

Verify the paprika and vinegar; never use malt vinegar.

COOK'S TIP

Add a pinch of chili flakes for heat alongside uttapam.

SAUCE 19 · SAVORY COMPANIONS

Sharp Cheddar Sauce

Makes about 1¼ cups (300 ml), 4–6 servings | Cook 8 min | Savory

INGREDIENTS

- 1 cup (240 ml) whole milk, divided
- 1 tbsp (8 g) cornstarch (verified gluten-free)
- 1 tbsp (15 g) unsalted butter
- 1½ cups (150 g) sharp cheddar, freshly grated
- ¼ tsp dry mustard powder (verified gluten-free)
- Pinch of cayenne
- Salt to taste

BEST WITH

Irish Boxty
Japanese Okonomiyaki

METHOD

1. Whisk 3 tbsp of the cold milk with the cornstarch until smooth.
2. Heat the remaining milk and butter in a saucepan over medium heat until steaming.
3. Whisk in the cornstarch mixture and simmer 1–2 minutes, whisking, until thickened.
4. Reduce the heat to low. Add the cheese a handful at a time, stirring until melted before adding more. Do not boil.
5. Stir in the mustard and cayenne; season with salt.

STORE & REHEAT

Refrigerate up to 4 days. Rewarm over low heat with a splash of milk, stirring.

GLUTEN-FREE CHECK

Grate your own cheese: pre-shredded cheese can contain anti-caking agents, so check labels. A Petley Grain Gluten-Free All-Purpose Flour version is a separate formula that has not been tested; do not swap it 1:1 for cornstarch.

COOK'S TIP

Stir in sliced scallions to serve with okonomiyaki or boxty.

SAUCE 20 · SAVORY COMPANIONS

Ginger–Sesame Tamari Dip

Makes about ½ cup (120 ml), 4 servings | Prep 5 min | Savory | Dairy-free

INGREDIENTS

- 3 tbsp (45 ml) certified gluten-free tamari
- 2 tbsp (30 ml) unseasoned rice vinegar (verified gluten-free)
- 1 tbsp (15 ml) water
- 1 tsp toasted sesame oil
- 1 tsp honey or sugar
- 1 tsp freshly grated ginger
- 1 scallion, thinly sliced
- ½ tsp toasted sesame seeds

BEST WITH

Korean Pajeon
Japanese Okonomiyaki

METHOD

1. Whisk the tamari, rice vinegar, water, sesame oil, and honey until the honey dissolves.
2. Stir in the ginger, scallion, and sesame seeds.
3. Rest 10 minutes before serving so the ginger infuses.

STORE & REHEAT

Refrigerate up to 1 week; add the scallion fresh before serving.

GLUTEN-FREE CHECK

Tamari is not automatically gluten-free; buy one certified gluten-free. Never use conventional soy sauce. Verify the rice vinegar and sesame oil.

COOK'S TIP

A modern Chinese-inspired dip, not a traditional national recipe. Add chili crisp (verified gluten-free) for heat.

Pairing & flavor-balance guide

FLUFFY AMERICAN-STYLE STACKS

Maple–Brown Sugar Butter, Blueberry–Lemon Compote, Vanilla Yogurt Sauce

THIN CRÊPES AND PALACSINTA

Dark Chocolate, Toasted Hazelnut–Chocolate, Lemon Curd, Cherry–Vanilla Compote

OVEN PANCAKES AND DROP SCONES

Apple–Cinnamon Skillet Topping, Salted Caramel

SOFT, DELICATE PANCAKES

Strawberry–Balsamic Sauce, Vanilla Yogurt Sauce

COCONUT AND CORN PANCAKES

Mango–Lime Coulis, Coconut–Lime Cream

CHEESE-FILLED CRÊPES

Sweet Cream Cheese Sauce, Cherry–Vanilla Compote

POTATO AND SAVORY PANCAKES

Lemon–Dill Yogurt, Sharp Cheddar, Roasted Red Pepper–Tomato

CRISP, FRIED, OR COILED FLATBREADS

Ginger–Sesame Tamari Dip, Sharp Cheddar

BALANCING FLAVOR

Rich pancakes want acid: pair butter- and egg-heavy batters with fruit, lemon, or yogurt. Plain or tangy pancakes can carry chocolate and caramel. A pinch of salt sharpens every sweet sauce; a squeeze of lemon or lime brightens one that tastes flat.

LABEL CHECKLIST

Vanilla extract · chocolate and cocoa · powdered sugar · cornstarch · ground spices and blends · balsamic, red wine and rice vinegars · certified gluten-free tamari · toasted sesame oil · coconut milk · yogurt · pre-shredded cheese. Never use malt vinegar, conventional soy sauce, or wheat flour.

Twenty pancakes. One passport.

From Paris crêpes to Moroccan baghrir — gluten-free, griddle by griddle.



ABOUT THE AUTHOR

Ben Petley set out to prove that gluten-free cooking can be generous, joyful, and true to the world's great food traditions — starting with breakfast.

THE PETLEY GRAIN STORY

Founded in 2008 by former NASA engineer Dennis Petley, Petley Grain creates gluten-free pantry staples for real kitchens. Our Pancake & Waffle Mix is the single soufflés, crisp scallion pajeon, and everything book — from thin crêpes and towering soufflés to crisp scallion pajeon and everything in between.

INSIDE YOU'LL FIND

Japanese Soufflé Pancakes
Tall, trembling, cloud-soft stacks.

Moroccan Baghrir
The sponge-like "thousand-hole" pancake.

Korean Pajeon
Flaky, savory, coiled and crisp.

Austrian Kaiserschmarrn
The emperor's torn, caramelized mess.

+ 16 more, a pancake map, and cultural stories.

GOOD TO KNOW

- ✓ Gluten-free base mix
- ✓ 20 global recipes
- ✓ Step-by-step methods

Many recipes contain egg and milk; some use soy, sesame, nuts, or seafood. Always check every ingredient label to confirm it is gluten-free and suits your allergies.

Petley Grain Products

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