MAKE MORE WITH LESS

22 RECIPES USING
GOLD MEDAL® COMPLETE PANCAKE MIXES

VARIETY IN EVERY BOX
Welcome to Make More with Less volume 6. This edition highlights the versatility of Gold Medal® Pancake & Waffle Mix. Inside you’ll find 22 easy recipes to help you add simple signature offerings across breakfast, brunch, and even dessert. Menu Gold Medal® pancakes and waffles as traditional breakfast favorites or load them with toppings for indulgent, limited offer treats. With Gold Medal® convenient griddle mixes on hand, you can easily turn morning favorites into all-day menu items.

Looking for more great recipes from our Industry Leading Culinary Team or information about our products? Click on any of the product names or Gold Medal® logos throughout the book to access product nutritionals or our culinary database through www.generalmillsfoodservice.com

Add more variety to your menu with creative ideas from our Make More with Less digital cookbook collection:

- **Make More with Less** volume 3 (White Cake Mix)
- **Make More with Less** volume 4 (Variety Muffin Mix)
- **Make More with Less** volume 5 (Biscuit Mix)

Thank you for your business.

Enjoy!

The Gold Medal Team
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**MAKE MORE WITH LESS**

22 RECIPES USING GOLD MEDAL® COMPLETE PANCAKE MIXES
OATMEAL Raisin Pancakes
With Cinnamon Sour Cream

YIELD: 140 - 4-inch pancakes
# Oatmeal Raisin Pancakes with Cinnamon Sour Cream

**Yield:** 140 - 4-inch pancakes

## Ingredients

<table>
<thead>
<tr>
<th><strong>Cinnamon Sour Cream Topping</strong></th>
<th><strong>Weight</strong></th>
<th><strong>Measure</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sour cream</td>
<td>2 lb</td>
<td>4 cups</td>
</tr>
<tr>
<td>Sugar, granulated</td>
<td>6 oz</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Cinnamon, ground</td>
<td></td>
<td>2 Tbsp</td>
</tr>
</tbody>
</table>

**Total Cinnamon Sour Cream Topping Weight:** 2 lb 6 oz

**Pancake Batter**

| Water, cool (72°F)              | 5 lb       | 8 oz        | 11 cups   |
| Brown sugar, packed             | 2 lb       | 4½ cups     |
| Raisins                         | 2 lb       | 6 cups      |
| **Gold Medal® ZT Complete Buttermilk Pancake Mix 5 LB (11827)** | 5 lb | 1 box |
| **General Mills® Quick Oats (11897)** | 1 lb | 2 oz | 6 cups |

**Total Pancake Batter Weight:** 15 lb 10 oz

## Directions

**Cinnamon Sour Cream Topping**

1. **Combine** sour cream, sugar and cinnamon into a mixing bowl.
2. **Mix** using a wire whip until blended and smooth.
3. **Refrigerate** until needed.

**Pancake Batter**

1. **Combine** water, brown sugar, and raisins in a mixing bowl.
2. **Add** mix.
3. **Mix** using a wire whip until batter is blended and smooth.
4. **Fold** oats into batter.
5. **Deposit** 2 oz of batter onto a lightly greased 375°F griddle.

6. **Spread** the batter into a 4-inch pancake by gently tapping it with the back of the ladle.
7. **Grill** for 2 minutes on each side or until puffed and edges begin to dry. Turn only once.

## Finishing

1. **Top** each pancake with approximately 1 Tbsp of cinnamon sour cream.

## Nutrition:
(Values calculated using weights of ingredients.)

1 serving: Calories 140 (Calories from Fat 25); Total Fat 2.5g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 5mg; Sodium 190mg; Total Carbohydrate 26g (Dietary Fiber 1g; Sugars 13g); Protein 2g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 4%

Exchanges: 1 Starch, 1/2 Other Carbohydrate, 1/2 Fat
APPLE CINNAMON PANCAKES

YIELD: 96 - 2 oz pancakes
APPLE CINNAMON PANCAKES

YIELD: 96 - 2 oz pancakes

INGREDIENTS | WEIGHT | MEASURE
---|---|---
Water, cool (72°F) | 5 lb 8 oz | 11 cups
Apples, fresh, diced | 1 lb 8 oz | 5¼ cups
GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527) | 5 lb | 1 box
Cinnamon, ground | | 2 Tbsp

Total Weight | 12 lb

DIRECTIONS

1. **Pour** water and apples into mixing bowl.
2. **Add** mix and cinnamon. Mix using a wire whip until batter is blended and smooth. Do not overmix.
3. **Deposit** 2 oz of batter onto a preheated griddle set at 375°F.
4. **Grill** 1½ minutes on each side or until puffed and golden brown and edges begin to dry.

NUTRITION:
(Values calculated using weights of ingredients.)

1 serving: Calories 90 (Calories from Fat 15); Total Fat 1.5g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 260mg; Total Carbohydrate 17g (Dietary Fiber 1g; Sugars 4g); Protein 2g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 2%; Iron 2%

Exchanges: 1/2 Starch, 1/2 Other Carbohydrate, 1/2 Fat

FLAVOR VARIATIONS
WHOLE GRAIN OATMEAL PANCAKE WITH CRANBERRY APRICOT CHUTNEY

YIELD: 84 - 4-inch pancakes
WHOLE GRAIN OATMEAL PANCAKE
WITH CRANBERRY APRICOT CHUTNEY

YIELD: 84 - 4-inch pancakes

INGREDIENTS

<table>
<thead>
<tr>
<th>CRANBERRY APRICOT CHUTNEY</th>
<th>WEIGHT</th>
<th>MEASURE</th>
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<tbody>
<tr>
<td>Butter, unsalted</td>
<td>4 oz</td>
<td>½ cup</td>
</tr>
<tr>
<td>Onion, diced</td>
<td>12 oz</td>
<td>1½ cups</td>
</tr>
<tr>
<td>Cranberries, dried</td>
<td>1 lb</td>
<td>3 cups</td>
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<tr>
<td>Apricots, dried, chopped</td>
<td>14 oz</td>
<td>2 cups</td>
</tr>
<tr>
<td>Cardamom</td>
<td></td>
<td>½ tsp</td>
</tr>
<tr>
<td>Cinnamon, ground</td>
<td></td>
<td>1 Tbsp</td>
</tr>
<tr>
<td>Water, cool (72°F)</td>
<td>12 oz</td>
<td>1½ cups</td>
</tr>
<tr>
<td>Brown sugar, packed</td>
<td>4 oz</td>
<td>4 Tbsp</td>
</tr>
<tr>
<td>Pancake syrup</td>
<td>1 lb</td>
<td>12 oz</td>
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</tbody>
</table>

Total Cranberry Apricot Chutney Weight 5 lb 10 oz

<table>
<thead>
<tr>
<th>WHOLE GRAIN OATMEAL PANCAKES</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal, cooked, cold</td>
<td>2 lb</td>
<td>4 cups</td>
</tr>
<tr>
<td>GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527)</td>
<td>5 lb</td>
<td>1 box</td>
</tr>
<tr>
<td>Water, cool (72°F)</td>
<td>5 lb</td>
<td>8 oz</td>
</tr>
</tbody>
</table>

Total Whole Grain Oatmeal Pancakes Weight 12 lb 8 oz

DIRECTIONS

CRANBERRY APRICOT CHUTNEY
1. Melt butter in a medium sauce pan over low heat. Add the onions and sauté until transparent, stirring frequently.
2. Add cranberries, apricots and spices and sauté over low heat 2-3 minutes, or until fruits are softened.
3. Add water, brown sugar and syrup and bring to a boil over medium heat, stirring constantly.
4. Turn heat to low and let simmer for 2-3 minutes, stirring constantly. Set aside and keep warm for pancakes.

WHOLE GRAIN OATMEAL PANCAKES
1. Place cooked cold oatmeal in a large mixing bowl. Break it apart, by adding some of the water and using a wire whisk, to make a smooth texture.
2. Add pancake mix and the remaining water. Mix until batter is blended and smooth.
3. Deposit 2 oz of batter onto a lightly greased 375°F griddle.
4. Spread the batter into a 4-inch pancake by gently tapping it with the back of the ladle.
5. Grill for 1½-2 minutes on each side or until puffed and edges begin to dry. Turn only once.

FINISHING
1. Top each pancake with approximately 1 oz of Cranberry Apricot Chutney.

NUTRITION:
(Values calculated using weights of ingredients.)
1 serving: Calories 180 (Calories from Fat 30); Total Fat 3g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 5mg; Sodium 310mg; Total Carbohydrate 35g (Dietary Fiber 2g; Sugars 16g); Protein 3g
% Daily Value: Vitamin A 6%; Vitamin C 0%; Calcium 4%; Iron 6%
Exchanges: 1 Starch, 1/2 Fruit, 1 Other Carbohydrate, 1/2 Fat
NATURE VALLEY® HARVEST PANCAKES

YIELD: 136 - 2 oz ladle pancakes
DIRECTIONS

1. Add granola in a food processor and pulse until coarsely ground. Set aside. Add walnuts to food processor and pulse until roughly chopped.

2. Stir granola, walnuts, pancake mix and rolled oats together in a large mixing bowl.

3. Pour total amount of water into mixing bowl. Mix using a wire whip until batter is blended and smooth. DO NOT OVER MIX.

4. Deposit 2 oz of batter onto a preheated, lightly greased griddle set at 375°F.

5. Grill 1½-2 minutes on each side or until pancake turns golden brown and edges begin to dry.


NUTRITION:
(Values calculated using weights of ingredients.)
1 serving: Calories 90 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 190mg; Total Carbohydrate 12g (Dietary Fiber 1g; Sugars 2g); Protein 2g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 2%
Exchanges: 1 Starch, 1/2 Fat
WHOLE GRAIN APPLE CINNAMON PANCAKES WITH APPLE SYRUP

YIELD: 96 - 2 oz pancakes
whole grain apple cinnamon pancakes with apple syrup

yield: 96 - 2 oz pancakes

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<thead>
<tr>
<th>ingredients</th>
<th>weight</th>
<th>measure</th>
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<tr>
<td>apple syrup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>sugar, granulated</td>
<td>2 lb</td>
<td>5 oz</td>
</tr>
<tr>
<td>cornstarch</td>
<td>5.2 oz</td>
<td>½ cup</td>
</tr>
<tr>
<td>cinnamon, ground</td>
<td>2.2 oz</td>
<td>¼ cup</td>
</tr>
<tr>
<td>nutmeg, ground</td>
<td>2.2 oz</td>
<td>¼ cup</td>
</tr>
<tr>
<td>apple juice</td>
<td>5 lb</td>
<td>2 oz</td>
</tr>
<tr>
<td>lemon juice</td>
<td>5.2 oz</td>
<td>½ cup</td>
</tr>
<tr>
<td>butter, unsalted</td>
<td>10.5 oz</td>
<td>1½ cups</td>
</tr>
<tr>
<td>total apple syrup weight</td>
<td>9 lb</td>
<td>0.3 oz</td>
</tr>
<tr>
<td>pancake batter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>water, cool (72°F)</td>
<td>5 lb</td>
<td>8 oz</td>
</tr>
<tr>
<td>apples, sliced, canned in water</td>
<td>1 lb</td>
<td>8 oz</td>
</tr>
<tr>
<td>gold medal® zt whole grain complete pancake mix 5 lb (31527)</td>
<td>5 lb</td>
<td>1 box</td>
</tr>
<tr>
<td>cinnamon, ground</td>
<td>2.8 oz</td>
<td>½ cup</td>
</tr>
<tr>
<td>total pancake batter weight</td>
<td>12 lb</td>
<td>2.8 oz</td>
</tr>
</tbody>
</table>

directions

apple syrup

1. mix in saucepan sugar, cornstarch, cinnamon, and nutmeg.
2. stir in apple juice and lemon juice.
3. cook, stirring constantly, until mixture thickens and boils.
4. boil and stir for 1 minute.
5. remove from heat, stir in butter and set aside.

pancake batter

1. drain sliced apples and ¼ inch dice.
2. pour total amount of water and diced apples into mixing bowl.
3. add total amount of mix and cinnamon. using a wire whip, mix on low for 30 seconds. scrape down. mix on low for another 30 seconds until batter is blended and smooth. do not over mix.
4. deposit 2 oz of batter onto a preheated, lightly greased griddle set at 375°F.
5. grill 1½ minutes on each side or until pancake turns golden brown and edges begin to dry.

finishing

1. place pancakes on serving platter. top each pancake with approximately 1 oz of apple syrup.

nutrition:
(values calculated using weights of ingredients.)

1 serving: calories 190 (calories from fat 40); total fat 4.5g (saturated fat 2.5g; trans fat 0g); cholesterol 10mg; sodium 280mg; total carbohydrate 34g (dietary fiber 2g; sugars 17g); protein 2g

% daily value: vitamin a 0%; vitamin c 0%; calcium 4%; iron 4%

exchanges: 1 starch, 1 other carbohydrate, 1 fat
BUTTERMILK LEMON PANCAKES WITH BLUEBERRY COMPOTE

YIELD: 84 - 4-inch pancakes
**BUTTERMILK LEMON PANCAKES WITH BLUEBERRY COMPOTE**

**YIELD:** 84 - 4-inch pancakes

### INGREDIENTS

<table>
<thead>
<tr>
<th>BLUEBERRY COMPOTE</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberries, IQF</td>
<td>3 lb</td>
<td>9 cups</td>
</tr>
<tr>
<td>Corn syrup</td>
<td>1 lb</td>
<td>8 oz</td>
</tr>
<tr>
<td><strong>Total Blueberry Compote Weight</strong></td>
<td>4 lb</td>
<td>8 oz</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>PANCAKE BATTER</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water, cool (72°F)</td>
<td>5 lb</td>
<td>8 oz</td>
</tr>
<tr>
<td><strong>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</strong></td>
<td>5 lb</td>
<td>1 box</td>
</tr>
<tr>
<td>Lemon zest</td>
<td>3 oz</td>
<td>8 Tbsp</td>
</tr>
<tr>
<td>Lemon extract</td>
<td>1 oz</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td><strong>Total Pancake Batter Weight</strong></td>
<td>10 lb</td>
<td>12 oz</td>
</tr>
</tbody>
</table>

### DIRECTIONS

**BLUEBERRY COMPOTE**

1. **Combine** blueberries and corn syrup in a medium sauce pan.
2. **Simmer** for 10-14 minutes until mixture starts to thicken.
3. **Remove** from heat and keep warm.

**PANCAKE BATTER**

1. **Combine** water, zest and extract in a mixing bowl. Stir together with wire whip until well blended.
2. **Add** pancake mix and mix using a wire whip or rubber spatula until batter is blended and smooth.
3. **Deposit** 2 oz of batter onto a lightly greased 375°F griddle.
4. **Grill** for 1½ minutes on each side, or until puffed and edges begin to dry. Turn only once.

**FINISHING**

1. **Top** each pancake with approximately 1 Tbsp of blueberry compote.

**NUTRITION:**

(Values calculated using weights of ingredients.)

1 serving: Calories 140 (Calories from Fat 20); Total Fat 2.5g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 10mg; Sodium 290mg; Total Carbohydrate 27g (Dietary Fiber 1g; Sugars 8g); Protein 2g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 6%

**Exchanges:** 1 Starch, 1/2 Other Carbohydrate, 1/2 Fat
COCONUT PANCAKES WITH LEMON ZEST YOGURT

YIELD: 84 - 2 oz pancakes
COCONUT PANCAKES WITH LEMON ZEST YOGURT
YIELD: 84 - 2 oz pancakes

**INGREDIENTS**

<table>
<thead>
<tr>
<th>TOASTED COCONUT</th>
<th>WEIGHT</th>
<th>MEASURE</th>
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<tbody>
<tr>
<td>Coconut, shredded</td>
<td>2 lb</td>
<td>10 cups</td>
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<tr>
<td><strong>Total Toasted Coconut Weight</strong></td>
<td>2 lb</td>
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<table>
<thead>
<tr>
<th>LEMON ZEST YOGURT</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon zest</td>
<td>2 oz</td>
<td>½ cup</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>2 oz</td>
<td>¼ cup</td>
</tr>
<tr>
<td>YOPLAIT® LOWFAT VANILLA BULK SIZE YOGURT 32 OZ (00439)</td>
<td>5 lb</td>
<td>10 cups</td>
</tr>
<tr>
<td><strong>Total Lemon Zest Yogurt Weight</strong></td>
<td>5 lb</td>
<td>4 oz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PANCAKE BATTER</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water, cool (72°F)</td>
<td>5 lb</td>
<td>8 oz</td>
</tr>
<tr>
<td>Lemon extract</td>
<td>1 oz</td>
<td>3 Tbsp</td>
</tr>
<tr>
<td>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</td>
<td>5 lb</td>
<td>1 box</td>
</tr>
<tr>
<td><strong>Total Pancake Batter Weight</strong></td>
<td>10 lb</td>
<td>9 oz</td>
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<thead>
<tr>
<th>FINISHING</th>
<th>WEIGHT</th>
<th>MEASURE</th>
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<tbody>
<tr>
<td>Sugar, powdered, not sifted</td>
<td>3.75 oz</td>
<td>1 cup</td>
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<tr>
<td><strong>Total Finishing Weight</strong></td>
<td>3.75 oz</td>
<td></td>
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**DIRECTIONS**

**TOASTED COCONUT**
1. **Place** coconut on parchment-lined, full sheet pan.
2. **Bake** at 350°F for 3-4 minutes.
3. **Stir** and bake for an additional 2-3 minutes or until lightly browned.
4. **Cool.** Set aside.

**LEMON ZEST YOGURT**
1. **Combine** zest, juice and yogurt in mixing bowl.
2. **Mix** using a wire whip until blended and smooth. Set aside.

**PANCAKE BATTER**
1. **Combine** water, lemon extract and pancake mix in a mixing bowl.
2. **Mix** using a wire whip until batter is blended and smooth.
3. **Fold** toasted coconut into batter.
4. **Deposit** 2 oz of batter onto a lightly greased 375°F griddle.
5. **Grill** for 1½ minutes on each side or until pancake turns golden brown and edges begin to dry.

**FINISHING**
1. **Top** each pancake with 1 oz of yogurt sauce.
2. **Dust** each pancake with ½ tsp of powdered sugar.

**NUTRITION:**
(Values calculated using weights of ingredients.)
1 serving: Calories 170 (Calories from Fat 50); Total Fat 6g (Saturated Fat 4g; Trans Fat 0g); Cholesterol 0mg; Sodium 310mg; Total Carbohydrate 26g (Dietary Fiber 1g; Sugars 9g); Protein 3g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 6%
Exchanges: 1 Starch, 1/2 Other Carbohydrate, 1 Fat
MANGO CHUTNEY STUFFED PANCAKES WITH STRAWBERRY COULIS

YIELD: 84 - 2 oz pancakes
MANGO CHUTNEY STUFFED PANCAKES
WITH STRAWBERRY COULIS
YIELD: 84 - 2 oz pancakes

INGREDIENTS

<table>
<thead>
<tr>
<th>STRAWBERRY COULIS</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
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<tbody>
<tr>
<td>Strawberries, fresh</td>
<td>5 lb</td>
<td>16¼ cups</td>
</tr>
<tr>
<td>Sugar, granulated</td>
<td>1 lb</td>
<td>2¼ cups</td>
</tr>
<tr>
<td>Total Strawberry Coulis Weight</td>
<td>6 lb</td>
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<table>
<thead>
<tr>
<th>MANGO CHUTNEY</th>
<th>WEIGHT</th>
<th>MEASURE</th>
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<tbody>
<tr>
<td>Onion, yellow, small diced</td>
<td>8 oz</td>
<td>1½ cups</td>
</tr>
<tr>
<td>Butter, unsalted</td>
<td>4 oz</td>
<td>½ cup</td>
</tr>
<tr>
<td>Red pepper, fresh, diced</td>
<td>4 oz</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Mango, fresh, peeled, small diced</td>
<td>4 lb</td>
<td>8 cups</td>
</tr>
<tr>
<td>Cinnamon, ground</td>
<td>1 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Sugar, granulated</td>
<td>1 lb</td>
<td>2¼ cups</td>
</tr>
<tr>
<td>Vinegar, white</td>
<td>4 oz</td>
<td>½ cup</td>
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<tr>
<td>Total Mango Chutney Weight</td>
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<td>4 oz</td>
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<tbody>
<tr>
<td>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</td>
<td>5 lb</td>
<td>1 box</td>
</tr>
<tr>
<td>Water, cool (72°F)</td>
<td>5 lb</td>
<td>10 cups</td>
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<tr>
<td>Total Pancake Batter Weight</td>
<td>10 lb</td>
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<tr>
<td>Powdered sugar</td>
<td>8 oz</td>
<td>2 cups</td>
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<tr>
<td>Total Finishing Weight</td>
<td>8 oz</td>
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DIRECTIONS

STRAWBERRY COULIS
1. **Clean** and hull strawberries.
2. **Add** sugar. Place in food processor.
3. **Pulse** until mixture is well-blended.
4. **Remove** and set aside.

MANGO CHUTNEY
1. **Saute** onion and butter in a medium sauce pan until tender.
2. **Add** red pepper, mango, sugar, vinegar and cinnamon.
3. **Cook** for 10 to 14 minutes until chutney starts to thicken.
4. **Remove** from heat, keep warm.

PANCAKE BATTER
1. **Combine** water and mix in a mixing bowl.
2. **Mix** using a wire whip until batter is blended and smooth.
3. **Deposit** 2 oz of batter onto a lightly greased 375°F griddle.
4. **Grill** for 1½ minutes on each side, or until pancake turns golden brown and edges begin to dry.
5. **Place** 1 oz of chutney in center of each pancake. Fold over. Place pancake on serving platter so seam is facing down.

FINISHING
1. **Top** each pancake with approximately 1 oz of Strawberry Coulis. Sprinkle with ½ tsp of powdered sugar, if desired. Serve.

NUTRITION: (Values calculated using weights of ingredients.)

1 serving:
- Calories 190 (Calories from Fat 30);
- Total Fat 3.5g (Saturated Fat 1.5g; Trans Fat 0g);
- Cholesterol 10mg;
- Sodium 280mg;
- Total Carbohydrate 38g (Dietary Fiber 1g; Sugars 21g);
- Protein 3g

% Daily Value: Vitamin A 4%; Vitamin C 40%; Calcium 4%; Iron 8%

Exchanges: 1 Starch, 1-1/2 Other Carbohydrate, 1/2 Fat
MOCHA CAPPUCCINO PANCAKES SERVED WITH CINNAMON WHIPPED CREAM

YIELD: 82 - 4-inch pancakes
MOCHA CAPPUCINO PANCAKES SERVED WITH CINNAMON WHIPPED CREAM

YIELD: 82 - 4-inch pancakes

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>CINNAMON WHIPPED CREAM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whipping cream, heavy</td>
<td>2 lb 8 oz</td>
<td>5 cups</td>
</tr>
<tr>
<td>Sugar, granulated</td>
<td>8 oz</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cinnamon, ground</td>
<td></td>
<td>1 Tbsp</td>
</tr>
<tr>
<td>Total Cinnamon Whipped Cream Weight</td>
<td>3 lb</td>
<td></td>
</tr>
<tr>
<td>PANCAKE BATTER</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coffee, brewed, cool</td>
<td>5 lb 8 oz</td>
<td>11 cups</td>
</tr>
<tr>
<td>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</td>
<td>5 lb</td>
<td>1 box</td>
</tr>
<tr>
<td>Total Pancake Batter Weight</td>
<td>10 lb 8 oz</td>
<td></td>
</tr>
<tr>
<td>FINISHING</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate shavings, semi-sweet</td>
<td>3 lb 6 oz</td>
<td>8 cups</td>
</tr>
<tr>
<td>Total Finishing Weight</td>
<td>3 lb 6 oz</td>
<td></td>
</tr>
</tbody>
</table>

**DIRECTIONS**

**CINNAMON WHIPPED CREAM**

1. **Combine** cream, sugar and cinnamon in a mixer bowl with a whip attachment on medium speed approximately 4-6 minutes. DO NOT OVER WHIP.
2. **Refrigerate** until needed.

**PANCAKE BATTER**

1. **Combine** coffee and mix in a mixing bowl.
2. **Mix** using a wire whip until batter is blended and smooth.
3. **Deposit** 2 oz of batter onto a lightly greased 375°F griddle.
4. **Grill** for 1½ minutes on each side or until puffed and edges begin to dry. Turn only once.

**FINISHING**

1. **Top** each pancake with approximately 1 Tbsp of cinnamon whipped cream and 1 Tbsp of chocolate shavings.

**NUTRITION:**

(Values calculated using weights of ingredients.)

1 serving: Calories 250 (Calories from Fat 1100); Total Fat 12g (Saturated Fat 7g; Trans Fat 0g); Cholesterol 25mg; Sodium 290mg; Total Carbohydrate 33g (Dietary Fiber 1g; Sugars 16g); Protein 3g

% Daily Value: Vitamin A 2%; Vitamin C 0%; Calcium 6%; Iron 10%

Exchanges: 1 Starch, 1 Other Carbohydrate, 2-1/2 Fat
WHOLE GRAIN WAFFLES

YIELD: 29 - 6 oz waffles
WHOLE GRAIN WAFFLES
YIELD: 29 - 6 oz waffles

INGREDIENTS

<table>
<thead>
<tr>
<th></th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water, cool (72°F)</td>
<td>5 lb</td>
<td>10 cups</td>
</tr>
<tr>
<td>Eggs, large, whole</td>
<td>7 oz</td>
<td>4 each</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>7.5 oz</td>
<td>1 cup</td>
</tr>
<tr>
<td>GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527)</td>
<td>5 lb</td>
<td>1 box</td>
</tr>
<tr>
<td><strong>Total Weight</strong></td>
<td><strong>10 lb 14.5 oz</strong></td>
<td></td>
</tr>
</tbody>
</table>

DIRECTIONS

1. **Combine** water, eggs and oil in mixing bowl.
2. **Mix** using a wire whip until well blended.
3. **Add** total amount of pancake mix.
4. **Mix** until blended and smooth.

SCALE

1. **Deposit** 6 oz (#6 scoop) of batter onto a heavily oiled, preheated waffle iron set at 375°-380°F.
2. **Bake** 3-4 minutes or until golden brown.

FINISHING AND MERCHANDISING

**Toppings:** Top with fruit sauces or your favorite syrup.

**NUTRITION:**
(Values calculated using weights of ingredients.)
1 serving: Calories 220 (Calories from Fat 100); Total Fat 11g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 35mg; Sodium 450mg; Total Carbohydrate 27g (Dietary Fiber 2g; Sugars 5g); Protein 4g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 6%
**Exchanges:** 1 Starch, 1/2 Other Carbohydrate, 2 Fat
CHICKEN AND WAFFLE SANDWICH

YIELD: 29 waffles
CHICKEN AND WAFFLE SANDWICH
YIELD: 29 waffles

### INGREDIENTS

<table>
<thead>
<tr>
<th>Weight Measure</th>
<th>Spicy Maple Mayo</th>
<th>Chicken</th>
<th>Waffle Batter</th>
<th>Bacon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mayonnaise</td>
<td>2 lb 4 oz</td>
<td>7 lb 4 oz</td>
<td>5 lb</td>
<td>1 lb 8 oz</td>
</tr>
<tr>
<td>Pancake Syrup</td>
<td>12 oz 1 cup</td>
<td></td>
<td>8 oz 4 each</td>
<td></td>
</tr>
<tr>
<td>Cayenne pepper, ground</td>
<td>1.5 oz 3/4 tsp</td>
<td></td>
<td>7.5 oz 1 cup</td>
<td></td>
</tr>
<tr>
<td>Hot sauce</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total Spicy Maple Mayo Weight** 3 lb 1.5 oz

**Chicken tenders, breaded, 1 oz portion** 7 lb 4 oz 116 each

**Total Chicken Weight** 7 lb 4 oz

**Water, cool (72°F)** 5 lb 10 cups

**Eggs, large, whole** 8 oz 4 each

**Oil, vegetable** 7.5 oz 1 cup

**GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)** 5 lb 1 box

**Total Waffle Batter Weight** 10 lb 15.5 oz

**Bacon slices, cooked** 1 lb 8 oz 58 each

**Total Bacon Weight** 1 lb 8 oz

### DIRECTIONS

**SPICY MAPLE MAYO**

1. **Combine** mayonnaise, pancake syrup, cayenne and hot sauce in a mixing bowl. Mix with rubber spatula until well combined. Chill until ready to use.

**CHICKEN**

1. **Prepare** chicken according to manufacturer’s directions. Hold warm until ready to use.

**WAFFLE BATTER**

1. **Combine** water, eggs and oil in a mixing bowl. Mix using a wire whip until well blended.

2. **Add** pancake mix. Mix until well blended and smooth.

3. **Deposit** 6 oz of batter onto a well oiled preheated waffle iron set at 375°-380°F. Bake 3-4 minutes or until golden brown.

### ASSEMBLY

1. **Spread** 3 Tbsp of spicy mayo across waffle.

2. **Place** 4 oz of chicken tenders or strips across half of the waffle.

3. **Add** 2 bacon strips across chicken.

4. **Fold** over and serve.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 1070 (Calories from Fat 620); Total Fat 68g (Saturated Fat 14g, Trans Fat 0.5g); Cholesterol 125mg; Sodium 2110mg; Total Carbohydrate 80g (Dietary Fiber 2g, Sugars 15g); Protein 34g

% Daily Value: Vitamin A 4%; Vitamin C 0%; Calcium 10%; Iron 25%

**Exchanges:** 4-1/2 Starch, 1 Other Carbohydrate, 3 Medium-Fat Meat, 10 Fat
WHOLE GRAIN BACON PANCAKES

YIELD: 100 - 2 oz pancakes
# Whole Grain Bacon Pancakes

**Yield:** 100 - 2 oz pancakes

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water, cool (72°F)</td>
<td>5 lb 8 oz</td>
<td>11 cups</td>
</tr>
<tr>
<td>Bacon, cooked, fine chop</td>
<td>1 lb</td>
<td>4 cups</td>
</tr>
<tr>
<td><strong>Gold Medal® ZT Whole Grain Complete Pancake Mix 5 lb (31527)</strong></td>
<td>5 lb</td>
<td>1 box</td>
</tr>
<tr>
<td>Total Weight</td>
<td>11 lb 8 oz</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

1. **Pour** water and bacon into mixing bowl.
2. **Add** mix. Mix using a wire whip until batter is blended and smooth. **DO NOT** OVER MIX.
3. **Deposit** 2 oz of batter onto a preheated griddle set at 375°F.
4. **Grill** 1½ minutes on each side or until puffed and golden brown and edges begin to dry.

## Nutrition:

(Values calculated using weights of ingredients.)

- **1 Serving:** Calories 110 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 5mg; Sodium 360mg; Total Carbohydrate 15g (Dietary Fiber 1g; Sugars 3g); Protein 4g
- **% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 4%
- **Exchanges:** 1 Starch, 1/2 Fat
WHOLE GRAIN SAUSAGE PANCAKES

YIELD: 100 - 2 oz pancakes
WHOLE GRAIN SAUSAGE PANCAKES

YIELD: 100 - 2 oz pancakes

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water, cool (72°F)</td>
<td>5 lb 8 oz</td>
<td>11 cups</td>
</tr>
<tr>
<td>Sausage, cooked, fine chop</td>
<td>1 lb</td>
<td>4 cups</td>
</tr>
<tr>
<td><strong>GOLD MEDAL® ZT WHOLE GRAIN COMPLETE 5 LB (31527)</strong></td>
<td>5 lb 8 oz</td>
<td>1 box</td>
</tr>
<tr>
<td>Total Weight</td>
<td>11 lb 8 oz</td>
<td></td>
</tr>
</tbody>
</table>

**DIRECTIONS**

1. **Pour** water and sausage into mixing bowl.
2. **Add** pancake mix. Mix using a wire whip until batter is blended and smooth. DO NOT OVER MIX.
3. **Deposit** 2 oz of batter onto a preheated griddle set at 375°F.
4. **Grill** 1½ minutes on each side or until puffed and golden brown and edges begin to dry.

**NUTRITION:**
(Values calculated using weights of ingredients.)

1 serving: Calories 100 (Calories from Fat 25); Total Fat 3g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 5mg; Sodium 290mg; Total Carbohydrate 15g (Dietary Fiber 1g; Sugars 3g); Protein 3g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 4%

Exchanges: 1 Starch, 1/2 Fat
DELUXE PANCAKE STRATA

YIELD: 54 - 3 3/4 x 4-inch servings
DELUXE PANCAKE STRATA
YIELD: 54 - 3¼ x 4-inch servings

**INGREDIENTS**

<table>
<thead>
<tr>
<th>VEGETABLE MIXTURE</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable oil</td>
<td>2 oz</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Onions, diced</td>
<td>2 lb</td>
<td>4 cups</td>
</tr>
<tr>
<td>Green bell peppers, diced</td>
<td>1 lb</td>
<td>3 cups</td>
</tr>
<tr>
<td>Red bell peppers, diced</td>
<td>1 lb</td>
<td>3 cups</td>
</tr>
<tr>
<td>Total Vegetable Mixture Weight</td>
<td>4 lb</td>
<td>2 oz</td>
</tr>
</tbody>
</table>

**STRATA BATTER**

<table>
<thead>
<tr>
<th>Water, cool (72°F)</th>
<th>5 lb</th>
<th>8 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</td>
<td>5 lb</td>
<td>1 box</td>
</tr>
<tr>
<td>Total Strata Batter Weight</td>
<td>10 lb</td>
<td>8 oz</td>
</tr>
</tbody>
</table>

**TOPPINGS**

| Ham, diced                         | 2 lb   | 6 cups  |
| Cheddar cheese, shredded           | 2 lb   | 8 cups  |
| Total Toppings Weight              | 4 lb   |         |

**FINISHING**

| Old El Paso® Thick & Chunky Salsa Medium gallon (88792) | 1 lb 11 oz | 3 cups |
| Total Finishing Weight              | 1 lb 11 oz |         |

**DIRECTIONS**

**VEGETABLE MIXTURE**
1. **Sauté** onions and peppers in oil over medium heat for 5 minutes. Allow to cool and set aside.

**STRATA BATTER**
1. **Pour** water into a mixing bowl.
2. **Add** mix.
3. **Mix** with wire whip until batter is smooth.

**SCALE**
1. **Divide** batter between 3 greased hotel pans, approximately 3½ lbs.
2. **Sprinkle** approximately 1 lb 5 oz sautéed onions and peppers and approximately 8 oz each of ham and of cheese evenly over the batter in each pan.

**BAKE**
- Convection Oven* 350°F 15-20 minutes
- Standard Oven 400°F 25-30 minutes
*Rotate pans baked in a convection oven one-half turn (180°) after 8 minutes of baking.

**FINISHING**
1. **Top** each serving with 1 Tbsp of salsa.

**NUTRITION:**
(Values calculated using weights of ingredients.)
1 serving: Calories 280 (Calories from Fat 100); Total Fat 11g (Saturated Fat 5g; Trans Fat 0g); Cholesterol 40mg; Sodium 660mg; Total Carbohydrate 32g (Dietary Fiber 2g; Sugars 7g); Protein 2g
% Daily Value: Vitamin A 10%; Vitamin C 15%; Calcium 15%; Iron 10%
Exchanges: 2 Starch, 1 High-Fat Meat
CRISPY CORN CAKE

YIELD: 104 corn cakes
CRISPY CORN CAKE
YIELD: 104 corn cakes

INGREDIENTS

<table>
<thead>
<tr>
<th>CORN CAKE BATTER</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water, cool (72°F)</td>
<td>5 lb</td>
<td>2 quart 1 pint</td>
</tr>
<tr>
<td>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</td>
<td>5 lb</td>
<td>1 box</td>
</tr>
<tr>
<td>Corn meal</td>
<td>1 lb</td>
<td>4 oz</td>
</tr>
<tr>
<td>Red bell pepper, fresh, small dice</td>
<td>1 lb</td>
<td>3 cups</td>
</tr>
<tr>
<td>Jalapeno pepper, fresh, minced</td>
<td>5 oz</td>
<td>1 cup</td>
</tr>
<tr>
<td>Onion, fresh, minced</td>
<td>8 oz</td>
<td>1½ cups</td>
</tr>
<tr>
<td>Garlic, chopped</td>
<td>1.5 oz</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Black pepper, coarse ground</td>
<td>4 oz</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Cayenne pepper, ground</td>
<td>1¼ tsp</td>
<td></td>
</tr>
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</table>

Total Corn Cake Batter Weight 13 lb 2.5 oz

GRILLING

<table>
<thead>
<tr>
<th>GRILLING</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oil, for frying</td>
<td>1 lb</td>
<td>4 oz</td>
</tr>
</tbody>
</table>

Total Pancake Batter Weight 1 lb 4 oz

DIRECTIONS

CORN CAKE BATTER
1. Add water to mixing bowl.
2. Add pancake mix and corn meal and mix with a wire whip until blended.
3. Fold in remaining ingredients.

GRILLING
1. Deposit batter using a #20 scoop onto a greased, preheated large skillet on medium high heat. Skillet should have enough oil to create a thin layer on the bottom of the pan.
2. Grill approximately 1 minute or until golden brown. Flip and cook additional minute. Keep warm.
3. Repeat cooking in batches, adding more oil if necessary.

SERVING SUGGESTION
• Top each cake with a poached egg and a Southwestern hollandaise sauce.

Note: Recipe calls for a reduced amount of water than listed on the back of the box.

NUTRITION:
(Values calculated using weights of ingredients.)
1 serving: Calories 150 (Calories from Fat 60); Total Fat 7g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 220mg; Total Carbohydrate 20g (Dietary Fiber 1g; Sugars 3g); Protein 2g
% Daily Value: Vitamin A 4%; Vitamin C 6%; Calcium 2%; Iron 6%
Exchanges: 1-1/2 Starch, 1 Fat

FINISHING TIP
BAKED WHOLE GRAIN PANCAKE SQUARES

YIELD: 64 - 2 squares per serving (2 full sheet pans)
BAKED WHOLE GRAIN PANCAKE SQUARES
YIELD: 64 - 2 squares per serving (2 full sheet pans)

INGREDIENTS | WEIGHT | MEASURE
---|---|---
Water, cool (72°F) | 5 lb | 10 cups
Eggs, large whole | 7 oz | 4 each
Vegetable oil | 7.5 oz | 1 cup
GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527) | 5 lb | 1 box

Total Weight | 10 lb 14.5 oz

DIRECTIONS

1. **Pour** total amount of water into a mixing bowl.
2. **Add** eggs and oil.
3. **Mix** using a wire whip until blended.
4. **Add** total amount of mix.
5. **Mix** using a wire whip until batter is smooth.

SCALE

1. **Grease** or spray 2 full sheet pans.
2. **Deposit** 5 lb 6 oz batter per pan.

BAKE

Convection Oven* 350°F 8-12 minutes
Standard Oven 400°F 13-18 minutes
*Rotate pans baked in a convection oven one-half turn (180°) half way through baking.

NUTRITION:
(Values calculated using weights of ingredients.)

1 serving: Calories 170 (Calories from Fat 60); Total Fat 6g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 15mg; Sodium 400mg; Total Carbohydrate 24g (Dietary Fiber 2g; Sugars 4g); Protein 4g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 4%

Exchanges: 1-1/2 Starch, 1 Fat

FINISHING TIP
WHOLE GRAIN CHOCOLATE SWIRL PANCAKES

YIELD: 41 - 4 oz pancakes
WHOLE GRAIN CHOCOLATE SWIRL PANCAKES

YIELD: 41 - 4 oz pancakes

INGREDIENTS

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>PLAIN BATTER</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water, cool (72°F)</td>
<td>2 lb</td>
<td>12 oz</td>
</tr>
<tr>
<td>GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527)</td>
<td>2 lb</td>
<td>8 oz</td>
</tr>
<tr>
<td>Total Plain Batter Weight</td>
<td>5 lb</td>
<td>4 oz</td>
</tr>
<tr>
<td>CHOCOLATE BATTER</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cocoa powder, sifted</td>
<td>4 oz</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527)</td>
<td>2 lb</td>
<td>8 oz</td>
</tr>
<tr>
<td>Water, cool (72°F)</td>
<td>2 lb</td>
<td>12 oz</td>
</tr>
<tr>
<td>Total Chocolate Batter Weight</td>
<td>5 lb</td>
<td>8 oz</td>
</tr>
<tr>
<td>LINGONBERRY SAUCE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maple syrup</td>
<td>4 lb</td>
<td>1/2 cups</td>
</tr>
<tr>
<td>Lingonberries, IQF</td>
<td>2 lb</td>
<td>8 cups</td>
</tr>
<tr>
<td>Total Lingonberry Sauce Weight</td>
<td>6 lb</td>
<td></td>
</tr>
</tbody>
</table>

DIRECTIONS

1. **Combine** 5 1/2 cups of water and 1/2 box of pancake mix in a mixing bowl. Mix using a wire whip until blended and smooth. Set aside.

2. In a separate mixing bowl, **combine** sifted cocoa powder and pancake mix. **Add** water and mix using a wire whip until blended and smooth.

3. **Deposit** a 2 oz ladle of plain batter onto a lightly greased 375°F griddle.

4. **Swirl** a 2 oz ladle of the chocolate batter through the plain batter.

5. **Grill** for 2 minutes on each side or until puffed and edges begin to dry. Turn only once.

FINISHING: LINGONBERRY SAUCE

1. **Heat** maple syrup until warm.

2. **Add** lingonberries and stir to combine.

3. **Top** each pancake with 2 oz of sauce.

NUTRITION:

(Values calculated using weights of ingredients.)

1 serving:
- Calories 370 (Calories from Fat 35)
- Total Fat 4g (Saturated Fat 1.5g; Trans Fat 0g)
- Cholesterol 5mg
- Sodium 630mg
- Total Carbohydrate 77g (Dietary Fiber 3g; Sugars 42g)
- Protein 5g

% Daily Value:
- Vitamin A 0%
- Vitamin C 0%
- Calcium 8%
- Iron 10%

Exchanges: 2 Starch, 3 Other Carbohydrate, 1/2 Fat
RED VELVET PANCAKES

YIELD: 120 - 2 oz pancakes
# RED VELVET PANCAKES

YIELD: 120 - 2 oz pancakes

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water, cool (72°F)</td>
<td>7 lb</td>
<td>14 cups</td>
</tr>
<tr>
<td>Chocolate syrup</td>
<td>1 lb</td>
<td>4 oz</td>
</tr>
<tr>
<td>Food coloring, red</td>
<td></td>
<td>2 oz</td>
</tr>
<tr>
<td>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</td>
<td>5 lb</td>
<td>1 box</td>
</tr>
<tr>
<td>GOLD MEDAL® ZT DEVIL’S FOOD CAKE MIX 5 LB (11112)</td>
<td>2 lb</td>
<td>8 oz</td>
</tr>
<tr>
<td><strong>Total Weight</strong></td>
<td><strong>15 lb</strong></td>
<td><strong>14 oz</strong></td>
</tr>
</tbody>
</table>

## DIRECTIONS

1. **Pour** total amount of water, food color and chocolate syrup into mixing bowl.
2. **Add** total amount of mixes.
3. **Mix** using a wire whip on low speed for 1 minute, until batter is blended and smooth. Stop mixer. Scrape bowl and paddle; mix for 1 minute.

## GRIDDLE

1. **Deposit** 2 oz batter on preheated griddle set at 350°F. Griddle 1-1½ minutes on each side or until puffed and edges begin to dry. Turn only once.

## NUTRITION:

(Values calculated using weights of ingredients.)

1 serving: Calories 130 (Calories from Fat 25); Total Fat 3g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 5mg; Sodium 270mg; Total Carbohydrate 22g (Dietary Fiber 1g; Sugars 8g); Protein 2g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 2%; Iron 6%

Exchanges: 1/2 Starch, 1 Other Carbohydrate, 1 Fat
PEANUT BUTTER CHIP PANCAKES WITH DARK CHOCOLATE DRIZZLE

YIELD: 84 - 2 oz pancakes
PEANUT BUTTER CHIP PANCAKES
WITH DARK CHOCOLATE DRIZZLE

YIELD: 84 - 2 oz pancakes

INGREDIENTS

<table>
<thead>
<tr>
<th>Pancake Batter</th>
<th>Weight</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water, cool (72°F)</td>
<td>5 lb</td>
<td>8 oz</td>
</tr>
<tr>
<td>Gold Medal® ZT Complete Buttermilk Pancake Mix 5 lb (11827)</td>
<td>5 lb</td>
<td>1 box</td>
</tr>
<tr>
<td>Peanut butter chips</td>
<td>2 lb</td>
<td>6 oz</td>
</tr>
<tr>
<td>Total Pancake Batter Weight</td>
<td>12 lb</td>
<td>14 oz</td>
</tr>
</tbody>
</table>

FINISHING

| Chocolate syrup         | 2 lb   | 12 oz    |
| Total Finishing Weight  |        | 2 lb 12 oz |

DIRECTIONS

1. Combine water and mix in mixing bowl.
2. Mix using a wire whip until batter is blended and smooth.
3. Deposit 2 oz of batter onto a lightly greased 375°F griddle.
4. Sprinkle ½ oz of peanut butter chips in batter on each pancake.
5. Grill for 1½ minutes on each side or until pancake turns brown and edges begin to dry.
6. Place pancakes on serving platter.
7. Drizzle 1 oz of syrup over each pancake.

NUTRITION:
(Values calculated using weights of ingredients.)

1 serving: Calories 210 (Calories from Fat 60); Total Fat 6g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 10mg; Sodium 330mg; Total Carbohydrate 35g (Dietary Fiber 1g; Sugars 16g); Protein 4g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 8%

Exchanges: 1 Starch, 1-1/2 Other Carbohydrate, 1 Fat
BLUEBERRY PANCAKE SQUARES

YIELD: 128 - 2 x 3-inch servings
BLUEBERRY PANCAKE SQUARES

YIELD: 128 - 2 x 3-inch servings

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water, cool (72°F)</td>
<td>5 lb 8 oz</td>
<td>11 cups</td>
</tr>
<tr>
<td>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</td>
<td>5 lb</td>
<td>1 box</td>
</tr>
<tr>
<td>Blueberries, IQF</td>
<td>3 lb</td>
<td>9 cups</td>
</tr>
<tr>
<td>Total Weight</td>
<td>13 lb 8 oz</td>
<td></td>
</tr>
</tbody>
</table>

**DIRECTIONS**

1. **Prepare** mix according to box directions.

**SCALE**

1. **Divide** batter evenly between 2 greased or parchment-lined full sheet pans. Spread evenly.
2. **Sprinkle** blueberries evenly over the batter in each pan.

**BAKE**

Convection Oven* 350°F 15-20 minutes
Standard Oven 400°F 20-25 minutes

*Rotate pans baked in a convection oven one-half turn (180°) after 8 minutes of baking.

**NUTRITION:**

(Values calculated using weights of ingredients.)

1 serving: Calories 70 (Calories from Fat 15); Total Fat 1.5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 5mg; Sodium 180mg; Total Carbohydrate 13g (Dietary Fiber 0g; Sugars 3g); Protein 1g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 2%; Iron 4%

Exchanges: 1/2 Starch, 1/2 Other Carbohydrate
CHOCOLATE CHIP PANCAKES TOPPED WITH SWIRLS OF PEANUT BUTTER & JELLY

YIELD: 84 - 2 oz pancakes
CHOCOLATE CHIP PANCAKES TOPPED WITH SWIRLS OF PEANUT BUTTER & JELLY

YIELD: 84 - 2 oz pancakes

INGREDIENTS

<table>
<thead>
<tr>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 lb 12 oz</td>
<td>12 lb 12 oz</td>
</tr>
</tbody>
</table>

PANCAKE BATTER

- Water, cool (72°F)
- GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)
- Chocolate chips, semisweet

FINISHING

- Peanut butter, smooth
- Raspberry pie filling, prepared

DIRECTIONS

1. **Combine** water and mix in a mixing bowl.
2. **Mix** using a wire whip until batter is blended and smooth.
3. **Deposit** 2 oz of batter onto a lightly greased 375°F griddle.
4. **Sprinkle** 1½ oz of chocolate chips into batter on each pancake.
5. **Grill** for 1½ minutes on each side or until pancake turns golden brown and edges begin to dry.

FINISHING

1. **Place** pancakes on serving platter. Combine peanut butter and filling into a pastry bag. Pipe approximately 1 oz of mixture onto center of each pancake.

NUTRITION:

(Values calculated using weights of ingredients.)

1 serving: Calories 280 (Calories from Fat 110); Total Fat 13g (Saturated Fat 4.5g; Trans Fat 0g); Cholesterol 10mg; Sodium 340mg; Total Carbohydrate 34g (Dietary Fiber 2g; Sugars 16g); Protein 6g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 10%

Exchanges: 1 Starch, 1 Other Carbohydrate, 1/2 High-Fat Meat, 2 Fat
SWEET POTATO PANCAKES WITH SPICED PECANS AND PEACH BUTTER

YIELD: 84 - 2 oz pancakes
SWEET POTATO PANCAKES WITH SPICED PECANS AND PEACH BUTTER

YIELD: 84 - 2 oz pancakes

INGREDIENTS

<table>
<thead>
<tr>
<th>PEACH BUTTER</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peaches, canned, sliced, drained</td>
<td>1 lb</td>
<td>2 cups</td>
</tr>
<tr>
<td>Butter, unsalted, softened</td>
<td>2 lb</td>
<td>4 cups</td>
</tr>
<tr>
<td>Brown sugar, packed</td>
<td>7 oz</td>
<td>1 cup</td>
</tr>
<tr>
<td>Total Peach Butter Weight</td>
<td>3 lb</td>
<td>7 oz</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>SPICED PECANS</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pecans, chopped</td>
<td>2 lb</td>
<td>8 cups</td>
</tr>
<tr>
<td>Butter, unsalted</td>
<td>2 oz</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Honey</td>
<td>4 oz</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Cayenne pepper, ground</td>
<td></td>
<td>1 tsp</td>
</tr>
<tr>
<td>Salt</td>
<td></td>
<td>2 tsp</td>
</tr>
<tr>
<td>Total Spiced Pecans Weight</td>
<td>2 lb</td>
<td>6 oz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PANCAKE BATTER</th>
<th>WEIGHT</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet potatoes, canned, drained</td>
<td>5 lb</td>
<td>10 cups</td>
</tr>
<tr>
<td>Cinnamon, ground</td>
<td>1.25 oz</td>
<td>4 Tbsp</td>
</tr>
<tr>
<td>Honey</td>
<td>1 lb</td>
<td>8 oz</td>
</tr>
<tr>
<td>Nutmeg, ground</td>
<td>5 lb</td>
<td>11 cups</td>
</tr>
<tr>
<td>Salt</td>
<td>2 tsp</td>
<td></td>
</tr>
<tr>
<td>Total Pancake Batter Weight</td>
<td>17 lb</td>
<td>1.25 oz</td>
</tr>
</tbody>
</table>

DIRECTIONS

PEACH BUTTER
1. Combine peaches, butter, and brown sugar in a food processor.
2. Pulse until well-blended.
3. Remove. Place in refrigerator until chilled.

SPICED PECANS
1. Heat skillet over medium heat.
2. Add pecans, pepper, salt, butter and 4 oz honey to skillet.
3. Toast pecan mixture for about 10 minutes, until light brown and carmelized.
4. Remove from heat. Set aside.

PANCAKE BATTER
1. Combine sweet potatoes, 1lb 8oz honey, cinnamon, nutmeg and water in mixing bowl.
2. Mix using wire whip until well-blended and smooth.
3. Add mix. Mix using a wire whip until batter is blended and smooth.
4. Deposit 2 oz of batter onto a lightly greased 375°F griddle.
5. Grill for 1½ minutes on each side, or until pancake turns golden brown and edges begin to dry.
6. Place pancakes on serving platter.
7. Top each pancake with approximately 1 Tbsp each of peach butter and spiced pecans. Serve.

NUTRITION:
(Values calculated using weights of ingredients.)
1 serving: Calories 340 (Calories from Fat 170); Total Fat 19g (Saturated Fat 7g; Trans Fat 0g); Cholesterol 35mg; Sodium 420mg; Total Carbohydrate 38g (Dietary Fiber 3g; Sugars 20g); Protein 4g
% Daily Value: Vitamin A 60%; Vitamin C 2%; Calcium 6%; Iron 10%
Exchanges: 1 Starch, 1-1/2 Other Carbohydrate, 3-1/2 Fat
Thank you for being a part of the Gold Medal® legacy.