

beyond BREAKFAST

Get'em while they're haute: chef Marybeth Boller flips up stacks of healthful, elegant pancakes round-the-clock



Call them pancakes with panache. Or hautescakes. But Marybeth Boller, chef de cuisine at NYC's elegant Restaurant Lafayette, has discovered the flip side of the humble hotcake. Laced with everything from salmon to shiitake mushrooms, hers are healthful—and refined enough to serve at dinner.

Leave it to Boller, who loves her shut-eye, to plumb pancakes' postbreakfast potential. Hers are low in fat and calories, as hip as they are homespun. And Boller is not alone: Eminent chefs nationwide are replacing standard starches—potatoes, rice and pastas—with pancakes.

Boller's first pancake for the restaurant was born out of chef's play: She needed to garnish a chicken dish and found wild rice and vegetables to be apt, but lackluster, accompaniments. "The pancake is something a little different—plus, it's easy," she observes. After tasting the wild-rice pancake, we asked Boller to let her imagination run wild.

Boller accepted SELF's challenge: She whipped up recipes to punctuate every meal. These pancakes do more than topple the breakfast-food stereotype. They take the plate as appetizers, side dishes and entrées—and even lay a savory foundation for a salad. Because they're laden with fruits and vegetables, they're more nutritious than the heavy white-flour variety. Best of all, Boller's pancakes are ready in a blink.

—*Pamela Weiers*

CLEVER GOURMET

- low in fat
- low in calories
- easy to prepare
- fast to prepare
- versatile



Pancakes get both a nutritional and a taste boost when the mix includes fresh fruits and grains, this page. Bolter's late-night supper pancake, left, is topped with a wedge of succulent salmon.

PANCAKES ROUND-THE-CLOCK

MAKING A PERFECT PANCAKE

■ **Stand by your pan** Coat skillet with vegetable spray and place over medium heat until hot but not smoking. When cooking, monitor closely, lowering heat (or re-spraying pan between batches) as needed to prevent scorching. Keep the skillet clean so that spills don't burn.

■ **Go easy on the batter** For best results, measure. Use about 2 T. batter for a 3-inch pancake. Cook just 1 or 2 at a time to allow ample flipping room.

■ **Fine-tune your flip** When bubbles appear on pancake's surface (after 30 seconds to a minute), it's turnover time. Flip and cook until golden, about a minute more. (Note slight variations in recipes.) Drain on paper towels.

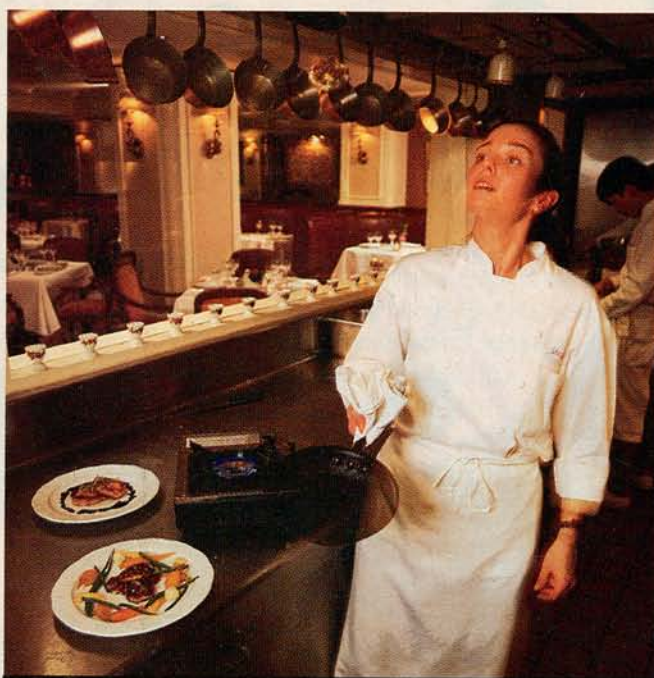
■ **Deliver hot** When you've made the last pancake, heat any that have lost their warmth in a 350° oven for 5 minutes. While you're at it, warm up the plates. —P.W.

Bring milk to a boil over medium-high heat, stirring constantly. Pour over oats in a medium-size bowl, and let rest 15 minutes. Grate orange zest into the mixture. Stir in egg. Add salt, pepper and sugar as desired, then gently fold in berries. Spray skillet and cook pancakes (see the box, "Making a Perfect Pancake"). Spoon 1 T. warm applesauce on top

Cook all ingredients in a saucepan over low heat for about 20 minutes, stirring often and mashing apple pieces with the back of a spoon as they soften. (Puree applesauce in a food processor if a smoother texture is desired). Serve warm with pancakes. Applesauce will keep in the refrigerator for about a week.

Calories per serving: 195

¼ c. milk with the juice of ½ lemon squeezed into it
⅓ c. vegetables (such as sweet corn, peas or fava beans), steamed or boiled
Salt and freshly ground black pepper to taste
¾ c. egg whites
Vegetable spray
6 c. steamed spring vegetables (recipe follows)



Batter up! Chef Marybeth Boller demonstrates her technique with wild-rice pancakes at Restaurant Lafayette in New York City.

In a large bowl, mix together rice, flour, egg, yolk, baking soda, apple, milk and vegetables. Season with salt and pepper. (Mixture may be prepared a day in advance and refrigerated.) Just prior to cooking, beat egg whites until stiff peaks form, then fold into mixture. Spray skillet and cook according to instructions (see box). Serve with a cup of steamed spring vegetables heaped on top of or alongside the pancakes.

Steamed spring vegetables

2 c. baby carrots
2 c. zucchini, peeled and sliced into matchsticks
2 c. yellow squash, peeled and sliced into rounds on the diagonal
2 T. fresh tarragon, chopped
2 T. fresh chives, chopped

Bring water to a boil in a steamer. Place carrots in steamer, cover, and cook until tender, about 3 to 5 minutes. Remove with a slotted spoon and reserve in a medium-size bowl. Repeat with zucchini, then yellow squash. Gently toss vegetables with tarragon and chives.

Calories per serving: 140
Fat grams per serving: 3.5
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of each pancake (or, if you prefer, serve with about ¼ c. applesauce on the side).

Fat grams per serving: 4

Spicy applesauce

Makes 2¼ c., or 12 3-T. servings

5 apples (such as Granny Smith or McIntosh), peeled, cored and chopped

Juice of 1 lemon

1 tsp. cinnamon powder

1 T. sugar (optional)

1½ T. calvados (optional)

Lunch:

Wild-rice and vegetable pancakes with steamed spring vegetables

Makes 6 servings (4 pancakes per serving)

½ c. cooked wild rice

¼ c. all-purpose flour

1 egg

1 egg yolk

¼ tsp. baking soda

½ apple, peeled, cored and finely diced

Breakfast:

Orange and blueberry oatmeal pancakes with spicy applesauce

Makes 4 servings (3 pancakes per serving)

1 c. skim milk

1½ c. quick-cooking oats

Zest of 1 orange

1 egg

Salt and freshly ground black pepper to taste

1 T. sugar (optional)

½–¾ c. blueberries

Vegetable spray

¾ c. spicy applesauce

(recipe follows)