

Fluffy Blueberry Buttermilk Pancakes – Comfort du Jour

For these fluffy, buttermilk-rich blueberry pancakes, I turned to a favorite King Arthur Baking Company recipe, and I added a twist to give them extra loft. The ingredient list isn't changed, but the technique is slightly different in that I separate the eggs before mixing, whipping the whites separately and then folding them into the batter just before griddling. It's a simple kitchen trick that elevates any favorite pancake recipe—figuratively and literally.

Makes 8 pancakes

Adapted from [Buttermilk Pancakes | King Arthur Baking](#)

INGREDIENTS

3/4 cup all-purpose flour + 1/4 cup whole wheat pastry flour
1 Tbsp. sugar
1/2 tsp. ground cinnamon
1/2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1 large egg, separated* (see notes)
1 cup thick buttermilk*
1 Tbsp. melted butter
1 tsp. real vanilla extract
~ 1 cup fresh or frozen (thawed and rinsed) blueberries

*NOTES

Eggs separate more easily when they are cold, so take care of that first and set each part aside until they are room temperature. It's best for the buttermilk to be near room temperature, also.

INSTRUCTIONS

Heat an electric griddle to 350°F, or a cast-iron skillet over medium heat.

In a medium bowl, whisk together the dry ingredients. In a separate bowl, combine the egg yolk, buttermilk, melted butter and vanilla. Whisk together until smooth. Mix the wet ingredients with the flour ingredients, stirring just until blended.

In yet another bowl, whip the egg white with an electric hand mixer. When properly whipped, the egg white should increase a great deal in volume and will form stiff peaks when you remove the whisk.

Fold the whipped white into the bowl with the rest of the batter, taking care not to stir down and deflate the batter. Allow it to rest about 15 minutes.

Ladle batter onto griddle in smallish rounds, about 4 inches across. Do not swirl or otherwise flatten the batter—we want them fluffy, remember? Cook the first side about a minute, then arrange blueberries onto the cakes. Continue to cook until the pancakes are set on the edges and bubbly all over the top.

Turn gently and cook the other side. Serve warm with butter and real maple syrup.