

# MAKING FAMILY LIFE MORE FUN

## Family Rituals Can Make For Mouthwatering Memories

(NAPSA)—Nurturing rituals can be comforting, familiar contributions to family life. And the ritual of a leisurely Sunday breakfast of homemade pancakes is not only heartwarming, it can be super-easy, inexpensive and enjoyed by all ages.

Making pancakes a little more special than plain box mix is the difference between a meal and a memory. Here are some techniques to make better-than-average cakes, including a recipe made yummier with healthful, naturally sweet, canned Bartlett pears. For other quick and satisfying recipes, visit [www.eatcannedpears.com](http://www.eatcannedpears.com).

### Tips for Better Pancakes

**Lumpy Batter Is Best.** Resist the temptation to overmix the batter—it needs a few lumps. Overmixing develops the gluten, producing tough, not tender pancakes.

**Better Cakes Start Hot, Stay Hot.** The griddle should be hot before you pour; a few drops of water on the surface will dance when the temperature is ready. And serving on hot plates is also a good thing. Start your ritual by putting your plates in a 250-degree oven, then move on to heating the griddle and making batter. Keep the topping warm until serving.

**Everybody Loves Nice, Round Cakes.** Use a  $\frac{1}{4}$ - or  $\frac{1}{2}$ -cup measure with a handle to scoop and pour your batter. When pancake edges are cooked dry and bubbles have popped, flip just once. After a minute or so, press your finger lightly into the cakes; if the impression springs back up, breakfast is ready.

**Leftovers Freeze Beautifully.** Place on a baking sheet and freeze first without stacking. Once frozen, place in plastic bags and then reheat in the toaster. Reheat sauce in the microwave.

### Pear Pancakes With Pear-Orange Sauce

*Makes 4 Servings*

- 1 15-ounce can Bartlett pears in juice
- $\frac{1}{2}$  cup sugar
- 1 tablespoon cornstarch
- $\frac{1}{2}$  cup reserved pear juice
- 2 tablespoons frozen orange juice concentrate
- 2 tablespoons butter
- 2 cups biscuit mix
- 1 cup milk
- 2 eggs

**Drain pears, reserving juice. Chop pears, set aside. In small saucepan, combine**



**sugar and cornstarch. Stir in  $\frac{1}{2}$  cup of the reserved pear juice and orange juice concentrate; mix well. Add butter. Cook and stir until thickened and bubbly; cook and stir 1 minute longer. Stir in about  $\frac{1}{2}$  cup of the chopped pears; heat through.**

**For pancakes, mix batter according to package directions. Stir in remaining chopped pears. Using about  $\frac{1}{4}$  cup for each pancake, cook pancakes on hot grill. Serve with Pear-Orange Sauce.**

*Nutritional Information (per serving):* Calories: 505, Protein: 10.5 g, Carbohydrates: 76 g, Total Fat: 19 g, Cholesterol: 126 mg, Dietary Fiber: 3 g, % Calories from Fat: 33%