



‘The family can get in to make it... the kids as well!’

In this episode, Cam *flips* out.

From the buttermilk bubbles to the sugar, spice, and enough cream to suffice – our camp cook quits the *waffling*, using only the good stuff to guarantee the ultimate fluff in his buttermilk pancakes that are as family-friendly as they are full-bodied and kick-butt. So unless you’re a pancake, you’re never too *flat-out* to cook well-rounded, flavour-packed brekky tucker. Catch Cam and his apple-topped, double-cream-dolloped concoction of Cam-cakes here – plus more on our [YouTube channel](#), every Sunday from 6pm.



No-one is too flat-out to cook well-rounded, flavour-packed brekky tucker.

Ingredients:

Pancakes

350g of self-raising flour

100g of castor sugar

600mL of buttermilk

1 x egg

Dash of vanilla essence

Apples

300g of sliced pie/tinned apples

50g of castor sugar

1tsp of cinnamon

To Serve

Double cream

Cam’s Kit:

Companion Double Burner Wok Cooker

Campfire Nonstick Pans

Method:

1. Batter Up! (00:24)

First, take every pancake recipe you’ve ever followed before now and hit it for six.

Next, add the self-raising flour, castor sugar, vanilla, egg, and buttermilk to a bowl. The buttermilk reacts with the baking powder in the flour to create a light and fluffy pancake. Whisk the ingredients until combined – but don’t over-mix, or it will become tough. Kind of like when you razz the dog.

Don’t be concerned if the mixture is a little lumpy, this will eventually settle as the batter thickens. Stir until it drips and runs off the the wire loops of the whisk.


Let the batter rest (that was an intense innings) – you’ll notice it begin to bubble. If necessary, add more buttermilk to bring it to the ideal consistency.




 Add the flour to a bowl.


 Add the castor sugar.

 Add the vanilla essence.

 Add the egg.

 Add the buttermilk.

 Whisk the ingredients until combined.

 Do not over-mix, or the batter will become tough.


 Stir until the above consistency is achieved.


2. Prepare the Apples (02:17)

While it's always encouraged to stew your own from scratch, Cam uses pie apples from a tin for this cook.


Empty the apples into a saucepan. You're a sweet person (probably), so add some sugar – but for character development, add the cinnamon spice too.


Place the saucepan onto a burner – but ease up Turbo, keep it on a low heat so as to not burn the apples. They don't have very thick skins (in fact, they have no skin at all).

 Empty the apples into a saucepan.

 Add the castor sugar to the apples.


 Add the cinnamon.

 Place the saucepan of apples on a low heat.

 Stir the apples.

3. Check on the Batter (03:02)

The batter should have risen slightly, like a dough. Keep in mind that if it's too thin, it won't sit or shape properly in the pan.

 The batter should have risen slightly. If necessary, add more buttermilk to achieve the above consistency.

4. Cook the Batter (03:35)

Add a splash of oil, and turn on the heat. Again, don't crank it too high – we're not here to breathe fire, destroy breakfast, and burn down the darn awning.

Allow a few minutes for the pan to warm up, before gently ladling in some batter. Allow it to naturally seep across the pan into shape. Don't cook it too quickly – wait until you notice bubbles forming.

Using a flat-bladed utensil, gently lift one side of the pancake to ensure it isn't burning. Flip the pancake, and allow it to cook for another 3 minutes. In that time, stir the apples.

Transfer the cooked pancake onto a plate, and repeat. There's no need to continue adding oil.


Throughout this cook, the apple of your eye should also be... well, the apples. Your partner will understand.


Keep watch of them, and stir occasionally.


 *Add oil to a pan.*


 *Ladle the pancake batter into a hot pan.*

 *Allow the batter to naturally spread across the pan into shape.*


 *Wait until the batter begins to bubble before flipping over.*

 *Ensure the bottom of the pancake isn't burning.*

 *Flip the pancake.*

 *Flip the pancake.*


 *Allow the flipped side to cook for a further 3 minutes.*


 *Transfer cooked pancakes to a plate as you go*

5. Plate Up! (06:07)

Stack the pancakes, and spoon on the stewed apples.

Dollop the double cream on top, and drizzle with maple syrup.


 *Spoon on the stewed apples.*

 *Dollop the double cream on top.*

 *Drizzle with maple syrup.*

6. The Finished Product (06:40)

Look at that delectable dish of fluffy, full-bodied, base camp brekky, would ya?

 *An apple-topped, double-cream-dolloped concoction of Cam-cakes!*