

Hazelnut Cornmeal Pancakes

These old-fashioned flapjacks are full of energy, and a sugary topping makes them extra sweet.

½ cup chopped hazelnuts
1½ cups stone ground cornmeal
1 teaspoon baking soda
½ teaspoon salt
2 tablespoons plus 1 teaspoon oil
Berry syrup, butter, honey, or sugar
for serving

At home Toast hazelnuts on a baking sheet at 350°F, shaking once, until golden brown (about 2 minutes), then pack in a zipper-lock bag. Combine the cornmeal, baking soda, and salt; pack in a separate zipper-lock bag.

In camp Add 1 to 1½ cups of water and 2 tablespoons oil to the bag of dry ingredients. Zip closed and knead the bag gently just until batter is moistened. Let stand 10 minutes; stir in hazelnuts. (Thin batter with additional water if necessary.) Heat a 5-inch frying pan over medium-high heat. Brush with 1 teaspoon oil, reduce heat to medium, and pour batter into pan. Cook until bubbly and dry around the edges, 1 to 1½ minutes, then flip and cook until golden brown. Serve immediately with berry syrup, butter, honey, or sugar. Makes 15 to 20 small pancakes.

Tip For softer pancakes, replace ½ cup of the cornmeal with ½ cup whole wheat flour, and reduce the oil to 1 tablespoon.