



Long Livo

Baked German Pancake – Quick Breakfast Idea

15 min

Prep time

4

Servings

25 min

Cook time

Easy

Difficulty

40 min

Total time

German

Cuisine

Ingredients

Batter

- ☐ 4 large eggs
- ☐ 1 cup whole milk
- ☐ 1 cup all-purpose flour
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon vanilla extract

- ☐ 1/4 teaspoon salt

- ☐ 3 tablespoons unsalted butter, melted

Optional Toppings

- ☐ Fresh berries
- ☐ Maple syrup
- ☐ Powdered sugar
- ☐ Lemon zest

Instructions

- 1 Preheat the oven to 425°F (220°C) and place a 10-inch cast-iron skillet inside to get hot.
- 2 In a bowl, whisk eggs until light, then gradually add milk, flour, sugar, vanilla, and salt; stir just until combined.
- 3 Carefully remove the hot skillet, add melted butter, swirling to coat the bottom and sides, then pour the batter in.
- 4 Bake for 20-25 minutes until the edges are deep golden and the center has puffed dramatically. For a flavor boost, serve with fresh berries as shown in the apple pancakes recipe.
- 5 Remove from oven, dust with powdered sugar, and drizzle maple syrup if desired. Serve immediately.

Nutrition per serving

320 kcal

Calories

12 g

Protein

32 g

Carbs

14 g

Fat

Tips & notes

- The batter can be prepared ahead of time but bake right after adding to the hot pan.
- Avoid over-mixing; a few small lumps are okay and keep the pancake tender.
- If the pancake does not rise, ensure the oven is fully pre-heated and the skillet is hot.