

How to Make Easy Pannekoeken



How to make pannekoeken
for breakfast, lunch, and dinner

Recipes and Techniques

**The
Prepared Pantry**

How to Make Easy Pannekoeken

Pannekoeken are easy—as easy as a pancake. In fact, there is less prep time than with pancakes—mix the batter and stick it in the oven. (In our test kitchen with the ingredients sitting on the counter, we were 2 1/2 minutes to the oven.) They are great without toppings and sublime with toppings.

No matter how you top your pannekoeken, there are several easy steps that make them almost foolproof:

1. Place one-half cube of butter in a Dutch Baby pan or an ovenproof skillet with rounded sides.
2. Preheat your oven to 400 or 425 degrees depending on the recipe. Put the rack in the center, not the top, shelf. When you turn the oven on, place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven.
3. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the flour until nearly smooth. Your batter is now ready.
4. Pour the batter into the pan.
5. Bake. Add toppings if desired. Serve hot.

Be sure and use a whisk for mixing. A whisk will remove the lumps much quicker than a spoon or spatula.

Dennis & MerriAnn Weaver & Company

The Prepared Pantry

2 North Landmark Lane
Rigby, ID 83442
208-745-7892

www.preparedpantry.com

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How to Make Pannekoeken!

A pannekoeken is an egg-rich puffy pancake baked in the oven. They are also called Dutch Baby or German Pancakes. They are often made as a base for fruit, vegetables, or meat and served at lunch or dinner as well as breakfast. With this pan, they are very easy to make.

Pannekoeken are easy—as easy as pancakes. In fact, there is less prep time than with pancakes—mix the batter and stick it in the oven. (In our test kitchen with the ingredients sitting on the counter, we were 2 1/2 minutes to the oven.) They are great without toppings and sublime with toppings.

No matter how you top your pannekoeken, there are several easy steps that make them almost foolproof:

1. Place one-half cube of butter in a Dutch Baby pan or an ovenproof skillet with rounded sides.
2. Preheat your oven to 400 or 425 degrees depending on the recipe. Put the rack in the center, not the top, shelf. When you turn the oven on, place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven.
3. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the flour until nearly smooth. Your batter is now ready.
4. Pour the batter into the pan. Cover with toppings if desired.
5. Bake. Serve hot.

Be sure and use a whisk for mixing. A whisk will remove the lumps much quicker than a spoon or spatula.

Pannekoeken makes an excellent canvas for your imagination. Here are some suggestions to get you started. You can make these recipes in an ovenproof skillet but they are more fun with a quality, classy [Dutch baby pan](#).

You can either add items such as bacon bits or fruit to the batter or make a filling and load up your pannekoeken after it is baked. Here are some other ideas:

- Sausage, pears, and dried cherries
- Traditional (with sautéed apples in brown sugar and cinnamon)
- Apples and sausage
- Blueberries and cottage cheese
- Bananas and pecans
- Peaches and honey raisin sauce

We hope this is enough to get your imagination rolling.

When we lived in Minnesota there was a chain of pannekoeken restaurants. They served these Dutch pancakes with all types of toppings, some cooked into the batter but often used as toppings after the pancake is baked.

Apples are the classic complement to pannekoeken. They can be cooked in the batter, sautéed, made into a compote, or simply sliced thinly and used as a topping. But meats, cheeses, and vegetables work also, especially for a



dinner or lunch dish. When made with meats or vegetables, leave them as they are or drizzle them with a white sauce, a cheese sauce, or syrup.

You can buy a quality pannekoeken pan at our store or on our website. You can also buy pannekoeken mixes on our website.

Everyday Dutch Pannekoeken

This pannekoeken is designed for an 11 to 12-inch Dutch baby pan or a skillet with rounded sides. This is a five ingredient--five step recipe that really goes together quickly.

Ingredients

1/4 cup butter
3 large eggs
1/8 teaspoon salt
3/4 cup milk
3/4 cup all-purpose flour

Directions

1. Place the butter in a [Dutch Baby](#) pan or an ovenproof skillet with rounded sides.
2. Preheat your oven to 425 degrees. Put the rack in the center, not the top, shelf. When you turn the oven on, place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven.
3. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the flour until nearly smooth. Your batter is now ready.
4. Pour the batter into the pan.
5. Bake for 15 to 18 minutes or until the top starts to turn golden brown. Serve hot with your favorite syrup.



Baked Apple Pancakes

Ingredients

1 tablespoon butter
3 large eggs
1/2 cup milk
2 tablespoons brown sugar
1/2 cup all-purpose flour
1/8 teaspoon salt
1/2 teaspoon [cinnamon](#)
1/4 teaspoon nutmeg
2 tablespoons melted butter

Butter for sautéing
2 cups sliced and peeled tart apples
2 tablespoons brown sugar
1/2 teaspoon [cinnamon](#)

Directions



Preheat the oven to 450 degrees

1. Prepare a deep-dish nine-inch pie pan by melting one tablespoon of butter in the pie pan and rolling it around the surface. If you use a non-metal pan, you can melt the butter in the microwave. Do not brown the butter.
2. Whisk the eggs, milk, and brown sugar together until light.
3. In another bowl, mix the flour, salt, and spices together. Fold the flour mixture into the egg mixture.
4. Pour the batter into the prepared pan. Bake for 15 minutes or until golden.
5. While the pancake is baking, toss the sliced apples in the brown sugar and cinnamon.
6. Heat a skillet with butter. Do not burn the butter. Sauté the apples in the butter until nearly tender. Set aside.

When the pancake is done, remove it from the pan to a platter for serving. Scoop the sautéed apples into the pancake. Serve immediately with warm maple syrup.

Apple and Bacon Pannekoeken

This is a traditional pannekoeken with ingredients added. You can use this as a template for other pannekoeken recipes.

Ingredients

- 6 ounces of bacon fried crisply
- 1 apple, peeled and cored
- 1/2 red bell pepper (optional)
- 1/4 cup butter
- 3 large eggs
- 1/8 teaspoon salt
- 3/4 cup milk
- 3/4 cup all-purpose flour



Directions

1. Snip the bacon into 3/4-inch pieces. Slice the apple thinly. Dice the red pepper and steam it in the microwave for a minute to make the dices-crisp-tender.
2. Place the butter in a Dutch Baby pan or an ovenproof skillet with rounded sides.
3. Preheat your oven to 400 degrees. Put the rack in the center, not the top, shelf. When you turn the oven on, place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven.
4. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the flour until nearly smooth. Your batter is now ready.
5. Pour the batter into the pan. Sprinkle the toppings over the batter.
6. Bake for 20 to 25 minutes or until the top starts to turn golden brown. Serve hot with maple syrup.

Gluten-free Dutch Pannekoeken

Since pannekoeken has more egg than flour, it seemed like a candidate for a gluten-free recipe for our friends that can't eat wheat or gluten. It works. Here's the recipe.

Ingredients

1/4 cup butter
3 large eggs
1/8 teaspoon salt
3/4 cup milk
2/3 cup rice flour or gluten-free blend

Directions

1. Place the butter in a pannekoeken pan or an ovenproof skillet with rounded sides.
2. Preheat your oven to 400 degrees. Put the rack in the center, not the top, shelf. When you turn the oven on, place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven.
3. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the rice flour or gluten-free blend until nearly smooth. Your batter is now ready.
4. Pour the batter into the pan.
5. Bake for 20 to 25 minutes or until the top starts to turn golden brown. Serve hot with your favorite syrup.

Blueberry and Cream Cheese Pannekoeken

We added blueberries to a traditional pannekoeken recipe and then topped it with honey-whipped cream cheese. It was very good.

Ingredients

1/4 cup butter
3 large eggs
1/8 teaspoon salt
3/4 cup milk
3/4 cup all-purpose flour
1 cup more or less fresh or individually frozen blueberries

For the Honey Whipped Cream Cheese

4 ounces cream cheese
2 tablespoons honey or to taste
a dash of [cinnamon](#) or nutmeg (optional)

Directions

1. Place the butter in a pannekoeken pan or an ovenproof skillet with rounded sides.
2. Preheat your oven to 425 degrees. Put the rack in the center, not the top, shelf. When you turn the oven on, place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven.
3. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the flour until nearly smooth. Your batter is now ready.

4. Pour the batter into the pan. Sprinkle the blueberries over the batter.
5. Bake for 20 to 25 minutes or until the top starts to turn golden brown. Serve hot with Honey Whipped Cream Cheese.

Honey Whipped Cream Cheese Directions

1. Place all three ingredients in a medium bowl. Beat with an electric mixer until soft and smooth.

Fresh Strawberry Cream Cheese Pannekoeken

Fresh strawberries make a wonderful pannekoeken. Simply loading a pannekoeken with sweetened strawberry slices and topping it with whipped cream—as you would for strawberry shortcake—may be our favorite.

If you prefer, you can top fresh strawberries with a glaze from your favorite strawberry pie recipe. In this recipe, we spread a cream cheese filling over the pannekoeken before adding the strawberries.

For the Pannekoeken:

Ingredients

- 1/4 cup butter
- 3 large eggs
- 1/8 teaspoon salt
- 3/4 cup milk
- 3/4 cup all-purpose flour

Directions

1. Place the butter in a Dutch Baby pan or an ovenproof skillet with rounded sides.
2. Preheat your oven to 425 degrees. Put the rack in the center, not the top, shelf. When you turn the oven on, place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven.
3. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the flour until nearly smooth. Your batter is now ready.
4. Pour the batter into the pan.
5. Bake for 15 to 18 minutes or until the top starts to turn golden brown.

For the cream cheese filling:

- 2/3 of 8-ounce package of cream cheese
- 1/2 cup ricotta cheese
- 3 tablespoons sugar
- 1 teaspoon vanilla extract
- 1 teaspoon orange zest

In a medium bowl, beat all ingredients with an electric mixer until smooth.

To assemble the pannekoeken:



Spread the cream cheese filling over the bottom of the pannekoeken. Top with 2 to 3 cups sliced strawberries that have been tossed in sugar, just enough to sweeten the berries a bit. Garnish with whipped cream.

Chocolate Banana Cream Pannekoeken

This pannekoeken is loaded with a creamy chocolate filling, sliced bananas, and topped with whipped cream.

The recipe makes a lot of chocolate cream. If you choose, use only part of it for the pannekoeken and save the rest for another dessert.

Note that this is a mousse filling made with raw eggs. Consider using pasteurized eggs. If you prefer, you can substitute dark chocolate pudding.



For the Pannekoeken:

Ingredients

1/4 cup butter
3 large eggs
1/8 teaspoon salt
3/4 cup milk
3/4 cup all-purpose flour

Directions

1. Place the butter in a Dutch Baby pan or an ovenproof skillet with rounded sides.
2. Preheat your oven to 425 degrees. Put the rack in the center, not the top, shelf. When you turn the oven on, place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven.
3. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the flour until nearly smooth. Your batter is now ready.
4. Pour the batter into the pan.
5. Bake for 15 to 18 minutes or until the top starts to turn golden brown.

For the filling:

1 1/3 cups dark chocolate chips
1/2 cup butter
3 tablespoons granulated sugar
4 large egg yolks
6 large egg whites

Directions

1. In a microwave-safe bowl, melt the chocolate and butter together stirring as needed until smooth. Add the egg yolks one at a time and stir in.
2. In a separate glass or metal bowl, beat the egg whites until soft peaks appear. Drizzle in the sugar and continue beating until stiff peaks appear.
3. Fold in the chocolate and butter mixture.

To assemble the pannekoeken:

Spread the chocolate mousse over the bottom of the pannekoeken. Top with sliced bananas. Garnish with whipped cream.

Fruit-Filled Pannekoeken

You can make fruit-filled pannekoeken in two ways: either cook the fruit and add it to the pannekoeken or cook the fruit within the pannekoeken. Both are good. We tried both.

Cook the fruit and add it to the pannekoeken

Sauté the fruit in butter until it is nearly tender and then add sugar and nuts. We love thinly sliced apples, a handful of golden raisins, and walnut pieces. You can layer a cream cheese or sour cream mixture under the fruit. Sprinkle the finished and filled pannekoeken with cinnamon sugar, cinnamon vanilla sugar, or brown sugar or garnish generously with whipped cream.

Cook the fruit in the pannekoeken

It's certainly convenient and very good to cook the fruit right in the pannekoeken. We made a fresh peach pannekoeken this way and it was out-of-this-world good.

The fruit does tend to weigh the pannekoeken down so it is not so puffy. We partially remedied this by piling the fruit in the center, spreading it just a bit, and then baking the pannekoeken with the fruit in it. At least the edges were puffy this way.

Cream Cheese Filled Pannekoeken

This recipe was designed to be a filling for pannekoeken but can be used in various pastries.

2/3 of 8-ounce package of cream cheese
1/2 cup ricotta cheese
3 tablespoons sugar
1 teaspoon vanilla extract
1 teaspoon orange zest

In a medium bowl, beat all ingredients with an electric mixer until combined.

Autumn Apple Pannekoeken

Apple pannekoeken is classic. In this version, we sautéed the apples on the stovetop and then added to the finished pannekoeken. If you like, add walnuts or cranberries to the apples.

For the Pannekoeken:

Ingredients

1/4 cup butter
3 large eggs
1/8 teaspoon salt
3/4 cup milk
3/4 cup all-purpose flour

Directions

1. Place the butter in a Dutch Baby pan or an ovenproof skillet with rounded sides.
2. Preheat your oven to 425 degrees. Put the rack in the center, not the top, shelf. When you turn the oven on, place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven.
3. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the flour until nearly smooth. Your batter is now ready.
4. Pour the batter into the pan.
5. Bake for 15 to 18 minutes or until the top starts to turn golden brown.

For the topping:

2 or 3 medium cooking apples
1 teaspoon [cinnamon](#)
1/4 teaspoon nutmeg
1/8 teaspoon ground cloves
2/3 cup brown sugar
1/3 cup [walnut pieces](#)
1/3 cup butter
1 tablespoon flour

Directions

1. Peel, core, and thinly slice the apples. Mix the cinnamon, nutmeg, cloves, and brown sugar together in a medium bowl. Add the apples and walnuts. Set aside.
2. In a large saucepan, melt the butter over low heat.
3. Add the apple mixture and cook over medium heat, stirring often, until the apples are nearly tender and the syrup is bubbly.

Spread this directly over a freshly baked pannekoeken or over an intermediate filling such as our [cream cheese filling](#).



Strawberry Banana Pannekoeken

Strawberries and banana make a wonderful combination in a pannekoeken. It could be topped with whipped cream but we chose a sour cream and honey topping and it was very good. This will make a wonderful brunch

For the topping

1 cup sour cream
2 tablespoons honey or to taste
1/4 teaspoon cinnamon

Mix the sour cream, honey, and cinnamon together and place it in the refrigerator to remain cold.



Ingredients

1/4 cup butter
3 large eggs
1/8 teaspoon salt
3/4 cup milk
3/4 cup all-purpose flour
2 pints strawberries, washed, hulled and sliced
3 or 4 bananas, sliced
powdered sugar or cinnamon for dusting (optional)

Directions

1. Place the butter in a pannekoeken pan or an ovenproof skillet with rounded sides.
2. Preheat your oven to 425 degrees. Put the rack in the center, not the top, shelf. When you turn the oven on, place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven.
3. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the flour until nearly smooth. Your batter is now ready.
4. Pour the batter into the pan.
5. Bake for 20 to 25 minutes or until the top starts to turn golden brown.
6. Place the strawberries and bananas in the pannekoeken. Top with the sour cream topping. Sprinkle with powdered sugar or cinnamon if desired. Serve hot.

Fresh Veggies for Lunch Pannekoeken

Pannekoeken work for breakfast, lunch, dinner, and dessert. You can make pannekoeken two ways: Add the extras to the pannekoeken mix or cook the pannekoeken and then use the pannekoeken as a bowl for the extras. Because of the cooking time involved, we used the latter method.

We steamed the veggies, beginning with the carrots since they take the longest to cook. We made a simple cheddar cheese sauce, then loaded the pannekoeken with vegetables and drizzled them with the cheese sauce.

This makes a great lunch dish. Add cooked sausage or ham or turkey and you have a full-course dinner.

To make this even quicker, use a pannekoeken mix.



For the Pannekoeken

Ingredients

1/4 cup butter
3 large eggs
1/8 teaspoon salt
3/4 cup milk
3/4 cup all-purpose flour

Directions

1. Place the butter in a pannekoeken pan or an ovenproof skillet with rounded sides.
2. Preheat your oven to 425 degrees. Put the rack in the center, not the top, shelf. When you turn the oven on, place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven.
3. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the flour until nearly smooth. Your batter is now ready.
4. Pour the batter into the pan.
5. Bake for 20 to 25 minutes or until the top starts to turn golden brown.

For the vegetables

Ingredients

1 cup carrots, sliced
1 3/4 cup red potatoes, washed and cut into 1 inch cubes
1 cup pearl onions, washed and prepped
1 1/2 cups broccoli florets

Directions

1. In a saucepan with tight-fitting lid, steam the vegetables starting with the carrots.

2. After the carrots have steamed for about five minutes and are soft enough that they can barely be penetrated with a fork, add the potatoes and onions and continue cooking.
3. Add the broccoli for the last five minutes of cooking. Drain well.

For the cheese sauce

Ingredients

2 tablespoons butter
 1 tablespoon cornstarch
 1/4 teaspoon salt
 pepper
 1 1/4 cups milk
 1 cup grated cheddar cheese

Directions

1. Melt the butter in a medium saucepan.
2. Add the cornstarch, salt, and a sprinkling of pepper. Stir together into a paste.
3. Add the milk and whisk until smooth. Cook over medium heat, stirring often, until the sauce is thick and bubbly. Add the cheese and stir until smooth.

Southwest Pannekoeken

You can use the basic recipe below or our mix. The mix requires only milk and eggs and goes together in just a couple minutes. Use the directions on the package.



For the Pannekoeken

Ingredients

1/4 cup butter
 3 large eggs
 1/8 teaspoon salt
 3/4 cup milk
 3/4 cup all-purpose flour

Directions

1. Place the butter in a pannekoeken pan or an ovenproof skillet with rounded sides.
2. Preheat your oven to 425 degrees. Put the rack in the center, not the top, shelf. When you turn the oven on, place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven.
3. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the flour until nearly smooth. Your batter is now ready.
4. Pour the batter into the pan.
5. Bake for 20 to 25 minutes or until the top starts to turn golden brown.

For the filling

Ingredients

1 3/4 pounds ground beef
1/2 cup sweet onions, diced
1/3 cup green peppers, diced
1/2 tablespoon southwest seasoning
Salt and pepper to taste
1 cup grated mild cheddar cheese
1/3 cup black olives, sliced
1 medium fresh tomato, diced
Salsa
Sour cream

Directions

Brown ground beef, onions, and green peppers in a 10-inch skillet. Season with southwest seasoning and salt and pepper

While it is hot, pour meat mixture into the pannekoeken and sprinkle with cheese, black olives, and diced tomatoes. Garnish with salsa and sour cream.

Chicken a la King Pannekoeken

You can use the basic recipe below or our mix. The mix requires only milk and eggs and goes together in just a couple minutes. Use the directions on the package.

For the Pannekoeken

Ingredients

1/4 cup butter
3 large eggs
1/8 teaspoon salt
3/4 cup milk
3/4 cup all-purpose flour



Directions

1. Place the butter in a pannekoeken pan or an ovenproof skillet with rounded sides.
2. Preheat your oven to 425 degrees. Put the rack in the center, not the top, shelf. When you turn the oven on, place the pan with the butter in the oven. When the oven reaches 250 degrees the butter should be melted. Remove the pan from the oven.
3. Whisk the eggs and the salt in a medium bowl. Add the milk. Whisk in the flour until nearly smooth. Your batter is now ready.
4. Pour the batter into the pan.
5. Bake for 20 to 25 minutes or until the top starts to turn golden brown.

For the filling

Ingredients

2 1/4 cups chicken breast, boiled and cubed
1 bay leaf

1 cup frozen peas, slightly cooked
1/3 cup butter
1/3 cup sweet onion, diced
1/3 cup red bell pepper, diced
7 tablespoons flour
1/2 teaspoon dry mustard
1/2 teaspoon garlic powder
2 tablespoons fresh parsley, snipped
3 cups chicken broth, cooled
1/2 cup heavy cream
Salt and pepper to taste

Directions

1. Cover chicken breast and bay leaf with salted water and cook until chicken is tender. Drain chicken; discard bay leaf, and cut chicken into one-inch cubes. Set aside.
2. In a medium saucepan, melt the butter and saute the bell pepper and onions over low heat. Combine the flour, dry mustard, and garlic powder; then add it to the sautéed vegetables, stirring constantly until the flour thickens. Turn up the heat to medium high and add the cooled chicken broth all at once, stirring constantly until the sauce is bubbly and thick. Reduce heat and slowly stir in the cream. Add chicken and cooked peas. Salt and pepper to taste.
3. Pour chicken mixture into a hot pannekoeken.

Pannekoeken Ideas

Pannekoeken makes an excellent canvas for your imagination. Here are some suggestions to get you started. You can make these recipes in an ovenproof skillet but they are more fun with a quality, Pannekoeken Pan. These recipes are available at www.preparedpantry.com

- Traditional Pannekoeken
- Apple and Bacon Pannekoeken
- Gluten-free Dutch Pannekoeken
- Blueberry and Cream Cheese Pannekoeken
- Strawberry Banana Pannekoeken
- German Apple Pannekoeken
- Apple and Bacon Pannekoeken
- Autumn Apple Pannekoeken
- Fruit-Filled Pannekoeken
- Chocolate Banana Cream Pannekoeken
- Fresh Strawberry Cream Cheese Pannekoeken
- Sausage, pears, and dried cherries
- Traditional (with sautéed apples in brown sugar and cinnamon)
- Apples and sausage
- Blueberries and cottage cheese
- Bananas and pecans
- Peaches and honey raisin sauce

Savory Pannekoeken found at The Pannekoeken Huis

Compliments of The Pannekoeken Huis, Maplewood, MN

Rotterdam Pannekoeken

Made with gouda cheese, green peppers, onions, mushrooms and a choice of meats. Topped with fresh tomato slices and hollandaise sauce.

Meat and Vegetable Pannekoeken

Made with green peppers, onions, mushrooms, broccoli, water chestnuts, peapods, and a choice of ham or bacon. Topped with gouda and cheddar cheese.

Dutch Pot Pie Pannekoeken

Made with vegetables, turkey, and mashed potatoes. Topped with gouda and cheddar cheese. Served with brown gravy.

Fresh Vegetable Pannekoeken

Made with green peppers, onions, mushrooms, broccoli, water chestnuts, peapods, and tomatoes. Topped with gouda and cheddar cheese.

Shepard's Pie Pannekoeken

Filled with green peppers, onions, black olives, mushrooms, and ground beef. Topped with mashed potatoes, gouda, and cheddar cheese. Served with brown gravy.

Southwest Pannekoeken

Filled with taco-seasoned ground beef and cheeses. Topped with diced tomatoes, onions, green peppers, black olives, and tortilla chips. Served with sour cream and salsa.