



# All in the Family

Bright or not-so bright-eyed and bushy tailed and the pitter-patter of little or big feet may be the sounds you hear on Family Day morning, and McCall's has an idea to bring everyone together to share in a fun family activity to start the day off on a great foot!

## **A Breakfast Tale: The Buttery Tea Biscuit, The Perfect Pancake & Freshly-Squeezed Citrus Fusion**

Involve the kids in whipping up stackable and perfectly rounded or even fluted pancakes using our 6" stainless steel cutters to achieve that shape for a presentation-perfect spread on your table. Fill the pancakes with fresh fruit or a Bavarian Cream or Chocolate Cream or sprinkle fresh fruit on top with whipped cream. Try this easy-to-whip-up recipe fresh from our recipe book to yours:

### Ingredient List

140g plain flour  
200ml whole milk  
2 eggs  
25g unsalted butter, melted, plus a bit extra for greasing

- 1) Sift flour with pinch salt into a medium-sized bowl & make a well in middle. Mix milk and 100ml of water together. Break eggs into well & start whisking slowly. Add milk & water in a steady stream, whisking constantly & gradually incorporating flour as you do so.
- 2) Whisk until batter is smooth & all flour has been incorporated. Set batter aside to rest for 30 minutes, then whisk melted butter into the batter. If adding fruit, fold fruit in, in this stage.
- 3) Heat pan over medium heat. Very lightly grease pan with melted butter. Pour batter into greased pan & cookie cutter & swirl it around so space inside cutter is evenly coated. Cook pancake for about 45 seconds on one side until golden & then remove the cutter before flipping the pancake over using a palette knife & cook for 30 seconds.
- 4) Slide pancake out of pan & either serve immediately or stack on a plate with baking parchment in between. Continue until all batter is used.

Try adding orange or lemon zest, a pinch of cinnamon or even finely chopped herbs to the batter

What about warm and buttered tea biscuits—such a simple and effective treat in the morning, as well as an easy ingredient-shopping list for you. Pair with fruity spreads and honey to inspire family members to indulge a little and enjoy. Some flavor favourites would be: cheese, lemon or orange zest, cranberry, currant and raisin.

The kids may also enjoy squeezing oranges and grapefruits using a citrus-juicer, to create a fresh citrus blend straight from the goodness of Mother Nature to you!

## **Just Add Milk!**

In a kitchen filled with many pitter-pattering feet, try pre-measuring the night before with mixing all ingredients with the kids--less the milk. This can help with time-management in getting things done at a faster rate to please all those famished taste buds while putting smiles on faces! Just add your milk, butter or shortening to your in the morning and stir before cooking up your continental feast.

## **Don't Scone Alone**

Another morning starter favourite is the scone. Prepare and pre-measure with the kids for this light bite the night before as well, to save on time, and add your eggs, milk or half & half and butter in the morning! Think custom by adding dried fruit or nuts depending on the preferences of your household.

Here's a McCall's oldie to add to your recipe collection of breakfast go-to's for this Family Day Season:

## **Our Buttermilk Biscuits / Tea Biscuits / Scones Recipe**

### Ingredients

All Purpose Flour 117g  
Cake & Pastry Flour 90g  
Sugar 8g  
Baking Powder 8g  
Salt 3g  
Baking Soda 1g  
Butter 60g  
Buttermilk 125g

### Method

- 1) Preheat oven to 375 degrees Fahrenheit
- 2) In a food processor, combine the flours, sugar, baking powder, salt and baking soda. Process briefly to mix. Add butter, & using pulses cut the butter into the dry ingredients until mixture resembles coarse crumbs. Add buttermilk all at once; pulse just to moisten all ingredients. The dough will stiffen during the mixing. It should be slightly shaggy, but not overly sticky or wet. Do not over-mix.
- 3) Sprinkle work area with flour. Scrape sides & bottom of work bowl & turn out the dough; it will be very soft. Sprinkle top with plain flour. With floured hands, gently knead dough into rectangle 1" thick pan, sprinkling a little flour beneath dough as needed to prevent sticking. Using 2.5" thick biscuit cutter dipped in flour, cut out biscuits by pushing cutter straight down & lifting up without twisting. Cut as close together as possible for minimum of scraps. Pack together & re-roll the scraps to cut out additional biscuits.
- 4) Place biscuits on prepared baking sheet, spacing them about 1" apart. Bake until biscuits are firm to the touch, & tops & bottoms are golden brown, 15-18 minutes. Let rest for a few minutes, then serve hot.