

RECIPE

COWEN FLAPSTICKS (Sausage Pancakes on a Stick)

Ingredients

- | | |
|--------------------------------------|------------------------|
| 16 breakfast sausage links | 3 cups pancake mix |
| 1 cup yellow cornmeal | Sprinkle of cinnamon |
| 1 whole egg, slightly beaten | 1/2 teaspoon vanilla |
| 3 cups water | Canola oil, for frying |
| Warm pancake syrup, for serving | 16 chop sticks, wooden |
| coffee stirrers, 6 inch wood skewers | |

Directions

- 1- Cook the breakfast sausage links in a skillet, turning occasionally until done.
- 2- In a large bowl, mix the pancake mix, cornmeal and cinnamon.
- 3- Add the eggs, vanilla and water, adding more water as needed for the batter to become slightly thick but smooth. Start by adding 1 cup of water, add up to 3 cups or more as needed.
- 4- Heat some canola oil in a large pot over medium-high heat to about 350 degrees F. To check if oil is ready, drop in a bit of batter; the batter should immediately start to sizzle but should not immediately brown/burn.
- 5- Insert sticks into the cooked breakfast sausages so that they're two-thirds of the way through. Dip the sausages into the batter and allow any excess to drip off for a couple of seconds. Carefully drop into the oil (stick and all) and use tongs or a spoon to make sure it doesn't hit the bottom of the pan and stick. Flip it here and there to ensure even browning, and remove it from the oil when the outside is deep golden brown, 2 to 3 minutes.
- 6- Serve with warm pancake syrup.

Recipe adapted from: www.foodnetwork.com Sausage Pancakes on a Stick



RECIPE

COWEN FLAPSTICKS (Sausage Pancakes on a Stick)

Ingredients

- | | |
|--------------------------------------|------------------------|
| 16 breakfast sausage links | 3 cups pancake mix |
| 1 cup yellow cornmeal | Sprinkle of cinnamon |
| 1 whole egg, slightly beaten | 1/2 teaspoon vanilla |
| 3 cups water | Canola oil, for frying |
| Warm pancake syrup, for serving | 16 chop sticks, wooden |
| coffee stirrers, 6 inch wood skewers | |

Directions

- 1- Cook the breakfast sausage links in a skillet, turning occasionally until done.
- 2- In a large bowl, mix the pancake mix, cornmeal and cinnamon.
- 3- Add the eggs, vanilla and water, adding more water as needed for the batter to become slightly thick but smooth. Start by adding 1 cup of water, add up to 3 cups or more as needed.
- 4- Heat some canola oil in a large pot over medium-high heat to about 350 degrees F. To check if oil is ready, drop in a bit of batter; the batter should immediately start to sizzle but should not immediately brown/burn.
- 5- Insert sticks into the cooked breakfast sausages so that they're two-thirds of the way through. Dip the sausages into the batter and allow any excess to drip off for a couple of seconds. Carefully drop into the oil (stick and all) and use tongs or a spoon to make sure it doesn't hit the bottom of the pan and stick. Flip it here and there to ensure even browning, and remove it from the oil when the outside is deep golden brown, 2 to 3 minutes.
- 6- Serve with warm pancake syrup.

Recipe adapted from: www.foodnetwork.com Sausage Pancakes on a Stick

