



From the kitchen of Chef Erin Hamilton

Silver Dollar Pancakes with Mushroom Infused Honey over Cardamom Chantilly



For the Cardamom Chantilly:

1 cup cold heavy cream
1-2 Tbsp. powdered sugar (adjust for sweetness)
1 tsp. ground cardamom
1 tsp. vanilla extract
1/2 cup mascarpone cheese at room temperature

For the Mushroom Infused Honey:

1 quart of the best raw honey you can find (support local beekeepers)
1/2 cup of lion's mane mushroom powder (chaga and reishi mushroom powder can also be a great addition if you'd rather use a blend of mushrooms)

For the Silver Dollar Pancakes:

1 stick unsalted butter
1 cup whole milk
2 large eggs
1 Tbsp. coconut oil
1 tsp. vanilla extract
1 cup all-purpose flour
4 tsp. baking powder
4 tsp. sugar
1 tsp. salt

Begin by preparing the Cardamom Chantilly:

It's essential to chill your bowl and beaters before you begin in order to get the correct consistency.

In a large bowl, combine the cold heavy cream, powdered sugar, cardamom and vanilla extract. Using a hand mixer or stand mixer, beat on medium-high speed for about 2-3 minutes, or until soft peaks form.

Add in the mascarpone, one spoonful at a time, beating for another 1-2 minutes until stiff peaks form, ensuring the mixture holds its shape but is not over-beaten.

Use immediately or refrigerate in an airtight container for up to 3 days. Do not stir before use.

Infuse the honey:

In a double boiler over low heat, pour in the raw honey - quality makes a big difference in this recipe. It's very important to keep the temperature low on this - honey begins to lose many of its beneficial properties once it goes above 160F, and the consistency will begin to shift.

Once it's warm enough that it feels easy to stir, use a whisk to gently blend in about 1/2 cup of lion's mane mushroom powder - chaga and reishi mushroom powder can also be a great addition to this if you'd rather use a blend of mushrooms. It's better to go slow and add it bit by bit to make sure that it doesn't get too thick. If you find that it's getting too difficult to stir, add a tablespoon or two of water to thin it down and adjust as needed, but you'll find that a tiny bit of water goes a long way with this so add it gradually.

Keep over low heat, stirring often. After 15 minutes, remove from heat and set aside. This can be kept in a jar in the refrigerator for up to two weeks. When chilled, the honey will be very thick (it's stellar on ice cream in that state!) If you're using it to drizzle over the top of anything, give it time to warm to room temperature or set the jar in a hot (not boiling) bowl of water. If the jar is cold, it's advisable to start by setting it in warm water and then adding more hot water to the bowl.

Prepare the silver dollar pancakes:

In a saucepan, melt the butter over low heat until smooth.

In a separate bowl, whisk together the milk, eggs, oil and vanilla. Add the melted butter and mix well until combined.

In another small bowl, whisk together the flour, baking powder, sugar and salt. Slowly add the dry ingredients to the wet ingredients, stirring gently with a whisk. Be careful not to overmix—just combine until smooth. If the batter feels too thick, add a bit more milk to adjust the consistency to your liking.

Heat a lightly greased skillet or griddle over medium heat. Begin to pour the batter into the pan, adjusting the size of each pancake to suit your preference.

As the pancakes cook, look for small bubbles forming on the surface. When the bubbles begin to pop and vanish, flip the pancake carefully and cook the other side for a minute or two until golden brown. If you're making a bunch of pancakes at once, put the finished ones on a pan in the oven on low heat so that everyone can enjoy them together when you're ready.

Place a serving of pancakes on a plate, top with a dollop of cardamom Chantilly and add a drizzle of mushroom infused honey – enjoy!

