

Honey Oat Pancakes
"The Secret to Great Pancakes Has Been in Your Pantry All Along,"
By Genevieve Ko, *The New York Times*, March 6, 2025

Time: 35 minutes
Prep: 5 minutes
Cook: 30 minutes
Yield: 10-12 pancakes

Ingredients

1-3/4 cup/395 grams buttermilk
2/3 cup/75 grams quick-cooking or plain instant oats (see Tip)
2 tablespoons ground flax (see Tip)
2 tablespoons honey, plus more for serving if desired
1/2 teaspoon fine salt
2 tablespoons canola or other flavorless oil
1 teaspoon baking soda
2/3 cup/95 grams all-purpose flour
Salted butter, for cooking and serving

Preparation

1. Mix the buttermilk, oats, flax, honey and salt in a large bowl. Let sit for at least 10 minutes and up to an hour. The longer the mixture sits, the creamier and more tender the pancakes. This is a good time to make coffee, eggs, bacon or to get ready for the day.
2. Heat a large cast-iron or nonstick skillet or griddle over medium-low until hot.
3. While the skillet heats, stir the oil into the wet ingredients until fully incorporated, then stir in the baking soda until dissolved. Add the flour and stir very gently until no traces of it remain.
4. Swipe a large pat of butter over the hot pan to coat it generously. (Sizzling the batter in lots of butter gives the pancakes a rich flavor.) Scoop in generous 1/4 cups of batter, spacing them 2 to 3 inches apart. Cook until the bottoms are deeply browned and the tops bubble, 2 to 3 minutes, then carefully flip the rounds and cook until browned outside and cooked through inside, about 2 minutes. Repeat with the remaining batter, buttering the pan between each batch.
5. Serve hot, with honey and more butter if you'd like.

Tips:

Quick-cooking oats are slightly flatter and cut smaller than old-fashioned oats, and instant oats are even smaller and thinner. If you have only old-fashioned (rolled) oats, pulse them into tiny bits to replicate the lighter texture that quick-cooking oats deliver.

Ground flax, also known as flax meal, binds this batter together and accentuates the nutty taste of oats. You can substitute 2 large eggs for the flax, beating them well and adding to the soaked oats along with the oil in Step 3. The pancakes will taste more like classic buttermilk ones.