

Bite Spoon

Cabbage Pancakes Breakfast: Quick Morning Recipe

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Pancake Batter

- [ ] 3 cups thinly sliced green cabbage
- [ ] 1/2 cup all-purpose flour
- [ ] 2 large eggs
- [ ] 1/4 cup milk
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon black pepper
- [ ] 2 tablespoons chopped fresh parsley

For Cooking

- [ ] 2-3 tablespoons vegetable oil
- [ ] Extra salt for sprinkling

Instructions

1. Start by preparing your cabbage - remove any tough outer leaves and slice it as thinly as you can. I like to cut the cabbage into wedges first, then slice across the wedges to get nice even shreds. The sound of the knife going through crisp cabbage is one of those satisfying kitchen sounds that never gets old. Place the sliced cabbage in a medium mixing bowl, and take a moment to appreciate those beautiful green and white layers.

   In a separate small bowl, whisk together the flour, salt, and pepper. I always sift my flour first to avoid any lumps, but honestly, a good whisking usually does the trick. There's something comforting about these simple preparations - measuring, mixing, creating order from basic ingredients.

   In another bowl, beat the eggs with the milk until they're well combined and frothy. I use a fork for this rather than a whisk - it feels more intimate, like I'm really connecting with the ingredients. The yellow of the eggs against the white of the milk is such a cheerful sight first thing in the morning.

2. Now pour the egg mixture over the cabbage and sprinkle the flour mixture on top. Using clean hands, gently mix everything together until the cabbage is evenly coated. I love this part - feeling the cool cabbage strands against my fingers, watching the pale batter cling to every shred.

   The mixture will look quite loose at first, but as you mix, you'll feel it coming together. Don't overmix though - you want everything combined but still light and airy. I usually mix for about a minute, then let it rest while I heat my skillet.

   This resting time is important - it allows the flour to hydrate and the cabbage to release just enough moisture to create the perfect batter consistency. I use this time to wipe down my counter and get my cooking station ready - oil bottle nearby, spatula at hand, plate standing by.

3 Heat a large skillet over medium heat and add about a tablespoon of oil. I watch for that telltale shimmer that means the oil is hot enough. Using a 1/4 cup measure, scoop portions of the cabbage mixture into the pan, spacing them well apart.

Gently press each portion into a pancake shape about 1/2 inch thick. The sizzle when they hit the pan is so promising - that immediate reaction tells you something delicious is happening. I usually cook 3-4 pancakes at a time, depending on the size of my skillet.

Let them cook undisturbed for 3-4 minutes until the edges look crispy and golden. I sometimes peek underneath with my spatula, waiting for that perfect brown color. The kitchen fills with the most wonderful aroma - nutty, savory, comforting.

4 Carefully flip each pancake using a spatula - I sometimes use two spatulas for support if I'm feeling uncertain. The second side usually cooks faster, about 2-3 minutes, until golden brown. I love watching the transformation from pale batter to golden perfection.

Transfer the cooked pancakes to a wire rack rather than a plate - this keeps them crispy instead of steaming themselves soft. If I'm making multiple batches, I'll keep the finished ones warm in a low oven while I cook the rest.

Just before serving, I like to sprinkle them with a little extra sea salt flakes. The contrast of the crunchy salt against the crispy pancake edges is just heavenly. They're best served immediately while still hot and crisp.

Nutrition per serving

145 kcal	5 g	16 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- The thickness of your cabbage slices really affects the final texture - too thick and they won't cook through properly, too thin and they might become mushy. I've found that 1/4 inch is the sweet spot that gives you both tenderness and structure.

If your batter seems too wet, add a tablespoon more flour. If it seems too dry, add a splash more milk. The consistency should be like a thick, chunky batter that holds its shape when scooped.

These pancakes are very forgiving - don't worry if your first batch isn't perfect. It might take one try to get the heat and timing just right for your particular stove and skillet.
- Leftover pancakes reheat surprisingly well in a toaster oven or dry skillet. Just a few minutes on each side brings back that wonderful crispness. They make excellent next-day snacks!

You can easily double this recipe if cooking for a crowd. Just work in batches and keep the finished pancakes warm in a low oven. They're perfect for brunch gatherings.

Feel free to experiment with different herbs or spices. Sometimes I'll add a pinch of smoked paprika or some fresh dill for variation. The basic recipe is very adaptable.
- If you have picky eaters who might be skeptical of cabbage, try adding a little grated cheese to the batter. The melty cheese helps bridge the gap and makes them more appealing to vegetable-hesitant folks.

The quality of your skillet makes a big difference here. A well-seasoned cast iron or non-stick skillet will give you the best browning and easiest flipping experience.

Don't skip the resting time after mixing the batter - those few minutes allow the flour to hydrate properly and really make a difference in the final texture.