



## *Letter # 5*

### Oregon Coast and American Pancakes Recipe

Hi everyone,

We have just spent 10 days cycling along the Oregon Coast from Lincoln City (OR) to Crescent City (CA)! So we are writing this letter from California, the 3rd and last state of the US (after Washington and Oregon) that we will cross before Mexico.

We rested for 2 days in an Episcopal (Catholic) church which is part of the warm shower network . Here we met other cyclists: Yanli, a Chinese-Canadian, who joins San Francisco from Vancouver and Natasha, an American artist, who travels along the coast as well. It is with them that we will cook pancakes and give you the secrets of this American recipe so that you can try it at home! Maybe you have already eaten some?



But before this recipe, let's get back to the Oregon Coast! Apart from the experience of the crazy tire on the road (as we told you in the previous letter), everything went very well...



We found the wheel the next day and Sylvain made some minor repairs on the damaged bike.

The Oregon coast is very touristy because it offers us exceptional landscapes ...  
In addition we had (most of the time) luck with the weather!









We met many retirees on the road, who sell their house to buy RV (Recreational Vehicle - for example camper, caravan, etc ...) But here in the United States of America, everything is bigger than in France.

Their motorhomes are real small traveling homes! We find all the modern comforts (TV, shower, toilet, and kitchen). They even hang at the back of the RV their car to move more easily when they are installed. On our side, we travel much more lightly but with less comfort (tent, bike and saddlebags).



The size of this motorhome corresponds to a school bus in France and they sometimes pass very close to us on the road!



Moreover, everything is bigger than Europe in this country: the size of roads, trees, cars, cafes (a small cafe here is the equivalent of a large in France), portions of meals at the restaurant (at least double). When we eat at the restaurant we ask each time a doggy bag to carry the leftovers, which allow us to have the evening meal.

Even the units of measurement are different and higher than in Europe:

1 mile = 1.6 kilomètre / 1 gallon = 3.78 litre!

Measuring units for cooking are also different...

They regularly use a kitchen utensil with different sizes of spoons to make the measurements. That's what we used to make our Pancakes!



## But how to make good pancakes?

### Recipe pancakes

You need (for 4 people):

- 2 cups of flour (about half a pound)
- 2 teaspoons of baking powder
- $\frac{1}{4}$  teaspoon of salt
- 1 tablespoon of sugar
- 2 eggs
- 1 cup  $\frac{1}{2}$  of milk (about 13 ounces)
- 2 tablespoons melted butter



In a bowl, mix the flour, baking powder, salt and sugar together. Then in another bowl, beat the eggs with the milk and add the melted butter. Mix together the two mixtures. You can add, as we did, some fruit in the dough before cooking. The dough is ready!



Now heat some butter or oil in a pan. When it is hot, pour a tablespoon of dough without spreading, turn over the pancake after 2 minutes (when it begins to turn slightly brown), then wait another minute. If the pan is big you can make 3 or 4 pancakes at the same time.



Enjoy with fruits, maple syrup, honey or jam!



That day we had a brunch and ate them with eggs, peppers, tofu, avocado, mushrooms, apples, blueberries and raspberries. A delight!

See you soon, can't wait to read you!

Kalima and Sylvain