

A Lesson in Pancakes

(NAPSA)—Many people think of pancakes as a true all-American food. However, research shows that the pancake has a rich, international history.

Some historians believe that pancakes, as Americans know them, had their start in medieval Europe. Throughout history the ingredients, cooking implements and the final product with its multitude of toppings have reflected regional cuisine and local customs. Germany's potato pancakes, France's crepes, American Indian cornmeal cakes and Scotland's scones are all members of the pancake family.

Pancakes even hold a place in Shakespearean literature, mentioned by the Bard in "All's Well That Ends Well" and "As You Like It." The flat food plays a role in some age-old religious customs, such as the annual Lenten pancake race in the English town of Olney, first run in 1445.

Cornmeal pancakes were called Indian cakes as early as 1607. Dutch immigrants to America made buckwheat cakes, while English settlers brought the feast of Pancake Tuesday, the old name for Shrove Tuesday, the day before the Lenten fast begins.

By 1745 Americans were referring to hoe cakes and Johnny cakes, but according to the Encyclopedia of American Food and Drink, the word "pancake" itself was not a popular usage until the 1870s.

Pancakes have become a staple of the American breakfast table, but they are appropriate anytime



of day in the East Tennessee town of Pigeon Forge.

While their town is known as an action-packed destination, the people there pride themselves in making everyone feel like family. And to keep a family happy, you have to feed them well.

Pigeon Forge takes care of that with a large dose of tasty, mountain cooking, including plenty of pancake houses. When touring, visitors will find more than a dozen specialty pancake restaurants and numerous others that include pancakes on their menus. You'll find pancakes in all sizes, shapes and flavors, with so many toppings your mouth may water and your head may spin.

Pigeon Forge, a popular tourist destination located at the foothills of the Great Smoky Mountains, is famous for its music, shopping and attractions including Dollywood theme park, and is filled with dozens of ways to burn off a few pancake calories.

For more information about the fun and food you'll find in Pigeon Forge, Tennessee, call 1-800-251-9100 or visit www.mypigeonforge.com.