Flip out for flapjacks

Pancakes, griddlecakes, hotcakes—whatever you call them, it's time to flip 'em, flop 'em and stack 'em for International Pancake Week!

Shrove Tuesday or Fat Tuesday, which is Feb. 12 this year, is also known as Pancake Day. During the Middle Ages, people would prepare for Lent, a season of fasting and moderation, by getting rid of luxurious foods like dairy, eggs and meat. The obvious solution was to whip up some giant batches of pancakes and chow down. Yes, please! Pass the syrup!

Two places in the world also have a Pancake Race on Fat Tuesday. (There ya go, burn off some calories before you consume a stack of pancakes as big as your head!)

Tradition claims that in 1445 a housewife in Olney, England was cooking up her Shrove Tuesday pancakes when she heard church bells ring, calling everyone to service. In her haste, she grabbed her head scarf and ran to the church, apron on and skillet and pancakes still in hand.

Today, the story is remembered in Olney as racers, clad in a head scarf and apron, race to the church, flipping a pancake at the beginning and end of the race.

Now, where is the other Pancake Race, you ask? In Liberal, Kan., of all places. Back in 1950, the Liberal Jaycee president challenged the Olney folks to a Pancake Race, and the transatlantic competition continues today!

Sadly, I wasn't running around town with my pancake griddle this week (although that would be fun!), but I was eating my fill of pancakes (breakfast for supper, which is probably one of the greatest ideas of all time).

This buttermilk pancake recipe comes from afarmgirlsdabbles.com . I also used an old recipe I got from my college friend's mom, Carol Olson, when we were visiting Anita's house in Ericson, Neb. This Delicious Cinnamon Syrup is from Carol's pastor's wife and their annual community pancake feed.

Light, fluffy, sweet and sticky—I really don't think it could get any "batter" than this!