

A Provocative Question at the Dinner Table with

WARNER THOMAS

PRESIDENT & CEO, OCHSNER HEALTH

As President and CEO of Louisiana's largest healthcare provider, Warner Thomas is committed to leading a healthy lifestyle including eating right (as much as one can in New Orleans) and exercising daily. But for special occasions, he can be found at Mr. John's on St. Charles Avenue. The dimly lit, atmospheric, old-school steakhouse serves a New York Strip that he enjoys medium rare, with grilled mushrooms on the side. Every few weeks, he also indulges in the delicious seafood at Drago's. For his last meal? Nothing would top a Mr. John's steak served with roasted asparagus or cauliflower on the side, a Caesar salad, and a Drago's lobster, all accompanied by Diet Coke. Well, almost nothing. "I'd also have pancakes, which I never really eat anymore," Thomas said. "Pancakes, no butter, real Vermont maple syrup—because it has to be the real thing—and pork sausage." It can take approximately 40 gallons of sap to make one gallon of syrup, and growing up in Vermont, he took part in the sugaring (making maple syrup from this sap). Now, however, he purchases premium organic bottled varieties already produced from the Robb Family Farm in Brattleboro, VT.



Warner Thomas is the President & CEO of Ochsner Health.



"When you live in Vermont, you eat maple syrup a lot, and it has to be the real thing. I like the temperature differential of room-temperature maple syrup over hot pancakes." – WARNER THOMAS



Photos by Kenny Morrison

PANCAKES

Using a whisk, combine the flour, sugar (or sweetener), baking powder, baking soda, and salt in a large bowl. Make a well in the center.

Pour the wet ingredients into the well. Quickly whisk together the wet ingredients. Using a spoon or spatula, slowly fold the wet ingredients into the dry ingredients, mixing until the batter is smooth (a few lumps may remain).

Heat a nonstick pan or griddle over low-medium heat and lightly grease the

surface with butter. Pour $\frac{1}{4}$ cup batter into the pan and spread out gently into a round shape.

When the underside is golden and bubbles begin to appear on the surface, flip with a spatula and cook until golden. Repeat with remaining batter.

Note: The batter should be thick and creamy. If it does not pour out easily, then fold a couple of tablespoons of milk in the batter.

INGREDIENTS

- 2 cups all-purpose flour
- $\frac{1}{4}$ cup granulated sugar or sweetener
- 4 teaspoons baking powder
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 $\frac{3}{4}$ cups milk
- $\frac{1}{4}$ cup butter, melted but slight cooled
- 2 teaspoons pure vanilla extract
- 1 large egg

