

Sourdough Pancakes

Source: Recovery Dad
(Servings: 2 | Yield: 10 5-inch pancakes)

[1 recipe Sourdough Starter](#)

5 ounces all purpose flour, (1 cup - see note)

$\frac{3}{4}$ cup water

2 tablespoons sugar

$\frac{3}{4}$ teaspoon baking soda

$\frac{1}{2}$ teaspoon salt

2 tablespoons butter, melted

1 large egg

- 1. The night before:** Measure your flour into a medium or large bowl. Spoon the start over the flour, and don't fret that some of the start is stuck inside the jar. Measure the water into the jar, seal it, shake it up, and then pour it over the flour. That scavenges the start and makes the jar easier to clean.

Stir the flour/start/water mixture until combined.

Cover with a cloth and let it set on the counter overnight. If you have a very cold kitchen warm an oven to about 90 °F, turn it off, and leave the bowl in there overnight.

- 2. In the morning:** Stir gently, and remove 6 ounces by weight, or around $\frac{3}{4}$ cup, of the mix to replace your starter. Seal in a glass jar and refrigerate for later use.

- 3.** Combine sugar, baking soda, and salt in a small prep bowl, then mix into the batter with a large spoon.

- 4.** Blend in egg and butter until combined.

- 5.** Cook on an oiled pan or griddle at 375 °F. Turn when the top side is very bubbled, about 2 1/2 - 3 minutes per side.

As with any pancake, using bacon grease on the griddle will make it taste better.



For more servings you can double the flour/water the night before, and the rest of the ingredients in the morning. You just want to always reserve your 1 cup of starter.



Tip: If your kitchen is cold, you can put the bowl overnight in a just-warm oven and leave the door closed.



Serving suggestions:

These pancakes have a nice tang that can be featured as the dominant flavor, so my favorite way to eat them is to spread about a tablespoon of butter on a serving, optionally sprinkle with some cinnamon, and then sprinkle 1 teaspoon of granulated sugar over the pancakes.

Another way to feature that sourdough flavor is my daughter's preferred method: Creme fraiche and sliced strawberries. We call that a cultured breakfast.

Creme Fraiche with Apple Butter also rocks.

Sourdough Starter

Source: Joan Caldwell
(Servings: 1 | Yield: 1 recipe)

5 ounces All-purpose flour, (1 cup)

$\frac{3}{4}$ cup water

$\frac{1}{4}$ ounce yeast, (1 packet)

1. Combine all ingredients in a bowl. Cover with cloth. Let stand at room temperature until the yeast goes to work. When it is fragrant and bubbling well, you have a starter.
2. If not using right away, seal in a glass jar and refrigerate. Yields about 11 1/2 ounces by weight, so that's what you'll want to retrieve from your recipe for future use.



Tip: If your kitchen is cold, you can put the bowl overnight in a just-warm oven and leave the door closed.