

Sourdough Pancakes

An old favorite of mine, from the 1960's

Internet address:



1 1/2 cups sourdough batter

1 large egg

1 tablespoon sugar

1 tablespoon vegetable oil, or melted butter

3/4 teaspoon salt

2 tablespoons evaporated milk, or regular milk - approximate (depends on the consistency of the sourdough batter)

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 4

1. To the sourdough batter add the egg, sugar, oil, salt and milk (if needed).
2. Stir vigorously until all ingredients are smooth. If the mixture is too thick, add a bit more milk. If it's too thin, add a tablespoon or two of all-purpose flour.
3. Heat a nonstick pan or griddle to medium-high. Pour small slightly larger than dollar-sized pancakes into pan and wait until a few bubbles appear in the center and flip to other side. Cook another 30-40 seconds or just until the pancake has browned slightly. Serve immediately while they're hot. It's not necessary to serve butter, but do have maple syrup to pour over the top.

Note: This is not a full-breakfast portion, but 4 servings as part of a breakfast. To serve main course portions, double the quantities. You can make larger pancakes - the small size is just my preference. The consistency of sourdough batter varies - some are thinner than others, so you may need to vary the amount of flour or milk you add. It's better to have to thin the batter than to have to thicken it as the flour won't have had time to feed in the yeasty sourdough environment. Sourdough thins as it sits (during the overnight process) so you may not need any additional milk. The pancakes take less time than usual to cook because they are SO thin. Watch carefully and definitely do not do something else - stay by the griddle and watch them!

Yield: 20 dollar-sized pancakes

Per Serving (excluding unknown items): 72 Calories; 5g Fat (65.7% calories from fat); 2g Protein; 4g Carbohydrate; 0g Dietary Fiber; 55mg Cholesterol; 426mg Sodium. Exchanges: 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.