

Simple Sourdough Pancakes or Waffles

To make Sourdough Pancakes or Waffles I just take sourdough starter that's right at its peak, and pour it straight on a hot oiled pan or waffle iron. Its as simple as that.

If you want to mix in other ingredients, or if you stir it at all, you will pop the bubbles and you'll have to stir in some baking powder to get it to rise enough.

You'll be surprised how good it tastes, with nothing but flour, water, and friendly microbes.

Almost any kind of flour will work.

Ingredients (makes 4-6 pancakes or waffles)

2 cups kefir/spelt sourdough starter at its peak

Directions

Pour ½ cup of starter directly into an oiled pan or waffle maker

When using a fry pan cook for 3 mins each side

When using a waffle maker cook on low – med heat for 3-5 mins

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For a healthy alternative to wheat flour try spelt, gluten free buckwheat, rice or millet. The flour that you use needs to be as fresh as possible. You may wish to grind your own flour or at least check the date on commercial flour. The milk that you use to culture the milk kefir should be biodynamic raw or pasteurized only.

INGREDIENTS (Makes 4-6 large pancakes.)

1-cup milk kefir or plain organic yogurt, ¼ teaspoon Celtic sea salt, 2 eggs, full cream milk. Coconut or olive oil, 1 cup spelt flour Or ½ cup brown rice flour and ½ cup buckwheat flour

Directions

Add flour to a bowl, and then mix in the milk kefir or organic yogurt to form a thick batter. Cover with a cloth and leave to culture for 12-24 hours at 24-28C. If the temperature is cool you will need to keep the mix warm. Wrap the covered bowl in a towel and put it on top of a hot water bottle then place it in an esky.

After 12-24 hours the batter should double in size and smell yeasty. Just before you are ready to cook the pancakes transfer the batter to a blender, and blend ¼ tsp salt with 2 eggs and enough full cream milk until you get the desired pancake consistency. You may wish to add ½ tsp baking powder to the batter for extra light pancakes.

Fry the pancakes in olive or coconut oil in a thick-based pan. Serve with cultured cream cheese and fresh fruit.

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