

Sourdough Buckwheat Pancakes

Ingredient	Volume	UOM	Weight (grams)	Notes
Add together in first bowl:				
Active sourdough starter	1/2	cup	128	166% hydration
OR Starter	1/3	cup	96	100% hydration
Water	1/4	cup	32	32 g is a little less than 1/4 cup
Milk	1/2	cup	115	
Egg	1	each	53	beaten
Sugar	3/4	tbsp	11	or 1/2 tbsp malt syrup
Oil	2	tbsp	22	
In second bowl mix together:				
All purpose flour	3/8	cup	60	1/4 cup and then 1/2 of that same measure
Buckwheat flour	1/4	cup	31	weight is for whole wheat
Salt	1/2	tsp	4	
Baking soda	1/4	tsp	< 1	
Baking powder	1	tsp	4	Rounded up from 1/4 tbsp

Instructions

Preheat griddle to 350-400°F (177-204°C)

Stir the dry ingredients into the wet ingredients, add more water if batter is too thick

To have the fluffiest pancakes, wait to stir the wet and dry ingredients until just before putting on the griddle.

Cook on a hot griddle and eat!

Makes 9 1/4 cup pancakes

Variations

For a more sour pancake, do up a preferment the night before with half the water and flour and about 1/4 of the starter. Add the rest of the flours, water and ingredients the next morning.

Or, make up the whole batter the night before, leaving out just a cup of flour which is added in the morning. However, this method makes pancakes too sour for some.

Notes and comments

10-Sep-2006

I did not have buckwheat and substituted whole wheat instead