

SOURDOUGH BAKING: *Made Easy*

Quick & Easy Pancakes or Waffles

Key Points

- Quick & easy way to use up extra stater.
- Freeze well.
- Versatile, can easily be made into pancakes or waffles.
- Quick breakfast or snack food.

RECIPE:

Quick & Easy “Pure Starter” Pancakes or Waffles

Have extra starter that you don't want to throw away? These delicious pancakes (or waffles) utilize that extra starter and freeze well for speedy breakfasts or snacks at a later date.



Ingredients:

- 2 cups sourdough starter, (starter does not need to be active -see note-)
- 2 Tablespoons melted butter or coconut oil
- 1 large egg
- ½ teaspoon unrefined sea salt
- 1 Tablespoon sweetener, such as - sucanat, honey, maple syrup etc.
- 1 teaspoon vanilla extract
- ¼ to ½ teaspoon ground spice: cinnamon, nutmeg, all-spice etc. (optional)
- 1 teaspoon baking soda
- Blueberries, if desired, for blueberry pancakes

NOTE: Sourdough starter does not need to be active for this recipe. Though if you've recently fed your starter you should wait at least 4 hours before using, up to 12 hours. The longer you wait to use the starter for these pancakes after "feeding", the lower the gluten in the final product.

Instructions:

1. In a medium-sized bowl whisk together sourdough starter, melted butter (or oil), egg, salt, sweetener, vanilla, and spices (if using).
2. Sprinkle baking soda on top of the batter and quickly whisk in to incorporate, so no lumps remain.
3. Heat a heavy griddle or skillet over medium heat.
4. Once pan is hot, lightly oil with a bit of butter, ghee, or coconut oil.
5. Pour batter onto hot pan and cook until top/edges are bubbly. Flip, and allow to cook through the rest of the way.

**** For blueberry pancakes, it's best to sprinkle berries directly on top of the batter immediately after pouring onto the heated skillet. This way the fruit is evenly distributed throughout each pancake. ****

Amount Made Varies, depending on size.

NOTES



To Make Waffles:

Mix up the ingredients as directed, adding an extra egg to the batter. Cook in a greased, preheated waffle iron according to manufacturer’s instructions.

Leftover waffles can be stored, well sealed, in the freezer for several months. To reheat simply place in the toaster to defrost/re-warm before eating.