

SOUR MILK PANCAKES

(a family recipe)

Ingredients:

1 Tablespoon butter
2 Tablespoons sugar
1/2 teaspoon salt
1 large egg
7/8 cup flour (see recipe for details)
1/2 teaspoon baking powder
1 cup sour milk (or buttermilk)
1/2 teaspoon baking soda

Method:

1. In a large bowl cream 1 T butter, 2 T sugar, 1/2 t salt.
2. Beat in 1 large (or extra large – jumbo) egg.
3. To the flour (cake, unbleached, whole-wheat, buckwheat or my favorite: half unbleached/half whole-wheat flour) mix in 1/2 t baking powder; add it to the egg mixture.
4. To 1 cup sour milk (or buttermilk) in a 2-cup measuring container add 1/2 t baking soda; whip by hand with a fork until the sound deepens when the milk thickens; add to the batch and fold until fully mixed.
5. Rub a gas or electric griddle (at 375 F) with a small tab of butter on a paper towel. Use an ice-cream scoop to deposit the pancakes; sprinkle in blueberries if you like; cook until the bubbles pop and then flip them for a couple of minutes.
6. Splurge and serve with real maple syrup. No need to butter them. Skip the blueberries on half the batch and top a couple of pancakes with eggs fried over-easy.