

1898 SOURDOUGH PANCAKES

YIELD: 5-7 PANCAKES ABOUT 1/2 CUP BATTER EACH

INGREDIENTS

- 2 cups 1898 sourdough levain – ***5-day old sourdough levain tastes best**
- 1 egg
- 1 Tbsp oil
- 1 Tbsp sugar
- 1/2 tsp sea salt or 3/4 tsp kosher salt
- 1/2 tsp baking soda mixed with approximately 1 Tbsp warm water

METHOD

1. Sourdough levain is the mixture that comes alive after you have fed your sourdough starter. The sourdough starter is the small mixture that lives inside your fridge – the levain is what the mixture is called once it has been fed and is alive and bubbling on the counter. **To get the best sour taste in a sourdough pancake:** after removing 1/2 cup of active starter and returning that amount to the fridge to use in the future (that is your sourdough 'starter'), leave the remaining levain on the counter, covered, and let it ferment at room temperature for 5 days before making the pancake batter.
2. Mix the levain, egg, oil, sugar, salt, and soda/water mixture. Mix with a whisk until light and fluffy – the baking soda with the warm water will make the mixture puff up nicely.
3. Cook the pancakes over medium heat until bubbles form on the surface of the pancake and the bottom is golden brown. Flip and cook until golden on the other side – it will not take as long as the first side did to cook so keep your eye on it.
4. Serve with lots of butter, syrup, fruit compote, whipped cream, or powdered sugar.

Recipe can be doubled or tripled very easily.

*Sourdough pancakes were made to use up the left-over sourdough starter that was forgotten out at room temperature and died. Once the bacteria and yeast are no longer active, more acetic acid is produced (alcohol) which gives the sourdough its unique sour flavour. The longer you leave sourdough starter on the counter to ferment, the more sour the flavour becomes. At some point (after 7 days or more) the starter will start to mold and the flavour is so sour it is not pleasant.

Levain is the term that describes the mass created after you've fed your 1/2 cup of sourdough starter: do not use the levain until you can see bubbles and signs of vigorous life in the mass. The bacteria and yeast will consume all available food in the mixture. Once that happens they begin to die-off and if left too long without new food, they will die past the point of being able to be revived.

Remember to always remove 1/2 cup or so of starter from the active levain. This is the amount you return to the fridge and keep semi-dormant, so it is always ready to reactivate (be fed) and be turned into your next baked or cooked food product.

