



Overnight Sourdough Pancakes

These are pancakes you prepare the night before so the dough can ferment. The morning of, you finish them off and get cooking.

Ingredients

- 125 g wheat berries, soft (red or white)
- 250 g milk, whole
- 1 g sea salt (1/4 tsp)
- 50 g sourdough starter, stiff (OR liquid sourdough starter)

NEXT DAY INGREDIENTS:

- 10 g baking powder
- 24 g sugar, granulated (optional)
- 5 g extract, vanilla
- 100 g egg, whole (2 eggs)
- 5 g lemon, juice (optional)

Directions

1. Mill the flour as fine as you can.
2. Add flour, liquid, sea salt, starter, and ground flax if using to a bowl with room to grow. Mix well.
3. Let the mixture rest overnight (covered) to fully absorb the liquid, ferment (creating leavening power), and soften the dough. It's done resting when bubbles have formed on the surface of the batter.

THE NEXT DAY:

5. Preheat griddle to 350 F or preheat a skillet on medium-low heat.
6. Add next day ingredients to the mixing bowl, and mix with a danish dough whisk.
7. Add mix-ins like blueberries, chocolate chips, or diced apples and granola.
8. Ladle ~ 1/4 cup of batter onto the griddle, and heat until the edges become dry and bubbles cover the surface of the pancake.
9. Flip the pancake and cook the other side for about half the time as the first side took.

Notes

Make it Vegan

- replace the eggs with 2 flax eggs (2 tbsp flax seeds, ground + 6 tbsp water)
- use plant milk or water in place of milk

Tips

If the mixture feels too thin, opt for a dry sugar like date sugar to absorb the extra liquid, or add a little more flour.

If it feels too thick, use a liquid sweetener, add a 1 tbsp of liquid at a time, or consider adding another egg.

Did You Know

These can be frozen and used for quick breakfast on the go wins? Just freeze them single file on a baking sheet before putting them into a freezer bag. I like to separate them with a little parchment paper to prevent sticking together.