



Pancakes

Scaled for Custom scale • Target dough: 171 g • Hydration: 236%

Ingredients

- 42 g wheat berries, soft (red or white)
- 83 g milk, whole
- 3.5 g baking powder
- 0.3 g sea salt (1/4 tsp)
- 8 g sugar, granulated (optional)
- 33 g egg, whole (2 eggs)
- 1.5 g lemon, juice (or apple cider vinegar)

Directions

1. Pre-heat your skillet to medium heat or ~350 F (if using a digital griddle).
2. Whip eggs, then add liquid ingredients to them and incorporate.
3. In a separate bowl, mill the flour, and mix together with dry ingredients using a whisk or a fork.
4. Grease your skillet, pour pancake batter onto the hot skillet and cook until bubbles form throughout the pancake on top and the edges begin to look a little dry.
5. Flip, and cook the pancake for another minute before removing from the heat.

Notes

Pro Tip:

If the mixture seems too thin, wait 15 minutes! It will thicken considerably. Remember the bran and germ slow down this process vs. working with refined flour. Patience pays off.