



Open Source Pancakes

NIBBLEDISH CONTRIBUTOR

Ingredients

Dry ingredients: - 1 cup flour mix (\$variable): 1/2 wheat, 1/4 rye, 1/4 spelt. This is just a suggestion. Vary like mad! 1/2 wheat is a good base, but after that, try 1/2 buckwheat, or even 1/4 spelt, 1/4 ground hemp seeds...) - 2 tsp baking powder - 1/4 tsp salt - spices (\$variable): 1 tablespoon cinnamon, 1/2 teaspoon nutmeg. (try 1/4 garam masala or black pepper if you're brave, or even nettle powder) - 1/8 cup brown sugar(optional) - some butter/oil for the pan - what's left in your fridge? (\$variable): some chopped nuts, banana, berries, sesame seeds... Wet ingredients: - 1 cup milk (or buttermilk) - 1 beaten egg (beat egg white separately for extra fluffiness) - dash of vanilla extract

Instructions

I'm sick of recipes that taste the same every time you make them. My great-grandmother, who lived through two world wars, used to start every recipe with "Man tar va man har", ie "you take what you have at hand." I'm interested in figuring out more recipes that are simply a base to build on. Let what's in your fridge dictate the rest. Rye flour is big in Finland, but pancakes are not, which is a pity. So if you follow the suggestions, you get my answer to my sick spice-and-fiber cravings. But why stop there? Feeds 2-3 people. 1. Mix wet and dry ingredients separately, then mix together gently until smooth. 2. Heat a frying pan until flicked water droplets "dance" on its surface. Turn down heat to medium. Add butter/oil, pour about 1/4 cup of pancake mix on pan. Flip it when the top bubbles. 3. Serve with fruit sauce, maple syrup, yogurt, sour cream, bacon and chocolate sauce...you get the picture.