

Sourdough Pancakes and Waffles

Some of my favorite discard recipes to make are pancakes and waffles. You'll need 2 cups starter that have been fermenting for at least 12 hours. You may decide to slowly build up to those 2 cups by feeding twice or once day OR you may decide to feed the starter with enough flour to equal 2 cups (always saving at least 2 Tablespoons of starter to continue feeding) the day or night before.

The beauty of using these recipes and methods is all the flour in the recipe are fully cultured and you don't add in any flour at the time of cooking.

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Sourdough Pancakes (from my book [Hand Made](#)) originally adapted from *Simply Sourdough: The Alaskan Way*.

2 cups sourdough starter

2 T. melted butter, coconut oil or avocado oil

3 T. yogurt, kefir or sour cream

3 T. brown sugar (or sweetener of your choice)

1 egg

1 tsp. baking soda

1/2 tsp. salt (omit if using salted butter)

1 tsp. vanilla

1/2 tsp. cinnamon or nutmeg (optional)

Mix all ingredients together.

Heat a cast iron skillet on medium-low heat and pour batter into desired shape and pancake size. Makes approximately nine 6-inch pancakes

Gluten-Free Sourdough Pancakes (recipe adapted from CulturesforHealth.com)

- 2 cups gluten-free sourdough starter
- 2 teaspoons ground golden flax seed or chia seed (or 1 of each)
- 2 T. melted butter, coconut oil or avocado oil
- 2 T. honey, maple syrup, or sweetener of choice
- 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. salt (omit if using salted butter)
- 2 T. coconut flour (optional, but makes it fluffier)

Mix all ingredients except the baking soda and powder. Let it sit for about 10 minutes (this allows the egg substitute to do its thing), add in baking soda and powder and water/milk if batter is too thick to pour.

Heat a cast iron skillet on medium-low heat and pour batter into desired shape and pancake size. Carefully flip (they are more prone to breaking apart than regular flour). Makes approximately nine 6-inch pancakes

Note: may use 2 eggs, if using eggs omit the ground flax or chia seed

Sourdough Waffles (from my book [*Hand Made*](#))

2 cups sourdough starter

1 T. melted butter, coconut oil or avocado oil

¼ cup yogurt, applesauce or pureed pumpkin (if you don't have these use 3 Tablespoons melted fat of choice instead)

3 T. brown sugar (or sweetener of your choice)

2 eggs

1 tsp. baking soda

½ tsp. salt

1 tsp. vanilla

½ tsp. cinnamon

Preheat waffle griddle. Mix all ingredients together and pour onto heated waffle griddle. Cook until done.

Makes approximately 8 to 10 full waffles on a 8x9 waffle maker)