



Sourdough Pancakes

 Vegetarian

READY IN



760 min.

SERVINGS



6

CALORIES



378 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons yeast dry
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons granulated sugar
- ☐ 1.5 teaspoons ground sea salt finely
- ☐ 6 tablespoons butter unsalted
- ☐ 0.5 cup warm water (110 degrees F)
- ☐ 3.5 cups milk whole

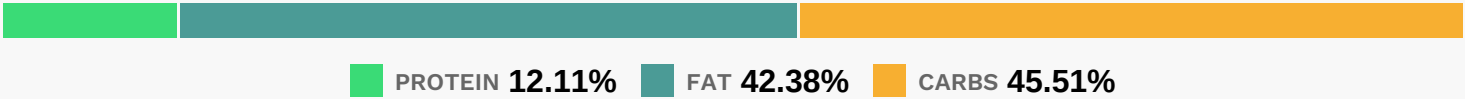
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 300 degrees F.
- ☐ In a medium bowl, mix together the yeast and the warm water. Allow the mixture to rest (and allow the yeast to dissolve) in a warm area of your kitchen, about 5 minutes.
- ☐ In a large bowl, combine the flour and sugar. Set aside.
- ☐ In a pot or saucepan over medium heat, heat the milk until it is warm. Do not simmer or boil.
- ☐ Remove the milk from the heat, add 3 tablespoons of the butter and pour into a bowl to cool it slightly before mixing with the other ingredients.
- ☐ Stir the yeast and water mixture and gently whisk in the flour and sugar. Finish by whisking in the milk mixture. Cover the bowl with a layer of plastic wrap and set aside in a warm place to rest for about 1 hour. What to look for: After about 1 hour (maybe a little longer) the batter should increase in volume and be somewhat "bubbly" in appearance. Cover and refrigerate until the next morning.
- ☐ Remove the batter from the refrigerator and allow it to come to room temperature for about 15 minutes. When ready, whisk in the eggs and salt.
- ☐ Heat a large cast iron pan (or, if preferred, a griddle). Melt 1 tablespoon of the remaining butter. Spoon the batter. Cook each pancake for a couple of minutes until you see bubbles on the surface. Flip on the second side, cooking for another minute. When done, place them on a plate, keeping them covered with foil in the oven until you build up a batch.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:28.32, Inflammation Score:-7, Nutrition Score:13.611304376436%

Nutrients (% of daily need)

Calories: 378.03kcal (18.9%), Fat: 17.82g (27.42%), Saturated Fat: 10.38g (64.85%), Carbohydrates: 43.07g (14.36%), Net Carbohydrates: 41.6g (15.13%), Sugar: 11.01g (12.24%), Cholesterol: 101.74mg (33.91%), Sodium: 660.34mg (28.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.46g (22.93%), Vitamin B1: 0.56mg (37.06%), Vitamin B2: 0.53mg (30.98%), Selenium: 21.6µg (30.86%), Folate: 113.9µg (28.47%), Phosphorus: 229.41mg (22.94%), Calcium: 194.27mg (19.43%), Vitamin B3: 3.15mg (15.74%), Vitamin B12: 0.92µg (15.4%), Manganese: 0.3mg (15.01%), Vitamin D: 2.07µg (13.79%), Vitamin A: 659.64IU (13.19%), Iron: 2.23mg (12.38%), Vitamin B5: 1.13mg (11.29%), Potassium: 294.26mg (8.41%), Zinc: 1.18mg (7.89%), Vitamin B6: 0.15mg (7.5%), Magnesium: 29.2mg (7.3%), Fiber: 1.47g (5.89%), Copper: 0.08mg (4.19%), Vitamin E: 0.57mg (3.83%), Vitamin K: 1.58µg (1.51%)