

SOURDOUGH AND BAKING

Sourdough buttermilk pancakes

Fluffy buttermilk pancakes made with sourdough discard, from PJ Hamel's recipe. Mix the sponge the night before, then finish the batter in the morning.

Recipe author: PJ Hamel · King Arthur Baking



TIME

12 hours and 42 minutes total, including 42 minutes prep and cooking

MAKES

About 2 dozen medium pancakes

Method: Overnight sourdough sponge, with bicarbonate of soda added before cooking

Season and ingredients: Year-round

Storage: Refrigerate leftover pancakes for 1-2 days. Freeze for longer storage.

Ingredients

- ☐ For the overnight sponge: 227 g unfed mature sourdough starter or sourdough discard
- ☐ 454 g buttermilk
- ☐ 240 g unbleached all-purpose flour
- ☐ 28 g sugar
- ☐ For the morning batter: all of the overnight sponge
- ☐ 2 large eggs
- ☐ 50 g vegetable oil or 57 g melted butter
- ☐ 1 tsp bicarbonate of soda (baking soda)
- ☐ $\frac{3}{4}$ tsp table salt

Weigh the ingredients listed in grams. Use measuring spoons for the bicarbonate of soda and salt, and measure about 59 ml ($\frac{1}{4}$ US cup) batter per pancake.

Equipment

- ☐ Kitchen scales, large and small bowls, whisk, frying pan or griddle and spatula.

COMPILED BY / NATALIA HORBACH, PhD

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Sources and history on the Fermentarnia website
fermentarnia.com



Sourdough buttermilk pancakes / continued

Instructions

1. Mix the overnight sponge

Mix the starter, buttermilk, flour and sugar in a large bowl. Cover and leave for about 12 hours, or overnight, at cool room temperature, about 18-21°C (65-70°F).

2. Finish the batter

Beat the eggs with the oil or melted butter. Stir into the sponge just until combined. Add the bicarbonate of soda and salt and stir again. The batter will expand and may start to bubble.

3. Cook the pancakes

Heat and lightly grease a frying pan or griddle. Add batter in portions of about 59 ml (¼ US cup). When bubbles appear and pop on the surface, turn the pancakes and cook the other side until golden.

4. Serve

Serve straight away with your favourite toppings, or keep in a warm oven until needed.

Tips

Melted butter can replace the oil in the amount listed in the ingredients.

How to serve

Serve hot with your favourite toppings.

Under the microscope

Two stages, two sources of bubbles

The overnight sponge develops through fermentation. In the morning, baking soda reacts with acids from the starter and buttermilk, releasing carbon dioxide that lightens the pancakes. Those new bubbles come from an acid-base reaction as well as the fermentation already present in the sponge.

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