

BUTTERMILK PANCAKES



INGREDIENTS

1/4 CUP FLOUR
1/2 CUP BUTTERMILK
2 EGGS
BUTTER
PINCH OF SALT

TIME

15 MINUTES
SERVES 3-4 PEOPLE

DIRECTIONS

WHISK TWO EGGS.

MIX EGGS WITH FLOUR UNTIL FAIRLY SMOOTH.

ADD PINCH OF SALT.

ADD BUTTERMILK AND MIX (ADD 1/2 TBSP OF VINEGAR TO MILK FOR BUTTERMILK SUBSTITUTE).

LET BATTER STAND IN COOL PLACE FOR AN HOUR.

FRY 1 TSBP BATTER WITH WALNUT-SIZED KNOB OF BUTTER PER PANCAKE. FRY EACH SIDE UNTIL GOLDEN BROWN, ABOUT 5 MINUTES PER PANCAKE.

SERVICE WITH POWDERED SUGAR, FRUIT, OR JAM.

NOTES

PANCAKES ARE AN ANCIENT FOOD.

WHY? THEY ARE ALMOST AS OLD AS FLOUR. FLOUR CAN BE MADE MADE FROM FERNS, CATTAILS, CORN, NUTS, AND GRAIN.

EVIDENCE OF PANCAKES DATES FROM ÖTZI THE ICEMAN, THE ANCIENT GREEKS AND ROMANS, ELIZABETHANS, TO NEWER VERSIONS FROM AROUND THE WORLD.

THIS PARTICULAR RECIPE COMES FROM CASSELL'S NEW DICTIONARY OF COOKERY, WHICH WAS WRITTEN IN THE EDWARDIAN ERA (1912).

