

Sourdough Oatmeal and Buckwheat Pancakes, inspired by Sandor Katz (wildfermentation.com) and Marc Williams (botanyeveryday.com)

1. Soak a cumulative of roughly 3 cups of grains. I have used oats (any form) and buckwheat successfully. You can also include sunflower seeds, nuts, or any other seeds you might want. Start with the basics, but don't be afraid to experiment.
2. The next day, add or remove water so that it comes just above the seeds and grains in their container. Blend all the items together using a blender or food processor.
3. You can keep it simple, or throw in a pinch of salt, healthy portion of freshly ground flax seeds (buy flax, blend it in the vitamix first), mesquite or carob flour, nuts, and heck, why not a can of full fat organic coconut milk (as long as you don't have SIBO, in which case the guar gum could exacerbate this. But then again, you probably wouldn't be eating this on a SIBO diet where guar gum would matter), eggs, and whatever else you can think of. Get creative. This recipe is just an outline. Blend these into the mix.
4. You can also throw in some spices. I generally leave my batter unspiced so I can make sweet or savory pancakes with the same batter, but it can be delicious to add cardamom, cinnamon, and nutmeg to the mix.
5. Place batter into a vessel (large mason jar, bowl, etc) with a lid to keep dust and bugs out. Make sure air can get out, as your batter will expand. Only fill vessel ½ of the way up to allow room for expansion.
6. You can make pancakes with the batter immediately, or let it ferment as long as you want. You do not need a starter. The longer batter ferments, the more sour it will get (same concept as sourdough), so there will be a point where it gets too sour or it will possibly get some other microorganisms in it which will throw off the flavor. I usually finish mine within a week, but feel free to try longer. The warmer the weather, the quicker it will ferment. Therefore, if it is very warm, you may find your batter going off quicker than usual. Equally, if it is cold where you keep your batter, you may find that there is hardly any fermentation! Once you have found your ideal level flavor, you can put the batter in the refrigerator to slow fermentation.
7. To cook the pancake, just put a pan on medium to high heat and throw on some good olive oil or butter. Do not get this to the point where the oil smokes (if it does, discard the oil, let the pan cool, and add new oil). Once the pan and oil are hot, throw on batter. Let it cook until the edges start to get crispy and a good amount of bubbles are coming up through the center of the batter. It may take a few tries to figure out how much water to add to the batter in the beginning. Too much water and your pancakes won't have a defined edge. Too little and your pancakes will be very thick.
8. Once there are lots of bubbles coming through the center of the pancake and the edges are crispy, flip the pancake and cook on the other side for about 5 minutes (experiment, each batter is unique).
9. Your pancakes are now ready! Now, decide if you want a savory or sweet pancake. For savory, throw on some homemade foraged pesto, sauerkraut, kimchi, krautchi, mustard, hot sauce, miso sauce, tahini sauce, thai peanut sauce...go wild! For sweet, throw on some homemade

sunflower butter, cinnamon, nutmeg, cardamom, maple syrup, and whatever else you like. These also might make a suitable vehicle for eggs.

10. I want to emphasize experimentation with these babies. Try different grains, seeds, and nuts to throw in the batter. See how different spices change the flavor with fermentation. Add tons of different homemade toppings (sauces are the easiest way to bring your cooking to another level!). Try blending your batter to different consistencies. Do you like it chunky or smooth? Try throwing in small cubes of potatoes into the batter pre-fermentation for a different consistency (never done this, but I imagine it would be great for savory pancakes.). Of course, let me know what you find that is your favorite variation, and share with your friends!