

Yeast Hotcakes

I have been away for the better part of a week and I want to make it up to everyone. So here is a special recipe from my private collection. That is right I have a private stash of recipes that I am saving for special occasions like this.



These hotcakes (don't call them pancakes) are a throw back recipe that harkens back to the earliest days of hotcake making. If you had a hotcake prior to 1843, this is the way it would have been prepared*. Baking powder was not developed until 1843, and while it has been a boon to quick breads like biscuits it has hurt some foods like hotcakes. Baking powder will make a light and fluffy hotcake but baking powder does not bring anything to the party as far as flavor is concerned (unless you use the cheap stuff).

I think you will be surprised at the wonderful rich flavor of these hotcakes. It is something on the order of a crumpet or an english muffin. You might even find that you don't even need syrup on these little golden griddle delicacies. You might just top them with a little sweet cream butter and a light dusting of powdered sugar. Don't worry, fresh maple syrup plays well with the yeasty goodness as well. Fresh strawberries or blueberries are also at home with this cousin to the crumpet.

Enjoy.

from William J. Burnett

ingredients

- 1 tbsp. active dry yeast
- 1 tbsp. honey powder, sugar, or brown sugar
- 2 cup warm filtered water
- 2 cups all-purpose flour
- 1/4 cup honey powder, sugar, or brown sugar
- 1 tsp homemade bourbon vanilla extract

4 tbsp. melted butter
2 eggs
4 tbsp. powdered milk
4 tbsp. SACO powdered buttermilk
1 tsp lemon juice
1 tsp sea salt

directions

1. Bloom yeast by combining warm filtered water, yeast, and 1 tsp. honey powder, sugar, or brown sugar.
2. Add butter, honey powder, sugar, or brown sugar, vanilla, eggs, lemon juice and salt.
3. Add flour, milk powders, and stir until all ingredients are wet. There will still be lumps. No more than 10 - 20 strokes.
4. Cover and allow mixture to rise for 30 minutes.
5. Pre-heat griddle to 325°F.
6. Pour 1/3 cup of batter on a lightly oiled griddle.
7. Flip after bubbles start to form.
8. Remove when cooked through.

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- notes:**
- To be fair, in 1843 they would not have used powdered milks. I use it here because of the ease of use of these fine products. You could use fresh milk and buttermilk in the place of the water and the powdered milks but, depending on the brand and age of the milk, your results could vary greatly. Just stick with the powdered milk - it works great.
 - As for powdered honey, this is also an ingredient that would have been unavailable in 1843. However, that is no excuse not to use it now. If you want to use fresh honey you will need to tinker with both the amount of other liquids used as well as increase the amount of flour that would be required.
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