

The Recipe Corner



Editor's Note: There are many "family" recipes that are passed from generation to generation and never seen by outsiders. Many of these recipes would be enjoyed by others. This column is being established to share some of these recipes. As a starter, we are reprinting with the permission of the Society for Range Management a recipe that appeared in the Trail Boss's Cowboy Cookbook, March 1988, from Mrs Arthur D. Miles, Lazy AM Ranch, Bozeman, Montana.

Sourdough Pancakes

To begin with, you've gotta have "starter," which is a batch of flour and yeast that you can keep for years and years (scary when you think about it sitting there in your refrigerator).

Starter

- ½ package active dry yeast
- 2½ cups lukewarm water
- 1 tablespoon sugar
- 2 cups flour

Soften yeast in ½ cup water. Add rest of ingredients and mix well. Let stand in a covered bowl or crock (not metal) for 3 days at room temperature (76–80°F). Stir down daily. Refrigerate after 3 days. Now you are ready to make pancakes!

Pancakes

- 1 cup starter*
- 2 cups lukewarm water
- about 2½ cups flour
- 1 tablespoon sugar
- 2 tablespoons sugar
- 1 egg
- 2 tablespoons cooking oil
- 1 teaspoon baking soda
- ¼ cup evaporated milk or cream

*Refrigerate the remaining starter.

Evening: Put starter in a large bowl. Add water, flour, and 1 tablespoon sugar. Mix well. (It will be thick and lumpy.) Cover and leave in a warm place overnight.

Next morning: Take 1 or 2 cups of batter and put back in starter bowl. Then to remaining batter add egg, cooking oil, and milk. Add salt, baking soda, and 2 tablespoons sugar. Mix into batter gently. This causes foaming and a rising action. Let stand a few minutes and then fry on hot greased griddle. Add a little milk if too thick. Yum—enjoy.

Background: Our ranch is between Livingston and Bozeman, Montana (60 miles from Yellowstone National Park). There was a stopover place (saloon/post office) here where fresh horses were put on the stagecoach before going over Bozeman Pass. You can bet lots of sourdough pancakes were served. We still live in the original house built in 1870. ♦