

Simple Spelt Pancakes

The sweet flavor of spelt shines through in these simple pancakes. You can dress up these pancakes with fresh fruit, spices, or nuts, but we find the flavor of the grain is good enough to stand on its own.

Ingredients:

- 2 cups (7 ounces) whole spelt flour
- 2 tablespoons (7/8 ounce) sugar
- 1 tablespoon baking powder
- 3/4 teaspoon salt
- 1 3/4 cups (14 ounces) milk
- 2 tablespoons (1 ounce) unsalted butter, melted
- 2 teaspoons vanilla (optional)

Directions:

1. In a medium bowl, whisk together the spelt flour, sugar, baking powder and salt.
2. Combine the milk and melted butter, and the vanilla if you're using it.
3. Form a well in the center of the dry ingredients, and pour the wet ingredients into the dry. Stir the batter just until the dry ingredients are thoroughly moistened: it will seem very wet, but will thicken as it sits. Let the batter sit for 15 minutes before you use it.
4. Heat a non-stick griddle if you have one, or a heavy skillet, preferably cast iron. If your surface is not non-stick, brush it lightly with vegetable oil.
5. When the surface of your pan is hot enough that a drop of water sputters across the surface, give the pan a quick swipe with a paper towel to eliminate excess oil, and spoon the batter onto the hot surface, 1/4-cupful at a time.
6. Let the pancakes cook on the first side until bubbles begin to form around the edges of the cakes, about 2 to 3 minutes. You may need to adjust your heat up or down to get the pancakes to cook through without scorching the surface, or being too pale.
7. When the cakes are just beginning to set, flip them and let them finish cooking on the second side, about 1 minute more, until they're golden brown on both sides.