

# Fluffy Pancakes

*Simple, practical*

*home cooking from*

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- 2 teaspoons cider vinegar
- 3/4 cup whole milk
- 1/2 cup white, unbleached flour
- 1/2 + 3 Tablespoons freshly ground soft wheat flour
- 1/2 to 3/4 teaspoon sea salt
- 1 Tablespoon sugar
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1 egg
- 1/2 cup plain yogurt
- 2 Tablespoons olive oil

Preheat griddle. Get it hot enough that a few small drops of water will skittle across it. Then, lightly oil it before cooking pancakes (olive oil recommended). Proceed with preparing pancakes while it is heating.

Add the vinegar to the milk, stir, then set aside to sour.

In a medium bowl, mix dry ingredients.

Now beat the egg in a separate small bowl. Stir yogurt, oil, and soured milk.

Pour liquids into dry ingredients all at once. Only stir until it is mostly mixed. It is okay to leave a few small lumps of dry mix, as the goal is to avoid stirring away the bubbles that result from the vinegar coming into contact with the baking soda.

This recipe makes about enough pancakes for 4 adults.

