



RYE PANCAKES

100 g rye flour
200–250 ml kefir or soured milk
1 egg
1 tsp sugar
Pinch salt
½ tsp baking soda

Butter and plant oil

To serve:

Soured cream
Favourite jam
Fried bacon or
smoked or low-salt salmon

1. Stir together the flour, salt and sugar. Add some of the kefir bit by bit, stirring. Add the egg and mix thoroughly. When the dough is quite thick, leave it for 15 minutes so that the flour can swell.
2. After the quarter-hour, the dough will be thicker. Add some more kefir if you want. The dough should be the consistency of soured cream. Finally, add the soda.
3. Melt a pat of butter on a pan, add a bit of oil and let the pan become hot. Pour dough for small pancakes and fry them on both sides until they are brown.
4. Eat the pancakes right away because rye pancakes are best when they are hot.
5. Serve with soured cream, smoked bacon, smoked or low-salt salmon or, for dessert, with jam.

Rye pancakes, when compared to wheat flour pancakes, will have a crispier edge and a richer taste. They are more filling and more nutritious and go well with salty and sweet additions. Fry your rye pancakes together with bacon in the pan, in which case you will not need any other fats to grease the pan.

