

# San Francisco Sourdough Waffles

*This recipe, along with a little container of sourdough starter, was given to me by my friend Nancy Stretch as a birthday gift many years ago. She used to make these waffles on special occasions for her five sons when they were growing up. Now she does it for her grandchildren. My guests love them too.*

**1 cup sourdough starter**  
**1 cup warm milk**  
**½ cup all purpose flour**  
**1/3 cup canola oil**  
**2 eggs or ½ cup egg substitute**  
**½ cup each whole wheat flour and rolled oats**  
**½ teaspoon baking soda**  
**½ teaspoon salt**  
**1 teaspoon baking powder**

Directions: (I make this in a 1 quart measuring pitcher so it is already to pour into the waffle iron when it is hot).

Mix together starter with milk and all purpose flour. For sourest flavor, cover and let stand in a warm place until bubbly and sour smelling 12-24 hours. To speed, omit standing; proceed. Stir in oil and eggs.

Stir in rest of dry ingredients until evenly moist.

Cook in a heated waffle iron until crisp and golden brown.

Serve with syrup and/ or sliced fresh fruit and toasted walnuts. I like to use fresh seasonal fruits so I use sliced persimmons in the fall and pomegranate in the winter. Be creative and have a delicious breakfast.

-- Kathleen Meeker