

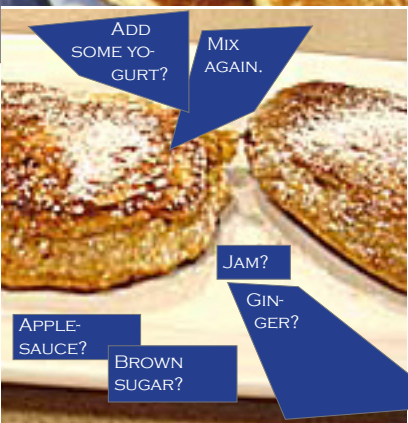
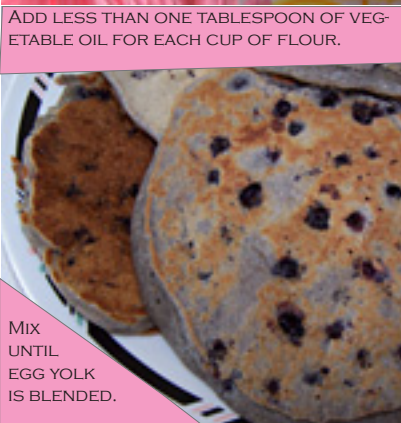
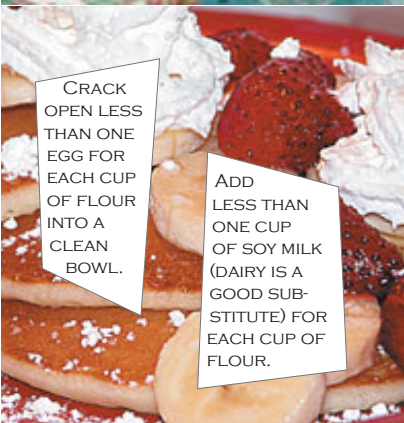
START WITH A MIX OF BUCKWHEAT AND WHEAT FLOUR. EXPERIMENT!

WITH THE EDGE OF A BUTTER-KNIFE, MEASURE OUT LESS BAKING SODA THAN BAKING POWDER.

STIR THE DRY INGREDIENTS.

POUR AT LEAST A CUP OF WHOLE GRAIN FLOUR INTO A BOWL.

LESS OF BOTH IF THE CAKES TASTE CHALKY



CRACK OPEN LESS THAN ONE EGG FOR EACH CUP OF FLOUR INTO A CLEAN BOWL.

ADD LESS THAN ONE CUP OF SOY MILK (DAIRY IS A GOOD SUBSTITUTE) FOR EACH CUP OF FLOUR.

INSTRUCTIONS FOR CLAY'S PERFECT PANCAKES. WITH ALL THE LOVE THAT CAN BE SCRAPED FROM A GRIDDLE.

ADD LESS THAN ONE TABLESPOON OF VEGETABLE OIL FOR EACH CUP OF FLOUR.

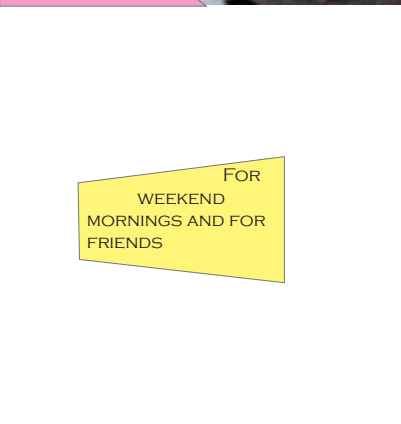
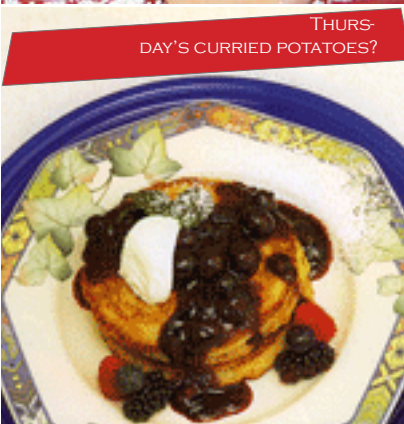
ADD SOME YOGURT? MIX AGAIN.

MIX UNTIL EGG YOLK IS BLENDED.

JAM? GINGER?

APPLE SAUCE?

BROWN SUGAR?



THURSDAY'S CURRIED POTATOES?

ROOT VEGETABLES? GREENS? MORE SOY MILK.

FOR WEEKEND MORNINGS AND FOR FRIENDS

SLIDE THE OIL UPHILL.

ROLL IT TO THE EDGES OF THE PAN.



COVER THE DRY INGREDIENTS WITH THE WET.

MIX JUST ENOUGH TO COVER THE POWDER.

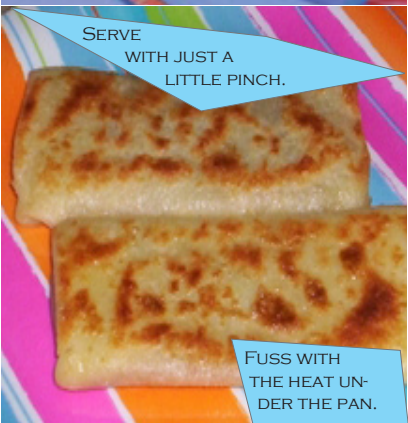
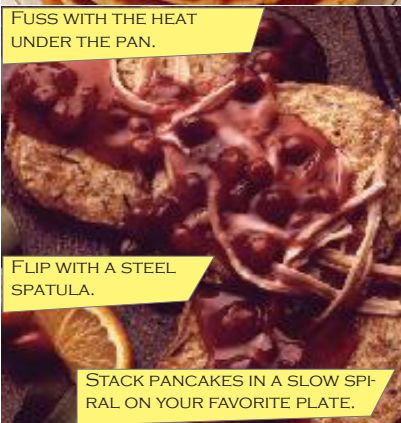
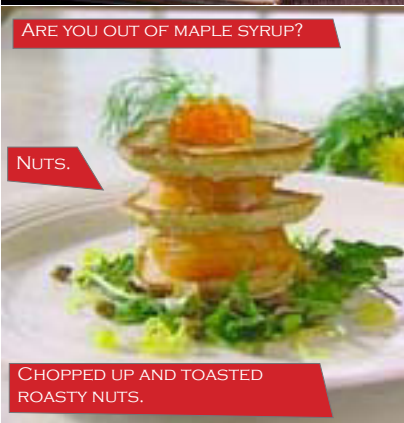
BUT NOT ENOUGH TO MAKE BREAD.

POUR THE BATTER INTO THE PAN.

FUSS WITH THE HEAT UNDER THE PAN.

NOW ADD SOMETHING NEW FOR THE NEXT BATCH.

TINY SLICES OF FRUIT?



ARE YOU OUT OF MAPLE SYRUP?

NUTS.

CHOPPED UP AND TOASTED ROASTY NUTS.

TRY OUT NEW WAYS OF PRONOUNCING THE WORD "COMPOTE".

FUSS WITH THE HEAT UNDER THE PAN.

FLIP WITH A STEEL SPATULA.

STACK PANCAKES IN A SLOW SPIRAL ON YOUR FAVORITE PLATE.

SERVE WITH JUST A LITTLE PINCH.

FUSS WITH THE HEAT UNDER THE PAN.