

ACORN PANCAKES

Ingredients

- * Shelled, dried, cleaned acorns - about 2 ounces per serving.
This recipe uses
- * one cup, for four polite eaters.
- * Water (as needed).
- * Grape-seed oil (on medium hot skillet for cooking)- a few drops each.

Directions

Gather, shell, dry, and clean fresh acorns.

Grind in old-fashioned hand-crank meat grinder, a few seeds at a time.

Sift (about 20x20 mesh) out and re-grind the big pieces.

Re-sift entire batch through a smaller mesh (about 40x40 mesh). (You can use the coarse remains for a slightly bitter treat.) Save the fine powder, that's the stuff.

Put flour in canning jar (one quart jar for one cup flour).

Add water to about 3/4 full, shake, and leave sitting for twenty minutes.

Carefully pour off the clear yellow water.

Repeat 2 times

heat skillet with a small spot of grapeseed oil.

Pour batter into skillet

Cook til holes remain, flip, and cook til firm.

Note: This is delicious, sweet and satisfying with just the acorn flour and a little hot cooking oil.

Add a little maple syrup and sweet butter.

NOTE-There was supposedly less of the bitter tannin in acorns from certain oaks called mitigomisk. The bitter kind was called wisugimitigomisk (bitter oak). The acorn meal was a general food and whole acorns of the sweet kind were roasted. The oil was all-purpose cooking and household utility oil