

# Recipes for Pancake Day



## Perfect Plain Pancakes

### Ingredients

150g self-raising flour  
1 tablespoon butter  
1 egg  
Caster sugar  
1 cup (250ml) milk  
Lemon

**Directions:** Sift flour into a bowl and make a well in the centre. Break egg into the well and gradually combine with flour. Slowly add half the milk, stirring, until all the flour mixture is incorporated.

Beat until bubbles form. Gradually stir in remaining milk. Stand batter for at least 30 minutes (if possible).

Place a little butter in a frying pan and heat over medium heat until melted. Discard melted butter and wipe pan clean with kitchen paper towel. Add another small amount of butter to pan and heat over medium heat until melted. Place a spoonful of batter in pan and cook until bubbles appear on surface. Turn pancake with a spatula.

When cooked on both sides, slip pancake onto a piece of paper. Sprinkle with sugar and roll up. Repeat with remaining batter. Serve pancakes hot with lemon juice sprinkled over top.

## Gluten-Free Pancakes

*Recipe provided by Sue Shepherd*

### Ingredients

1 egg  
1 cup (375ml) milk  
170g rice flour  
75g gluten-free cornflour  
45g soy flour  
1 teaspoon xanthan gum (optional, acts as a binding agent)  
1 cup brown sugar, firmly packed  
3 teaspoons gluten-free baking powder  
3 tablespoons (60g) butter, melted

**Directions:** Whisk together eggs and milk in a small bowl. Sift flours, xanthan gum, sugar and baking powder three times into a large mixing bowl and make a well in the centre.

Pour egg and milk into the well, drawing the flour mixture in a little at a time to form a smooth batter. Stir in melted butter. Rest batter for 5 minutes (this is not essential with gluten-free flours).

Follow cooking instructions given for Perfect Plain Pancakes

Variation: You could add vanilla essence to the eggs and milk before combining.

## Blueberry and Banana Pancakes

*Recipe provided by Iain Hewitson*

1 cup (250ml) buttermilk, 4 large eggs (separated), 1 cup plain flour, a pinch of salt, 1 tablespoon sugar, 1 1/2 teaspoons bicarbonate of soda, 1 cup fresh blueberries (washed and drained), canola oil spray, 1-2 very ripe bananas (sliced), maple syrup or honey.

**Directions:** Beat buttermilk and egg yolks together. Sift flour, salt, sugar and bicarb into a mixing bowl. In a separate bowl, using a hand electric mixer, beat egg whites until soft peaks form. Combine flour and milk mixtures and fold in egg whites (it doesn't matter if egg white is not completely mixed in). Add blueberries. Spray a heavy-bottomed pan with oil and heat over medium heat. Add batter, a good heaped tablespoon at a time, taking care not to overcrowd pan. Cook pancakes until bubbles appear on top. Press banana slices on top of pancakes. Flip pancakes and cook until bottom is brown. Transfer pancakes to a plate and keep warm. Serve pancakes drizzled with maple syrup or honey. Serves 4.

## Sticky Date Pancakes

### Ingredients

1/2 cup chopped dates  
1 teaspoon mixed spice  
1 quantity of Perfect Plain Pancakes batter  
(see recipe on the opposite side of this card)  
300ml thickened cream  
1/2 cup firmly packed brown sugar  
1/2 cup maple syrup  
Ice-cream, to serve

**Directions:** Add dates and mixed spice to pancake batter. Pour small quantities of batter into a heated, greased pan to form mini pancakes of about 7cm diameter. Cook pancakes until bubbles form on surface. Turn pancakes and cook other side until golden. Remove from pan and keep warm. Repeat with remaining batter.

Place cream, sugar and maple syrup in a saucepan and combine, stirring over heat, until sugar dissolves and a smooth sauce forms.

Serve pancakes in stacks drizzled with hot sauce and accompanied with ice-cream. Serves 6.

**Tip:** Pancakes and sauce can be made several hours in advance. Keep covered separately until required and reheat to serve.

## Gabriel Gaté's Ham and Spring Onion Pancakes

### Ingredients

150g plain flour, 100g self-raising flour, 1/2 teaspoon salt, 1/4 teaspoon ground paprika, a pinch of chilli powder, freshly ground black pepper, 3 cups (750ml) milk, 2 eggs, 6 spring onions (finely sliced), 200g ham (shredded), 1 tablespoon butter or margarine, 1/2 tablespoon veg oil

**Directions:** Place flours, salt, paprika, chilli and a little pepper in a bowl. Make a well in the centre. Pour in 1 cup milk and add eggs. Whisk together milk and eggs, gradually incorporating flour mixture. Slowly whisk in remaining milk to form a smooth batter (there may be some milk left over). Refrigerate batter for 20 minutes, then strain.

Add onions and ham to pancake batter. Heat butter and oil in a medium nonstick frying pan over medium heat. When butter mixture turns golden, whisk into batter.

Return pan to medium heat and pour in enough batter to thinly cover base. When the top of pancake starts to set, turn and cook the other side. If pancake sticks, add a little extra butter to pan. When pancake is cooked, transfer to a plate.

Repeat with remaining batter. Makes about 12 pancakes.

## Mini Chocolate Pancakes with Cherry Sauce

### Ingredients

100g self-raising flour, 15g cocoa powder, 450g canned sour cherries in syrup, 1/2 teaspoon baking powder, 1 tablespoon cornflour, 1 tablespoon caster sugar, 3 tablespoons fruit juice, 1 egg, 200ml milk, 75g chocolate buds, butter, 4 tablespoons sour cream to serve.

**Directions:** Sift flour, cocoa and baking powder into a mixing bowl. Add sugar and stir to combine. Make a well in the centre and beat in egg. Gradually add milk, stirring, until a thick batter forms. Stir in chocolate. Place a little butter in a large non-stick frying pan and heat over medium heat until melted. Place spoonfuls of batter, spaced well apart, in pan. Cook pancakes for 2-3 minutes on each side, or until browned. Transfer to a warm plate and keep warm in oven until ready to serve.

**For the cherry sauce:** Wipe frying pan clean with kitchen paper towel. Drain cherries and pour syrup into pan. Mix cornflour with a little cold water until a thin, smooth paste forms. Add to syrup in pan. Stir sauce continuously over a low heat until thickened. Stir in fruit juice. Remove pan from heat and stir in cherries.

Serve pancakes with cherry sauce and sour cream.

