



Allotment Gardening In North Essex -- At Home In The Kitchen

Fruit Pancakes

Ingredients: 4 portions

100g 4oz flour
250ml 1/2pt milk
pinch salt
1 egg
10g 1/2oz melted butter
50g 2oz caster sugar
oil for cooking pancakes
100g 4oz of fruit
25g 1oz sugar
a little corn flour or arrowroot

Typical fruits:

pear, apple, black currant, cherries.
I used Loganberries frozen from last summer.

You can always use Lemon, Orange,
or jam

Method:

1. Sieve the flour and salt into the bowl
2. Add the egg and milk gradually incorporating the flour from the sides
3. Whisk to a smooth batter
4. Mix in the melted butter
5. Stew fruit with sugar to taste and a little water
6. Thicken fruit with either diluted arrowroot or corn flour
7. Heat the pancake pan, clean thoroughly
8. Add a little oil heat until smoking
9. Add enough mixture to just cover the bottom of the pan thinly
10. Cook for a few seconds until brown
11. Turn and cook on the other side
12. Turn onto a sugared plate
13. Sprinkle with sugar
14. Stack each pancake on top of each other with sugar in between
15. Spread filling over pancake
16. Roll up or fold in 4
17. Sprinkle with sugar and serve