



PANCAKES FILLED WITH WARM BERRIES



Ingredients

For the pancakes:

115g Plain Flour
285ml Milk
2 Whole eggs
15g Melted butter
Pinch salt
Sunflower oil

For the filling:

220g Strawberries
125g Raspberries
125g Blueberries

For the sauce:

160g Strawberries
Juice of half lemon

For the topping:

180g Low fat natural
yoghurt
1/2tsp Vanilla essence
1tsp Honey



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Method

1. Firstly make the batter for the pancakes. Add the flour, milk, eggs, melted butter and a pinch of salt in a bowl and whisk until you have a smooth batter. Allow to rest for thirty minutes.

2. To prepare the fruits, fill a large bowl or sink with cold water and separately wash the fruit, being careful not to bruise or crush them. Once washed, place on a tray lined with a clean tea towel. To prepare the strawberries, remove the stalk and cut the strawberries into quarters, leave the raspberries and blueberries whole.

3. For the sauce, wash the strawberries, cut into quarters and place into a blender with the juice of half a lemon and blend until smooth, place into a saucepan, and set aside.

4. Place the yoghurt into a bowl and whisk in the vanilla and honey for about 15 seconds and place in the fridge.



5. Once the batter has rested for thirty minutes, give another whisk and cook the pancakes. Pour a small amount of sunflower oil into 20 - 23cm pan, heat up the pan until you can feel a good heat rising.

6. Pour in about three tablespoons of batter from a ladle and immediately swirl the pan so the batter coats the base of the pan, put the pan back on the heat. Cook until the batter is set and you get a slight brown on the edge of the pancake, check by lifting one side of the pancake to see if you have a golden brown colour. Flip the pancake and cook for a further fifteen to thirty seconds. Remove the pancake and place on a tray topped with greaseproof paper and a tea towel. Repeat this process for each pancake.

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7. To assemble the dish, gently heat up the strawberry sauce, add the fruits, gently heat the fruits so they are just warm, be careful not to crush the fruits when moving in the pan, remove the pan from the heat once the fruits have warmed through. On a plate, place the pancake golden side down, fold in half and then fold into quarter. Centralise the pancake on the plate and fill the top pocket with the warm fruits. To finish off, top with a dessert spoon full of yoghurt and serve.