



## fluffy pancakes

By Grant McGregor  
The Hilton International Brasserie

### INGREDIENTS

- 1 ½ cups milk
- 60g butter
- 1 pinch salt
- 250g cake flour (plain)
- 3 free-range eggs

### EQUIPMENT

- 2 small pans
- 2 mixing bowls
- whisk

### METHOD

- 1 In a small pan warm the milk, butter and salt. Heat the butter until it melts.
- 2 Separate the egg yolks from the whites and keep the whites in another bowl for later.
- 3 Sift the flour into a bowl and form a well in the middle and add the yolks.
- 4 Start folding together and add the warm milk mixture, keep folding till combined.
- 5 Place in the refrigerator for 2 hours.
- 6 When ready to cook, whisk the egg whites to a soft peak and fold through the batter.
- 7 Preheat a non-stick pan. The batter should be slightly runny, then add the butter to the pan and fry the pancakes till bubbles form on top then turn and cook till done.
- 8 Top with yummy honey, lemon and sugar, or fresh fruit and yogurt.

### FROM THE MARKET

Milk—Fleurieu Milk

Butter and Yogurt—B.-d. Farm Paris Creek

Free-range eggs—Rosie's Free Range Eggs

Honey—Do Bee Honey; Friebe's

Fresh fruit—Do Bee Honey; Virgaras Garden; Fat Goose Fruits; Rich Pickings; Cooinda Proprietors; Kalangadoo Organic; Ashbourne Valley Orchards