



## LEEK PIKELETS makes 12



THIS RECIPE REQUIRES ADULT SUPERVISION

### INGREDIENTS

- 2 leeks
  - 50g butter
  - 2 tablespoons olive oil
  - 300g Alexandrina Cheese Co. crème fraîche
  - 3 eggs, at room temperature
  - 100g plain flour ( $\frac{2}{3}$  cup)
  - 1 teaspoon baking powder
  - 1 tablespoon olive oil, for frying
  - salt and pepper to taste
- To finish - smoked trout or salami, cherry tomatoes, salad leaves and herbs

### EQUIPMENT

- knife
- chopping board
- egg beaters or electric mixer
- kitchen scales
- small and large bowls
- measuring spoons
- nonstick frypan
- oven tray
- egg flip
- paper towel

### METHOD

1. Get an adult to help you - top and tail leeks (this means to remove the roots and green top leaves by cutting off with a knife). Wash thoroughly to remove sand and grit, pat dry and thinly slice the leeks.
2. In a heavy based pan over low heat melt the butter with the olive oil. Add the leek and cook till soft, stirring occasionally. Transfer to a bowl to cool.
3. When cool add crème fraîche, and stir to combine. Stir in the flour and baking powder.
4. Separate the three eggs into two bowls. Discard one egg yolk and stir two yolks into the leek mixture, mixing gently but thoroughly.
5. Put egg whites into a mixing bowl of an electric mixer with a pinch of salt (or beat with an egg beater) and whisk until soft peaks form.
6. Fold the egg whites gently into the leek mixture being careful not to knock out too much air.
7. Under adult supervision pour a tablespoon or two of olive oil into a large non stick frying pan over moderate heat. When oil is hot drop  $\frac{1}{4}$  cup of mixture into pan and cook in batches until bubbles appear on surface then flip over and cook until golden. Transfer cooked pikelets to an oven tray and keep warm in a low oven. Cook remaining pikelets.
8. Serve with a dollop of Alexandrina Cheese crème fraîche or Ballycroft Gruth and top with salami or smoked trout, cherry tomatoes and a handful of green salad leaves and a little chopped parsley or chives.

### FROM THE MARKET

Bickleigh Farm - Lettuce, Herbs  
Rosie's Eggs  
Hahndorf Gourmet - Salami  
Limestone Coast Trout

Ballycroft - Gruth  
Alexandrina Cheese Co. - Crème fraîche  
Monika Organics - Leeks  
H & L Hydroponics - Cherry tomatoes

Olive Lair – Olive oil