



pancakes with strawberry sauce

makes 14

INGREDIENTS FOR PANCAKES

300g self raising flour
 75g caster sugar
 25g butter
 2 tablespoons (40g) honey
 500ml milk
 2 eggs
 pinch salt
 a little olive oil to cook pancakes

EQUIPMENT

kitchen scales
 oven mitts
 small glass bowl
 whisk
 measuring jug
 large and medium bowl

non-stick frying pan
 egg flip
 ladle
 oven tray
 potato masher
 knife

INGREDIENTS FOR STRAWBERRY SAUCE

2 punnets strawberries
 caster sugar to taste

ASK A GROWN UP TO HELP YOU COOK

TO MAKE THE PANCAKES

1. Melt the butter and honey into a glass or china bowl suitable for microwaving. Microwave on medium for one minute until butter has melted. Stir to mix.
2. Put the flour and sugar into the large mixing bowl.
3. Crack the eggs into a small bowl. Add the butter and honey and whisk together.
4. Pour 500ml milk into a measuring jug and whisk in the egg, honey and butter mixture.
5. Gradually pour the milk mixture into the bowl of flour and sugar whisking continuously.
6. Keep adding more liquid and stir until the mixture is smooth and like thick cream (alternatively this can be done in a blender).
7. Pour a little olive oil into the frying pan to coat the pan.
8. Heat pan over gentle heat on stove top for about 2 minutes.
9. When the pan is hot add one ladleful of pancake mixture and swirl to make an even circle.
10. Once bubbles appear over the surface of the pancake lift with the egg flip and turn over. Cook until the underneath is golden.
11. Carefully remove pancake from the frying pan and place on the oven tray to keep warm in a low oven. Repeat procedure until all the pancakes are cooked.

TO MAKE STRAWBERRY SAUCE

1. Wash the strawberries and cut off the green stem or hull.
2. Place in a bowl and mash with a potato masher to make a sauce.
3. Add caster sugar to taste.

Serve the warm pancakes with strawberry sauce and cream.

FROM THE MARKET

Cream and Milk — Fleurieu Milk Company, B.-d. Farm Paris Creek, Murray Valley Cheese
 Butter — B.-d. Farm Paris Creek
 Eggs — Rosie's Eggs
 Honey — Do Bee Honey & Friebe's
 Strawberries — Hillside Strawberries
 Olive oil — Patlin Gardens and Virgaras Garden