



Buttermilk Pancakes with Berries and Strawberry Sauce

Makes 12 Pancakes (4 Portions)

Ingredients

- 600g buttermilk
- 320g all-purpose flour
- 4x med/large eggs separated
- 40g caster sugar
- 2g table salt
- 15g baking powder or bi carb
- Zest of 2x lemons
- Veg/rapeseed oil for cooking
- 300g plain Greek yoghurt
- 200g strawberry sauce
- 100g strawberries
- 100g blackberries
- 100g raspberries
- 4g freeze dried raspberries (optional)
- 2g icing sugar for dusting
- 2g micro lemon balm or mint for decoration

Method

1. Separate the eggs & whisk the egg white until firm peaks are formed.
2. Mix the egg yolk with rest of the ingredients together, making sure there are no lumps.
3. Slowly fold the whipped egg whites into the batter mix.
4. Cover & allow the mix to rest for 10 minutes.
5. Heat a large nonstick pan with a little oil to get warm.
6. Ladle the pancake batter into the pan.
7. Cook on a medium heat until bubbles have formed on top of the mix or for 3-4 minutes.
8. Once you are happy with the colour, flip over & cook for a further 2 minutes depending on size.
9. Allow to cool.

Strawberry Sauce Ingredients

- 300g strawberries
- 50g water
- 25g sugar

Method

1. Remove the tops (hull) from the strawberries
2. Wash and then cut the strawberries in to 1/4
3. Bring the water and sugar to the boil then add the strawberries
4. Cook for 4-5 mins
5. Liquidise the mixture
6. Chill in the fridge

Finishing touches

1. Prepare berries by hulling the strawberries and then washing them all gently.
2. Cut the strawberries into 1/4.
3. Spread the cooked pancakes on a large or 2 baking trays and heat in the oven at 160°C for 4 mins.
4. Gently warm the strawberry sauce but don't boil.
5. Build the warm pancakes into stacks of 3, sandwiching a spoonful (25g) of yoghurt between each layer and finishing with a spoonful on top.
6. Arrange the mixed berries neatly on top and around the outside of the pancakes.
7. Sprinkle the freeze dried raspberries over the top (if you have them).
8. Dust with icing sugar.
9. Arrange the lemon balm (or mint) neatly on top.
10. Serve with the warm sauce over the top or on the side.