

Apple & Sultana Pancakes

Cooking Time (including preparation) 30-40 minutes

Ingredients	Serves 2-3	Serves 4-5	Serves 6-8
• Eggs, beaten	1	2	3
• Milk, boiled then cooled	1 cup	1 $\frac{3}{4}$ cups	2 $\frac{1}{2}$ cups
• Raw sugar	1 tbsp	2 tbsp	$\frac{1}{4}$ cup
• Baking powder	1 tsp	2 tsp	3 tsp
• Buckwheat flour	1 $\frac{1}{4}$ cups	2 $\frac{1}{3}$ cups	3 $\frac{1}{2}$ cups
• Ground cinnamon	$\frac{1}{2}$ tsp	1 tsp	1 $\frac{1}{2}$ tsp
• Dry ginger (Kapha/Vata)	1 tsp	2 tsp	3 tsp
• Granny Smith apples, grated	1 large	2 large	3 large
• Sultanas	$\frac{1}{2}$ cup	1 cup	1 $\frac{1}{2}$ cups
• Blueberries	$\frac{1}{2}$ cup	1 cup	1 $\frac{1}{2}$ cups
• Walnuts, chopped small	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
• Ghee or butter for cooking	1 tsp	2 tsp	3 tsp

Method

Whisk the eggs, add milk, sugar and baking powder. Stir in the flour and spices and mix until thin pouring consistency. Add the grated apple, sultanas, walnuts and blueberries. Allow the mixture to stand for a few minutes so the mixture thickens slightly. Heat a fry pan over medium-high heat. Add 1 teaspoon margarine spread and cook mixture in 1 tablespoon fulls. When bubbles rise on the uncooked surface (about 1 $\frac{1}{2}$ minutes) the pancakes are ready to turnover. Turn the pancakes and cook for a further 2 minutes on other side. Put cooked pancakes on a clean dry tea towel until ready to use. If not using at once, cover with paper towel to prevent the pikelets from drying out.

Tip: Uncooked mixture consistency

The longer the mixture stands, the thicker it becomes. If needed, stir in warm water so that consistency of the mixture is that of thick pouring custard.

Serve with

- Drizzled maple syrup or honey
- Thick plain yoghurt
- Freshly squeezed lemon juice and sprinkled black pepper
- Chai or black tea, unsweetened, as an accompanying drink

EMAIL carey@caro.com.au
INTERNET www.caro.com.au

caro way



yoga + ayurveda
+ meditation

CAREY ROHRLACH