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Recipe: Apple Pancakes

Ingredients

2 large eggs
350ml milk
240g plain flour
1 teaspoon of baking powder
A pinch of salt
50g golden caster sugar
4 large cooking apples
1 teaspoon of cinnamon
A grating of nutmeg
A teaspoon of vanilla extract
Sunflower oil
Icing sugar
Golden syrup

Servings
6
Person

Preparation

1. Beat the eggs in a large bowl, then add the milk and whisk the two together.
2. Into a separate bowl, sift the flour. Add the baking powder, salt and sugar and stir together.
3. Tip some of the flour mixture into the eggs, combine them and then keep adding until everything is mixed well together.
4. Peel and core the apples and then grate them coarsely or chop finely. Stir the apple into the batter.
5. Add the cinnamon, nutmeg and vanilla extract and stir in well.
6. Heat a tablespoon of sunflower oil in a large heavy bottomed frying pan; you will need to add more as you cook each batch of 3 or 4 small pancakes.
7. For each pancake, drop a large tablespoonful of batter into the hot oil and cook for 2-3 minutes until golden brown underneath. Turn it over, flatten down slightly and cook for 2 minutes more. Keep each cooked batch in a low oven to keep warm.
8. When all the batter has been used, serve the warm pancakes sprinkled with icing sugar, and eat with a drizzle of golden syrup on top.

Cooks Note

Try this simple autumnal dish of apple pancakes, lightly spiced with cinnamon, nutmeg and vanilla, then drizzled with syrup; lovely for breakfast or brunch. Serve with maple syrup instead if you prefer, or with freshly squeezed orange juice and sugar. Or make an accompanying apple compote and serve with crème fraiche or thick cream.