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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 fraîche* or thick cream.
