



Pancakes with caramelized apples

Pancakes or crepes are delicious, easy to prepare and very versatile. They are made all over the world in slightly different ways and are traditionally made from locally available flours such as wheat, rye, corn, buckwheat or barley. This batter will make 8 x 25cm crepes or you can make up a batter and keep it covered and refrigerated for 3 days to use as and when. The apples are a lovely dish on there own or even better wrapped up in a pancake with a dollop of yoghurt or cream.

For the pancakes:

2 free range eggs
450ml/ 1-pint semi-skimmed milk
125/5oz/5 tbsp flour
1 tsp sugar
Pinch of salt
1 tsp bicarbonate of soda

Method:

Beat the eggs and milk together with a balloon whisk. Add the bicarbonate of soda, sugar, salt and 1 tablespoon of flour at a time and whisk together. Adding one spoon at a time helps to one to avoid a lumpy batter. The batter should be reasonably thin with the pouring texture of single cream. Heat a non-stick frying pan over a medium to hot heat and lightly grease with a paper towel dipped in sunflower oil. Add enough batter to coat the bottom of the pan and cook until the up facing side is dry and has bubbles forming. Turn and cook the other side until done. Continue to cook the rest of the pancakes in this way, storing then on a plate under a tea cloth with a sheet of kitchen paper between each one.

For the caramelised apples:

4 dessert apples, cored, peeled and cut into half
4 tbsp apple juice
2 tbsp butter
1 tbsp brown sugar

Method:

Heat a large frying pan on a medium heat and melt the butter. Add apples cut side down and cook gently for 5 minutes. Turn the apples over, add the sugar and juice and raise the heat slightly. Cook until the liquid has evaporated and the apple are soft and coated with a light caramel.

