

Recipe: Chocolate Peanut Butter & Banana Pancakes

Sweet

Ingredients:

- 100g plain flour
- 2 eggs
- 300ml milk
- Oil/butter for cooking
- 6 tbsp smooth peanut butter
- 2 tbsp Icing sugar
- 50g Chocolate chips
- ½ Banana (sliced)

Method:

Put the flour, eggs, milk and a pinch of salt into a bowl or large jug, then whisk to a smooth batter. Set aside for 30 mins to rest if you have time, or start cooking straight away.

Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper. When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

Mix the peanut butter with the icing sugar, milk and chocolate chips. Spread the choc-chip mix over pancakes. Top with the banana. Fold.

Recipe: American Blueberry Pancakes

American

Ingredients:

- 200g self-raising flour
- 1 tsp baking powder
- 1 egg
- 300ml milk
- Knob of butter
- 150g pack of blueberries
- Oil/butter for cooking
- Golden or maple syrup

Method:

Mix together the flour, baking powder and a pinch of salt in a large bowl. Beat the egg with the milk, make a well in the centre of the dry ingredients and whisk in the milk to make a thick smooth batter. Beat in the melted butter, and gently stir in half the blueberries.

Heat a teaspoon of oil or small knob of butter in a large non-stick frying pan. Drop a large tablespoonful of the batter per pancake into the pan to make pancakes about 7.5cm across. Make three or four pancakes at a time. Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn and cook another 2-3 minutes until golden. Cover with kitchen paper to keep warm while you use up the rest of the batter. Serve with golden syrup and the rest of the blueberries.

Recipes: Crepes Suzette

French

Ingredients:

- 3 tbsp caster sugar
- 250ml freshly squeezed orange juice (2/3 oranges)
- Zest 1 orange
- 1 tsp lemon juice
- 1 tbsp grand Marnier or Cointreau
- 50g unsalted butter

Method:

Once you have made classic pancakes fold the pancakes into quarters.

Tip the caster sugar into a non-stick frying pan and set the pan over a low-medium heat. Allow the sugar to melt slowly without stirring and continue to cook until it becomes a deep amber-coloured caramel.

Immediately slide the pan off the heat and add the orange juice – be careful as it may splatter and spit as it hits the hot caramel. Add the orange zest, lemon juice, the Grand Marnier and return the pan to a low heat to re-melt the caramel into the liquid.

Add the butter to the sauce in small pieces, bring to the boil and simmer gently until glossy and reduced slightly. Add the pancakes to the pan and warm through. Serve immediately.