POSH PANCAKES



Over 70 recipes,
from hoppers to hotcakes

Publishing Director: Sarah Lavelle
Creative Director: Helen Lewis
Copy Editor: Corinne Masciocchi
Editor: Harriet Butt
Series Designer: Gemma Hayden
Designers: Nicola Ellis and Emily Lapworth
Recipe Writer: Sue Quinn
Photographer: Faith Mason
Food Stylist: Emily Kydd
Prop Stylist: Alexander Breeze
Production: Vincent Smith and Nikolaus Ginelli

Published in 2018 by Quadrille, an imprint of Hardie Grant Publishing

Quadrille
52–54 Southwark Street
London SE1 1UN
www.quadrille.com

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publishers and copyright holders. The moral rights of the author have been asserted.

Cataloguing in Publication Data: a catalogue record for this book is available from the British Library.

Text © Quadrille Publishing Limited 2018
Photography © Faith Mason 2018
Design and layout © Quadrille Publishing Limited 2018

ISBN: 978 1 84949 803 6

Printed in China

CONTENTS

6
Introduction

9
Tips for Perfect Pancakes

13
Pancake Basics

35
Breakfast & Brunch

67
Lunch & Light Bites

103
Pancake Dinners

143
Sweet Things

170
Index

POSH PANCAKES

INTRODUCTION

Who doesn't love pancakes? Thin and delicate, or thick and squidgy. Bite-sized or generously proportioned. Rolled, folded, or piled into towers. Drenched in syrup or stuffed with vegetables. Breakfast manna or superlative supper. Whatever your tastes or gustatory requirements, there's something for everyone in pancake land.

Researchers believe that as far back as 30,000 years ago, humans were partial to a pancake stack. Stone Age cooks mixed together ground-up plants and water, and fried the resulting batter on hot rocks greased with woolly mammoth lard. That last bit's made up, of course, but you get the picture; pancakes are almost as old as cooking itself. Why have they survived the test of time? Probably because they're cheap, and this vast food family shares one defining feature: flatness. It makes them easy to prepare, portable when necessary, and a versatile vehicle for almost any ingredient a cook has to hand. That's why virtually all cuisines have a version, from yeasty *injera* in the Horn of Africa to *pannekoek* in Holland.

These days, most of us know pancakes as stars of the breakfast table, a morning staple in some parts of the world, a daybreak treat in others. Served American diner-style, with bacon and an amber puddle of syrup, pancakes deliver the flavour-bomb triumvirate of salt, sugar, and fat. But there's so much more to pancakes than that. Stuffed with meat and baked under a blanket of gooey cheese, pancakes are the ultimate comfort food on a cold day. Plied with leafy greens and topped with an egg, they can be a nutritionally complete light meal. Studded with sweet or savoury morsels, and then baked until puffed and golden, pancakes transmogrify into something entirely different.

Whatever your personal preference, pancakes are relatively simple to make in their elemental form, with just a few basic ingredients required. There is a certain knack to getting them just right, but raw interiors, burnt exteriors, and chronic pancake stickage can easily be overcome with practice, the right kit, and by bearing a few basics things in mind.

A well-seasoned or non-stick griddle or frying pan, cast iron if budget allows, can really make the difference between pancake heaven and pancake hell. Keeping a vigilant eye on the heat, turning it up or down as required, will also enhance the chances of pancake perfection. And, of course, a well-seasoned batter that's just the right consistency is key to making them flavoursome and delicious. Notwithstanding this advice, the first pancake in a batch will invariably fail, especially when making crêpes. This is just the will of the pancake gods and is not, in fact, a problem. The scrappy mess that is your first pancake is the tester, the chance to get the heat just right. It's also a sublime cook's treat, to be eaten very hot and sprinkled with sugar straight from the pan.

It makes sense that we should all master how to make pancakes. Almost everyone loves them because they're flipping delicious. Onwards to the batter!

BUCKWHEAT

BLINIS

These diddy pancakes are traditionally served in Eastern Europe to mark the start of Lent, but they make fab canapés any time of year. Full of a yeasty, buckwheaty flavour, blinis are perfect vehicles for smoked fish, cream cheese and – of course – caviar.

MAKES 40 blinis

TAKES 40 minutes, plus 2 hours resting

60g (2oz/½ cup) buckwheat flour
100g (3½oz/¾ cup) strong white flour
1 tsp salt
½ tsp caster (superfine) sugar
7g fast-action dried yeast
150ml (5fl oz/¾ cup) whole milk
200g (7oz) soured cream
2 free-range eggs, separated
melted butter or vegetable oil, for frying

In a large mixing bowl, whisk together the flours, salt, and sugar. Sprinkle over the yeast.

Heat the milk in a small pan until warm, but not hot – you should to be able to dip your finger in without it burning. Remove from the heat, and whisk in the soured cream and egg yolks. Pour the milk mixture into the flour mixture and stir to make a thick batter. Cover with clingfilm (plastic wrap) and leave to rest in a warm place for 1 hour, or until slightly spongy and bubby on top.

When the batter has finished resting, whisk the egg whites to soft peaks. Gently fold into the batter. Cover with clingfilm and set aside for a further 1 hour.

Heat a frying pan over a medium heat and brush with butter or oil. Add 4 tablespoons of the batter to the pan and cook for about 1 minute until bubbles form on top. Flip and cook for a further 30 seconds or so. Repeat until all the remaining batter is used up.

These are lovely served warm – they can be reheated in a 150°C/300°F/gas 2 oven for 5 minutes.



FRENCH

CRÊPES

This basic crêpe batter will form the basis of many a delicious feast. The batter will keep in the fridge for up to 24 hours. Alternatively, cook the crêpes, layer them between sheets of greaseproof paper, and freeze them in a plastic food bag for up to one month.

MAKES about 10 x 15-cm (6-in) crêpes

TAKES 50 minutes, plus 30 minutes resting

130g (4½oz/1 cup) plain (all-purpose) or wholemeal plain flour
1 tbsp caster (superfine) sugar (omit for savoury recipes)
½ tsp sea salt
1 egg, lightly beaten
300ml (10fl oz/1¼ cups) whole milk
1 tbsp butter, melted and cooled
melted butter or vegetable oil, for frying

In a mixing bowl, whisk together the flour, sugar, and salt, and make a well in the centre. In a jug, whisk together the egg, milk, and melted butter. Gradually pour the egg mixture into the well and whisk, incorporating the flour as you go, to make a smooth batter. Don't overbeat or the crêpes will be tough. Leave to stand for at least 30 minutes. The batter will thicken over this time, so stir in 1–2 tbsp cold water before cooking.

Heat a non-stick frying pan or crêpe pan over a medium heat and when hot enough – a sprinkle of water should hiss and sizzle – brush with butter or oil. Pour 60ml (2fl oz/¼ cup) batter into the pan, quickly swirling the pan to cover the base. Cook for 1–2 minutes until the edges of the crêpe look dry and the underneath is golden. Loosen the edges with a palette knife, flip, and cook for a further 1–2 minutes. Repeat with the remaining batter.

Serve the crêpes immediately or layer them between sheets of greaseproof paper and cover loosely with foil to keep warm. Alternatively, keep warm for a few minutes – any longer and they may dry out – in a 100°C/225°F/¼ oven, layered between sheets of greaseproof paper.



CHEESE, EGG & SPINACH

BUCKWHEAT GALETTES

These tasty little pancake packets are very pleasing with their sunny egg yolks peeking through the top. If you make the batter the night before, you've got brunch for a small gathering pretty much in the can.

MAKES 8 galettes

TAKES 1 hour 20 minutes, plus 1 hour 15 minutes resting and returning to room temperature for the batter

1 quantity Buckwheat galette batter (see page 17)

melted butter or vegetable oil, for frying
200g (7oz) Comté or Gruyère, grated
120g (4oz) baby spinach, chard or kale, very finely sliced
8 eggs

Heat a non-stick frying pan or crêpe pan over a medium heat and brush with butter or oil. Pour 60ml (2fl oz/¼ cup) batter into the pan and quickly swirl to coat the base. Cook for 1–2 minutes until golden underneath, then flip the galette and remove the pan from the heat.

Sprinkle one-eighth of the cheese in a circle on top of the galette, leaving enough room in the centre to hold an egg yolk. Top the cheese with one-eighth of the spinach, then crack an egg into the centre of the cheese-and-spinach circle. Return the pan to the heat and fold in the edges of the galette using a spatula to make a square. Cover – use a baking sheet if your frying pan doesn't have a lid – and cook for a few minutes until the egg white is firm and the yolk still runny.

Serve immediately. Repeat with the remaining batter and filling ingredients.



TOMATO SALSA,

CORN & SPINACH PANCAKES

Sweet and juicy corn kernels really make these pancakes pop with flavour. Kernels cut fresh from the cob are ideal, but the canned stuff also works nicely.

MAKES 8 pancakes

TAKES 30 minutes

For the salsa

3 ripe tomatoes, about 160g (5½oz), finely chopped
1 red onion, finely sliced
60g (2oz) feta, crumbled
1 tbsp lime juice, or more to taste
3 tbsp extra virgin olive oil
sea salt flakes
freshly ground black pepper

For the pancakes

160g (5½oz/1¼ cups) self-raising flour
1 tsp sea salt
1 tsp ground coriander
½ tsp ground cumin
1 tsp smoked paprika
1 egg, lightly beaten
1 tbsp olive oil, plus extra for frying
250g (9oz) corn kernels, from corn cobs or a can
60g (2oz) spinach, finely sliced

Make the salsa by combining all the ingredients in a bowl. Set aside to allow the flavours to mingle.

For the pancakes, whisk together the flour, salt, and spices. Stir in the egg and oil, and then 130ml (4½fl oz/½ cup) cold water, or enough to make a smooth batter. Fold in the corn and spinach – the batter will be very thick.

Heat a frying pan over a high heat and brush with oil. Reduce the heat to medium and pour 60ml (2fl oz/¼ cup) batter into the pan. Use the back of a spoon to flatten the batter into a patty shape and cook for 2 minutes on each side, until golden and cooked through. Repeat with the remaining batter.

Serve the pancakes hot, with a big spoonful of salsa on the side. They are also delicious served with a fried egg on top.



COURGETTE &

★

HALLOUMI PANCAKES

A bright and lovely light meal, these pancakes are bursting with spring flavours. Enjoy them with a hefty dose of sunshine if you can.

MAKES 12 pancakes

TAKES 25 minutes

2 medium courgettes (zucchini) (about 500g/1lb 2oz)
1 tsp sea salt flakes
1 quantity Buttermilk pancake batter (page 18)
200g (7oz) halloumi, grated
handful basil leaves, torn
handful mint leaves, finely sliced
3 spring onions (scallions), finely sliced
grated zest 1 lemon
freshly ground black pepper
garlic-infused olive oil (plain olive oil is fine), for frying
pea shoots and lemon wedges, to serve

Grate the courgettes on the largest holes of a box grater. Transfer to a sieve set over a bowl and toss with the salt. Set aside for 15 minutes to drain, then place in a clean tea towel and squeeze tightly to remove as much liquid as possible. Loosen the courgettes – they'll be tightly packed together – then add to the pancake batter along with all the remaining ingredients, except the oil, pea shoots, and lemon wedges.

Heat a non-stick frying pan over a medium heat and brush generously with the oil. Add large spoonfuls of batter to the pan to make 10-cm (4-in) pancakes and cook for 2 minutes until golden underneath. Flip and cook for a further 2 minutes.

Serve the pancakes sprinkled with sea salt and a handful of pea shoots, and lemon wedges on the side.



PORK, FENNEL & CHILLI

BAKED PANCAKES

This is rib-sticking stuff, perfect served on a cold day.

SERVES 4

TAKES 1 hour

butter, for greasing
1 tbsp olive oil
500g (1lb 2 oz) minced (ground) pork
1 onion, finely chopped
1 garlic clove, finely chopped
2 tsp fennel seeds
½–1 tsp chilli flakes, according to taste
100ml (3½fl oz/scant ½ cup) red wine
1 tbsp tomato purée
500g (1lb 2oz) passata
salt and freshly ground black pepper
120ml (4fl oz/½ cup) double cream
10 crêpes – 1 quantity Crêpe batter (page 20)
1 mozzarella ball, grated
80g (3oz) Comté or Gruyère, grated
30g (1oz) grated Parmesan

Preheat the oven to 180°C/350°F/gas 4 and butter an 18x28-cm (7x11-in) or similar baking dish.

Heat the oil in a frying pan, add the pork, and break up with a spoon. Fry over a medium–high heat until browned; give it time to colour and get a little crispy. Transfer to a bowl with a slotted spoon. Tip out all but 2 tablespoons of the fat from the pan. Over a medium heat, stir the onion into the fat and cook for 6 minutes. Add the garlic, fennel seeds, and chilli flakes, and fry, stirring for 1–2 minutes, until you can smell the fennel.

Return the minced pork to the pan and stir until well combined with the onion. Add the wine and cook until it bubbles up and reduces, then stir in the tomato purée and passata. Season generously with salt and black pepper. Simmer gently, stirring now and then, for 20 minutes until the sauce has thickened. Remove from the heat and stir in the cream. Taste for seasoning and add more salt and black pepper if necessary.

Assemble, by spooning a generous amount of the ragu along the centre of each crêpe and neatly roll up. Place in the prepared dish, tucking the ends under. Repeat until you have five pancakes in the base. Scatter over half the mozzarella and Comté. Repeat with a second layer, finishing with the remaining mozzarella and Comté. Sprinkle the Parmesan over and bake for 25 minutes, or until golden. Serve hot, with a green salad.



POLISH PANCAKES WITH

PAN-FRIED HAKE & AIOLI

This is posh fish and chips: crispy potato pancakes with tender white fish and garlicky lemon mayonnaise. Tuck in.

SERVES 4

TAKES 30 minutes

For the hake

4 boneless hake fillets, skin on
sea salt flakes
freshly ground black pepper
2 tbsp olive oil

For the aioli

120ml (4fl oz/½ cup) good-quality mayonnaise
1 garlic clove, crushed
finely grated zest and juice ½ lemon

For the pancakes

500g (1lb 2oz) potatoes
1 small onion, grated
1 egg, lightly beaten
1 tbsp plain (all purpose) flour
sea salt flakes
freshly ground black pepper
small handful parsley, chopped
2 tbsp butter
2 tbsp olive oil

Pat the fish dry with kitchen paper and season generously on both sides with salt and black pepper. Set aside, lightly covered with greaseproof paper.

Combine the aioli ingredients in a small bowl and chill until needed.

For the pancakes, peel and grate the potatoes, putting them in a bowl of iced water as you go. Drain, then squeeze out as much liquid as possible. Place in another bowl, add all the remaining pancake ingredients, except the butter and oil, and mix well. Melt half the butter and half the oil in a frying pan. When foaming, add a large spoonful of the potato mixture to the pan, flattening slightly to make a pancake roughly 8cm (3in) in diameter. Repeat. Fry in batches of 4 for 2–3 minutes on each side over a medium heat, until golden and cooked through. Transfer to a 150°C/300°F/gas 2 oven to keep warm.

To cook the fish, set a frying pan over a medium–high heat, add a splash of oil and wipe it over the base using a wodge of kitchen paper to remove any excess. When the pan is hot, add the fish skin-side down and press the flesh firmly with a fish slice – this helps achieve a lovely crisp skin. Cook for 3–4 minutes, depending on the thickness of the fillet, then flip and cook for 1–2 minutes more.

Serve a fish fillet and two pancakes per person, with the aioli on the side. Serve with steamed green vegetables.



CHOCOLATE

PANCAKE CAKE

OK, so you need to cook an absurd number of pancakes for this cake – but, truly, you get into a comforting rhythm and the results are impressive. And very chocolatey.

Makes 1 cake (Serves 12–16)

TAKES about 2 hours, plus 1 hour resting and cooling

30 cooked crêpes (about 3 quantities Crêpe batter (page 20))

For the chocolate filling

300ml (10fl oz/1¼ cups) double (heavy) cream

300g (10½oz) mix of dark/milk chocolate, chopped

pinch salt

golden syrup, to taste (optional)

For the chocolate glaze

200ml (7fl oz/generous ¾ cup) double (heavy) cream

100g (3½oz) mix of dark/milk chocolate

pinch salt

golden syrup, to taste (optional)

Make the filling by pouring the cream into a pan and heat until almost boiling. Pull the pan off the heat, add the chocolate and salt, and stir until completely combined. Have a taste and add some golden syrup to sweeten (if using). Set aside to cool and thicken.

To assemble the cake, use a palette knife to spread a thin layer of the filling over each pancake, stacking them into a tower on a plate as you go. If you're striving for neatness, stamp out perfect pancake circles using the ring of a 20-cm (8-in) loose-bottom cake tin. Insert the base into the tin, and then stack the chocolate-covered pancakes inside as you go. Transfer to the fridge to chill and set for 30 minutes.

Now, slide the cake onto a wire rack set over a tray or baking sheet (releasing it from the tin if you've used one) – an egg slice is useful to do this. To make the glaze, heat the cream as you did for the filling, add the chocolate and salt, and stir to combine. Add golden syrup to taste (if using). Leave to cool a little – you need the glaze to be thin enough to pour but thick enough to coat the pancakes. Pour the glaze over the pancake stack so that it runs downs and covers the sides. Chill to set.

Serve in modest slices with whipped cream or crème fraîche on the side.



DUTCH PANCAKE WITH RHUBARB & ORANGE CREAM

Simple pancake batter is transformed into a fancy-pants dessert here, with the tang of blushing rhubarb enhanced by a cloud of orange-scented cream. It's lovely served family style – that is, carried ceremoniously to the table and served straight from the pan.

SERVES 6

TAKES 1 hour 30 minutes

For the rhubarb

400g (14oz) rhubarb, chopped into 5-cm (2-in) pieces (very thick pieces halved lengthways)
60g (2oz/¼ cup) caster (superfine) sugar
2 tbsp orange juice

For the pancake

1 tbsp vegetable oil
100g (3½oz/¾ cup) plain (all-purpose) flour
30g (1oz) ground almonds
1 tbsp caster (superfine) sugar
pinch salt
3 eggs, lightly beaten
300ml (10fl oz/1¼ cups) whole milk
1 tsp almond extract
1 tsp vanilla extract
1 tbsp butter, melted and cooled

Preheat the oven to 200°C/400°F/gas 6. Place all the ingredients for the rhubarb in a baking dish and toss to coat. Roast for 20 minutes, or until the rhubarb is tender but still holds its shape. Set aside and increase the oven temperature 220°C/425°F/gas 7.

To make the pancake, pour the oil into a large non-stick ovenproof frying pan and place inside the oven to heat.

In a mixing bowl, whisk together the flour, ground almonds, sugar, and salt. In a jug, whisk together the eggs, milk, almond and vanilla extracts and melted butter. Gradually stir the wet ingredients into the dry, incorporating the flour as you go to make a smooth batter: don't overbeat as some small lumps are fine.

ingredients and method continue overleaf...

