

Flap Jacks

Makes: 25

Preparation time: 5 minutes

Cooking time: 10 minutes

Ingredients

720ml self raising flour
120ml sugar
4 eggs
600ml milk
oil

Method

1. Mix all the ingredients together.
2. Heat the pan with a little bit of oil on medium heat.
3. Scoop 1 tablespoon of the dough in the pan and turn over when bubbles start to appear.

Serving suggestions, tips or variations

Serve with crispy bacon and maple syrup.
Great for lunch boxes.

This recipe came from

Family recipe

Name

Rowen Koortzen – Year 8

Coconut and Banana Pancakes

Makes: 12

Preparation time: 20 minutes

Cooking time: 10 minutes

Ingredients

2 eggs separated
2 cups milk
½ cup sugar
1 tsp vanilla essence
2 cups plain flour
3 tsp baking powder
½ cup coarse thread coconut, lightly toasted
1 mashed ripe banana

Method

1. Beat egg yolks, milk, sugar and vanilla.
2. Combine flour, baking powder and salt, add to egg mixture and beat until smooth.
3. Mix in the coconut and banana. Leave to stand for at least 15 minutes or up to 3 hours in fridge.
4. Whisk egg whites to form soft peaks and fold into mixture gently.
5. Heat a lightly oiled fry pan.
6. Spoon ladlefuls of batter into pan and cook over a medium heat. When small bubbles form on top and start to pop, flip to cook other side.

Serving suggestions, tips or variations

Serve with sliced bananas, grilled bacon and maple syrup.
To make plain pancakes, leave out the banana and coconut and add another 2 tablespoons of flour.

This recipe came from

Annabel Langbein's Book www.annabel-langbein.com

Name

Anita Raman

