



IN THE KITCHEN

Scotch pancakes with fruit coulis

Ingredients:

For the pancakes:

- 50g of self raising flour
- 1 tablespoon of granulated sugar
- 1 egg (beaten)
- 3½ tablespoons of milk
- 2 teaspoons of sunflower oil

For the fruit coulis:

- 1 handful of fruit per person (e.g. blueberries/forest fruits or any type of berry, fresh or frozen)
- A little water if using fresh fruit

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You'll also need:

- A mixing bowl
- A frying pan
- Oil/spray oil for the pan
- A saucepan for the coulis

Method:

Pancakes:

- Put the flour and sugar in a bowl then add the egg and milk
- Mix together until it's the consistency of thick cream
- Lightly coat a frying pan with oil/spray oil and heat
- When the pan's hot, drop in a spoonful of the mixture
- When bubbles come to the surface of the mixture flip the pancake over
- Cook on each side for 2-3 minutes

- Repeat until all the mixture has been used up

Fruit coulis:

- Put the fruit in the saucepan and heat gently until the fruit begins to release its juice
- Stir continuously so the fruit doesn't burn
- Once the mixture comes to a boil, reduce the heat and allow the fruit to simmer
- Add some water if the coulis is too thick