

Pancake Day

Recipe Booklet

Come and enjoy some
tasty pancakes!



≡ TUESDAY 13TH FEBRUARY ≡

Pancake Day

Recipe Booklet

Pancakes. The mere mention of the word and watch as eyes light up. Pancakes are the epitome of comfort food. Whether you're eating them while wearing cosy slippers and lounging late one morning, or enjoying them as a fulfilling dinner, pancakes are a universal feel-good food. It's perhaps the one meal that easily appeals to all ages, and can be found across the globe.

Sweet or savoury, and regardless of what you call them, this thin round flat delightful disc musters up memories and easily gets our stomachs grumbling. So if in fact pancakes can be sweet or savoury, what makes a pancake well, a pancake?

By definition: The ingredients may vary, but all pancakes are foremost composed of starchy batter. For it to be considered a pancake the batter is poured onto a flat hot surface. The batter is then cooked – or proper terminology baked – in a pan or on anything flat.

“Thus a pan does not the pancake make”.

It's unclear exactly how far back in our ancient history pancakes became a staple dish in our diet. Archaeologists though have been able to track examples of grain-based cakes back to the Stone Age. Historians thus began discussing the presence of a form of pancakes in our early culinary repertoire around the cultivation of grains, with flat rocks serving at the time as primeval griddles. But it's clear, throughout history, and importantly across cultures, the pancake clearly has a role to play and why so many people have a penchant for pancakes.

We have been looking into the global phenomenon that is the pancake and compiled this eclectic mix of Pancake recipes from all over the world for you to use and explore, we hope that you enjoy making them and trying something both familiar and extraordinary.

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GERMAN PANCAKE SOUP - FLADLESUPPE

SERVES



Ten

ALLERGENS



Wheat, Milk, Egg, Gluten

INGREDIENTS



- 140g plain flour
- 200ml milk, semi skimmed
- 2 eggs, free range
- 1ltr. vegetable stock
- Chives, small handful, snipped
- 3 spring onions, shredded
- 20ml vegetable oil
- Lo salt, pinch
- Ground white pepper, pinch

METHOD



1. Put the flour in a bowl, add the milk and egg and whisk until they are well combined and there are no lumps and season.
2. Brush a small-medium frying pan with a little vegetable oil and warm over a medium heat.
3. Pour a couple of spoonful's into the pan and immediately lift the pan from the heat so you can swirl the mixture round – tilting and turning so that you form a thin layer over the bottom of the pan. Cook for a couple minutes until the edges start to curl up. Loosen the pancake from the bottom of the pan, flip it over carefully then cook another 30 seconds or so until it browns slightly on the other side.
4. Remove the pancake from the pan, let it sit until it is OK to handle then roll it up and set aside. Then repeat with the rest of the mixture.
5. Let the pancakes cool a little while you warm the stock and slice up the chives.
6. Once cool, cut each pancake into thin slices and put the slices, still rolled up, in the bottom of a bowl, about 1 pancake per bowl. Pour over the stock and top with some chives and shredded spring onions.



Pancake Day

Recipe Booklet

PANCAKE BREAD

SERVES



1 Loaf

ALLERGENS



Wheat, Milk, Soya,
Egg, Gluten

INGREDIENTS



For the bread

- 177g plain flour
- 70g sugar, caster
- ½tsp. baking powder
- ½tsp. lo salt
- 1 egg, free range
- 70ml vegetable oil
- 60ml natural yoghurt
- 60ml double cream
- 50ml maple syrup
- 100g honey
- ½tsp. vanilla extract

For the topping

- 10g butter
- 14g plain flour
- 11g sugar, granulated
- ¼tsp. cinnamon

METHOD



1. Preheat the oven to 180°C. Grease and line a loaf tin.
2. In a small bowl, stir together all the topping ingredients until evenly blended. The texture will be crumbly and resemble damp sand. Set aside.
3. In a large bowl, whisk together the flour, sugar, baking powder and salt. Set aside.
4. In a separate bowl, mix together the egg, oil, yoghurt, cream, honey, maple syrup and vanilla extract.
5. Add the liquid ingredients to the dry, stirring gently until the mixture is smooth.
6. Pour the batter into the prepared pan; it'll only fill about half the pan but don't worry, it'll rise and dome quite a bit during baking. Sprinkle the topping evenly over the batter.
7. Bake the bread until the top of the loaf is a deep golden brown and a toothpick inserted in the centre comes out clean, approx. 45 minutes.
8. Remove the bread from the oven and transfer it to a cooling rack. Allow the bread to cool completely in the pan.
9. You can serve the bread as soon as it's completely cool, but for best results remove the cooled loaf from the pan and wrap it in cling film, for at least 8 hours. This rest will allow the flavours to deepen and the texture to soften.



Pancake Day

Recipe Booklet

UKRAINIAN CHICKEN & PANCAKE SALAD

SERVES



Ten

ALLERGENS



Wheat, Milk, Egg, Gluten

INGREDIENTS



- 140g plain flour
- 200ml milk, semi skimmed
- 2 eggs, free range
- 500g diced chicken thigh
- 2 red peppers
- 450g onions, red
- 5 eggs, free range, hard boiled
- 600g light mayonnaise
- 2tbsp. white wine vinegar
- Flat parsley, small handful, chopped
- Tarragon, few leaves, shredded
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Put the flour in a bowl, add the milk and egg and whisk until they are well combined and there are no lumps and season.
2. Brush a small-medium frying pan with a little vegetable oil and warm over a medium heat.
3. Pour a couple of spoonful's into the pan and immediately lift the pan from the heat so you can swirl the mixture round. Cook for a couple minutes until the edges start to curl up. Loosen the pancake from the bottom of the pan, flip it over carefully then cook another 30 seconds until it browns slightly on the other side.
4. Remove the pancake from the pan, let it sit until it is OK to handle then roll it up and set aside. Then repeat with the rest of the mixture. Once cooled shred width wise and set aside.
5. Finely chop the peeled onion, and then drizzle with vinegar and set aside.
6. Rinse the pepper, discard the core and de-seed it. Shred the pepper.
7. Combine all the ingredients, add the mayonnaise, stir well, and then sprinkle with chopped herbs.



FLUFFY HAWAIIAN PANCAKES WITH PINEAPPLE SAUCE

SERVES



Ten

ALLERGENS



Wheat, Sulphur Dioxide,
Milk, Egg, Gluten

INGREDIENTS



- 3 eggs, free range, separated
- 300g plain flour
- 130g granulated sugar
- 1tbsp. baking powder
- Lo salt, pinch
- 400ml semi-skimmed milk
- 270g diced, crushed pineapple, drained, juice reserved
- 1½tsp. vanilla extract
- 110g desiccated coconut
- 100g light brown sugar
- 50ml vegetable oil, for frying

METHOD



1. Place the egg whites in mixing bowl and whisk until stiff peaks form, watching carefully to avoid over-whisking. Transfer to a bowl and set aside.
2. Place flour, granulated sugar, baking powder and salt in mixing bowl then mix.
3. Add milk, 170g pineapple, 3 egg yolks and vanilla extract then mix thoroughly. Scrape down sides of mixing bowl with spatula.
4. Add in the coconut, stir and transfer to a large bowl then add reserved whisked egg whites and fold in gently with spatula. Set aside to chill in fridge for 20 minutes.
5. Place remaining 100g pineapple, reserved pineapple juice and brown sugar in saucepan and over a medium heat, to reduce by half and thicken. Set aside and keep warm.
6. Heat the vegetable oil in a large frying pan or pancake pan over a medium heat. Pour a ladle of batter into centre, cook for approx. 3 minutes on each side until fluffy and golden then transfer to a plate. Repeat until all batter is used to make 10 pancakes, adding extra oil as needed.
7. Serve pancakes topped with warm pineapple sauce.



Pancake Day

Recipe Booklet

CHICKPEA PANCAKES WITH HUMMUS

SERVES



Ten

ALLERGENS



Sulphur Dioxide, Sesame, Milk

INGREDIENTS



For the hummus:

- 4 garlic cloves, finely chopped, crushed
- 480g chickpeas, drained and rinsed
- 60g tahini
- 60ml olive oil
- 60ml lemon juice, freshly squeezed
- Lo salt, pinch, to taste
- 1tsp. paprika
- Cayenne pepper, pinch
- Ground black pepper, pinch

To serve:

- 2 avocado, peeled, sliced
- 10 cherry tomatoes, halved
- Flat parsley, small handful, roughly chopped

For the pancakes:

- 2 spring onions, finely shredded
- 2 red peppers, diced
- 480g gram flour
- 480ml tap water
- 1tsp baking powder
- 1tsp garlic powder
- Lo salt, pinch
- Ground black pepper, pinch
- 40ml vegetable oil, for frying

METHOD



1. In a food processor add chickpeas, tahini, oil, lemon juice, salt, paprika and cayenne pepper then mix together. Scrape down sides of mixing bowl with spatula then mix again. Transfer to a clean bowl and set aside.
2. Place flour, water, baking powder, garlic powder, salt and pepper in mixing bowl then whisk together until smooth. Scrape down sides of mixing bowl with spatula then whisk once more.
3. Add reserved chopped vegetables and mix into the pancake batter.
4. Heat 1tsp. oil in a large pancake or frying pan over a medium heat. Transfer batter to pan and spread out with spatula. Cook for approx. 5 minutes on one side then flip over and cook for a further 3 minutes until cooked through. Repeat the process until you have ten pancakes.
5. Serve the pancakes topped with the hummus, avocado slices and cherry tomatoes, then scatter with parsley. Serve warm.



Pancake Day

Recipe Booklet

AMERICAN STYLE PANCAKES

SERVES



Ten

ALLERGENS



Wheat, Milk, Egg, Gluten

INGREDIENTS



- 50g baking margarine, plus extra for frying
- 300ml milk, semi skimmed
- 2 eggs, free range
- 30g caster sugar
- 200g plain flour
- 1tbsp. baking powder
- ½tsp. lo salt
- 100ml maple syrup

METHOD



1. In a clean bowl, add milk, eggs, sugar, plain flour, baking powder and salt and mix together to form a smooth batter.
2. Heat ½tsp baking margarine in a frying pan over medium heat. For each pancake, pour in a ladle of batter and cook approx. 2 minutes, until bubbles start bursting on pancake surface.
3. Turn pancake over and cook for a further minute.
4. Place pancake on a serving plate and cover to keep warm. Repeat with remaining batter until all the pancakes are cooked.
5. Serve hot with maple syrup.



Pancake Day

Recipe Booklet

RICOTTA PANCAKES WITH HONEY

SERVES



Ten

ALLERGENS



Wheat, Milk, Egg, Gluten

INGREDIENTS



- 50ml vegetable oil
- 1 egg, free range
- 150g self-raising flour
- 250ml milk
- Sea salt flakes, crushed
- 250g ricotta
- 75g honey

METHOD



1. Heat a large frying pan over a medium-high heat. In a bowl, combine the egg, flour, milk and crushed salt, and whisk well without over-beating. Don't worry if the batter is not perfectly smooth. Stir in the ricotta.
2. Pour a little of the oil in a hot pan and pour in a generous tablespoon of the batter to make one pancake. Cook as many pancakes as you can simultaneously without overcrowding the pan. After cooking for roughly a minute, flip over the pancakes and cook for a minute on the other side, or until golden brown. Repeat until all the batter has been used.
3. Serve the pancakes with a good drizzle of clear honey.



Pancake Day

Recipe Booklet

VEGAN MULTI-GRAIN PANCAKES

SERVES



Ten

ALLERGENS

Wheat, Oats, Barley, Soya,
Milk, Gluten

INGREDIENTS



- 90g rolled oats
- 390g wholemeal flour
- 3tsp. baking powder
- $\frac{3}{4}$ tsp. bicarbonate of soda
- $\frac{3}{4}$ tsp. lo salt
- 3tbsp. granulated sugar
- 3tbsp. chia seeds
- 600ml soya milk
- 3tsp. white wine vinegar
- 6tbsp. vegetable oil, plus extra for frying
- 50ml maple syrup
- 50g pumpkin seeds, toasted, chopped

METHOD



1. Combine all the dry ingredients in a medium bowl. Add the wet ingredients and stir with a fork or small whisk until just combined.
2. Heat a large, non-stick frying pan and add just enough oil to coat the base of the pan. Once the oil is hot, turn down the heat to medium-low and pour a few tablespoons of batter into the pan to form a pancake, about 8cm in diameter. Repeat this so you have three or four in the pan. Cook the pancakes until the edges change colour and the underside is golden, then flip and cook on the other side until golden. Transfer to a plate and repeat with the remaining batter.
3. Serve hot with maple syrup and chopped pumpkin seeds.



Pancake Day

Recipe Booklet

RAISIN & COTTAGE CHEESE PANCAKES

SERVES



Ten

ALLERGENS

Wheat, Milk, Egg, Gluten

INGREDIENTS



- 145g raisins, dried
- 225g cottage cheese
- 230g sour cream, plus extra to serve
- 5 eggs, free range
- 1 tsp. vanilla extract
- 1 lemon, zested
- ½ tsp. ground nutmeg
- 1 tbsp caster sugar
- 125g plain flour
- 1½ tsp. baking powder
- ¼ tsp. io salt
- 50ml vegetable oil, for frying
- 50g caster sugar
- 1 lemon, to serve

METHOD



1. Unless the raisins are soft, cover them with very hot water and set aside to plump while you make the batter.
2. Whisk together the cottage cheese and sour cream, then beat in the eggs one at a time. Stir in the vanilla, lemon zest, nutmeg and sugar, then add the flour, baking powder and salt, and stir gently to combine without over mixing.
3. Drain the raisins, blot them with paper towel to dry them a bit more and gently fold into the batter.
4. Pour a little of the oil in a in a wide frying pan and, when it's hot, drop in the batter by the spoonful. Cook on a medium heat until browned on the bottom, then flip and cook until lightly coloured on the other side.
5. Serve the pancakes with caster sugar and a wedge of lemon, plus extra sour cream if desired.



Pancake Day

Recipe Booklet

BEETROOT PANCAKES

SERVES



Ten

ALLERGENS

Wheat, Soya, Milk,
Egg, Gluten

INGREDIENTS



- 50g baking margarine
- 30ml vegetable oil
- 200g raw beetroot, coarsely grated
- 100ml milk, semi skimmed
- 1 egg, free range, lightly beaten
- 1tbsp. caster sugar
- 175g self-raising flour

To serve:

- 150g dark chocolate, melted
- 300ml whipping cream
- 1tbsp. caster sugar

METHOD



1. Heat half the baking margarine and a drizzle of oil in a large frying pan, fry the grated beetroot for two minutes, stirring frequently, to soften slightly. Tip out into a bowl and leave to cool for a few minutes. Stir in the milk, beaten egg and sugar. Then gradually stir in the flour to make a thick, smooth batter.
2. Wipe the frying pan and heat a little of the remaining baking margarine and a splash of oil. When foaming, add dessertspoons of the batter, spacing them well apart. Cook for approx. two minutes, until bubbles appear on the surface. Flip over and cook for two minutes more.
3. Set aside the scones to keep warm while you cook the remaining ones in the rest of the butter and oil.
4. Whip the cream with the caster sugar and serve the pancakes, drizzled with melted chocolate and topped with the whipped cream.



Pancake Day

Recipe Booklet

CUSTARD PANCAKES

SERVES



Ten

ALLERGENS

Wheat, Milk, Egg, Gluten

INGREDIENTS



- 150g plain flour
- 250ml whole milk
- 125ml lukewarm water
- 3tbsp. caster sugar
- 4 eggs, free range
- 80g baking margarine, melted
- Lo salt, pinch
- 500ml whole milk
- 300g custard powder
- 2tbsp. baking margarine
- 150ml whipped cream
- 1 orange, zest
- 50g honey, to serve

METHOD



1. For the custard, heat the milk in a small saucepan until steaming, then turn off the heat and leave to infuse for 10 minutes.
2. Mix the custard powder and add to the infused milk to make the custard and set aside to cool. Mix in the baking margarine and then store the mix in the fridge to chill.
3. Mix the flour, milk, water, sugar, eggs, half the baking margarine and a pinch of salt, to make a pourable, thick batter. Cover with cling film and put in the fridge for an hour.
4. On a medium heat, coat the base of a non-stick frying pan with melted baking margarine. Add two to three tablespoons of batter, Lift, tilt and rotate the pan, so that the batter forms an even, thin layer, cook for 30 seconds to a minute, until golden underneath, then flip and repeat. Turn out on to a warm plate and with the remaining batter while you cook the rest.
5. Whisk the custard lightly, folding in whipped cream and return to the fridge for an hour to firm.
6. Once the mix has cooled fully layer the cooled pancakes with custard mix in between. Cover in cling film and put in the fridge to set and chill for at least an hour.
7. To serve, spread the reserved custard on top, drizzle with runny honey, sprinkle with the orange zest and cut into wedges.



Pancake Day

Recipe Booklet

SPINACH PANCAKES

SERVES



Ten

ALLERGENS



Wheat, Milk, Egg, Gluten

INGREDIENTS



- 1 avocado
- 350g cherry tomatoes
- 100g baby spinach
- 3 spring onions
- Coriander, small handful, chopped
- 1 lime
- 100ml olive oil
- 1 egg, free-range
- 250g self-raising flour
- 250ml semi-skimmed milk
- 75ml vegetable oil
- 300g cottage cheese
- 100ml sweet chilli sauce
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Halve, de-stone, peel and finely slice the avocado and quarter the tomatoes, then place in a salad bowl with a quarter of the spinach. Trim, finely slice and add the spring onions and pick in the coriander leaves, then squeeze over the lime juice. Drizzle with 1 tablespoon of olive oil, season to perfection with sea salt and black pepper, toss to coat and put aside.
2. Crack the egg into a blender, add the flour, milk, remaining spinach and a pinch of salt and pepper, then blitz until smooth. Place a large non-stick frying pan on a medium heat, rub the pan with a little vegetable oil, then pour in a thin layer of batter, swirling it up and around the edges. Cook on one side only for 2 minutes, or until lightly golden, then stack up on a serving plate and repeat.
3. Top each pancake with dollops of cottage cheese, the avocado salad, and a few good shakes of chilli sauce.



Pancake Day

Recipe Booklet

MOZZARELLA & TOMATO PANCAKE STACK

SERVES



Ten

ALLERGENS



Wheat, Barley, Milk,
Egg, Gluten

INGREDIENTS



For the pancakes:

- 40g Parmesan cheese, grated
- 125g plain flour
- 300g milk, semi skimmed
- 2 eggs, free range

For the tomato sauce:

- 250g onions
- 7 garlic, cloves
- 30ml malt vinegar
- 30g caster sugar
- 800g chopped tomatoes
- 50g tomato puree
- ¾tsp. mixed herbs
- Lo salt, pinch
- Ground black pepper, pinch
- 30ml vegetable oil

- 75ml vegetable oil

- Lo salt, pinch
- Ground black pepper, pinch
- 120g mozzarella cheese, grated
- Basil, small handful, chopped

For the béchamel sauce:

- 1ltr semi skimmed milk
- 50g plain flour
- 50g Baking margarine
- Lo salt, pinch
- Ground white pepper, pinch
- 20g onion
- ½tsp. ground nutmeg
- 2 bayleaves
- 500g mixed leaves, to serve

METHOD



1. Place flour, milk, eggs and salt in mixing bowl then whisk. Transfer to a jug and set aside to rest for 30 minutes.
2. To make the tomato sauce; heat the oil and fry the onions and garlic until soft and translucent, approx. 5 minutes. Add in the chopped tomatoes, tomato puree and mixed herbs. Bring to the boil and simmer for 45 minutes. Season and set aside.
3. To make the béchamel sauce; Melt the baking margarine in a pan and add in the flour and cook over a low heat until golden and forms a moist ball, approx. 4 minutes. Add in a third of the warmed milk gradually. Stirring regularly. Repeat until all of the milk is in the pan. Stir regularly and simmer over a gentle heat for 20 minutes. Season and set aside.
4. Heat 1tbsp. vegetable oil in a large frying pan then add a small ladle of batter. Fry until golden and bubbling then flip over. Transfer to a plate and repeat with remaining batter.
5. Preheat oven to 180°C and grease a baking dish.
6. Place a pancake in base of prepared dish. Cover with a thin layer of tomato sauce. Sprinkle with some mozzarella, Parmesan and basil then top with another pancake. Repeat with remaining fillings until all pancakes have been used, finishing with a top layer of béchamel, Parmesan and basil. Cover dish with foil, then place on a baking tray to catch any drips and bake for approx. 20 minutes. Remove foil and bake for a further 10 minutes, until bubbling and golden.
7. Remove from oven and leave to stand for 5 minutes. Slice into wedges and serve with mixed leaves salad.



Pancake Day

Recipe Booklet

STRAWBERRY RICOTTA PANCAKES WITH SALTED CARAMEL SAUCE

SERVES  Ten

ALLERGENS Wheat, Soya, Milk, Egg, Gluten

INGREDIENTS

- 400g strawberries
- 150g self-raising flour
- 2tsp. baking powder
- 3tbsp. light brown sugar
- 250g ricotta
- 2 eggs, free range, separated
- 2tbsp. milk, semi skimmed
- 75ml vegetable oil, for frying
- 250g Greek yoghurt, to serve
- For the sauce:
- 150g light brown soft sugar
- 100g butter
- 100ml double cream
- 3ml vanilla extract
- Lo salt, pinch

METHOD

1. To make the sauce, put all of the ingredients in a small pan and heat, stirring. Bubble for approx. 2 minutes until glossy, then set aside.
2. For the pancakes, chop six of the strawberries; set aside. Sift the flour and baking powder into a large bowl; stir in the sugar. Make a well in the centre of the dry ingredients.
3. In a separate bowl, beat the ricotta, egg yolks and milk with a whisk, then whisk the mixture into the dry ingredients, along with the chopped strawberries.
4. In a clean bowl, whisk the egg whites to soft peaks, then fold them into the pancake batter.
5. Place a little oil in a frying pan. Using 2-3 tablespoons of batter per pancake, cook the pancakes in batches over a medium heat for approx. 2 minutes on each side. Transfer them to a plate as you go and keep warm.
6. Layer the pancakes with the remaining sliced strawberries and Greek yogurt and drizzle with the salted caramel sauce to serve.



Pancake Day

Recipe Booklet

CHICKEN, SOY & PANCAKE SOUP

SERVES



Ten

ALLERGENS

Wheat, Soya, Milk,
Egg, Gluten

INGREDIENTS



- 1¼ltr. chicken stock
- 40ml soy sauce
- 2 limes, juice of 1 and quarter the other to serve in wedges
- 2tsp. caster sugar
- 4 pak choi, shredded
- 250g ready-made pancakes, shredded
- 300g chicken thigh, cooked and shredded
- Coriander, small handful, chopped
- 200g red onion, finely diced
- 1 red chilli, deseeded and finely sliced
- Lo salt, pinch
- Ground black pepper, pinch

METHOD



1. Bring the chicken stock to the boil over a high heat in a saucepan. Add the soy sauce, the juice of one of the limes, and caster sugar and stir well.
2. To serve add in the shredded pancake, chicken, pak choi, red onion, chilli and coriander. Season and serve with the lime wedges.

Pancake Day

Recipe Booklet

Thank you, enjoy your
tasty pancakes!

