

Baked Apple Pancakes

Pancakes are one of the original fast foods. Pancake batter is made from cheap and easy-to-find ingredients – milk, flour, butter or oil and eggs. Some recipes are made from just flour and water! There are many different types of pancakes and a variety of ways of cooking them.



Egg, milk and wheat (gluten)*

Nutritional information per portion (126g):

Energy 731kJ 174kcal 8%	Fat 5.9g 8%	Saturates 1.5g 8%	Sugars 15g 17%	Salt 0.13g 2%
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of an adult's reference intake.
Typical values per 100g: energy 580kJ/138kcal.

Equipment

Weighing scales
18cm pie dish
Pastry brush
Vegetable peeler
Sharp knife
Chopping board
Grater
Juice squeezer
Non-stick frying pan
Wooden spoon
Measuring spoons
Mixing bowl
Sieve
Whisk
Measuring jug
Oven gloves
Pan stand

Ingredients

Serves 6

Filling

Oil for greasing
1 large cooking apple
15g unsaturated fat spread
2 x 15ml spoons clear honey
Pinch ground cinnamon

Batter

75g plain flour
25g wholemeal flour
1 egg
300ml milk
1 x 15ml spoon olive oil
1 small lemon
1 x 15ml spoon raisins

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Including the wholemeal flour increases the fibre content of this dish.
- These pancakes are delicious served with 2 x 5ml spoons of fromage frais.

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Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6. Grease the pie dish with olive oil.
2. Peel, core and cut the apple into long 1cm wide slices.
3. Grate the peel from the lemon (this is called zesting). Cut the lemon in half and squeeze the juice.
4. Melt the butter in a non-stick frying pan over a medium heat. Add the apple, honey and cinnamon and stir constantly, until the apple begins to soften and brown lightly. This should take 3–5 minutes. Remove from the heat and set aside.
5. Now prepare the batter. Sieve the flour into the mixing bowl and make a well in the centre. Crack the egg into the well, add the oil and half the milk. Gradually draw the flour into the liquid by stirring all the time, beating well to make a smooth batter.
6. Stir in the remaining milk, the lemon juice and zest.
7. Pour the batter into the prepared pie dish. Put the apple mixture on top of the pancake batter and sprinkle the raisins into the mixture. Try to keep the apple slices on top of the batter, but they might sink a little.
8. Bake in the oven for 25–30 minutes until the pancake is puffed and golden brown.
9. Cut into slices and serve.

Something to try next time

- Replace the apple with a sliced banana. There's no need to pre-cook it, just add slices of banana into the batter mixture before baking.

Prepare now, eat later

- To save time the apples can be cooked up to 24 hours in advance and chilled in the fridge. Prepare the batter just before baking.
- Store any leftovers in the fridge and eat cold within 1 day.

Skills used include:

Weighing, measuring, peeling, chopping, grating, sifting, mixing/combining, frying and baking.

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