



JERNEJ KITCHEN

PANCAKES

Strong morning tea or coffee, pancakes and some seasonal fruits are a must for a perfect morning.

SERVES 4 PEOPLE
PREPARATION: 15 MINUTES

PANCAKES

30 g coconut oil
5 g baking soda
20 g sugar
160 g plain white flour or whole wheat flour or spelt flour
160 ml milk
1 egg
1/2 vanilla pod (seeds)

TOOLS AND EQUIPEMENT

large bowl
small bowl
non-stick pan

MAKE THE BATTER

Melt the coconut oil, let it cool. In a large bowl, mix together the baking soda, a pinch of salt, sugar and flour. Combine all together, using a wooden spoon.

MAKE THE BATTER

In a small bowl whisk together the milk and the egg. Add to the flour mixture and mix to the thick smooth batter. The batter is now ready to use. Stir in the coconut oil.

COOK THE PANCAKES

Heat a non-stick pan over a medium high heat. Add a tea spoon of coconut oil. Pour a bit of your batter on the pan and cook for a couple of minutes, flip around the pancake when bubbles appear. Continue frying until both sides are firm and golden.

TIP

The size of the pancakes depends on your taste. We like our pancakes small and fluffy.

SERVE

Serve with your favourite topping. We like to add fresh fruit, such as raspberries, blueberries, cranberries, strawberries, even banana or pomegranate, a spoon of crème fraîche, or we sometimes even make a chocolate sauce.