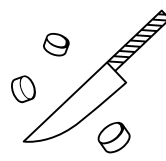




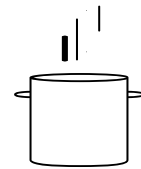
Gizzi Erskine's Coconut Salted Caramel Pancakes

I know they say that a bad workman blames his tools, but I always struggled to make pancakes that weren't a complete mess, until I invested in a pancake pan. They have low rims which means you can slide a palette knife underneath with ease, so flipping becomes easy. Resting your batter is important too. It gives the flour time to expand and relax which will give a nice light pancake. I've done this one here with milk, but if you wanted to do a dairy free version, seeing as the filling is coconut caramel, I'd go for a coconut milk.

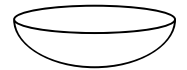
Smearing salted caramel spread over a pancake and letting it melt in and ooze out of the folded sides is a great meeting of simplicity and indulgence. This recipe makes tons of the caramel sauce but it lasts for yonks in the fridge and is great on everything from these pancakes to being heated up and poured over ice cream. And the best thing, is it has a coconut tang but is a great dairy free alternative.



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Ingredients

Pancakes:

110g plain flour

A pinch of salt

A pinch of sugar

1 free range egg

1 free range egg yolk

½ pint milk

2 tbsp The Groovy Food Company Organic Virgin Coconut Oil

Directions

1. Put the flour, salt and sugar into a mixing bowl.
2. Gradually whisk in the egg, egg yolk and milk until smooth and combined.
3. Cover with cling film and leave to rest in the fridge for 30 minutes.
4. Heat a pancake/crepe pan to a medium heat. (Make sure the pan is fairly hot before spooning in the batter otherwise

Salted Caramel Topping:

Makes 500ml

320g The Groovy Food Company Organic Coconut Sugar

30ml water

250ml coconut cream

120g The Groovy Food Company Organic Virgin Coconut Oil

Seeds from 1 vanilla pod

½ tsp sea salt

you will get thick rubbery pancakes).

5. Dip a piece of kitchen paper into the oil and wipe around the pan.
6. Ladle in one ladleful of the batter into the pan and swirl it round making sure it coats the bottom.
7. Pour any excess batter back into the bowl and fry the pancake for 30 seconds to 1 minute. (The pancake should be nicely golden on its base).
8. Carefully flip it over and finish cooking the pancake for a further 30 seconds. (This side will have small brown blisters on it).
9. Slide the pancake onto a plate and repeat with the rest of the batter.

Coconut Salted Caramel Topping:

Preparation time - 5 minutes

Cooking time - 10 minutes

1. Put the sugar and water in a large saucepan and melt over a low heat, stirring gently.
2. Bring up the temperature and bring the sugar syrup to the boil. (Do not stir now as this will cause crystals to appear.)
3. The sugar syrup will slowly turn into a caramel. (It is a medium mahogany colour with normal sugar but coconut sugar is already dark so you need to wait for it to thicken slightly and until the room smells of caramel.)
4. Quickly, but carefully pour in the coconut cream and beat it back to a smooth texture as the cold cream will make the caramel seize.
5. Beat in the organic virgin coconut oil, vanilla and salt and when smooth and combined.
6. Transfer to a jam jar or two to cool.
7. Spread the inside of your crepe with a good 2 tablespoons of the salted caramel to serve.

Additional Serving Suggestion:

To build the pancakes fill with 2 tbsp of the coconut caramel, ½ sliced banana and a really good grating of dark chocolate and fold.

Serve with whipped or ice cream, which helps cut through the caramel.