



Versatile Pancakes



INGREDIENTS

- 375 ml (1½ cups) cake flour
- 1 ml (pinch) salt
- 1 extra large egg
- About 500 ml (2 cups) water
- 45 ml (3 Tbsp) [Spur Salad & French Fry Dressing](#)
- Cooking oil, for frying
- Cinnamon sugar, for sprinkling



METHOD

- Sift the flour and salt together
- Whisk the egg, water and [Spur Salad & French Fry Dressing](#) together. Add to the dry ingredients and beat until smooth and lump free. Leave the batter to stand for about 10 minutes before using. If the batter is too thick, add a little water.
- Lightly oil and heat a heavy-based frying pan, about 20 cm in diameter. Pour about 80 ml (1/3 cup) of batter into the pan to cover the base. Fry until light brown on both sides. Continue with remaining batter and set pancakes aside
- Sprinkle each with cinnamon sugar and roll up. Serve with lemon juice, if preferred.

VARIATIONS

- Serve with golden syrup, honey or fresh cream.
- **Citrus pancakes:** add 10 ml (2 tsp) grated orange, lemon or lime rind and 15 ml (1 Tbsp) sugar to batter.
- For a healthy option, substitute the flour with half cake flour and half wholewheat flour.
- Serve pancakes with ice cream and chocolate sauce.