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HIGH PROTEIN AMERICAN PANCAKES WITH BERRY COMPOTE





High Protein American Pancakes with Berry Compote

Recipe by Chef Kevin Dundon

Ingredients

- 200g plain flour
- 1 tsp baking powder
- 2 tbsp caster sugar (1+1)
- 2 eggs
- 350g Irish Yogurts Clonakilty High Protein Vanilla Yogurt (more if needed)
- 2 tbsp milk, optional
- 20g butter, + extra for cooking
- 100g blueberries
- 200g raspberries
- 200g strawberries, halved
- 1 orange, juice
- 1 tsp sunflower oil, for frying

Directions

- Mix the flour, baking powder and 1 tbsp. sugar in a large bowl
- Make a well in the centre of the flour mixture. Crack in the egg and whisk in, adding the yogurt as you whisk until a thick smooth batter is achieved. As the protein yogurt has a rich velvety texture, add a drop of milk if needed to loosen the batter.
- Cover with cling film and rest for 20 minutes or overnight in the fridge.
- Before using, stir and check the consistency of the batter. It should be thick but pourable! Add extra yogurt if required.
- Heat a sauté pan over medium heat, and drizzle a tablespoon of caster sugar and butter. let the mixture caramelise lightly, then add the berries and squeeze the fresh orange juice over. Stir once or twice and let it simmer for 60-90 seconds until the caramelised sugar dissolve and the berries starts to soften. Remove from the heat and set aside.
- Then, in a second sauté pan or crepe pan, warm the oil over low heat. Drop a tablespoon of the batter per pancake into the pan to make pancakes of approximately 4 cm across.
- Make 3 – 4 pancakes at a time and cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn and cook for another 2 -3 minutes



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until fully cooked through. Add some butter if desired for extra richness and flavour

- Remove from the pan onto a serving dish. Serve immediately with spoon of fresh berry compote and extra vanilla yogurt