

## **Golden pancakes**

I like to use a blend of chick-pea flour and fine polenta which makes these handy for a gluten free diet but there is no reason why you can't use plain flour.

100g gram flour (chick pea flour)

50g fine polenta (cornmeal) or plain flour

2 large free range eggs

250 ml milk or coconut milk

½ tsp turmeric

Salt

Butter or oil

### **Filling**

2 sweet potatoes

An orange or yellow pepper, chopped

A bunch of spring onions, chopped

1lb spring greens, torn up with the thick stems removed.

A thumbsize piece of ginger

1 red chilli, deseeded and chopped

100g dessicated coconut

1 tbsp soya sauce

Salt and pepper

### **To serve**

Coconut yogurt

Cucumber

Fresh coriander

Salt and pepper

Make the batter in the usual way, making sure you sort out the lumps. Leave it for half an hour to soak.

If you have 2 frying pans then this is a good time to use them together to fry the pancakes. Stack the pancakes on a plate.

Pre-heat the oven to 180 degrees

Make the filling by peeling the sweet potatoes and either grating or finely chopping them. Put in a pan with hot butter or oil, add the spring onions, the chopped pepper and the finely chopped ginger and chilli. Stir for a minute before adding the spring greens. Add a splash of water and cover with a lid. Let it all cook for 5-10 minutes until the potato is soft and the greens wilted. Add the coconut and soya sauce. Season.

Butter (or use coconut oil) a dish and fill your pancakes. I tend to fill a semicircle, fold over the flap and fold again into quarters. Fit the pancakes into the dish and dot with butter. Cover with foil and bake for 30 mins or store in the fridge or freezer until you want to bake them.

I would serve this with some well seasoned coconut or natural yogurt mixed with some chopped coriander and cucumber.