

OUR RECIPE

TASTY
RECIPE

Soufflé Pancakes

Makes 8 pancakes

INGREDIENTS

- 4 large egg whites
- 200g self-raising flour
- 1 tsp baking power
- 1 tbsp caster sugar
- 200ml semi-skimmed milk
- 1 tbsp vegetable oil, plus a little bit extra to grease
- 1/2 tsp vanilla extract



Why not serve the pancakes with your favourite fresh fruits, or perhaps indulge with syrup, chocolate sauce or sprinkled sugar.

METHOD

1. Put the egg whites into a large bowl. Using an electric whisk, beat the egg whites until they form stiff peaks.
2. Wash the beaters from your whisk before completing step three.
3. In another bowl, whisk the flour, baking powder and sugar.
4. Pour in the milk, oil and vanilla and whisk until smooth.
5. Add in about half the egg whites into the batter and beat together, then fold in the remainder of the egg whites.
6. Put a lightly greased, large lidded frying pan over a medium heat.
7. Grease two cooking rings and boil the kettle.
8. Put the rings in the pan and half fill each ring with the batter.
9. Add a splash of boiling water to the pan and cover with the lid.
10. Reduce the heat to low and cook for 6-8 mins until bubbles appear on the top.
11. Lift the rings off from the pancakes, then flip using a spatula.
12. Cook for 1-2 mins until lightly golden.
13. Repeat the process for all of the batter.