Swedish Pancakes

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| Cooking Principle: Thickeners, Muffin Method Variation |
| Time: n/a |
| Temp: medium - low |
| Yield: 6 pancakes |

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| **Pancakes (for 2)** | **Fruit Filling (for 2)** |
| 40 ml margarine, melted | 250 ml frozen strawberries, thawed |
| 80 ml flour | 30-45 ml sugar |
| 125 ml milk | 5 ml cornstarch |
| (125 ml water + 40 ml powder) |  |
| 1 egg | **Vanilla Sauce (for 4)** |
| ½ ml vanilla | 60 ml sugar |
| Pinch of salt | 5 ml cornstarch |
|  | 125 ml water |
| 15 ml margarine for pan | 15 ml margarine |
|  | 2 ml vanilla |

**Method:**

Filling

1. Slice thawed strawberries. Place in small sauce pan with 30 ml sugar. Taste and add or sugar if not sweet enough for your taste. Stir in 5 ml cornstarch.
2. Cook over medium low heat until the sauce thickens and the strawberries are warm.
3. Remove from heat until ready to serve.

Pancakes

1. In a large mixing bowl combine flour, milk, egg, melted margarine, vanilla, and salt.
2. Whisk until smooth.
3. Melt a small amount of margarine in the frying pan on med-high heat.
4. Pour 50-60 ml batter into the pan and swirl to cover the bottom. Fry until appears dry and golden around the edges.
5. Flip and cook the other side until golden brown. Flip out onto baking sheet and keep warm in a 200oF oven.

Sauce

1. Combine sugar and cornstarch in a small saucepan.
2. Whisk in water stirring until blended. Bring mixture to a boil and continue to cook for 1 minute, stirring constantly.
3. Remove from heat and mix in vanilla and margarine. Keep heat on lowest setting until ready to serve.

Putting it all Together

1. Place one pancake on plate. Place filling in center or on one half. Roll or fold into quarters over the filling
2. Repeat for other pancakes – divide evenly between the partners.
3. Drizzle with sauce.
4. Enjoy.

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| **Standards:**  Pancakes are thin with an even thickness  Sauce is thick and translucent  Strawberries evenly cut and cooked through  Folded or rolled and filled an appealing  manner | **Equipment on Tray:** |