

American-style pancakes with blueberry & cardamom compote

Ingredients

For the pancakes:

- 115g plain flour
- ¼ tsp salt
- 1 tsp baking powder
- 1 egg separated
- 145 ml milk
- 20g melted butter

Blueberry and cardamom compote:

- 200g Frozen (defrosted) or fresh blueberries
- 3 cardamom pods
- 2-3 tsp. caster sugar
- 2 tbsp water

Method

1. For the compote, place the blueberries into a small saucepan with the sugar, water and pods (if using)
2. Heat on a medium- high temperature until the fruit starts to soften and most of the liquid has evaporated. Leave in saucepan for the cardamom pods to continue to infuse.
3. Sift the flour, salt and baking powder into a large bowl.
4. Beat together the egg yolks then beat in the milk.
5. Make a well in the centre of the mixture and add the milk mixture, gradually drawing in the flour from the sides until all combined and the batter is the consistency of thick cream.
6. Stir the melted butter into the mixture.
7. Whisk the egg whites until stiff and fold into the batter.
8. Heat a frying pan on a medium-high, when hot, drop spoonfuls of batter on to the surface keeping them well separated (5 should fit in a large frying pan).
9. Cook for a couple of minutes. When the underside of the pancakes are light golden brown and bubbles rise to the surface, lift the pancakes with a fish slice, turn over and brown the other side. Keep warm in a tea towel, whilst cooking second batch.
10. Serve with a dollop of natural yogurt and compote.